

# **CULPEPER COUNTY PUBLIC SCHOOLS**

# **STUDENT ATHLETE HANDBOOK**

## **2025-2026**

**Culpeper County High School  
Eastern View High School  
Culpeper Middle School**

**Floyd T. Binns Middle School**

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# **Culpeper County Student-Athlete Handbook**

**2025-2026**

## **The Privilege of Athletic Participation**

Being a member of an athletic team is a privilege. Any student who elects to participate in athletics is voluntarily making a choice of self-discipline and sacrifice. Being a member of a team requires responsible behavior, personal accountability, and the willingness to sacrifice individual goals for the good of the team. All athletes are expected to conduct themselves in an acceptable manner and to represent our community and school in a positive way. It is expected that athletes will maintain high academic standards and exceptional attitudes and behavior both in and outside of the classroom.

## **Notification of Non-Discrimination on the Basis of Sex- Title IX of the 1972 Education Act Amendments**

Culpeper County Public Schools adheres to all state and federal statutes and regulations in providing athletic programs to students. Title IX is a comprehensive federal law that prohibits discrimination on the basis of sex in any federally funded education program or activity. If an act of discrimination on the basis of sex is believed to have occurred in our athletic programming, contact the compliance officer, the Executive Director of Student Services at (540) 825-3677.

## **Student Athlete Pledge Not to Use Tobacco, Alcohol, Drugs, etc.**

As part of the privilege of athletic participation, per School Board Policy JFCF BR-1, all student-athletes must sign a pledge to not use harmful substances on or off school property at any time. Harmful substances include, but are not limited to: alcohol, tobacco, nicotine, controlled substances, imitation controlled substances, illegal drugs, athletic performance enhancement and anabolic steroids. To assist student-athletes in resisting the use of harmful substances, the pledge requires students to submit to random drug testing for these substances. A student-athlete becomes eligible for drug testing upon being listed on the Middle School Team Roster List for middle school students and the Virginia High School League (VHSL) Master Eligibility List for high school students. Student-athletes will remain eligible for testing through the end of the sport season. In the event a student ceases to participate or withdraws from an athletic team, he or she will no longer be subject to random drug tests during that sport season. If the student-athlete refuses to be tested or attempts to tamper with or assist others in tampering with the sample, the athlete will be dropped from the team, absent extenuating circumstances. Consequences for violations of the pledge are detailed on page 8 of the handbook.

## **Eligibility Rules**

Only students eligible under Virginia High School League (VHSL) policies and regulations may participate on interscholastic sports teams in Culpeper County Public Schools. VHSL eligibility rules and Culpeper County Public Schools require a student athlete to:

- Be a regular bona fide student in good standing of the school he/she represents.
- The student shall be enrolled in the last four years of high school. Once a student enrolls into the ninth grade, their athletic eligibility “clock” begins. Each student has the next eight consecutive semesters to compete in VHSL activities.
- The student shall have been regularly enrolled in the school which he/she represents no later than the fifteenth school day of the semester.
- Be currently enrolled in not fewer than three block classes for credit which can be used for graduation.
- Have passed 3 of 4 credit courses during the immediately preceding semester, or earning at least “5 points” under VHSL regulations
- Not to have turned nineteen years of age on or before the first day of August of the school year in which he/she wishes to compete.
- Not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian. A student athlete can achieve a change of residency by court order without penalty of eligibility.
- Be an amateur at all times while competing. An amateur athlete is an athlete who engages in VHSL athletics solely for the educational, physical, mental, and social benefits he/she derives there from, and to whom VHSL athletics are nothing more than an avocation.
- Fully and accurately complete an *Athletic Participation/Parental Consent/Physical Examination Form* prior to becoming a member of any sponsored VHSL athletic team.
- Because high school winter sports compete in both the fall and spring semesters, student-athletes must have passed the required number of courses for the previous spring semester in order to try-out for a winter sports team. Winter sports athletes must pass the required number of courses for the fall semester in order to maintain their eligibility for the full season.
- Middle school student-athletes must have passed 4 of 5 courses in the preceding spring semester to be eligible to play a fall sport. Middle school student-athletes must have passed 4 of 5 courses for the first 9 weeks grading period to be eligible to play a winter sport.
- Middle school students must be in good standing and passing 4 of 5 courses to participate in off-season activities for any Culpeper County Public Schools athletic team.
- Middle school students aged 15 or older on or before August 1<sup>st</sup> are not eligible for middle school sports, but may try out for high school sports.
- High school students aged 19 or older on or before August 1<sup>st</sup> are not eligible for high school sports.
- Students in 8<sup>th</sup> grade who wish to play JV sports must play at the high school for which they are zoned.

## **Additional Eligibility Requirements by Culpeper County Public Schools:**

- No student-athlete can participate in any independent athletic team in which practices or competitions conflict with the activities of school teams. The athlete can be a member of such teams if no conflict occurs.
- Student-athletes cannot try-out for a team or participate in offseason activities unless 1) The student has a valid VHSL physical on file with the AD; 2) the student agrees to the *Student-Athlete Pledge Program*; 3) both the parent and the student sign the acknowledgement page agreeing to follow the policies and regulations stated in the CCPS Student-Athlete Handbook.
- Once a student-athlete is on a team roster, the student-athlete and parent must attend a mandatory meeting with the Activities Director and athletic trainers in which the policies and regulations related to athletics are discussed. Payment of athletic fees is expected at this meeting. Failure of the student and parent to attend this meeting will result in removal from the team.

## **VHSL Transfer Rules and Clarification**

- 8th graders must play JV sports for their zoned high school or not at all. VHSL rule 28A-3-2(4).
- Middle school sports do not impact VHSL eligibility.
- Natural Transition Rule
  - This applies to non-county residents who attend CCPS schools. Starting in the fall of 2026, 8th graders establish their feeder pattern to high school. For CMS, "A feeder school may be a feeder for multiple high schools. For eligibility purposes, students will be deemed eligible at their School Board assigned high school." VHSL rule 28A-7-2; 8 (5) Note B.
- Students who sit out of VHSL competition for 365 days after registering at an out of zone high school will become immediately eligible at that school. Middle school attendance and 8th-grade JV participation have no bearing on this situation.

