

SPORTS PARTICIPATION BOOKLET

2022-2023



Manhattan High School

Grades 9 - 12

Parents/Legal Guardians please sign where designated and return to the high school office.

Participation Fees must be paid prior to participation.
Fees are \$125 and will include a student spectator pass.

Physicals must be done after May 1st – as per Montana High School Association. Physicals are good for ONE year only.

MANHATTAN HIGH SCHOOL

Activity Schedule 2022-2023



Sports Participation Booklets, physicals, and participation fees are due **before** the first day of practice!

Sports physicals must be dated after May 1st 2022 for the 2022-23 sports year.

** schedule is tentative and subject to change **

Fall

First Practice Day

Football, Volleyball, Cross Country, & Fall Cheerleading

August 12

* Fall Parent Meeting – Tuesday August 9 @ 6:00 P.M. in the Commons area.

* Physicals are being offered Tuesday August 9 from 3 - 5:30 in the H.S. locker rooms.

* Impact testing is being offered Tuesday August 9 from 3 - 5:30 in the computer lab.

Winter

First Day

Girls Basketball, Boys Basketball, Wrestling, & Winter Cheerleading

November 17

* Winter Parent Meeting – Tuesday November 15 @ 6:00 P.M. in the Commons area.

Spring

First Day

Track and Field, Golf, & Softball

March 13

* Spring Parent Meeting – Thursday March 9 @ 6:00 P.M. in the Commons area.

Tryouts for all sports begin on the first day of practice. Late tryouts are only permitted in circumstances beyond a family's control as approved by the school Administration and Activities Director.

Activities Office contact number: 406-284-3341

To: Parents of Student/Athletes

From: Brad Ballantyne, Activities Director

Re: Sports/Activities Participation Forms

We are glad that your son or daughter has decided to participate in the Manhattan High School Activities Program. Our Activities Program is for students' growth and enjoyment. Our coaches and I are looking forward to working with each student-athlete.

If you have any questions, please contact me at the High School Activities Office. Our phone number is 284-3341. Our office hours are 8:00 am to 4:00 pm.

Each new year, student-athletes must have completed and updated physicals and new participation forms. Please read all the information carefully, sign where appropriate, and turn in the necessary documents with the appropriate fees to the Activities Office, **BEFORE THE FIRST DAY OF TRYOUTS OR PRACTICE**. The signed forms, along with all required fees, are required before students will be allowed to participate in tryouts.

Parents and Athletes should familiarize themselves with the Montana High School Association Award Rule and the Amateur Rule as it pertains to their daughter/son and their participation in sports and activities at Manhattan High School. Copies of these two critical documents are included in this participation booklet.

Use the following checklist to ensure that all proper documentation and fees have been completed with the office prior to the first day of practice/tryouts.

Student-athlete AND Parent must both sign and date:

- ☐ Assumption of Risk and Liability Waiver
- ☐ Acknowledgement of Return to Play Policy

Parents Complete

- ☐ Transfer Record Information – Complete only if your student is transferring to MHS from another school district.
- ☐ Student Special Medical Needs/History and Contact Information
- ☐ Bottom Page – Medical Treat/Release/Insurance Verification

Other Requirements

- ☐ Physical Examination (**must be completed by a licensed health care provider**)
- ☐ \$125 Participation Fee Paid at the High School Office (contact Mr. Ballantyne or Mrs. Howells should you need assistance covering these costs)

Description of MHS Sports: (Please read carefully before signing.)

The Manhattan School District provides a wide range of athletic and extracurricular activities for both girls and boys. Participation in such activities is voluntary. The school district recognizes that participation in athletic and extracurricular activities can bring students many rewards.

These activities require that students make a commitment to the activity, submit to the discipline of the coach or advisor, and develop self-discipline to be able to successfully participate. Participation in these activities often requires considerable physical exertion, physical conditioning, and adherence to training rules and regimens.

