



# **Winner School District 59-2**

**We Are Warriors! We Have PRIDE!!**

**Prepared – Respectful – Involved – Determined – Empowered**

## **Athletic/Activities Handbook 2025-2026**

# Philosophy of Winner Athletics & Activities

The purpose of interscholastic athletics/activities within the Winner School District is to offer opportunities in athletics/activities to all boys and girls. Moreover, it is the intent of the Winner School's athletic/activity programs to satisfy and further student interest in properly supervised competition. Our programs will stress, not only competition, but health and physical fitness.

## Objectives of Interscholastic Athletics & Activities

It is the intent of the Winner School District to provide a wholesome and comprehensive athletic/activity program that will:

1. Develop the idea that athletics and activities are one facet of the total school program and is secondary to academics.
2. Develop the will to compete fairly and have fun while doing so.
3. Develop knowledge and use the fundamental skills needed to participate in his/her chosen sport or activity. Included within this area are a better understanding of one's self-worth (self-responsibility, self-confidence, and respect for others, become an important part of one's life).
4. Increase each participant's understanding and appreciation of all sports and activities.
5. Stress sound moral, physical, and mental health.
6. Prepare each participant to further his/her participation in sports and activities to the fullest of his/her ability, and to learn the importance of maximum effort.
7. Encourage boys and girls to participate, with a stress on teamism. Teamwork, sportsmanship, and helping each other cope with success and failure.
8. Develop good community relationships and attitudes towards athletics and activities. Stress that the student becomes a contributing part of the community.
9. Help maintain the highest possible standard during competition/performances.
10. Work for any needed improvements with the school system.
11. Develop and promote the values of physical fitness and health.
12. Direct communication by coaches/directors at parent meetings. This includes discussion about the sport/activity and how coaches/directors and parents can work together in a positive manner.

Please go to our Athletics and Activities section 1, page on our website for more information.



Brian P. Naasz  
Athletic Director

# South Dakota High School Activities Association

## Regulations on Student & Coach Participation Specific to the Regular-Season & Out-of-Season Time Periods In- and Out-of-Season Regulations & Participation Limitations Allowable Activities for Coaches and Athletes Grades 9-12

Are Students allowed to Participate in?							
From	Clinics	Camps	NON-SDHSAA Leagues, Games, or Tourneys	Practice	All Star Events	Club Teams	Private Lessons
August 1 to Sports Season Begins	Yes	Yes	Yes	Yes	No	Yes	Yes
Sport Season Begins to Sport Season Ends	Yes	No	No	Yes	No	No	Yes
Sport Season Ends to Midnight May 29 <sup>th</sup>	Yes	Yes	Yes	Yes	Seniors Only	Yes	Yes
May 29 <sup>th</sup> July 31 <sup>st</sup>	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Are Coaches allowed to Participate in?							
From	Clinics	Camps	NON-SDHSAA Leagues, Games, or Tourneys	Practice	All Star Events	Club Teams	Private Lessons
August 1 to Sports Season Begins	Yes	No	No	No	No	No	No
Sport Season Begins to Sport Season Ends	Yes	No	No	Yes	No	No	Yes
Sport Season Ends to Midnight May 29 <sup>th</sup>	Yes	No	No	NO	SDSCA Only	Limited	No
May 29 <sup>th</sup> -July 31 <sup>st</sup>	Yes	Limited	Limited	Yes	Yes	Yes	Yes

YES = UNLIMITED PARTICIPATION ALLOWED

LIMITED = LIMITED BY RULE DEFINITION AS COVERED IN NEXT SECTION

NO = NO PARTICIPATION ALLOWED

**NOTE: No School-Sponsored or Affiliated Activity may take place during the days of July 1 through July 7 (Summer Moratorium) and during the days of December 23 through December 26, (Winter Moratorium) annually.**

# **Athletic Eligibility**

You are not eligible if:

