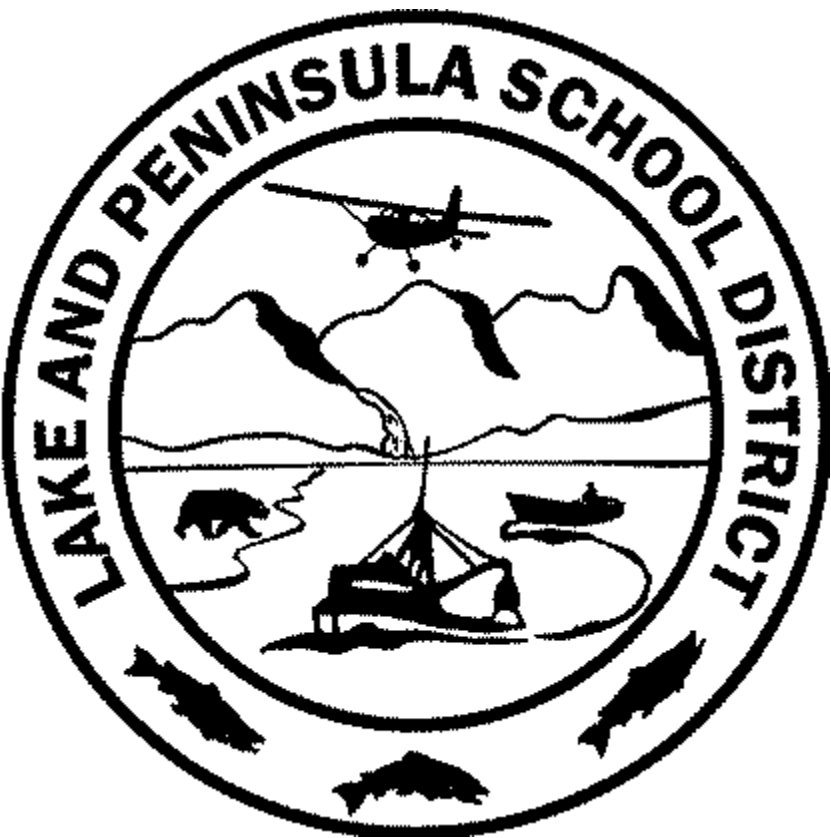


2015-2016

Student Activities Handbook



Student Athletic Handbook

I. General Athletic Guidelines

LPSD provides its high school students with three sport seasons – Volleyball, Basketball and Cross Country Running along with a Native Youth Olympic Meet. However, if an athlete in another sport or a musician qualifies for the state tournament through a regional competition, LPSD will fund the trip to State. The board has approved for volleyball and basketball schedules to consist of 3 regular season games, the district tournament and, for the qualifying team, the regional and state tournaments. In order for students to participate in these activities they are required to meet LPSD's eligibility requirements along with ASAA requirements. To highlight some of the main requirements:

- A student needs to be in good academic standing (see Eligibility).
- Behavior and sportsmanship guidelines addressed in the student/parent handbook must be followed.

II. Eligibility

An LPSD student must adhere to the following guidelines if they wish to be eligible for any school-sponsored trips:

- Starting their freshman year, a student must have passed a minimum of 4 levels (or classes) the previous school year to be eligible. An eighth grade student is eligible regardless of their prior academic performance.
- A middle school student must be at least developing in level 7 Employability to be eligible for travel.
- A High School student must be at least developing in level 8 Employability to be eligible for travel.
- The student must be at least developing in all content areas. A student will be eligible when they bring their emerging scores to developing or above.

LPSD defines developing and emerging as follows:

Developing-The student is scoring below 80% on classroom assignments and projects. The student is making steady progress toward 80% proficiency. Assignments are complete and handed in on time.

Emerging-The student is scoring below 80% on classroom assignments and projects. The student is not making progress toward the 80% proficiency. Assignments are not complete and/or are not handed in on time.

- The student must have no more than ten absences a semester. If absences exceed 10, the student will be ineligible for the remainder of the semester.