## **Athletic Participation Fee**

Culpeper County Public Schools has implemented an athletic participation fee of \$100 per student for participation on each high school team and \$90 per student for each middle school team. These monies are used to pay the costs associated with operating athletic teams, including court and field maintenance, transportation costs, and pay for game officials. Once notified, parents or students will pay the Athletic Participation Fee in full at the appointed date, time, and place for their sport. If approved by the Principal or designee (usually the Activities Director), payments may be made in installments or a school service agreement can be developed whereby the parent or student-athlete agrees to perform a service to the school of 10 hours for high school students and 9 hours for middle school students in lieu of payment. **If a parent or student does not pay the fee, make payments, or complete the service as scheduled, the student-athlete cannot play in an inter-school competition.**

Please note coaches are forbidden from collecting fees from parents or students or advocating to the Principal or Activities Director on behalf of any student-athlete to receive a school service agreement.

**Once paid, there is no expectation for a refund of the Athletic Participation Fee for any reason, including quitting the team voluntarily, incapacity due to injury, academic ineligibility, withdrawal from the school, or dismissal from the team by the coach, athletic director, or principal.**

## **Expectations for Conduct at School and in the Community**

The participation in school athletics should elicit great pride for the student, family, school, and community members. This sense of pride requires high standards of conduct for student-athletes as not to bring shame or embarrassment to themselves, their family, school, or community. The following are standards of conduct and sportsmanship which must be maintained in order to remain eligible for participation in interscholastic athletics in Culpeper County Public Schools. The signatures of both the student-athlete and a parent/guardian indicate that each is aware of these expectations. Before a student-athlete is permitted to participate on an athletic team, both the student-athlete and the parent/guardian must acknowledge their understanding of these expectations by signing the athletic code of conduct form and returning it to either a coach or the Activities Director. (This form can be found at the back of this handbook, or may be obtained from the coach or Activities Director.)

## **Suspension or Prohibition from Participation in Athletics**

The following are examples, but not limited to, reasons that may result in the suspension or removal of a student-athlete from participation in athletics.

**The length of suspension or prohibition is determined by the Activities Director (AD) according to Culpeper County Public School policies, regulations, and discipline guidelines and VHSL regulations. Decisions of the AD are subject to appeal to the principal or designee. The principal's decision shall be final.**

## **School Attendance Violations:**

- Student-athletes are expected to attend school all day in order to participate in any athletic practice, game, or event. Any exceptions to this policy will require approval of the Activities Director or Principal.
- Students found to be chronically absent as defined in School Board policy may be subject to suspension from participation in athletic activities or other sanctions.
- Students with excessive late arrivals or early dismissals to school as defined by the school administration may be subject to suspension from participation in athletic activities or other sanctions.
- Students with excessive late arrivals to class during the school day as defined by the school administration may be subject to suspension from participation in athletic activities or other sanctions.
- The filing of truancy by the School Division's Attendance Officer as outlined in School Board policy may be subject to suspension from participation in athletic activities or other sanctions.

## **Code of Conduct Violations:**

### **Effect of an Out- of -School Suspension**

An out of school suspension (OSS) issued by the school administration for a violation(s) of the Culpeper County Public Schools Student Code of Conduct will result in the student-athlete being prohibited from participating in any team activity during the suspension from school. Suspensions from school during the season will also result in a game/match suspension based on the formula below. Additional missed games may be added at the coach's discretion based on the nature and severity of the offense.

**These suspensions are counted as cumulative during the season.**

**1- 2 days OSS = 1 game/match suspension**

**2-5 days OSS cumulative = 2 game/match suspension**

**6 days or more of OSS cumulative = removal from the current team for the remainder of the season and is ineligible to participate on another athletic team for that season.**

Example: The student-athlete receives a 1 or 2 day OSS on the first offense and will miss 1 game/match suspension, but if there is a second offense and receives another 2 day OSS, the student-athlete will miss the next 2 games/matches (4 OSS days total during the season= 2 game/ match) If the game/match occurs during the suspension from school, that game/match will count; if no game/match occurred during the suspension, the student-athlete will return to practice, but will not be able to attend the next game/match.

### **Effect of In-School Suspensions**

The assignment of a student-athlete to in-school suspension (ISS) for 3 cumulative full days during the season will require a mandatory meeting of the coach, athlete, and parent before an athlete can return to a competition or practice. Upon the 4<sup>th</sup> or subsequent assignment to in-school suspension, the student-athlete will be suspended from attending competition equal to the number of days above 3 assigned to in-school suspension.

Example: The student-athlete accumulates 5 days of ISS, the student-athlete cannot attend 2 games/matches. (5 days is 2 days above 3)

### **Hazing**

Engaging in hazing is prohibited, hazing is defined as any act, whether physical, mental, emotional or psychological, which subjects another individual voluntarily or involuntarily to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him/her. Examples of hazing include, but are not limited to, any type of initiation or other event and/or activity where there is an expectation of individuals joining a particular team to participate in behavior designed to humiliate, degrade, or abuse them regardless of the individual's willingness to participate.

**Student-athletes engaging in hazing are subject to school disciplinary action depending upon the type of hazing involved. Law enforcement will be notified when hazing results in significant harm to the individual or damage to property.**

### **Use of Hate Speech**

The use of hate speech (remarks, use of symbols, or actions disparaging a person's race, ethnicity, nation of origin, ancestry, religious beliefs, gender, or sexual orientation) by a student-athlete is strictly prohibited. This prohibition applies during any team-related activity or in the use of social media forums.

### **Code of Conduct Violations while Participating in an Athletic Activities**

A major violation(s) or cumulative minor violations of the Student Code of Conduct while participating in an athletic-related activity (while in locker rooms, during practices, competitions, games, travel, team meetings, ceremonies, etc.) may result in a long-term ban from participation in athletics or being present at an athletic-related activity as a spectator as determined through the disciplinary process.

### **Ejection from a Contest**

Ejection from a contest by an official, coach, or Activities Director for unsportsmanlike or other inappropriate behavior is subject to suspension, removal from team, and prohibition from attending athletic events.

### **Cumulative Infractions of Team Rules**

A Student-Athlete that has cumulative infractions of team rules as documented by the coach and presented to the Activities Director for action is subject to suspension, removal from team, and prohibition from attending athletic events.