The rewards for participation are obvious. Learning to function in a team effort teaches a student important lessons for life. Participation in individual sports teaches self-reliance and commitment. All such activities develop in the student an appreciation for his or her physical abilities, enthusiasm, and school spirit. Competition is fun and everyone must learn how to deal with both victory and defeat.

Athletic and extracurricular activities tend to keep the student involved in a constructive endeavor. The District's experience has been that athletes and members of other extracurricular activities tend to be good citizens and good students. The District believes that you should encourage your child to participate in these activities and support and encourage him or her during the ups and downs of the particular endeavor.

The School District will provide properly trained coaches, safe equipment and facilities, and make reasonable efforts to see that the athletic or extracurricular program is safe for your child. Nevertheless, because athletic activity can involve injury to the participants, we must warn you of such dangers.

The purpose of this warning is to aid you in making an informed decision as to whether the student should participate in the athletic activity. In addition, its purpose is to make you aware that as a student athlete and parent or guardian, it is your responsibility to learn about the sport involved and to inquire of coaches, physicians and other knowledgeable persons about any concerns that you might have regarding athletic safety and the School District's athletic program.

Athletic injuries can impair students' general physical and mental health; their ability to earn a living and engage in social or recreational activities; and general enjoyment of life. Such injuries could include death, serious physical injury, and/or possible emotional injury. Injury can arise from training room procedures, the administration of first – aid, or failing to follow game, training, safety or other team rules. The use of transportation provided by the School District to and from games also involves risk of injury or death.

On the following pages is a list of the sports offered to students at Manhattan Public Schools. Parents and the student-athlete should read the information provided for each sport in which the student plans to participate. The parents and student/athlete should also read all other information carefully and sign in the appropriate places. Please have your family physician complete all appropriate forms.

Football

Tackle football is a violent contact sport. The sport may involve injury to virtually every part of the body such as the; neck and spine (resulting in paralysis); head (resulting in brain damage, hearing loss, eye damage and/or dental loss); nerves; blood vessels; internal and/or reproductive organs; bones; joints; ligaments; muscles; tendons. In rare cases death may occur. Other injuries may include heat stroke, heart failure, asthmatic attack and/or the additional strain the body may place on an already existing physical condition. Common injuries include knee injuries, strains of muscles, shin splints, ankle shoulder, low back, and torso injuries. Dislocations and fractures of bones are also common.

Injuries may result from correct or incorrect performance and may occur in tryouts, practice, warm-ups, scrimmages or games. Injury may result from contact with other players, bystanders, the playing surface, training equipment, goal posts or other objects in and around the playing field. Injury may also result from poor fitting or worn equipment.

Volleyball

Volleyball is a competitive net and power ball sport. Common injuries, including death, sustained as a result of participating in volleyball are to the arms, hands, legs, feet, ankles, knees, lower back, shoulders and elbows. Bruises, scrapes, strains, fractures, ligament, cartilage damage, and concussions are also possible.

Volleyball injuries can result from the correct or incorrect performance of playing techniques used in tryouts, practices, warm ups, games, drills, exercises and matches. Injury to the head and mouth, nose, teeth, eyes, ears, and other parts of the body can result from contact with the ball, players, the playing surface, and other solid objects in and around the play area.

Wrestling

Wrestling is a violent contact sport. The sport may involve injury to virtually every part of the body such as the; neck and spine (resulting in paralysis); head (resulting in brain damage, hearing loss, eye damage and/or dental loss); nerves; blood vessels; internal and/or reproductive organs; bones; joints; ligaments; muscles; tendons. In rare cases death may occur. Other injuries may include heat stroke, heart failure, asthmatic attack and/or the additional strain the body may place on an already existing physical condition. Common injuries include knee injuries, strains of muscles, shin splints, ankle shoulder, low back, and torso injuries. Dislocations and fractures of bones are also common.

Injuries may result from correct or incorrect performance and may occur in tryouts, practice, warm-ups, scrimmages or matches. Injury may result from contact with other players, bystanders, the playing surface, training equipment, goal posts or other objects in and around the playing field. Injury may also result from poor fitting or worn equipment.