Suspensions (in or out of school) will result in a student becoming ineligible for the duration of the suspension. Further suspension from participation in activities is at the discretion of the Site Principal.

- The students must be drug, alcohol and tobacco free. Students who are caught using these substances will be subject to district policy as outlined in the student handbook as well as sanctions under the guidelines of the Alaska School Activity Association.

For the student athlete:

- All of the above guidelines are required for student athletes. In addition:
- The student must maintain a 90% attendance rate at practice to be eligible for travel. What constitutes 90% attendance is at the discretion of the site administrator.
- The student must be in attendance the day before, the day of and the next school day after if applicable an event. If they are absent on any of these days, they will be ineligible for the following event. A student must attend the entire day of school the day of an event. A student who is more than 30 minutes late is considered absent and will not be eligible for the event.
- **Physicals:** A student must have a physical and ASAA physical form completed by the first day of practice (for both Mix 3 and ASAA sanctioned sports). The physical must be completed by a physician, physician assistant or advanced nurse practitioner. If, due to scheduling, a student is unable to get their physical before the start of practice, a request for a waiver needs to be returned to the District Activities Coordinator.

If a student is sent home from a trip:

- A letter will be sent to the parents or guardians and the student will not be allowed to travel again until the district receives reimbursement, in the form of community service, for the cost of the trip. The community service will be arranged through the Activities Director.
- The student will be suspended from all extracurricular travel for 45 calendar days.
- After the 45-day suspension period, the student must submit a letter of apology to the LPSD Superintendent and ask for their eligibility to be reinstated. The letter must contain the offense and the corrections made to ensure it won't happen again.
- Repeat violations resulting in being sent home will reviewed by the School Board and the length of ineligibility will be determined.
- A student will also be held to site and district discipline policies when they return to their school site.

Other instances that will result in a review of a student's eligibility:

- Leaving a school sponsored trip for non-emergency situations.
- Not attending a trip without giving at least a 7 calendar day notice of cancellation.

III. Sportsmanship Guidelines

Responsibilities

1. Everyone associated with an athletic event - coaches, athletes, officials, parents, spectators and school administrators - plays an important role in seeing that standards of sportsmanship are upheld before, during, and after a contest is played.
2. Each person in attendance should strive to meet the ideals of sportsmanship:
 - A. Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially on arriving, given the best possible accommodations and treated respectfully at all times.
 - B. Show respect for the official. The officials should be recognized as impartial arbitrators who do their job to the best of their ability. Sportsmanship implies the willingness to accept and respectfully abide by the decisions of the officials.
 - C. Maintain self-control at all times. Sportsmanship requires one to understand his/her own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized.

Coach

The coach bears the greatest burden of responsibility for sportsmanship. The influence of the coach upon the attitudes and behavior of the players, the student body and the community is unequaled. In order for sportsmanship to become a reality, it is essential that the coach subscribe to the values of sportsmanship and teach its principles through words and action.

The coach should:

- A. Always set a good example for others to follow.
- B. Teach the value of honest effort to conform to the spirit, as well as the letter, of the rules.
- C. Instruct the players in their sportsmanship responsibilities.
- D. Be an accommodating host to opponents; treat them as guests.
- E. Respect the judgment of the officials and their interpretation of the rules. Public protest can only lead to similar behavior by the players and spectators.
- F. Publicly shake hands with the officials and opposing coach before, and after, the contest. **After** the contest, congratulate opposing coach, team, and officials on a good effort.
- G. Be sensitive to score and game conditions so as not to embarrass or belittle an opponent.

Athletes

The responsibility of the athletes for sportsmanship is second in importance only to the coach. Because athletes are admired and respected, they exert a great deal of influence over the actions and behavior of the spectators.

The athletes should:

- A. Accept seriously the responsibility and privilege of representing the school and community.
- B. Treat opponents with the respect as guests and fellow competitors.
- C. Shake hands with opponents and wish them good luck before, and after, the contest.
- D. Offer assistance during a break in game action to an opponent who has fallen.
- E. Exercise self-control at all times, accepting coaches' and officials' decisions and abiding by

them.