### **Student Arrests**

In the event that police arrest a student-athlete, for acts occurring on or off school property the Activities Director or designee will conduct an investigation to determine the circumstances of the arrest. If the arrest is for acts involving weapons, gang activity, distribution of drugs, or a crime that is a felony, the student-athlete is suspended from participation in any team activity pending the outcome of the judicial proceedings. If the student is found guilty or accepts a plea or diversion, the student-athlete will be removed from the team and may be prohibited from attending an event involving their former team as determined by the A.D. Once removed from a team under this provision, the student and parent will have to meet with the school's Activities Director for reinstatement to "good standing" in order to try-out for an athletic team or to attend an event involving their former team.

## **Student – Athlete Harmful Substance Possession & Use**

Student-athletes are among the most visible of students who represent not only themselves and their families, but their school and the Culpeper community. Athletic participation is a privilege and an honor; therefore, when a student chooses to become an athlete, they are responsible for their decisions and actions on and off school property and during school days and non-school days. To assist student-athletes in resisting the use of harmful substances and to hold them accountable for their use, Culpeper County Public Schools has instituted a Student-Athlete Pledge Policy by which the student pledges (agrees) to not possess or use harmful substances as a condition for athletic participation. Refusal by the student-athlete or the parent/guardian to sign the Pledge will preclude the student's participation in athletics in any Culpeper County Public School.

Once a student-athlete signs the Pledge for the first time, they will be expected to honor their agreement, whether in-season or out-of-season, on school days or non-school days, for the duration of their enrollment in Culpeper County Public Schools.

Violations of the Pledge are cumulative throughout a student's enrollment and subject to the consequences as detailed in this policy.

### ***Definitions:***

**Pledge** - an agreement by which the student (with an affirmation of support by a parent/guardian) that states in writing they will not possess or use harmful substances to include: tobacco products, nicotine, alcohol, marijuana, THC products, cocaine, hallucinogens, amphetamines, barbiturates, steroids, opioids, inhalants, or medications not prescribed and used as directed by a licensed health care provider.

**Student-Athlete** - Any 6th-12th grader established as an athlete at the middle school, junior varsity, or varsity level. For purposes of this policy, an established athlete is one who is on or has been on a middle school team roster or high school Master Eligibility List (MEL).

**Jurisdiction of the School Board's Code of Conduct** - Students are subject to the code of conduct when on school property, in a school vehicle, at any school-sponsored event, going to or from school, or while participating in school-sponsored activities off school property.

**Pledge Violations Outside the School Board's Jurisdiction** - use or possession of harmful substances outside of the jurisdiction of the School Board's code of conduct includes possession or use off school property and on non-school days as evidenced by self-disclosure, third-party nicotine, alcohol, and drug screenings, reliable witnesses, or video, photography, or audio recordings, written communications, or the filing of criminal charges.

**Contests** - individual or team interscholastic competitions to include the regular season, district, regional, state playoffs, tournaments, or other Virginia High School League competitions.

**Organized team activities** - include team meetings, community engagement, physical conditioning, skill and technique development, playbook or video study, inter-team scrimmages, and inter-school scrimmages.

**School days** - days in which classes are in session.

### **Student-Athlete Drug Testing Procedures**

The drug testing policy is not designed to be academically punitive, but to ensure the student's health while participating in athletics.

- A. Sample random selection with replacement will be used for the drug testing process.
- B. A Third-Party Administrator (TPA) will be contracted to conduct all testing and will be responsible for the random selection with replacement and testing process.
- C. Testing will be performed on a sample population equating to 10% of the total population of student-athletes, per school, per sports season (Fall, Winter, Spring). The number of testing sessions may vary.
- D. A copy of the Middle School Team Roster List and the Virginia High School League (VHSL) Master Eligibility List, identifying athletes for every sport, per sports season, will be used to determine who will be eligible for testing. For the purpose of confidentiality, athletes will be identified by a unique number as designated by the school.
- E. Drug testing will be performed by collecting a urine sample.
- F. Testing will take place at each school by the TPA.
- G. Students will remain under school supervision until an adequate sample can be provided. If a student has not provided a reliable sample by the end of the school day, then the student will be ineligible to participate in the remaining portion of that sports season absent extenuating circumstances.
- H. The TPA will provide testing materials, testers and a Medical Review Officer (MRO).
- I. In the event of a positive test result, the MRO will make direct contact with the parent/guardian to resolve any extenuating circumstances, medical or other, that may have contributed to an inability to provide a sample, or a positive test result. Culpeper County Public Schools will not be involved in resolving positive testing results.
- J. After all testing and test results have been verified, the final report will be provided by the TPA to the Superintendent/Designee.
- K. The Superintendent/Designee will provide the results to each school's principal.

## **Positive Test Results**

In the event the final report has identified any failures to provide a sample, or verified positive test results, the TPA will contact the Superintendent/Designee and then the Superintendent/Designee will notify the Principal/Principal Designee. The Principal/ Designee will contact the parent/guardian and a conference will be scheduled to present the test results to the parent/guardian. For positive results, the Culpeper County Schools Pledge Program will be enforced, per School Board Policy JFCF-SR2, Student-Athlete Substance Abuse Policy. For positive results for the use of anabolic steroids, an athlete will also be ineligible to compete in interscholastic athletic competition for two years per School Board Policy JFC-R1, Standards of Student Conduct. A failure to provide a sample will be considered a positive test result unless there are extenuating medical circumstances that physically prevent a student from providing a sample.

## **Confidentiality**

Confidentiality of test results must be maintained at all levels including the TPA, the School Board, the Superintendent, the Principal, the Athletic Director, and the coach. No penalties or restrictions will be placed on a student's participation in any other non-athletic activities. Results will not be placed in the student's cumulative records. The substances commonly tested for, but not limited to, are: alcohol, tobacco, controlled substances, imitation controlled substances, illegal drugs, athletic performance enhancement and anabolic steroids.

## **Consequences for Violations of the Student-Athlete Pledge While Under the Jurisdiction of the School Board**

If a Pledge violation occurs while under the jurisdiction of the School Board, student-athletes will be subject to:

- 1) ordinary disciplinary actions as a code of conduct violation;
- 2) the penalties associated with in-school or out of school suspensions as a student-athlete;
- 3) the consequences imposed for violating their Pledge.