1. You have reached your 20th birthday.
2. You have attended more than 4 first semesters and 4 second semesters of school in grades 9-12.
3. Enrollment in school for 15 school days or participation in an inter-school contest shall constitute a semester.
4. Once a student enrolls as a ninth grader, all semesters must be consecutive unless verified in writing by a physician that withdrawal from school is necessary due to a serious illness or injury.
5. You did not pass 20 hours of high school work per week, in courses approved for graduation for the preceding semester.
6. You are not enrolled in and attend a minimum of 20 hours of high school work per week during the current semester.
7. You have graduated from a regular four-year high school or institution of equivalent rank.
8. You have not enrolled by the 16th school day of the current semester. The date of regular entry into classes is considered the date of enrollment.
9. You have been absent from school for more than 10 consecutive school days. (Illness of the student or death in the immediate family is an exception.)
10. You have transferred from one high school to another without a corresponding change in the residence of your parents. (Exception made for students who transfer pursuant to the open enrollment By-Law)
11. You do not have on file in the principal's office a signed physical examination and parent's permit form.
12. You have participated in an athletic contest under an assumed name.
13. You have participated in athletics in any institution of learning of higher rank than a standard secondary school.
14. You have violated your amateur standing.
15. During a high school sport season, you compete on an unattached basis as an individual or as a member of a non-school team.

## **Participation of Alternative Instruction Students.**

See Winner School Board policy 1.15 Participation of Alternate Instruction Students

# Preseason Responsibilities

Parents and students understand and agree with:

The school has provided notification to the parent(s) and student of the existence of potential dangers associated with participation in activities; participation in activities may involve injury of some type; the severity of injuries can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries such as injuries to the body's bones, joints, ligaments, tendons, or muscles. Catastrophic injuries to the head, neck and spinal cord and concussions may also occur. On rare occasions, injuries so severe as to result in total disability, paralysis and death; even with the best coaching, use of protective equipment and strict observance of rules, injuries are still a possibility; and I give consent for our student to compete in approved activities for the school year. I give my permission for our child to participate in organized high school activities, realizing that such activity involves the potential for injury and harm which exists as an inherent element in all activities.

I agree with the participation of my student in school activities subject to all school rule interpretations, and the activities rules of the SDHSAA as a member school.

I understand personally identifiable directory information may be disclosed about my student because of participation in school activities. If I do not wish to have such information disclosed, I must notify the school in writing prior to participating in an activity.

I understand that the Winner School District does not have insurance coverage for injuries due to participation in activities. Therefore, the Winner School District is not liable for injuries that occur during an activity.

An important goal of our school is to develop a well-rounded individual who is adequate socially and physically as well as intellectually. We also attempt to provide enjoyment and training toward the development of hobbies or other recreational activities that will carry over into adult life. We offer several activities for our students and urge every student to participate in at least one or more activities.

It is the responsibility of the activity participant and the parent to make sure that the following is completed before the student participates in Athletics for the Winner High School.

1. The student must have an Initial or Interim physical examination form completed before the beginning of the activity. A copy of the exam must be on file in the high school activities office.
2. A student athlete must have a current physical or interim preparticipation form at the start of each school year. If a student does not have a physical, he/she will not be allowed to participate or practice.
2. The student must have the parent and the student consent form, HIPPA, concussion forms, and medical consent forms completed, signed and on file in the activities office. If these forms are not on file in the activities office, the student will not be allowed to participate in any interscholastic competition.

3. The Student and Parent must have the Activities Handbook form completed, signed and on file in the activities office. This form states you have read and understand the rules and regulations that govern Winner High School Activities. (This form is located on the last page of this handbook)

## Winner School Training Rules

During the school year or during the season of practice regardless of the quantity, a student shall not use a beverage containing alcohol, use tobacco products (including smokeless tobacco; and vape); or use, consume, or have in their possession any substance defined by law as a drug. It is not a violation for a student to have possession of a legally defined drug prescribed for the student's own use by his/her doctor.

### Guideline for Athletics

#### 1. First Violation

After confirmation of the first violation, the student will not compete for the next two contests. However, the students will practice during this time.