Softball

Softball is a ball an extremely active sport involving contact and multiple participants moving simultaneously. Because it is a contact sport, softball involves the risk of serious injury to every part of the body including but not limited to ankles, knees, backs, head, neck, or leg injuries, or death.

Bruises, muscle strains, cramps, fractures, and dislocations are common types of injuries sustained by softball players. Softball injuries can result from contact with other participants, and equipment used to play the game, the playing surface, and other solid objects in and around the softball field during warm ups, practice, scrimmages or games.

Cross Country

Cross Country is a competitive running sport. The risk of injuries, including death, sustained in cross country are to the knees, legs, hips, and lower back. The Achilles tendon, shin, ankle, foot, calf muscle, and hamstring muscle are also common injury sites. Common causes of injuries to runners are training errors, difference in leg length, improperly fitted running shoes, or running surfaces. Other possible causes of injury include heat stroke, or congenital body defects. Injuries can result from correct or incorrect performance and occur during tryouts, warm ups, practice and meets.

Cheerleading

Cheerleading is a flexibility and agility sport and carries a risk of injury to the head or the body's bones, joints, ligaments, muscles, and tendons. There is a risk of neck and spinal injuries that may result in paralysis and there is a risk of death. Injuries may result from falls or collisions with others, or with participants in the sports where cheerleading takes place during tryouts, warm ups, practice, and performances.

Basketball

Basketball is a ball and hoop sport involving contact. Because it is a contact sport, basketball involves the risk of serious injury to every part of the body including but not limited to ankles, knees, backs, head, neck, or leg injuries, or death. Bruises, muscle strains, cramps, fractures, and dislocations are common types of injuries sustained by basketball players. Basketball injuries can result from contact with other participants, the basketball, the playing surface, and other solid objects in and around the basketball court during warm ups, practice, scrimmages or games.

Track and Field

Track and field is a sport involving sprinting, running, jumping and activities such as the pole vault, high jump, discus throw, shot put and javelin throw. Common injuries, including death, sustained as a result of participating in track and field are to the thigh and hamstring muscle in the back part of the leg. Shin splints, muscle and tendon injuries of the leg and inflammation of the knee are also common. Head and neck injuries can occur as a result of falls while competing in the pole vault or high jump. Injury can occur as a result of being struck by a discus, shot put or javelin. The most common time injury to occur is during warm-up, practice, or meets. Injuries can result from correct or incorrect performances of techniques and skills.

Golf

Golf is a competitive outdoor sport. Common injuries sustained as a result of participating in golf are principally located in the low back, wrist, hand, shoulder, elbow, neck, and knee. Typical types of injuries to golfers include tendon and muscle strains, ligament sprains, and nerve impairment. The

majority of these injuries occur during the impact or follow-through phase of the golf swing. The repetitive nature of the golf swing and contact with something other than the ball during the swing are common injury causes. The most common cause of serious physical injury or death involves being struck by a golf club, golf ball or lightning. Slipping due to uneven terrain or wearing golf shoes on a smooth surface can result in injury. Heat stroke or heart failure may also result. Injuries can result from correct or incorrect performances and occur during tryouts, warm-ups, practices and matches.

ACTIVITY ELIGIBILITY INFORMATION

All Perspective athletes and their parents or guardians: Please read carefully.

Student-athletes and their parents or guardians should understand the following basic regulations from the Montana High School Association (MHSA), Manhattan High School (MHS), policies from the Manhattan School Board, or other administrative directives.