## **Consequences for Violations of the Student-Athlete Pledge Outside the Jurisdiction of the School Board**

If a Pledge violation occurs outside the jurisdiction of the School Board, but becomes known to the school administration, the student-athlete will be subject to suspension from *playing* in non-scrimmage contests for defined period of time. During the suspension from play period, the student will be able to participate in organized team activities and attend contests; however, the student-athlete will not be permitted to dress in a team uniform for a contest(s) occurring during the suspension from play period.

**First Violation** - the student-athlete shall be suspended from play in any contests for the next five (5) school days in the current season and/or the next season in which the student-athlete participates to include at least one contest.

**Second Violation** - When a second violation has occurred, the following consequence will be enforced: The student-athlete shall be suspended from *play* in contests for the next ten (10) school days in the current season and/or the next season in which the student-athlete participates to include at least one contest.

**Third Violation** - When a third violation has occurred, the following consequence will be enforced: The student-athlete will be suspended from play in contests for the next twenty (20) school days for the current season or the next season in which the student-athlete participates to include at least one contest.

**Fourth Violation** - When a fourth violation has occurred, the following consequence will be enforced: The student-athlete will be suspended from participation in athletic activities for the remainder of their enrollment.

## **Effect of Violations by Middle School Student-Athletes on High School Athletics**

Any violations of the Pledge occurring while on a middle school roster will not be counted in the cumulative number of violations for student-athletes when they participate on a high school team. Once an eighth-grader is on a high school team roster for the first time, any violation of the Pledge in middle school will count in their cumulative number for high school.

## **Requirements for Reinstatement After Violations of the Pledge**

Following notification of a Pledge violation by the Activities Director, the parent will have two (2) business days to contact the Superintendent's designee or choose to end current and future athletic participation until such time the following requirements are met:

- For a first violation, the student-athlete will be referred for multi-panel urine drug screening by an independent third party approved by the Superintendent's designee at the parent/guardian(s) expense. This urine screening must occur between thirty (30) and thirty-five (35) calendar days of the violation date. Failure to screen within the time period specified or positive test on this screening will be counted as another violation.
- For a second violation occurring within a calendar year, in addition to the urine screening, the student will be required to have a substance use assessment by an independent third party approved by the Superintendent's designee at the parent/guardian(s) expense. This substance use assessment referral can be made by the Superintendent's designee to local agencies.
- For a third offense occurring within a calendar year, in addition to the substance use assessment and urine screening, the student may be required to participate in substance use counseling.

**Failure to complete the requirements above will end current and future athletic participation until such time the requirements are met.**

## **Removal from Team and Subsequent Probation**

Once removed from a team, a student may not try out for another team that season. If the student-athlete seeks to try out for an athletic team in a subsequent season following a removal from a team, the student and parent must meet with the AD or designee prior to trying out. The student-athlete will be placed on probation for the next season in which he/she participates. Probation means if the student-athlete incurs an additional out of school suspension or is subject to arrest, the student-athlete will be removed from their current team.

## **Prohibition on Attendance at Athletic Events**

Students removed from an athletic team may be subject to a prohibition on attendance at an event involving their former team as determined by the Activities Director. Once prohibited under this provision, the student and parent will have to meet with the school's A.D or designee for reinstatement to attend events of their former team.

## **Appealing a Suspension/Dismissal**

If the parent of a student-athlete chooses to appeal a suspension or dismissal from a team by the Activities Director, a request for appeal must be made in writing to the Principal within 5 school days of the preceding action. The Principal or designee will call a meeting with the student-athlete, and his/her parents, Activities Director, and the coach. After the appeal is heard, the Principal or designee will render a decision within five (5) school days. **The decision of the Principal is final.**

## **Quitting a Team**

A student-athlete is considered to have quit a team when (1) he/she either verbally or in writing expresses to the coach that he/she has quit, or (2) he/she misses three consecutive unexcused days of practices or games. Once the student-athlete has quit a team, he/she may not participate on another athletic team during that season without first receiving permission from the Activities Director. Once a student-athlete quits a team, all opportunities for awards for that sport in that season are forfeited.

## **Individual Team Rules**

Often a coach will develop additional expectations and rules specific to their team. (These rules cannot conflict with division or school policies.) These expectations may come in the form of rules for appropriate dress, attendance and tardiness to practice, respect, teamwork, conditioning, attitude, or participation in team activities. The coach has the authority to administer penalties for violations of team rules. These specific team rules and penalties must be approved by the Activities Director and a copy will be kept on file in the athletic director's office. Once approved by the Activities Director, these rules will act as an extension of the division's Athletic Code of Conduct. Student athletes and their parent/guardian need to become familiar with the team rules for their specific team. The coach will present all team rules and expectations to student-athletes and their parents/guardians in writing at the first team informational meeting. It is expected that the student-athlete and the parents/guardian will sign an acknowledgement to indicate their understanding of these rules and their willingness to adhere to the rules.

## **Expectations for Sportsmanship**

Under the Virginia High School League (VHSL) rules and regulations, student-athletes are to act in a manner consistent with the rules and ethics of their sport. As stated in the VHSL handbook:

### **The Athlete Should:**

1. Be courteous to visiting teams and officials.
2. Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up nor does he or she quarrel, cheat, bet or grandstand.
3. Retain his or her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
4. Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
5. Maintain a high degree of physical fitness by observing team and training rules conscientiously.
6. Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
7. Play for the love of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Set a high standard of personal cleanliness.
10. Respect the integrity and judgment of officials and accept their decisions without questions.
11. Respect the facilities of host schools and the trust entailed in being a guest.
12. Prohibition of displays of gross signs of poor sportsmanship. Athletes are not allowed to harass game officials, the opposition, or spectators. Athletes that are ejected are required to serve a suspension according to VHSL guidelines.
13. Prohibition on laying of hands or attempt to lay hands on an official. Any such act by an athlete will result in a one-year suspension from VHSL and possible legal actions by the school or appropriate governing bodies.

### **Injury Insurance**

Participation in athletic activities carries risk of injury. Student-athletes are expected to have medical insurance coverage through their parents, or if eligible, through Medicaid. Student injury insurance can be purchased by parents through *American Advantage Marketing Group, Inc.* The premiums range from \$18 - \$124 per month depending upon the coverage needed.