#### 2. Second Violation

After confirmation of the second violation the student will not compete in four contests. Also, the student and his/her parents must meet with a Drug/Alcohol Counselor. This meeting must take place before the student is allowed to compete. If there is any expense for this counseling, it will be paid for by the student or parents. The student will be allowed to practice during this time.

#### 3. Third Violation

On the third violation the student will not be allowed to compete in eight contests and along with his/her parents must see the Drug/Alcohol Counselor and work with this person. The student will be allowed to practice during this time.

#### One Contest Equals

1 basketball game, 1 football game, 1 track meet, 1 track dual, 1 cross country dual, 1 cross country meet, 1 golf dual, 1 golf tourney, 1 volleyball match, 1 volleyball tourney, 1 wrestling dual, 1 wrestling tourney, 1 cheer/dance competition, 1 softball game.

### Guideline for School Sponsored Clubs, Student Groups, Band and Chorus

All groups listed in the extra-curricular page of the teacher's negotiated agreement will be included for training rules compliance.

#### 1. First Violation

Due to infrequent contests, events, performances, and outings the student will miss one contest, event, performance or outing. The students will practice during this time.

#### 2. Second Violation

The students will miss two contests, events, performances, or outings. The students will practice during this time.

One Contest Equals: 1 contest, 1 event, 1 performance, 1 outing.

#### Detail for Implementation for Athletics, Clubs, Student Groups, Band and Chorus

1. The rule is for the entire school year or season of practice if it begins before or extends beyond the school year.
2. The rule includes all students in activities for grades 6-12.
3. Violations accumulate throughout the student's school years.
4. If the penalty for a violation is not completed in one activity, it will be completed in the next activity in which the student participates. If a student is involved in more than one activity and is found in violation of training rules, the student will serve consequences in each activity they are involved in simultaneously.
5. The student must finish the season in order for the contests to count toward any punishment.
6. These regulations apply to anyone involved with the team/activity.
7. If a student is participating in multiple activities during the same season this rule applies to all of the activities. (Example student is in competitive cheer and volleyball the students would miss 2 events in both activities for first offense)

#### Verification of Training Rule Violation

The penalty for a training rule violation shall be based upon:

1. Legal citation or arrest
2. Admission of violation by a participant
3. Confirmation of Violation from parent/guardian
4. Direct Observation by school personnel. Any individual bringing an allegation of training rule violations must be willing to identify themselves and sign a statement of fact regarding the allegation. The alleged violation will be investigated, and the assignment of the penalty will be based upon confirmation of the allegation made.

#### **Suspension from Extracurricular Activities for Controlled Substance.**

**No School may impose a lesser consequence than those established in SDLC 13-32-9.**

#### Unlawful or Delinquent Behavior

An unlawful or delinquent act is a violation of any civil or criminal statute, ordinance, regulation or court order (except for minor traffic offenses) including, but not limited to civil rights violations, theft, vandalism, destruction of property, or other misdemeanors and felonies as defined by the South Dakota Criminal Code. The activities director and administration reserve the right to determine whether the student committed an unlawful or delinquent act. Incidents involving students either directly or as an accomplice will be subject to review by the activity's director and administration. The activities director and administration will decide the appropriate penalty for the student taking into consideration the seriousness of the offense, any harm or injury to a person or property, the remorse of the student and any other relevant factors.

## Social Media Guidelines

The Winner Athletic Department recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student athlete must remember that playing and competing for the Winner School District is a privilege. As a student athlete you represent the Winner School District.

District is a privilege. As a student athlete you represent the Winner School District and Winner community and you are expected to portray yourself, your team, and the School District in a positive manner always. Similar to comments made in person, the Winner Athletic Department will not tolerate disrespectful comments and behavior online, such as:

1. Derogatory language or remarks that may harm teammates, coaches, students, teachers, and administration, including comments that may disrespect opponents.
2. Incriminating photos or statements depicting violence; hazing; sexual harassment; nudity; inappropriate gestures; vandalism; stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
3. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.

