



**DAVIS LEADERSHIP ACADEMY  
STUDENT-ATHLETE HANDBOOK**

# DAVIS LEADERSHIP ACADEMY ATHLETICS



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**Section 1. MISSION STATEMENT:**

Athletics plays a critical role in the overall development of our students and is a natural extension of the mission and core values of Helen Y. Davis Leadership Academy Charter Public School. Students who participate in our program gain valuable experience in sportsmanship, teamwork, discipline, work ethic, respect, fair play, character-building, and mental toughness. Our athletic program stresses the importance of being a complete student-athlete, succeeding both on and off the court. Here at Davis Leadership Academy, we pride ourselves on competing and winning the right way.

**Section 2. PURPOSE:**

The purpose of this handbook is to familiarize the athlete, parents/guardians, coaches, faculty and administration with all the necessary information pertaining to athletics at Helen Y. Davis Leadership Academy Charter Public School (DLA). Additionally, it attempts to define a common set of policies to which all parties can adhere, resulting in a successful and productive athletic program.

This handbook provides guidelines for solving any incidents that may occur throughout the course of an academic school year and athletic season. It is the responsibility of the Athletic Director to enforce all policies concerning athletics. In order to have a successful athletic program, it will take the utmost cooperation and understanding of these policies by athletes, parents/guardians, coaches, faculty and administration.

**Section 3. ATHLETIC PHILOSOPHY:**

Athletics plays a vital role in the lives of the student-athletes at Davis Leadership Academy. Our belief is that student-athletes develop a sense of pride, teamwork, competition, self-discipline, character building, and a strong will to succeed through participation in an athletic program. Davis Leadership Academy uses athletics as a way to hold our student-athletes accountable for their actions at all times, including academic performance and ability to be a contributing member of the school's community. DLA strongly believes in assisting our student-athletes to succeed academically. By fostering hard work and dedication, the athletics program at Davis Leadership Academy builds pride within our student-athletes and strengthens a sense of school identity and pride in our school and larger community.

**Section 4. ATHLETIC CODE OF CONDUCT:**

DLA's Athletic Code of Conduct is a firm, consistent, and fair policy set in place to uphold the regulations, standards, and mission of the athletic department. The school community, administration, faculty, and coaching staff feel that setting high standards for conduct and accountability for our student-athletes is a fundamental component of maintaining a successful athletic department. The success of our athletic department and what is in the best interest of the individual teams are our major consideration and take precedence over individual gain.

By following the Athletic Code of Conduct, student-athletes will be rewarded with the honor, pride, and respect that participating in interscholastic competition provides. Any conduct that results in taking away from the best interests of the athletic department and the student-athlete's respective team will not be tolerated. Acts deemed as unacceptable include but are not limited to disrespect, theft, vandalism, violation of the student or Athletic Code of Conduct, or violations of the law.

**Section 5. PENALTIES FOR VIOLATION:**

In order to ensure consistency, any violations of the Athletic Code of Conduct that would result in a student-athlete's indefinite removal from an athletic team shall be determined by both the Athletic Director and Head of School. Length and severity of penalties are outlined in this handbook. It is vital for our school community to use athletics as a motivator for our student-athletes and not as a weapon.

## **Section 6. STUDENT-ATHLETE AND PARENT/GUARDIAN RESPONSIBILITIES:**

Participating in the DLA athletic program is not a right but a privilege. With this privilege comes an added responsibility for both the student-athlete and parent/guardian. In order to create an enjoyable experience for each student-athlete and parent/guardian, it is imperative that both parties conduct themselves with respect and in accordance to the DLA Athletic Code of Conduct. Both the student-athlete and parent/guardian must adhere to the Athletic Code of Conduct at all times in order to contribute to the success of the team.