For athletes participating on teams under the Virginia High School League, there is catastrophic injury insurance coverage for all athletes. The Virginia High School League's catastrophic injury insurance does not apply to off-season practices or trainings. More information is available from the school Activities Director on these insurance plans.

### **Use of Medications at Practice or Competitions**

Culpeper County Public Schools policy prohibits students from possessing and self-administering prescription or over-the-counter medications while on school property or at school related events off campus. Student-athletes may only possess or self-administer medications when a health plan is required from their physician, and with written authorization by a parent. Health plans must be on file with the school nurse.

Parents of student-athletes will have to bring medications to the school nurse for administering prior to the end of the school day (before 3:30) or parents must come to administer the medications to their child at practice or competition. Coaches are prohibited from administering medications to athletes. (Unless an emergency exists requiring immediate action to prevent death or serious injury.)

## Culpeper County Public Schools Concussion Information

### What is a concussion?

A concussion is an injury to the brain. It occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. The resulting injury to the brain changes how the brain functions in a normal manner. The signs and symptoms of a concussion can show up immediately after the injury or may not appear for hours or days after the injury. Concussions can have serious long-term health effects, and even a seemingly mild injury can be serious. A major concern with any concussion is returning to play too soon. Having a second concussion before healing can take place from the initial or previous concussion can lead to serious and potentially fatal health conditions.

### What are the symptoms of a concussion?

Signs and symptoms of a concussion are typically noticed right after the injury, but some might not be recognized until days after the injury.

Symptoms of a concussion may or may not include, but are not limited to:

- Dazed look/vacant stare,
- Slowed/incoherent body movements and/or reaction time
- Difficulty concentrating/remembering
- Fatigue/low energy
- Lethargy
- Unusual behavior/mood changes (depression, overly emotional, aggressive, sad, restless, irritable, etc.),
- Confusion/amnesia
- Headache/pressure in head,
- Feeling slowed down/in a fog, “don’t feel right”
- Nausea
- Ringing in ears
- Dizziness
- Poor/blurry vision
- Sensitivity to sounds and/or light
- Balance/coordination problems
- Lack of sustained attention or concentration
- Sleep disturbances

*The individual may or may not have lost consciousness.*

### What should be done if a concussion is suspected?

1. Immediately remove the student-athlete from practice or game.
2. Seek medical attention right away.
3. Do not allow the student to return to play until proper medical clearance and return to play guidelines have been followed. The permission for return to play will come from the appropriate health care professional or professionals.

If you have any questions concerning concussions or the return to play policy, you may contact the athletic trainer at your school.

### What should the athlete know about playing with a concussion?

Teach athletes it's not smart to play with a concussion. Rest is the key after a concussion. Sometimes athletes, parents, and other school or league officials wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your athlete convince you that they're just fine.

### What are the risks of returning to activity too soon after sustaining a concussion?

Long-term life-threatening injuries such as Second Impact Syndrome can and do occur. If an athlete has a concussion, their brain needs time to heal. Don't let them return to play the day of the injury and until a healthcare professional, experienced in evaluating and managing concussions, says they are symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first can be fatal.

### What can happen if my child keeps on playing with a concussion?

Athletes with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

## Home Instructions for Concussions

If your child has sustained a concussion, please be aware of the following important recommendations:

### If any of the following problems develop, seek medical attention:

- Difficulty remembering recent events or meaningful facts (amnesia)
- Severe headache
- Post-concussion symptoms that worsen or increase in number
- Stiffening of the neck
- Mental confusion or feeling of strangeness/constant fogginess
- Nausea
- Irritability
- Changes in emotional status/mood swings
- Abnormal drowsiness or sleepiness
- Dizziness, poor balance, or unsteadiness walking or standing
- Loss of appetite
- Continued ringing in the ears
- Slurring of speech
- Cranial nerve deficits (problems with vision, taste, hearing, speech, smell)
- Sensory problems (decreased sensation, numbness, tingling)

### If any of the following appear, contact Emergency Medical Services immediately:

- Blood or yellowish/clear fluid from nose or ears
- Vomiting
- Alterations in breathing patterns
- Increase/Decrease or Irregularity in blood pressure or pulse
- Double or blurred vision or extreme sensitivity to light (photophobia)
- Unequal, dilated or nonreactive pupils
- Convulsions or seizures
- Weakness in either arm or leg
- Unequal pupils or uncontrolled eye movements
- Decrease in level of consciousness or loss of consciousness
- Any signs or symptoms of associated injuries, such as spine or skull fracture or bleeding
- Mental status changes: lethargy, confusion, or agitation
- Seizure activity

### Things there is no need to do:

- Check eyes with a flashlight
- Wake them up every hour
- Test reflexes
- Set alarm clock (“Kill the Clock” to allow them to sleep and awake naturally)

### Things that are OK to do:

- Use ice packs on head or neck as needed for comfort
- Eat a light diet
- Go to sleep (rest is very important)
- Check athlete's pulse and respirations while they are sleeping
- Limit time at school if needed
- Limit time watching TV, playing video games, computer time, listening to music with ear devices, time on a telephone or reading if needed
- Give Acetaminophen (Tylenol) for headache

### Things that should NOT be allowed:

- Drive (do not allow until the athlete experiences NO dizziness, or trouble with attention or concentration while turning head)
- Expose individual to bright lights or loud noises
- Drink alcohol
- Any strenuous activity or sports
- School attendance until symptom free
- Give NSAIDS like Acetylsalicylic acid (Aspirin), Ibuprofen (Advil) or Naproxen Sodium (Alieve) for the first 24-48 hours to avoid “masking” or worsening the signs and symptoms of a concussion

## **Student-Athlete Concussion Policy (JJAC)**

### **Generally**

In order to participate in any extracurricular physical activity, each student-athlete and the student-athlete's parent or guardian must review, on an annual basis, information on concussions provided by the school division. After having reviewed materials describing the short- and long-term health effects of concussions, each student-athlete and the student-athlete's parent or guardian must sign a statement acknowledging receipt of such information, in a manner approved by the Board of Education.