F. Respect the judgment of the officials and their interpretations of the rules. Never argue or make gestures indicating dislike for a decision.

G. Allow the captain to be only team member to communicate with the officials regarding the clarification of a ruling.

H. Accept both victory and defeat with pride and compassion; never be boastful or bitter.

I. Congratulate the opponents in a sincere manner following either victory or defeat.

IV. Check Outs

In order for a student to be released from the coach's responsibility, LPSD Form C12 "Request for Travel Release and Responsibility for LPSD" needs to be completed. The parent/guardian, the site administrator and the Athletic Director must sign the release LPSD form C12 prior to the event. Students should not be released until all events for the day or trip have been completed. Students must be back by the established curfew hour.

V. Mix 3 Volleyball / Basketball

Mix 3 Volleyball / Basketball are LPSD intramural sports programs offered to high school students. The boy/girl ratio is required to be 2 to 1 during competition (more female athletes is acceptable). In the case of a team only having one girl on their team, they may take her out of the game for periods of rest. At this time, the opposing team may also sub in a male athlete for the time of the rest.

Currently there is a district tournament but no Regional or State tournaments for Mix 3.

VI. Mix 6 Volleyball

Mix 6 Volleyball is an ASAA sanctioned sport. All guidelines in the ASAA manual are adhered to. Teams participate in three regular season games, a district tournament and for the qualifiers, regional and state tournaments. Teams must have a minimum of seven eligible players at the beginning of the season, three of which need to be girls. A minimum of three girls need to be on the court at all times.

VII. Boys and Girls Basketball

If a school site cannot field an all boys or all girls team, they will participate in the Mix 3 league. When numbers are high enough, schools will be able to have an A and B mix-3 team.

Teams must have a minimum of six eligible players at the beginning of the season or they will play Mix 3. Teams that have enough students to field a 5 person team but compete in the mix 3 league, have the option in playing in the Mix 3 or Boy's/Girl's district tournament.

VIII. Native Youth Olympics

NYO competition takes place at the middle school / high school AA Meets. For a high school student to qualify for state (LPSD does not participate in Junior NYO), they must qualify at the high school AA meet with a time, distance or score that equals or exceeds the LPSD district standards (see attachment).

IX. Cross Country Running

Cross Country competition takes place at one district event during the season. For high school students to qualify for regional competition through LPSD they must qualify at the district meet. The qualifying

criteria will be determined during a coaches meeting at the Cross Country district event. The district coach will also be determined at this time through a voting process by the coaches. If a coach cannot be selected the Activities Coordinator will act as the District Coach.

X. Coach Responsibilities

Mix 6 Volleyball and 5 Man/Woman Basketball coaches must become ASAA certified and hold a valid first aide / CPR certificate as mandated by ASAA (Reimbursable by district after proof of completion). Mix 3 Coaches are encouraged to become certified however, are not required to do so.

Coaching Responsibilities are as follows:

- Hold regularly scheduled practices for a minimum of five hours a week.
- Chaperone students during home and away games.
- Monitor student eligibility and attendance.
- Host a minimum of one home game a season (as scheduling allows).
- Present oneself as a positive role model for students and encourage every athlete to do their best.

Assistant coaches may travel if:

- There is room on the charter
- They are not displacing athletes
- There is no additional costs to the district
- They have prior approval from their supervisor and the Athletic Director

XI. Home Meets

While hosting home meets, the home site is responsible for:

- Providing three meals a day for student athletes.
- Providing students a clean place to stay within the school.
- Provide an off gender chaperone for traveling teams without one.
- Organize the games and other events.

XII. Travel

Traveling to compete or participate with other schools requires that students, coaches, and sponsors travel by airplane. In order to minimize the risks involved, the following conditions must be observed:

All flying should be done during daylight hours. If there is an exception to this the air carrier must be equipped for night flying.