Improper postings to social media that violate Winner's guidelines may be handled in the following manner:

1. Extra conditioning as deemed appropriate by the coach and administration.
2. Suspension from games or activities as deemed appropriate by coaches and administration.
3. Dismissal from team
4. Other consequences are deemed appropriate by coaches and administration.

## **Winner Activity Rules and Regulations**

### Curfew Hours

If there is practice or a game the next day, the student shall be in by 10:00 PM, otherwise there is a 12:30 curfew. Violations will be dealt with by individual coaches. These rules apply to any athlete currently participating in a school activity.

### Equipment

Any district activity equipment checked out to a student is the student's responsibility to take care of and to turn in at the proper time. Any missing gear must be paid for by the student. The student will not receive any activity award nor be eligible for further competition until he/she has cleared up this item.

### Activity Obligations

1. A student is required to meet all activity obligations (practices, games, etc.) set by the coach/sponsor of the activity. Failure to meet these obligations may result in suspension from the activity from one (1) day to the rest of the season of the activity.
2. A student who plans to go out for an activity after two weeks of the official starting date of the activity must get the coach/sponsor's and activity director's approval.

### Travel-Bus

1. It is the responsibility of the student to act in a respectful, appropriate manner and follow the stated bus rules.
2. Students of the opposite gender are to refrain from any physical forms of affection.
3. It is the responsibility of the students to help keep the bus clean.
4. Students are to follow the directions of the activity sponsors and bus driver.
5. Students are to follow the directions of the activity sponsors and bus driver.
6. Students must ride to and from an activity with the assigned bus/suburban/car. The only exceptions to the policy are:
  - A. They are released directly to the parent or legal guardian at their request, a written request is required, hand delivered by the parent/guardian to the advisor/coach in charge.
  - B. They may be released to another student's parent/guardian only if written request is provided by their parent or legal guardian. This request must be hand delivered to the advisor/coach in charge by the parent/guardian of the student in question.
  - C. A parent/guardian gains pre-approval for alternate transportation from school district administration.

### Sunday/Wednesday Practices

No School Sponsored activities shall be scheduled after 6:00 pm on Wednesday. The only exception will be at the discretion of the superintendent and Athletic Director. No school sponsored activities shall be scheduled or held before 3:30 pm on Sunday. The only exception will be at the discretion of the athletic director and superintendent. Students who have a family commitment will not be penalized if they cannot attend.

### Weather

If there is officially no school, there will be no practice or activity at any level unless approved by the superintendent. If school is closed early during the regular athletic activity season, there will be no activities at any level, and no practices at the middle or junior varsity level. Varsity athletic practice can be held on days of early dismissal upon approval of the superintendent. If a weather advisory, watch or warning has been issued for the area the Activities Director and/or Superintendent will determine if and or when practices can be held.

### Student Attendance

Students are expected to be in school by the start of 5th period of the day of an event or when practicing for a school activity. Students who miss the complete school day cannot participate in a school event or practice session. Any exceptions must be cleared by the principal's office.

## Middle School Students

For a middle school student to participate in a high school activity, consent must be given by the following individuals-the student, student's parents/guardian, head coach, and activities director. Once the student has participation at the high school level they will remain at that level for the remainder of the season.

# Parent-Coach Responsibilities

Parenting and coaching are both difficult vocations. Mutual understanding and respect contribute to the acceptance of the action of both parties for the greater benefit of the student. Parents need to understand the expectations of specific programs. Parents can expect your child's coach to communicate:

1. Expectations of your child as well as all squad members
2. Risk Management procedures
3. Students conduct responsibilities and consequences

As your child becomes involved in student activities, he/she will expect some very rewarding moments and have the opportunity to learn some of life's lessons. There may be times when your child and/or you may be disappointed. The coach has the knowledge of and experience in the activity, but you know the child. At times, a positive dialogue is beneficial. Coaches expect parents to communicate.