### **Return to Play Protocol**

A student-athlete suspected by that student-athlete's coach, athletic trainer, or team physician of sustaining a concussion or brain injury in a practice or game is removed from the activity at that time. A student-athlete who has been removed from play, evaluated, and suspected to have a concussion or brain injury does not return to play that day or until the student-athlete is

- evaluated by an appropriate licensed health care provider as determined by the Board of Education and
- in receipt of written clearance to return to play from such licensed health care provider.

The licensed health care provider evaluating student-athletes suspected of having a concussion or brain injury may be a volunteer.

### **Return to Learn Protocol**

School personnel are alert to cognitive and academic issues that may be experienced by a student who has suffered a concussion or other head injury, including

- difficulty with concentration, organization, and long-term and short-term memory;
- sensitivity to bright lights and sounds; and
- short-term problems with speech and language, reasoning, planning, and problem solving.

School personnel accommodate the gradual return to full participation in academic activities of a student who has suffered a concussion or other head injury as appropriate, based on the recommendation of the student's licensed health care provider as to the appropriate amount of time that such student needs to be away from the classroom.

### **Procedures**

The superintendent is responsible for developing, and biennially updating, procedures regarding the identification and handling of suspected concussions in student-athletes.

### **Athletic Activities Conducted by Non-School Organizations on School Property**

The school division may provide this policy to organizations sponsoring athletic activity for student-athletes on school property. The school division does not enforce compliance with the policy by such organizations.

Adopted: August 8, 2011  
Amended: June 23, 2014  
June 22, 2015  
June 13, 2016  
June 10, 2019  
April 7, 2025

Legal Refs.: Code of Virginia, 1950, as amended, § 22.1-271.5.

Cross Refs.: JECB (Option 1) Admission of Nonpublic Students for Part-Time Enrollment  
KG Community Use of School Facilities  
KGB Public Conduct on School Property

## Protocols for Managing Concussions for Student-Athletes

Culpeper County Public Schools has developed a protocol for managing concussions. This protocol includes a multi-discipline approach involving a licensed healthcare provider (HCP) clearance and successful completion of Return-to-Learn (RTL), and Return-to-Sport (RTS) protocols. The following is an outline of this procedure. Your son/daughter must complete all of these steps in order to return to unrestricted athletic participation following a concussion.

1. All athletes who sustain head injuries are required to be evaluated by a licensed healthcare provider (MD, DO, Neuropsychiatrist, NP, PA, ATC). This includes student-athletes who were initially evaluated at the emergency department. Parents/guardians that wish to have their child evaluated by a healthcare provider outside of CCPS must submit a filled and signed Concussion Return-to-Play Medical Clearance form following the appointment.
2. The student-athlete will be monitored daily at school by the Athletic Trainer. His/her teachers will be notified of their injury and what to expect. Accommodations may need to be given according to healthcare provider recommendations and observations.
3. An initial period of relative rest is required the first 24-48 hours after injury.
4. If needed, student-athletes must complete RTL protocols steps 1-4.
5. All student-athletes must complete RTL protocol steps 1-6 under HCP supervision.
6. Student-athletes must have a normal physical and neurological exam and a written medical release prior to being cleared for unrestricted return to play.

**Note – Athlete progression continues as long as the athlete is asymptomatic at current activity level. If the athlete experiences any post-concussion symptoms, he/she will wait 24 hours and start the progressions again at the previous step.**

### Return-to-Learn Protocol

Facilitating Return-to-Learn (RTL) is a vital part of the recovery process for student-athletes. Academic support will address factors that may prolong RTL by adjusting environmental, physical, curricular and testing factors as needed. Not all athletes will need an RTL strategy or academic support. If symptom exacerbation occurs during cognitive activity or screen time, difficulties with reading, concentration or memory or other aspects of learning are reported, the implementation of an RTL strategy at the time of diagnosis and during the recovery process will be considered.

When the RTL strategy is implemented, it can begin following an initial period of relative rest

- Step 1: 24–48 hours following injury with an incremental increase in cognitive load
- Steps 2–4: Progression through the strategy is symptom limited (i.e., no more than a mild and brief exacerbation of current symptoms related to the current concussion\*) and its course may vary across individuals based on tolerance and symptom resolution.

Further, while the RTL and RTS strategies can occur in parallel, student-athletes must be attending a full school day without the use of academic accommodations before unrestricted RTS.

**\*Mild and brief exacerbation of symptoms:** an increase of no more than 2 points on a 0–10-point scale (with 0 representing no symptoms and 10 the worst symptoms imaginable) for less than an hour when compared with the baseline value reported prior to cognitive activity.

Return-to-Learn (RTL) Strategy			
Step	Mental Activity	Activity at Each Step	Goal
1	Daily activities that do not result in more than a mild and brief exacerbation of symptoms related to the current concussion	Typical activities during the day (e.g. reading) while minimizing screen time. Start with 5-15 minutes at a time and increase gradually	Gradual return to typical activities
2	School Activities	Homework, reading or other cognitive activities outside of the classroom	Increase tolerance of cognitive work
3	Return to school part time	Gradual introduction of schoolwork. May need to start with a partial school day or with greater access to rest breaks during the day	Increase academic activities
4	Return to school full time	Gradually progress in school activities until a full day can be tolerated without more than <i>mild</i> symptom exacerbation	Return to full academic activities and catch up on missed work

Patricios JS, Schneider KJ, Dvorak J, et alConsensus statement on concussion in sport: the 6th International Conference on Concussion in Sport–Amsterdam, October 2022. *British Journal of Sports Medicine* 2023; 57:695-711.

### **Return-to-Sport Protocol**

Return-to-Sport participation after a concussion follows a graduated stepwise strategy as outlined in the table below. RTS occurs in conjunction with RTL (see RTL strategy) and under the supervision of a licensed healthcare provider. Following an initial period of relative rest (Step 1: approximately 24–48 hours following injury), licensed healthcare providers can implement Step 2 (ie, light (Step 2A) and then moderate (Step 2B) aerobic activity) of the RTS strategy as a treatment of acute concussion. The athlete may then advance to Steps 3–6 on a time course dictated by symptoms, cognitive function, examination findings and clinical judgement. Athletes may be moved into the later stages, that involve risk of head impact, (typically Steps 4–6 and Step 3 if there is any inadvertent risk of head impact with sport-specific activity) of the RTS strategy following authorization by licensed healthcare provider and after full resolution of concussion-related symptoms, abnormalities in cognitive function and clinical findings related to the current concussion, including the absence of symptoms with and after physical exertion. A minimum of 24 hours at each step is required. If more than mild exacerbation of symptoms (ie, 2 points on a 0–10 scale) occurs during steps 1–3, the athlete should stop and attempt that step the next day. Athletes experiencing any concussion-related symptoms during steps 4–6 should return to step 3 to establish full symptom resolution with exertion before engaging in at-risk activities. Written determination of readiness to return to sport must be provided by a licensed healthcare provider before unrestricted clearance.