Any sponsor/chaperone traveling with students is expected to adhere to the following guidelines in regarding multiple plane usage.

If there is only one coach/sponsor, that person is expected to board the first plane leaving the home village.

If there is only one coach/sponsor, that person is expected to board the last plane leaving the visitation site.

If there are two or more coaches/sponsors, an adult coach/sponsor is expected to be on each plane.

Coaches and sponsors will not leave a group of students unattended except as noted above for travel circumstances. Coaches and sponsors will remain with their teams at all times.

Depending on weather the Activities Coordinator will notify all sites that the “Cold Weather Clothing Requirement is in effect. From that point forward, appropriate clothing for harsh weather conditions **will be worn**; i.e. each student, teacher, sponsor or coach shall have: a warm coat, snow pants, gloves or mittens, a warm head covering, and winter boot type footwear. **Failure to wear proper gear will lead to an immediate return home or loss of participation at the next scheduled event.**

The Activities Coordinator will also notify all sites at any point that cold weather gear is not required (usually late April or May depending on conditions.

For cost, safety, and equity reasons, the following travel stipulations also apply:

- Mix 6 Volleyball and 5 person Basketball teams are allowed 8 players and a coach to travel to away games (including the regional tourney).
- Athletes must travel with the team on a school-sponsored flight in order to participate. Additional athletes are not permitted to pay their own way or find their own transportation to an athletic event if they are not selected to be on the travel team.
- LPSD will not support any team travel in private airplanes, by water, or by four-wheeler / snow machine to athletic events.
- If a team qualifies for state competition LPSD will provide funding for the travel of up to 10 athletes and 1 coach.
- All eligible players, in good standing, may participate in home meets at the Coach’s discretion.
- To be eligible for travel, teams must consist of the minimum amount of players for competition.
- While LPSD approved air carriers make informed decisions based upon flying conditions, it is ultimately up to the coach and team if they wish to fly under certain circumstances.

A parent or guardian who feels uncomfortable with the weather or other conditions may pull their student from the air travel with a written note to the site administrator and coach.

If non-district funded travel for a district sponsored team is planned (including summer camps):

- Teams must fundraise for the food and travel costs.
- Scheduling responsibilities fall on the coach.
- A C13b form needs to be submitted to the Activities Director and Superintendent **approval must be secured before the travel takes place.**

XIII. Tournaments

Tournament locations are kept on record and future sites are determined with the following criteria:

- If and how long the site has had a team.
- How long it has been since the site has held a district or regional tournament.
- Access to the site by participating out-of-district schools.

XIV. Referees

In most cases, when there is not a qualified community member to officiate or referee the coaches will officiate the games. Coaches are advised to read the regulation book and be familiar with the rules prior to the season. For district tournaments the district will attempt to hire officials. Local officials will be encouraged to become certified through ASAA.

XV. Junior High

A junior high student is a student who has turned twelve (12) years of age prior to September 1, of the athletic year in question and may not exceed fourteen (14) years of age by August 15.

Due to limited numbers and funding middle school participation will be determined on a year to year basis.

XVI. Athletic Awards

LPSD Athletic Awards are

Letter– Awarded once in high school when a student completes an activity.

Sport Pin – Awarded upon lettering for the first time in a particular sport.

Bar – Awarded when an athlete letters for the 2nd, 3rd, or 4th time in a given sport.

Certificate – A printed certificate will accompany each and every letter earned.

In order to earn a Lake and Peninsula School District Athletic Letter and subsequent awards, a student athlete must:

- Start and complete the entire athletic season (first day of practice until team completes competition). Exceptions being injuries or unavoidable personal situations, which may prevent total season participation.
- Not be ruled ineligible to participate due to academic or disciplinary reasons more than one time per each athletic season.
- Return all athletic uniforms and equipment as assigned.
- Strictly obey school and team rules and guidelines established by principals and coaches.

Coaches are responsible to make student athletes aware of these expectations prior to participation.