### **6.1. Student-Athletes:**

- Attend all practices, contests, and team activities. Arrive on time and are prepared physically, mentally, and emotionally to participate at their highest level. If the student-athlete must miss any team practices, contests, or team activities, s/he is responsible for notifying the coach at least 24 hours in advance.
- Failure to attend practices, contests, and team activities without the appropriate notifications being made at least 24 hours in advance has a negative impact on the team's overall success and could result in the student-athlete being prohibited from participating on the team.
- Respect all game officials, coaches, teammates, and opposing players at all times.
- Demonstrate courtesy to opposing coaches and players.
- Conduct themselves in a disciplined manner at all times, and understand that their appearance and actions reflect on DLA and the surrounding community.
- Adhere to the Code of Conduct for DLA at all times.
- Obtain a thorough understanding and acceptance of the Code of Conduct for DLA, the Athletic Code of Conduct, game rules, and requirements for eligibility.
- Arrange for punctual transportation for all practices, contests, and team activities when transportation is not provided by DLA.
- Return all uniforms and equipment in the same manner as they were issued to coaches at the conclusion of each contest or athletic season. Understand that parent/guardian will be charged for any lost, stolen, or damaged item(s) at the value that it costs to replace the item(s). Failure to do so may result in the indefinite suspension from athletic competition until all items are paid for or returned.
- Maintain grades and attendance as stated in the eligibility requirements.

### **6.2. Parent/Guardian:**

- Encourage student-athlete to fulfill his/her responsibilities as a team member and to maintain his/her grades and school attendance. Also, to make sure that student-athlete attends all practices, contests, and team activities, or to notify the coach at least 24 hours in advance if unable to attend.
- Support student-athlete and the team by making best effort to attend events.
- Respect the integrity and judgment of the officials, coaches, and all student-athlete participants.
- Adhere to the rules of good sportsmanship and common sense.
- Along with student-athlete, assume responsibility for the care of all uniforms and equipment issued to the student-athlete by the coaches or athletic department and return all uniforms and equipment in good condition. Understand that parent/guardian and student-athlete will be charged for any lost, stolen, or damaged item(s) at the value that it costs to replace the item(s). Failure to do so may result in the indefinite suspension from athletic competition.

## **Section 7. LEAGUE ASSOCIATION:**

Smith Leadership Academy is a voluntary member of the Massachusetts Charter School Basketball League. MCSBL's mission is "to oversee the regulation, organization and promotion of member charter schools' interscholastic basketball program. MCSBL will provide opportunities for the charter school student/athletes to compete at a high level and to use that

competition to teach the fundamental values of teamwork, discipline, sacrifice and sportsmanship. This will contribute to the students' overall educational experience and development as individuals. MCSBL is committed to educating our youth for a better tomorrow and will work in partnership with local communities to establish and maintain charter school athletic programs." DLA also participates in the Massachusetts Charter School Track and Field League (MCSTFL).

### **Section 8. ATHLETIC PARTICIPATION:**

Student-athletes should recognize that participation in the athletic program is not a right, but rather a privilege. Student-athletes who have been selected to participate in the athletic department must uphold the ideals and philosophies of Davis Leadership Academy, its core values, and mission. Davis Leadership Academy's athletic director withholds the right to revoke the eligibility of any student-athlete who is unable to adhere to the responsibilities of participating in the athletic program.

To be deemed eligible to participate in athletics student-athletes must meet the following requirements:

#### **8.1. Eligibility Requirements**

- Attain a grade of C- or better in all of their core classes during the marking period preceding that respective athletic season. (1<sup>st</sup> quarter grades will determine eligibility to participate on an athletic team during the 2<sup>nd</sup> quarter).
- Maintain a passing final grade in all of their core classes during that respective athletic season. An eligibility reevaluation period will take place two (2) months into the current trimester to make eligibility decisions based off of a large enough sample size of schoolwork.
- Meet all academic, age, transfer criteria as well as rules and regulations established by leagues in which Davis Leadership Academy participates.
- After ten (10) behavior detentions during that respective athletic season, a player's status on that respective team will be reevaluated. The athletic director and/or respective coaching staff will determine disciplinary action.
- Student-athletes who are academically ineligible can be placed on academic probation, and must adhere to the one (1) month eligibility reevaluation period prior to competing in contests. Student-athletes in good academic standing at the end of the reevaluation period may begin competing in contests.

In order for the detention to qualify against the student-athlete's total:

- The detention must be from an incident concerning behavior.
- The detention must be submitted in writing, describing the incident in detail, no later than 24 hours after the incident occurred.
- A detention for missing homework does not count towards the student-athlete's total, because our athletic philosophy is one that believes in working with student-athletes who need additional help with academics.
- A detention for missing homework will require the student-athletes to complete the missing assignment prior to participation in team activities.
- If a staff member issues a detention to a student/athlete, serving that detention takes precedence over any practice, contest, or team activity.