<b>Return-to-Sport Strategy</b>			
<b><u>Step</u></b>	<b><u>Exercise strategy</u></b>	<b><u>Activity at each step</u></b>	<b><u>Goal</u></b>
<b>1</b> <i>24-48 hours following injury</i>	Symptom-limited activity	Daily activities that do not exacerbate symptoms (i.e. walking)	Gradual reintroduction of work/school if needed
<b>2</b>	Aerobic exercise <b>2A—Light</b> ( <i>up to approximately 55% maxHR</i> ) then <b>2B—Moderate</b> ( <i>up to approximately 70% maxHR</i> )	Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.	Increase heart rate
<b>3</b>	Individual sport-specific exercise  Note: If sport-specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 3.	Sport-specific training away from the team environment (eg, running, change of direction and/or individual training drills away from the team environment). No activities at risk of head impact	Add movement, change of direction
<i>Steps 4–6 will begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion.</i>			
<b>4</b>	Non-contact training drills	Exercise to high intensity including more challenging training drills (eg, passing drills, multiplayer training) can integrate into a team environment.	Resume usual intensity of exercise, coordination and increased thinking
<b>5</b>	Full contact practice	Participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
<b>6</b>	Return to sport	Normal game play	

Patricios JS, Schneider KJ, Dvorak J, et al/Consensus statement on concussion in sport: the 6th International Conference on Concussion in Sport—Amsterdam, October 2022. *British Journal of Sports Medicine* 2023; 57:695–711.

## **Concussion Return to Play Medical Clearance Form**

This release is to certify that \_\_\_\_\_ has been examined due to  
(student athlete)  
experiencing the signs, symptoms, and/or behaviors consistent with a concussion or other head injuries. Following an examination, it is my medical opinion that he/she:

- \_\_\_\_\_ Is **UNABLE** to return to participation in athletics until further notice.
  - Follow up appointment scheduled on: \_\_\_\_\_  
(Date)
- \_\_\_\_\_ May begin a return to play progression program on: \_\_\_\_\_  
(Date) and can be released to full participation after completing the program and has passed a physical and neurological exam.
- \_\_\_\_\_ Is **ABLE** to return to full participation in athletics on \_\_\_\_\_  
(Date)
  - No return to play progression program needed

### **Guidelines/Restrictions:**

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### **Appropriate Healthcare Provider Information**

(MD, DO, Neuropsychologist, NP, PA, ATC)

- **Healthcare Provider Signature:** \_\_\_\_\_
- **Healthcare Provider's Name:** \_\_\_\_\_  
*Please print.*
- **Phone Number:** \_\_\_\_\_
- **Date:** \_\_\_\_\_

### **Parent/Guardian Acknowledgment**

By signing below, I acknowledge that I have been informed of the athlete's recovery and clearance for return to play. I understand the risks associated with returning to athletic participation and consent to the athlete resuming activities as cleared by the appropriate licensed healthcare provider.

- **Parent/Guardian Name:** \_\_\_\_\_
- **Parent/Guardian Signature:** \_\_\_\_\_
- **Date:** \_\_\_\_\_

### What is a Sudden Cardiac Arrest (SCA)?

SCA is a condition in which the heart unexpectedly stops beating due to electrical disturbances, halting blood flow to the brain and vital organs. The cause of SCA in athletes is unknown, however, young athletes with underlying heart conditions are at greater risk during vigorous exercise.

### What are the symptoms of a Sudden Cardiac Arrest (SCA)?

Symptoms of suspected SCA may or may not include, but are not limited to:

- Myoclonic jerking or seizure-like activity
- Intermittent or Exertional chest pain
- Exertional syncope (fainting)
- Presyncope (almost fainting)
- Dizziness or lightheadedness
- Palpitations
- New or excessive shortness of breath
- Exertional fatigue
- Severe headache
- Nausea or vomiting
- Indigestion or heartburn

### VHSL Heat Guidelines

#### PREVENTION OF EXERTIONAL HEAT ILLNESS

In conjunction with the pre-participation exam, student-athletes should be screened for risk factors or a history of EHI. Athletes should be acclimatized to heat gradually over a 7-14 day period.<sup>2</sup> Special considerations and/or modifications are needed for those wearing protective equipment during days of high heat and humidity. Athletes should remain well hydrated and replace fluids lost through sweat during activity, including conditioning/training sessions, practices and games. It should be emphasized that athletes should have free access to readily available fluids at any time, not just during breaks. It is imperative that relevant personnel be trained in prevention, signs and symptoms, and treatment of EHI.

#### FLUID REPLACEMENT RECOMMENDATIONS

Evaporation of sweat is the primary source of heat dissipation during exercise. Athletes whose sweat loss exceeds rehydration during activity become dehydrated. Dehydration of one to two percent of body weight begins to negatively impact physiological function and athletic performance while dehydration of three percent or greater of body weight puts an athlete at risk for exertional heat illnesses.