The MHS Interscholastic Activities Program is subject to all current rules and regulations of the MHSA concerning eligibility, age, transfers, residence, awards, and student recruitment. All rules and regulations of the MHSA can be found online at www.mhsa.org, or in the current year's official MHSA Handbook (available in the high school activity office). Below is a copy of the MHSA Award Rule and Amateur Rule as written in the MHSA Handbook;

Section (15) AWARD RULE

15.1 No award exceeding one hundred dollars (\$100.00) in value shall be given per event in any MHSA sanctioned sport or in any MHSA sanctioned interscholastic activity by a member school, by any person or by an organization to a student in recognition of that student's achievement or participation in any interscholastic activity. An event is defined as a sports camp, an invitational tournament/meet, a post season recognition function (i.e. sports banquet), or a fund raiser or similar function. Cash cannot be awarded. A single Association Contest is not considered an "event" for the purpose of this rule.

15.2 Awards of \$5.00 or less in value may be provided to individuals based on sportsmanship exhibited in any single Association contest. Awards of \$3.00 or less in value may be provided to individuals based on satisfactory completion of tasks set forth for fundraising activities such as pop hoop shoots, passing accuracy contests etc.

15.3 When a student is selected by chance or random drawing, to participate in a halftime or pregame contest involving a sport skill (e.g. throwing, kicking, or shooting a basketball), he or she may receive cash or merchandise prize from the contest, without affecting eligibility under MHSA Awards and Amateur rules.

Random drawing of names or lucky numbers in a program determining the participant would not be a violation. Examples include, but are not limited to, booster club fund-raisers, drawings to shoot a half-court or three point shot, or passing a football to win a prize. During the season of activity, a player from a school team is permitted to participate in such contests, provided the selection occurs randomly.

15.4 Individual miniature trophies for first and second place MHSA state championship events may be purchased from the Association's awards provider.

15.5 Penalties shall apply when:

- a. The student accepts any award exceeding one hundred dollars (\$100.00) in value from a commercial club or other civic organization.
- b. Any type of cash is accepted.

Penalties shall not apply when:

- a. The award is purchased and presented by the student's parents.
- b. The award is purchased by the student with money earned or secured through his/her own individual efforts.

15.6 Violation of the award rule will render the student ineligible in the MHSA-sponsored sport or activity for which the student received the award.

The Executive Board will follow the same procedure for restoring the eligibility status as provided in the last paragraph of the Amateur Rule, Article II, Section (19) of the Amateur Rule, Article II, Section (19) of the By-Laws.

Section (16) AMATEUR RULE

16.1 All contestants in the Montana High School Association must be amateurs. An amateur is one who engages in athletics for the educational, physical, mental and social benefits he/she derives therefrom, and to whom athletics are nothing more than an avocation. To remain an amateur, the student may not:

- a. Accept remuneration directly or indirectly for playing on athletic teams.
- b. Play or manage under an assumed name.
- c. Receive donations or gifts for participation outside the MHSA award rule.
- d. Knowingly accept payment for excessive expense allowances. It is not permissible for an athlete to receive money from coaches for unidentified or unspecified expenses.
- e. Sell a prize won in competition.
- f. Bet on a contest in which he/she is to participate.

16.2 A student who becomes a professional in an MHSA-sponsored sport is considered a professional in that sport only and is ineligible for further high school athletic competition in that sport only until such time as returned to amateur status in that sport.

16.3 A student may be reinstated as an amateur by the Executive Board after not less than one calendar year has elapsed since the date he/she was declared a professional, provided his/her high school principal requests in writing the reinstatement as an amateur and certifies that the student has not, during that one year period, violated the rules of amateurism, and that the student is not now under contract to, or owned by, any professional athletic organization.

INTERPRETATION

A student athlete may:

1. A student-athlete may work in camps where he/she is not participating as a camper, fulfilling duties that include some officiating, coaching and instructing.
2. Be employed in the intramural sports program of his/her school in which duties include officiating intramural contests for the going rate for such employment.
3. Participate as an individual or as a member of a team against professional athletes, but the student athlete may not participate on a professional team.
4. Participate and/or work in summer athletic camps but any awards accepted must not be in conflict with the awards rule.
5. Participate in sports during the summer or during a season when the player is not a member of a regular high school team, providing monetary compensation is not received for services.