#### **8.2. Physical Examination:**

All student-athletes at Davis Leadership Academy must have a recent (conducted within the preceding 12 months) physical examination and immunization record on file with the school office. A physical examination must mention any condition(s) or injuries that would prohibit a student-athlete from participating in physical activity. A student-athlete who has suffered a serious injury that prohibits the individual to participate in physical activity must provide the

school office with written clearance from a physician in order to resume team related physical activities.

**8.3. Student-Athletes and Parent/Guardian Acknowledgement of Athletic Policies:**

Each student-athlete who wishes to participate on an interscholastic team will be given this handbook, accompanied by all necessary forms, waivers, and permission slips for participating in athletics. Each student-athlete and parent/guardian must read all the enclosed material and certify that they understand all athletic eligibility requirements, rules and regulation. This signed documentation will be filed in the athletic director's office.

**8.4. Student-Athlete Release Form:**

Each student-athlete's parent/guardian must complete a student-athlete release form, giving permission for DLA coaches, volunteers, and school staff members to act in the best interest of an injured student-athlete and seek medical attention for that student-athlete by a physician or hospital when the parent/guardian and/or emergency contact is not available. Davis Leadership Academy does not cover athletic injuries to student-athletes. This form also certifies that each student-athlete's parent/guardian acknowledges the inherent risk of injury when participating in physical activity.

**8.5. Athletics Participation Fees:**

Due to financial restraints within Davis Leadership Academy's athletic program budget, participation on certain athletic teams may require a fee.

**8.6. Student-Athletes on IEP/504 Plans:**

If it is determined that a student-athlete on an IEP/504 plan has failed a class because they did not receive the proper mandated services, that student-athlete will remain eligible to participate in all practices, contests, and team activities. A one (1) month academic monitoring period will occur at the beginning of the new marking period in order to assure that the student is receiving the proper mandated services.

**Section 9. ATTENDANCE ELIGIBILITY:**

- No student-athlete will be allowed to participate in an athletic contest the same day he/she was absent from school, unless the absence has been approved in advance by the Athletic Director or Head of School (school visit, funeral, etc.).
- Student-athletes must be in attendance for at least half of the school day in order to be eligible to participate in an athletic contest that day.
- If a contest is scheduled for the weekend, the student-athlete must be in school on that Friday for at least half the day.
- Only the Athletic Director or Head of School can consider any exceptions to the above rules.
- If a student is suspended from school for any reason, he/she will be ineligible to participate in any practice, contest, or team activity from the end of school on the day the suspension is given until the day he/she returns to school from the suspension.
- Student-athletes are excused for being late/absent from practice if they have been receiving extra help from a teacher or to make up work. Each student-athlete must bring a note from the teacher to his/her respective coach, stating that the student-athlete stayed after for academic purposes.
- If the student-athlete is returning from being excused-absent, then the student-athlete must complete all missing work within a determined timeframe. If the student-athlete does not complete the missing work on or before the agreed upon timeframe, he/she will not be allowed to participate in team activities until the work is completed.
- Students with an excessive amount of unexcused absences will not be eligible to participate in athletics.

**Section 10. SUBSTANCE USE, POSSESSION, OR DISTRIBUTION:**

Use, possession, or distribution of drugs, including anabolic steroids, alcohol, tobacco (including smoking, chewing, or snuff), drug paraphernalia or the misuse of other drugs/medications by a student-athlete will result in the following penalties:

**First Violation**

The student-athlete found in first violation shall be denied athletic participation for the remainder of the school year from the date of determination of guilt.

**Second Violation**

The student-athlete who commits a second violation shall be denied athletic participation for a period of one calendar year from the date of determination of guilt.

**Third Violation**

The student-athlete found in a third violation shall be denied athletic participation for the remainder of his/her middle school career. After one calendar year from the determination of guilt, an appeal can be made to the Athletic Director for reinstatement contingent upon substantiated rehabilitation.

**Section 11. SELF-REFERRAL EXEMPTION:**

Any student-athlete who voluntarily informs his/her coach or Athletic Director of substance use is entitled to a due process hearing. The Athletic Director has the option of suspending the student-athlete from the team for a period of time shorter than the remainder of the season. Student-athletes are allowed one self-referral for their entire Davis Leadership Academy athletic career.