### WET BULB TEMPERATURE (WBT) and WET BULB GLOBE TEMPERATURE (WBGT) PARTICIPATION RECOMMENDATIONS

Level	WBT	WBGT	Duration	Fluid Consumption	Practices
1	<66°	<80°	3 hours maximum	Insist that adequate fluid be ingested	Full gear; minimum of 2 water breaks per hour
2	66.0°-74.9°	80.0°-82.4°	3 hours maximum	Insist that 4 – 6 oz fluid be ingested every 20 minutes	Full gear; minimum of 3 water breaks per hour
3	75.0°-76.9°	82.5°-84.9°	3 hours maximum	Insist that 6 – 8 oz fluid be ingested every 20 minutes	Remove helmets unless active in drill; monitor athletes, rest as needed.
4	77.0°-78.9°	85.0°-87.4°	3 hours maximum, every 45 minutes of work ≥ 15 minutes of rest each hour*	Insist that 8 – 10 oz fluid be ingested every 15 minutes	No equipment during non-contact drills; remove helmet unless active in drill, remove pads when teaching or non-contact portions of practice exceed 10 minutes in length
5	79.0°-80.9°	87.5°-89.9°	3 hours maximum every 45 minutes of work ≥ 20 minutes of rest each hour*	Insist that 8 – 10 oz fluid be ingested every 15 minutes.	Shirt and shorts only, no helmets or equipment; reduce intensity of activity, no equipment or helmets
6	81.0° +	90.0° +	NO OUTDOOR PRACTICES, SCRIMMAGES or COMPETITIONS	Re-hydrate 24 oz for every pound of body weight loss per day.	Practices conducted indoors must follow the Heat Policy

**Culpeper County Public Schools**  
**Expectations of Conduct for Parents/Guardians of Student-Athletes**

Interscholastic sports programs play an important role in promoting the physical, social and emotional development of youth. It is therefore essential for parents, coaches, and officials to encourage student-athletes to embrace the values of good sportsmanship. Moreover, adults attending school sports events need to be models of good sportsmanship and need to lead by example by demonstrating respect for others and self-control.

**As a parent/guardian of a student-athlete in Culpeper County Public Schools, I therefore pledge to be responsible for my words and actions while attending school sports events and I shall conform my behavior to the following code of conduct:**

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
3. I will not use or be under the influence of drugs or alcohol while attending a school sports event.
4. I will not engage in the use of profanity or use derogatory language towards any coach, player, participant, official, or any other attendee.
5. I will not engage in “hate speech” (remarks, use of symbols, or actions disparaging a person’s race, ethnicity, nation of origin, ancestry, religious beliefs, gender, or sexual orientation) towards any coach, player, participant, official, or any other attendee.
6. I will treat all coaches, parents, players, participants, officials or other attendees with respect.
7. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or any other attendee.
8. I will not initiate an act of aggression with any coach, parent, player, participant, official or any other attendee.
9. I will honor the judgments and decisions of game officials.
10. I will honor the authority of the coaches to make judgments and decisions regarding the participation of my child to include membership on the team, assigned position, playing time, training and practice techniques.
11. I will bring any concerns about the conduct of a coach or their application of school policies to my child directly to the coach or the school’s Activities Director.
12. I will support my child in their athletic pursuits by reinforcing the tenets of the code of conduct for athletes.
13. I understand that coaches are employed by the school board and are prohibited from receiving payment from other parties for coaching or conditioning my child during the sports season.
14. I understand that tryouts and practices may be closed to observation by parents, students, media, or members of the public at the discretion of the coach or A.D.

Disciplinary actions for parent/guardians who violate these expectations include:

- A verbal warning issued by a coach, Activities Director, Principal, or school administrator.
- A written warning issued by an Activities Director, Principal or school administrator.
- An immediate ejection from the school sports event as issued by the Activities Director, Principal, or school administrator, or game official.
- Prohibition from attending any number of sports events in which Culpeper County Public Schools teams are participating as issued by the Division Superintendent or designee.

**Acknowledgement**  
**Culpeper High - Eastern View - Culpeper Middle - Floyd T. Binns**  
*(Please Circle School for Your Team)*

I have received a copy of the Student-Athlete Handbook and will abide by its provisions to include the Student-Athlete Substance Abuse Policy (JFCF-SR1). I pledge to abstain from any tobacco, nicotine, drug, alcohol, or substance use that would be in conflict with this policy. I understand that if I break this pledge, I am responsible for the consequences of my actions as outlined in the Student-Athlete Substance Abuse Policy. I agree to participate in random drug testing pursuant to School Board Policy JFCF-BR1, Drug Testing of Student-Athletes, and understand the consequences of any violation. I have been advised a positive outcome of steroid use will result in me being ineligible for two school years to compete in interscholastic competition.

Additionally, I understand I will be participating in activities governed by the Virginia High School League (VHSL) and/or Culpeper County Public Schools.

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Student-Athlete Name (Print)	Signature	Date
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I have received a copy of the Student-Athlete Handbook and will abide by and support its provisions. I have read, understand, and support School Board Policy JFCF-SR1, Student-Athlete Substance Abuse Policy as being necessary for the physical and mental well-being of my child as a student-athlete in Culpeper County Public Schools (CCPS). I understand my child will be participating in random drug testing pursuant to School Board Policy, JFCF-BR1, Drug Testing of Student Athletes, and the consequences of any violation. If a positive test is initially suspected by the testing agency, then I agree to have the testing agency contact me and inform designated school officials of the test results. I have also been advised a positive test outcome of steroid use will result in my child being ineligible for two school years to compete in interscholastic athletic competition per the Code of Virginia §22.1-276.3

Additionally, I understand that my child will be participating in activities governed by the Virginia High School League (VHSL) and/or Culpeper County Public Schools. This form serves as permission for my child to participate in all VHSL activities or middle school athletics including all associated travel.

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Parent/Guardian Name (Print)	Signature	Date
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**Culpeper County Public Schools**

**Student-Athlete & Parent/Guardian Concussion and Sudden Cardiac Arrest Statement**

I have received a copy of the Student-Athlete Concussion during Extracurricular Activities Policy (JJAC) and have reviewed the concussion training materials developed by the Concussion Management Team.

Please initial the following after reading each statement:

- I understand that it is my responsibility to report all injuries and illnesses to my athletic trainer and/or team physician.
- A concussion is a brain injury, which I am responsible for reporting to my team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect reaction time, balance, sleep, and classroom performance.
- You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to my team physician or athletic trainer.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.
- Following a concussion, the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.
- In rare cases, repeat concussions can cause permanent brain damage, and even death.
- I have read and understand the symptoms of Sudden Cardiac Arrest.

**Parental Consent**

By signing this form, I understand the risks and dangers related with returning to play too soon after a concussion. Furthermore, in the event that my son/daughter is diagnosed with a concussion, I give my consent for my son/daughter to participate in and comply with the Culpeper County Public Schools return to play protocol. The undersigned, being a parent, guardian, or another person with legal authority, grants this permission.

Parent/Guardian's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_