1. Concerns directly to them
2. Advance notification of conflicting schedules
3. About treatment of the child, mentally or physically
4. About ways that a child can improve performance
5. Concerns about the child's behavior or attitude

Coaches are professionals who are involved in highly competitive, interscholastic activities. They are expected to make team decisions based upon what they believe is best for all participants.

Certain issues must be left to the discretion of the coach. Topics not appropriate to discuss with the coach laying Time

1. Team Strategy
2. Play Calling
3. Other Students Hopefully, your child will feel free to communicate with his/her coach. Interaction between parents and coach is also encouraged. If a parent desires to a conference with a coach, the following procedure should be used.
  1. Call the coach at school in order to arrange an appointment. If the coach is not at school, the coach should supply a phone number to the students where he/she can be reached.
  2. If the coach is unavailable, please leave a message with the school secretary.
  3. Please do not confront a coach before or after a contest or practice. These times can be emotional for both parents and coaches. In addition, these situations can be difficult for students to observe and understand.

On occasion, a parent-coach meeting does not provide satisfactory resolution. If that is the case, the parents are welcome to schedule a meeting with the activities director by calling the activities director at your school. If a complaint concerning a coach is made, the activities director will attempt to bring the parent and coach together for the purpose of a resolution.

# Code of Conduct for Athletic Events

Athletic and extracurricular activities are sanctioned by the South Dakota High School Activities Association with the sole purpose of providing a positive experience and to educationally enrich our students. The Winner Schools have a proud tradition of honor in athletics and expect the athletes and their fans to uphold that tradition by maintaining the highest standards of performance, behavior and leadership. All spectators, officials, and participants are expected to conduct themselves in a manner that promotes good sportsmanship and fair play. Behavior that is a detriment to the contest, and the spirit in which it is held is greatly discouraged. Athletic contests are held to promote the student athletes, their schools and their communities and all in attendance are asked to join in encouraging and supporting those students, coaches and officials involved in the competition.

## **Acceptable behavior includes:**

- accepting all decisions of officials,
- treating the competition as a game.
- giving credit for outstanding effort regardless of the team.
- showing concern for *any* injured player; and
- encouraging surrounding fans to display only the best sportsmanlike conduct.

## **Unacceptable behavior includes:**

- trash talk, taunting, and other intimidating actions on behalf of players or spectators.
- displaying disgust for official's calls; name calling to distract opponents.
- refusing to shake hands or give credit to opponents.
- blaming the loss of a game on coaches, players, or officials.
- using profanity or displays of anger that draws attention away from the game.
- throwing objects or trash on the playing floor/field.
- any action, that is inappropriate or unprofessional, that is intended to draw attention to oneself.

Any person, including adults, who behave in an unsportsmanlike manner during an athletic or extracurricular event may be ejected from the event or denied admission to future events for conduct that includes, but is not limited to: any of the above listed unacceptable behaviors; using vulgar or obscene language; possessing or being under the influence of any alcoholic beverage or illegal substance; possessing a weapon; fighting or otherwise striking or threatening another person; failing to obey a security officer, official, or school employee; and engaging in any activity which is illegal or disruptive.

## **Other Provisions**

1. Money-raising projects must be cleared in advance by the administration.
2. Individuals responsible for school activities must stay with budgetary requests. They are also responsible for inventories before checking out in the spring of the year. Care and accountability of equipment are the responsibility of the person in charge of the activity.