XVII. Uniforms

While LPSPD does not have a uniform criteria, teams qualifying for regional and state tournaments must be aware of ASAA uniform regulations. Uniforms are purchased through individual team fund-raising efforts.

XVIII. Forms

All necessary LPSD forms can be found on LPSD's Moodle site. Some commonly used forms:

- D01 Master Eligibility Form
- C7b Student Travel Form
- C13 Out of District Travel Request
- C12 Request for Travel Release of Responsibility
- C14 Chaperone Requirements / Agreement
- A02 Timesheet (for non certified coaches)
- Also, Section M (miscellaneous forms) has needed forms for fundraising and team accounts

XIX. ASAA Affiliation

The Alaska Schools Athletic Association (ASAA) is our statewide athletic association. Within ASAA, Lake and Peninsula School District is part of Region I. To be in good standing with both organizations, the district must adhere to the guidelines as outlined in the ASAA manual. Most notably would be the submission of a school's Master Eligibility Form D01. This form can be found online at asaa.org and should be submitted to the Activities Coordinator, who in return checks for accuracy and submits the form to Region I and ASAA. ASAA also provides guidelines for competition and will act as a mediator if a dispute arises.

XX. Hazing

LPSD students may not participate in acts of hazing, bullying, or INITIATION. Students who witness acts of hazing are required to report it to a chaperone or other responsible adult or will be considered to have participated in the act of hazing. Engaging in hazing will result in discipline in accordance with LPSD's Parent-Student Handbook.

Hazing includes any act that endangers the health or safety of a person or subjects that person to physical discomfort or embarrassment because of the person's participation or membership in, or as a condition of attaining or maintaining membership in or a position with or affiliation with, any classroom, grade level or school-sponsored activity. Hazing related to non-school sponsored activities is also prohibited if the hazing behavior occurs on school grounds or at a school-sponsored activity or function. Hazing is considered a form of bullying and is prohibited by this policy *regardless of whether the subjects of the hazing are, or profess to be, willing participants* in the hazing activity. Hazing includes, but is not limited to, the following acts:

- required consumption of any substance
- required exposure to the elements
- required wearing or carrying of any article intended to subject the wearer to discomfort or embarrassment
- assignment of pranks to be performed by the candidate
- subjugation to swats or other forms of physical or mental abuse

XXI. Alcohol, Drugs, and Tobacco:

Board Policy 5131.6 & 5131.62

The District enforces a zero tolerance policy concerning alcohol, drugs and tobacco.

Students found in possession or under the influence of tobacco, alcohol, or a controlled substances while on school grounds will face disciplinary sanctions. Students found in possession or under the influence of tobaccos, alcohol, or a controlled substance while on a school sponsored trip will be transported back to site immediately after notification of the District Office and Parents.

Prohibited Conduct: The possession, distribution or use of any tobacco products, alcohol and controlled substances by a student whether it occurs on or off school property, is prohibited and shall result in the following penalties;

1st infraction: Suspended from interscholastic activities and practice for 10 calendar days. Fifty percent of the suspension will be forgiven and the student may return to practice if the student and parent/guardian complete the First Offense educational component. For tobacco use, if a student under the First Offense Penalty violates the Tobacco Rule within the 10 calendar day period of suspension, the student's period of suspension will start over again; the First Offense education component will become mandatory, and no forgiveness will be granted.

This process will continue until the student has demonstrated 10 calendar days without a subsequent tobacco violation. A student who has not completed a suspension or re-suspension under the first Offense Penalty for violation of the Tobacco Rule does not become subject to imposition of penalties under a Second, Third or Fourth Offense for violation of the Tobacco Rule, until the student has completed all suspensions and re-suspension under the First Offense Penalty for tobacco use. A student serving a First Offense Penalty under the Tobacco Rule is, however, subject to immediate imposition of a Second Offense Penalty to the extent this is based upon violation of the non-tobacco prohibitions under this Policy.