Enrollment/Attendance: To be eligible to participate in an MHSA contest, a student must be in regular attendance from the enrollment date, must be enrolled and receiving a passing grade in at least 20 periods per week of prepared class work at the school where the student participates. A student is considered officially enrolled after 20 days of attendance in that school. Students must be in attendance four periods of any one day in order to participate in practice or competition. Special circumstances may be discussed with the school administration.

Academic Eligibility: High school students must pass four academic classes, equaling two credits during the preceding semester in order to remain academically eligible. Summer school, correspondence courses and other separate programs may not be used for the purpose of eligibility. Students found to be ineligible may not compete on any level (Freshman, junior varsity, or varsity) during the next grading period and may resume participation only after four classes equaling two credits have been passed the preceding grading periods. Students at MHS must not have any failing grades. Students failing any class or classes will be placed on the warning list for one week. Students on the warning list may practice, travel and play with no restrictions. Students on the list a second week will be placed on the ineligible list. Students on the ineligible list cannot play, travel or practice until proper improvement is seen in the class or classes.

Age Rule: A student is not eligible for MHSA sponsored events if he/she turns 19 years of age before midnight, August 31, preceding that school year.

Transfer Rule: Any student who transfers from one high school to another high school (from one school district to another school district in different cities) is ineligible to participate for 90 pupil instruction (PI) days from the date of enrollment in the new school except the following cases.

1. There is a corresponding change of residency by the family unit.
2. The student is a member of an accredited MHSA approved foreign exchange program.

3. The student applies for and receives a hardship ruling from the MHSA Executive Director.

Transfer rules apply only to athletic participation. Students who are ineligible due to the MHSA transfer rule may compete on the non-varsity level, against non-varsity competition only, but not in any MHSA varsity level events.

Physical Exam: A physical examination is required for each student in order to be considered eligible for participation in an Association contest. Physical examinations must be completed prior to the first day of practice or tryouts. The physical examination must be conducted by a licensed healthcare professional. This certification is valid for one school year. **A physical examination conducted before May 1st is not valid for participation the following school year.**

If your child is removed from participation by a licensed healthcare professional, return to play will only be allowed after written clearance from a licensed healthcare professional is received by the school.

NOTE: Whenever the Association's Rules and Regulations specify that physical examinations shall be required or that doctors shall be present at certain events or that reports or physical examinations or certificates of physical fitness shall be furnished to an official of the Association, the rules and regulations shall be deemed complied with if the services are performed within the scope and limitation of his/her practice. This complies with Section 33-22-111 of the Laws of Montana that provide for freedom of choice of practitioners.

Expectations of student participants of MHS

Participation in an extra-curricular activity program is both an honor and a responsibility. The purpose of the activity program is to provide student/athletes with wholesome competition on an interscholastic level. A necessary component of the Activities Program is developing a sense of dedication and establishing high standards of conduct and attitude. Because student/athletes represent their school and community, they are expected to display high standards of morality and conduct.

All student/athletes participating in the MHS Activities Program are expected to follow and adhere to the following expectations. Failure to adhere to the following expectations will lead to disciplinary action by the Head Coach/Activities Director/School Administrator, which may result in suspension or dismissal from the MHS Activities Program.

1. **Adherence to All School District Policies** – Students at all times must follow all school and district rules, regulations and policies regarding student behavior.
2. **Adherence to All Laws** – As representatives of MHS, all students who participate in MHS activities are expected to exhibit appropriate behavior at all times, both in and out of season, and to set the highest possible example of conduct, citizenship, sportsmanship and training. As such, all students

who participate in MHS activities are required to follow all policies, rules and regulations of the District and to adhere to all local, state and federal laws. Examples of behaviors that could result in suspension or exclusion from MHS activities, include but are not limited to, violence, threats, stealing, bullying, or any behavior, on or off of school property, that causes disruption or is determined to be detrimental to the education process or the MHS Activities Program.