3. Any team member from a sport which qualifies for a state tournament event, but the individual does not qualify, may attend the tournament without being counted absent as long as the student has parental permission, and responsible for his/her own expenses.
4. Directors of specific activities must notify the principal affected concerning absences from school for school activities. Reasonable departure and return times must be set up in advance.
5. High School Extra-Curricular Advisors/Coaches-The importance of student involvement in extra-curricular activities related to good attendance and academic achievement cannot be overstated. To help encourage students from dropping from an extra-curricular activity and to improve communication between the advisor, student and parent/guardian, all high school extra-curricular advisors/coaches shall have an exit visit with the student wishing to drop out of an activity. The advisor/coach shall, also, inform the parent/guardian about the situation.
6. Concussion Awareness and Prevention
  - A. The Winner School Board is committed to providing all students with a safe learning environment. In recognition of the risks that concussions pose to our student athletes, the school district will provide appropriate concussion awareness education and prevention programs.
  - B. Awareness – Using the guidelines developed by the SDHSAA and the SDDOE to educate coaches, student athletes, and parents of the nature and risks of concussions. On an annual basis, the district will distribute a concussion information sheet to all parents or legal guardians of student athletes.
  - C. Training-Each year, every athletic coach shall complete a training program to provide continuing education on the risks and management of concussions. No coach shall be allowed to participate in any way in the district’s athletic program until the individual provides the district verification that he or she has completed the required training.
  - D. Guidelines-An athlete who is suspected of sustaining a concussion or head injury during a practice or competition shall be removed from participation at that time. The athlete may not return to practice or competition until the athlete no longer exhibits signs, symptoms, or behavior consistent with a concussion and has received written clearance from a licensed health care provider, their parent/guardian, and school administration.

## **State Activity and State Tournament Participation**

1. The decision on whether school will be held will depend on the type of activity and date/time of the state level activity. The Superintendent and/or Board of Education will be responsible for making this decision.
2. The Superintendent reserves the right to adjust the length of the school day, when necessary, in order to allow for travel time for state level activity.
3. Students who desire to attend will follow the rules outlined in the school district attendance policy.
4. Staff, other than the coaches/advisors involved, who desire to attend shall request leave at least 24 hours in advance. If it is not their own children’s, grandchildren, or spouses event, they will use personal leave. Staff attending their own children’s, grandchildren’s or spouses’

event will take school activity. Substitute teachers will, whenever possible, be utilized to cover classes.

5. Coaches/advisors whose team/activity did not qualify for state level participation may take activity leave to attend the state event.

#### Travel-Meals

Winner School District will provide meal money for athletes at State events only, at the rates approved by the district.

# Concussion Information for Athletes

## What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works
- Can occur during practices or games in any sport or recreational activity
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged" or "had your bell rung"

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

## What are the symptoms of a concussion?

You can't see a concussion, but you might notice one or more of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

## What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free. **How can I prevent a concussion?**

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

# Concussion Information for Parents/Guardians

## What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even or what seems to be a mild bump or blow to the head can be serious.

## What are the signs and symptoms?

You can't see a concussion, Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports, one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed By Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about assignment or position</li> <li>• Forgets an instruction</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Loses consciousness (even briefly)</li> <li>• Shows mood, behavior, or personality changes</li> <li>• Can't recall events prior to hit or fall</li> <li>• Can't recall events after hit or fall</li> </ul>	<ul style="list-style-type: none"> <li>•• Headache or "pressure" in head</li> <li>•• Nausea or vomiting</li> <li>•• Balance problems or dizziness</li> <li>•• Double or blurry vision</li> <li>• Sensitivity to light or noise</li> <li>Feeling sluggish, hazy, foggy, or groggy</li> <li>Concentration or memory problems</li> <li>Confusion</li> <li>Just not "feeling right" or is "feeling down"</li> </ul>

## How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times. **What should you do if you think your teen has a concussion?**

1. **Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
3. **Teach your teen that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's "just fine".
4. **Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

WINNER HIGH SCHOOL ACTIVITIES DEPARTMENT

We, the undersigned, understand the rules and regulations. We also understand that students involved in extracurricular activities will be governed by these rules and regulations.

I understand by the nature of activities there is the possibility of accident, and I assume the risk and responsibility for my son/daughter while attending the Winner School District. I, as parent/guardian of a minor student, permit emergency care to be administered to him/her as deemed necessary by the Winner staff. I understand that all costs incurred are my personal responsibility, and that the Winner School District does not have insurance coverage for injuries due to activities.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

Signature of Parent/Guardian \_\_\_\_\_

Printed Student Name \_\_\_\_\_

Signature of Student \_\_\_\_\_