2nd infraction: The student will be suspended from interscholastic activities and practice for forty-five calendar days. Both the student and parent/guardian must complete the Second Offense educational component prior to the student's return to competition and there will be no forgiveness of calendar days of suspension. While under the period of suspension, the student may return to practice after completion of the Second Offense educational component. A student may need additional days of practice before returning to competition.

3rd infraction: The student will be suspended from interscholastic activities and practice for one calendar year. Both the student and parent/guardian must complete the Third Offense education component prior to the student's return to competition and there will be no forgiveness of calendar days of suspension. While under the period of suspension, the student may return to practice after completion of the Third Offense education component. A student may need additional days of practice before returning to competition.

4th infraction: The student's privilege to participate in interscholastic activities and practice is revoked for the remainder of the student's high school year.

Substance Abuse Programs are available through Bristol Bay Area Health Program. Please contact them for additional information.

XXII School Attendance:

A student must maintain regular attendance as prescribed in Board Policy. Student athletes must also maintain a 90% attendance rate at practice to be eligible for travel. Students who have an unexcused absence at practice during the week of a game will be ineligible to participate/travel in the scheduled game that week. The student athlete must be in school the day before, the day of and the following school day after an event. If they are absent on either day, they will be ineligible for the following event. A student must attend the entire day of school the day of an event.

To Petition for an excessive absence waiver (more than ten absences in a semester), a letter needs to be written to the attendance committee stating the following;

The date of each absence

The reason for the absences and or special circumstances that kept the student from attending school.

List of prearranged absences (where work was collected from teachers and completed while away)

What if anything, can the student do to keep excessive absences from happening again?

What is student's current progress toward graduation (levels/standards completed)?

The student will be considered ineligible for all activities until the committee reviews the petition. Only one petition per semester will be reviewed (if a student accrues additional absences in the semester, the waiver is null and void). Upon receipt of the petition, an answer will be communicated in writing to the student and parents within one week.

The committee will consist of:

- 2 Student Government Representatives
- 1 Teacher
- 1 Principal
- 1 District Office Administrator

XXIII Physical Examination

Any student wishing to participate in interscholastic sports must have a current physical examination report on file at the local school. Note: "Current" means within six months, or during current school year.

XXIV Parental Permission Form

All students wishing to participate in any school-sponsored activity must have a signed parental permission and medical release form on file at the local school.

XXV Senior NYO

The winners of our district NYO competition who reach or surpass these scores will be eligible to compete at the Statewide Senior NYO competition. It is time to start practicing. Good Luck!

Event-start	Boys	Girls
Toe Kick-b-48in, g-30in (Please be sure to use safety measures to avoid injury while practicing for this event. Mats may be needed around the jumper in case of a fall.)	56 Inches	34 Inches
Seal Hop-1 try	86 Feet	82 Feet
Two Foot High Kick-b-50in, g-42in	62 Inches	50 Inches
One Foot High Kick-b-56in, g-46in	76 Inches	58 Inches
Alaskan High Kick-b-42in, g-36in	66 Inches	52 Inches
Wrist Carry-1 try	364 Feet	168 Feet
Kneel Jump-3 tries	43 Inches	32 Inches
One Hand reach b-46in, g-42in	50 Inches	46 Inches
Indian Stick Pull	n/a	n/a
Eskimo Stick Pull	n/a	n/a

Appendix A

ASAA Parent's Guide to Concussions in Sports

(Revised 04/14)

What is a concussion?

A concussion is a brain injury which results in a temporary disruption of normal brain function. The injury occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a direct or indirect force. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion. In fact only 3-10% of concussions do produce loss of consciousness.