3. **Adherence to MHSA Rules** – Students are expected to follow all MHSA rules including but not limited to; academic, transfer, and age eligibility as well as all rules pertaining to the awards rule, the amateur rule, sportsmanship, and student conduct.
4. **Academic Performance** – The major objective of a high school student is to graduate in good standing. All students are required to place academics at the top of their priority list. Academic standing, both in spirit and to meet MHSA eligibility requirements, must have priority over all other school activities.
5. **Student Behavior** – Students participating in activities are representatives of the school district and Manhattan community. They are expected to conduct themselves appropriately at all times while representing the school. This includes language, dress, respect for others, sportsmanship, adherence to last, and respect of property.
6. **Pre-Season Responsibilities** – All students participating in activities are expected to take care of all pre-season responsibilities by the required deadlines. This includes physicals, payment of fees, and all other paperwork necessary for participation.
7. **Sportsmanship** - Activities participants are at all times required to demonstrate good sportsmanship, behavior, and language. Comments, cheers and actions should be positive rather than taking the form of put-downs or intimidation.
8. **Respect for Others** – All activities participants are expected to demonstrate respect for others at all times. This applies to the treatment of opponents, officials, referees, fans and coaches. The simple rule of treating others with the same amount of dignity and respect as you would wish them to treat you should be the philosophy of all participants.
9. **Respect for property and equipment** – part of respecting others is also respecting their property and equipment. Responsible care of all activities facilities and equipment is a must. Vandalism and/or theft will not be tolerated in the MHS Activities Program.

Parent Meetings

At the start of each season all activities coaches/sponsors will hold a meeting for all participating students and their parents. All participants and their parents should attend these meetings. Topics to be covered at the meetings should include but are not limited to the following;

1. The season schedule for that activity – practice and competition.
2. Training rules and behavioral/performance expectations.

3. Lettering requirements.
4. Criteria used to make “cuts” in activities where cutting is involved.
5. Injuries common to that activity – if applicable.
6. Academic responsibilities for participation in that activity.
7. Participation obligations such as participation fees, practice gear, equipment and clothing.
8. The MHSA Award Rule
9. The MHSA Amateur Rule
10. Title IX – Gender Equity

Management of Sports Related Concussions

The Manhattan School District recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. Therefore, all competitive sport activities in the District will be identified for head injury management practices by the administration.

Consistent with the National Federation of High Schools (NFHS), the Montana High School Association (MHSA), and other nationally recognized concussion management programs, the District will utilize procedures developed by the MHSA and other pertinent information to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury. Resources are available on the MHSA resource page at www.mhsa.org and National Federation of High Schools (www.nfhs.org).

Annually, the District will distribute a head injury and concussion information sheet to all parents and guardians of student-athletes in competitive sport activities prior to the student-athlete’s initial practice or competition.

All coaches, including volunteers, will complete training as required in the District procedure. Additionally, all coaches of competitive sport activities will comply with Manhattan School District procedures for the management of head injuries and concussions.

Athletic Director or Administrator in Charge of Athletic Duties:

1. Updating: Each spring, the athletic director, or the administrator in charge of athletics if there is no athletic director, shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the MHSA or the MHSA website. If there are any updated procedures, they will be adopted and used for the upcoming school year.

2. Identified Sports: Identified sports include all MHSA-sanctioned activities, including cheer/dance squads, and any other district-sponsored sports or activities as determined by the district.
 - a. Coach Training: All coaches shall undergo training in head injury and concussion management every year by one of the following means; (1) through viewing the MHSA sport-specific rules clinic; or (2) through viewing the NFHS concussion clinic found on the NFHS Sports Medicine page at www.mhsa.org.
 - b. Parent Information Sheet: On a yearly basis, a concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parent and/or guardian prior to the student-athlete's initial practice or competition. The school district will include in the participation booklet an informational medical release form. This information sheet may be incorporated into the parent permission sheet which allows students to participate in extracurricular athletics and should include resources found on the MHSA Sports Medicine page at www.mhsa.org.
 - c. Coach's Responsibility: A student-athlete who is suspected of sustaining a concussion or head injury or other serious injury in a practice or game shall be immediately removed from play.
 - d. Return to Play after Concussion or Head Injury: In accordance with the MHSA Return to Play Rules and Regulations, a student athlete who has been removed from play may not return to play until the athlete is evaluated by a trained licensed and released in writing by a healthcare provider (MD, DO, PAC or NP).
 - e. Mild Traumatic Brain Injury guidelines – In conjunction with the MHSA Return to Play Rules and Regulations, Manhattan School District will institute the following guidelines and procedures to further monitor and protect student-athletes.