Concussion Facts

- It is estimated that over 250,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System, 2010-2011). The CDC estimates 5.5 million sports concussions occur annually in the United States (CDC, 2011)
- Concussions occur most frequently in hockey and football, but girls' soccer, boys' soccer, and girls' basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to many months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports when still having symptoms from a concussion as they are at risk for prolonging symptoms and at risk for sustaining additional, more serious, brain injury.
- A concussion may cause multiple symptoms. Many symptoms appear

immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to recognize.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES

Appears dazed or stunned

Is confused about what to do

Forgets plays

Is unsure of game, score, or opponent

Moves clumsily

Answers questions slowly

Loses consciousness

SYMPTOMS REPORTED BY ATHLETE

Headache

Nausea

Balance problems or dizziness

Double or fuzzy vision

Sensitivity to light or noise

Feeling sluggish

Feeling foggy or groggy

Shows behavior or personality changes

Can't recall events prior to hit

Can't recall events after hit

Concentration or memory problems

Confusion

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Alaska Statute requires that (1) a student who is suspected of having sustained a

concussion during a practice or game shall be immediately removed from the practice or game and (2) a student who has been removed from participation in a practice or game for a suspicion of a concussion may not return to participation in practice or game play until the student has been evaluated and cleared for participation in writing by an athletic trainer or other qualified person who has received training, as verified in writing or electronically by the qualified person, in the evaluation and management of concussions.

Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents, coaches, and officials are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion. And, if you suspect a concussion, then your child must stop playing:

When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health care

professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department.

When can an athlete return to play following a concussion?

After it is determined that an athlete has suffered a concussion, the athlete may not return to play or participate until the athlete has completed the ASAA Return to Play Protocol. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity safely in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers, in Alaska and most other states, to pass laws stating **that no player shall return to play following a suspicion of concussion on that same day and the athlete**

must be cleared by an appropriate health care professional before they are allowed to return to play in practices or games. The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Where an athlete is evaluated as having suffered a concussion, only when an athlete has been completely free of concussion symptoms for 24 hours, are they eligible to be cleared to begin the Return to Play Protocol. The athlete should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. There is a minimum of 24 hours between steps in the Protocol. Some athletes complete one step each day. An individual athlete may be guided through the Protocol more slowly if they are at risk for prolonged concussion or additional brain injury. If symptoms recur during

exercise, then exercise is ended and begins the next day at the preceding day's level.

Concussion Return to Play Protocol (ASAA, 2/18/2012)

Symptomatic Stage: Physical and Cognitive Rest.

Then Incremental Cognitive Work, without Provoking Symptoms.

If no symptoms, then:

Day 1:

- Begin when symptom free for 24 hours.
- 15 min **light aerobic** activity (walk, swim, stationary bike, no resistance training).
- If no symptoms, then:**

Day 2:

- 30 min **light-mod aerobic** activity (jog, more intense walk, swim, stationary bike, no resistance training).
- Start PE Class** at previous day's activity level.
- As RTP Protocol activity level increases, PE activity level remains one day behind.
- If no symptoms, then:**

Day 3:

30 min **mod-heavy aerobic** activity (run, swim, cycle, skate, Nordic ski, no resistance training).

If no symptoms, then:

Day 4:

30 min **heavy aerobic** (hard run, swim, cycle, skate, Nordic ski). 15 min

Resistance Training (push-up, sit-up, weightlifting) **If no symptoms, then:**

Day 5:

•**Return to Practice, Non-contact Limited Participation** (Routine sport- specific drills).

•**If no symptoms, then:**

Day 6:

Return to Full-Contact Practice

If no symptoms, then:

Day 7:

•**Medically Eligible for Competition when completes RTP Protocol and is cleared by Healthcare Professional**

•**ASAA Eligibility Criteria** must be met before return to competition.

If symptoms recur at any step, the athlete should cease activity and be re- evaluated by their health care provider.

How can a concussion affect schoolwork?

Following a concussion, many athletes have difficulty with cognitive work: thinking, focusing attention, calculating, attending school, doing homework, taking tests. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization. Following concussion, athletes should begin with a period of rest, in which they avoid cognitive work. As concussion symptoms diminish and the athlete feels able, he/she can begin trials of cognitive work, e.g. reading, texting, computer, TV, videos, school. The introduction of cognitive

work should be in short increments which increase progressively in length, so long as symptoms do not recur or worsen with the work. For example, start with 30 minutes of computer time, and, if symptoms do not worsen, try one hour later in the day. If several