Signs Observed

Appears dazed or stunned

Signs Reported by student-athlete

Headache

Management of Sports Related Concussions

A. Concussion Assessment of Student-Athletes

Upon ruling out more severe injury, a coach or trainer will continue initial evaluation of the student-athlete by assessing for the following signs:

Is confused about assignment

Forgets Plays

In unsure of game, score etc.

Moves clumsily

Answers questions slowly

Loses consciousness (even temporarily)

Nausea

Balance problems or dizziness

Sensitivity to light or noise

Feeling sluggish

Feeling "foggy"

Change in sleep pattern

Forgets events prior to hit
(retrograde amnesia)
Forgets events after hit
(anterograde amnesia)

Concentration or memory problems

B. Student-Athlete Concussion Recommendations

Manhattan School District student-athletes should complete the following stepwise process prior to return to play following concussion;

1. Removal from contest following signs and symptoms of concussion
2. No return to play in current game or practice
3. Medical evaluation following injury
 - a. Rule out more serious intracranial pathology
4. No activity – rest until asymptomatic for seven consecutive days at rest with continued evaluation for symptoms by certified medical personnel.
5. Light aerobic exercise – student-athlete must remain asymptomatic following exercise with continued evaluation for symptoms by certified medical personnel.
6. Sport-specific training with continued evaluation for symptoms by certified medical personnel.
7. Non-contact drills with continued evaluation for symptoms by certified medical personnel.
8. Full-contact drills with continued evaluation for symptoms by certified medical personnel.
9. Game play with continued evaluation for symptoms by certified medical personnel.

C. Student-Athlete Concussion Management Guidelines

School personnel will follow up with neurocognitive testing 24 to 72 hours post injury. Student-athletes will not be allowed to return to play until the following guidelines have been met:

1. Written clearance from a trained licensed health care provider in the evaluation and management of concussions has been received by school personnel.
2. Student-athlete must be asymptomatic for seven consecutive days at rest and with exercise.
3. Student-athletes must return to near normal neurocognitive testing results.

D. Student-Athlete Concussion Treatment

The goal of concussion treatment is to allow the brain injury to heal. Treatment of concussions differs depending on the level of severity. Concussion treatment may include;

- a. Rest. Provide adequate time for recovery from a concussion. Do not rush back into daily activities for work or school.
- b. Preventing re-injury. Avoid activities that might jolt or jar your head. Never return to a sports activity until your doctor has given you clearance. Ask when it's safe to drive a car, ride a bike, work or play at heights, or use heavy equipment.

- c. Observations by a responsible adult. The doctor will explain how to watch for complications such as bleeding in the brain.
- d. Limiting exposure to drugs. Do not take medicines without your doctor's permission. This is especially true with aspirin, blood thinners, and drugs that cause drowsiness. Avoid the use of alcohol or illicit drugs.

E. **Impact Testing** – As a component of the Manhattan School District's mild traumatic brain injury management procedures, the school district will utilize a neurocognitive computer based test or other recognized neurocognitive testing programs to establish a baseline of short term memory processing speed and reaction time. The baseline results will be near normal to the student-athlete's post injury neurocognitive score to note any deficiencies. Post injury scores should be comparable to the original baseline score and student-athletes will be asymptomatic prior to being released. The IMPACT testing will be initiated at the high school level in competitive sports activities identified for head injury management practices by the administration.