**Section 12. BULLYING AND HAZING:**

Bullying or Hazing of any kind will not be tolerated and is considered a crime by the state of Massachusetts. Hazing is a test or a task involving harassment, abuse or humiliation used as a way of initiating a person into the team and can refer to either physical (sometimes violent) or mental (possibly degrading) practices. All athletic programs strictly adhere to the Davis Leadership Academy policy on bullying and hazing.

**Definition of Bullying:**

As stated by Massachusetts Laws St.2010, c. 92, Section 5. Bullying in Schools:

“Bullying”, the repeated use by one or more students of written, verbal or electronic expression or a physical act or gesture or any combination thereof, directed at a victim that: (i) causes physical or emotional harm to the victim or damage to the victim’s property; (ii) places the victim in reasonable fear of harm to himself or of damage to his property; (iii) creates a hostile environment at school for the victim; (iv) infringes on the rights of the victim at school; or (v) materially and substantially disrupts the education process or the orderly operation of a school. For the purpose of this section, bullying shall include cyberbullying.

“Perpetrator”, a student who engages in bullying or retaliation

“Victim”, a student against whom bullying or retaliation has been perpetrated

Retaliation against a person who reports bullying, provides information during an investigation of bullying, or witnesses or has reliable information about bullying shall be prohibited.

**Definition of Hazing:**

As stated by Massachusetts General Laws MGL c.269, s. 17, Section 17: Hazing:

Whoever is a principle organizer or participant in the crime of hazing, is defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term “hazing” as used in this section and sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of food, liquor, beverage, drug or other substance, or any brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

### **Section 13. QUITTING:**

Quitting is considered a major offense. It is defined as dropping from an athletic team and the failure to:

- Notify the respective coach
- Attend practices, contests, or team activities without an adequate excuse and/or 24 hours in advance
- Pay for lost, stolen, or damaged uniforms or equipment at the value it costs to replace the item. Student-athletes who fail to do so will be deemed ineligible for any awards or participation on other athletic teams.

### **13.1. Appropriate Ways to Drop from the Team:**

A student-athlete can drop from his/her respective athletic team in good standing in the following situations:

- Quitting does not include being cut
- Dropping from the team due to illness, lack of interest, academic reasons, family reasons, etc., as long as the athlete seeks a proper withdrawal is not considered quitting.
- To withdraw from an athletic team, you must do so before the league competition begins. Student-athletes must talk to the coach and return all uniform and equipment at the time of withdrawal. If all of these steps are not completed prior to league play you will be considered to have quit.
- The Athletic Director reserves the right to review each withdrawal on a case-by-case basis and can grant a withdrawal even if the respective student-athlete did not take the outlined steps.

### **Section 14. TEAM SELECTION AND GAME PLAYING TIME:**

Davis Leadership Academy athletic programs are established to offer opportunities to student-athletes to compete on organized teams or as individuals. The structure of athletic teams requires coaches to limit the number of student-athletes representing the school on a respective team. Depending on the number of student-athletes interested in joining a team, it may be necessary to make cuts to reduce a team to a safe and manageable size for our coaches. It is the responsibility of each of our coaches to select student-athletes to compete on athletic teams and to determine the amount of game playing time each athlete receives during the season.



#### **14.1. Selecting the Team:**

Selecting (or making cuts) is based off of the student-athletes:

- Eligibility
- Talent
- Potential
- Work ethic
- Ability to be coached

#### **14.2. Game Playing Time:**

Playing time is the sole responsibility of the respective coach. It is up to the coach to determine how to divide playing time amongst the student-athletes. In general, playing time is decided by:

- Eligibility
- Talent
- Attendance at practice
- Work ethic
- Ability to be coached

### **Section 15. CONFLICT RESOLUTION:**

In the event that a student-athlete or parent/guardian has an occasional concern, the following guidelines should be followed:

- Never approach a coach during or immediately after a contest, practice, or tryout. This is not the appropriate time or place for a discussion concerning a student-athlete or the team.
- Call the coach the following day and make an appointment that is convenient for both you and the coach to meet.
- Raise your concerns in a calm and civil manner and have information written down so nothing is forgotten. Yelling, rude or inappropriate language is absolutely unacceptable.
- Once you have stated your question or concern, listen to the explanation. Often parents/guardians may be overcome by emotion and are unable to process logic or reason. Listening receptively may really help you to understand any explanation that is given.
- Always keep in mind that the coach's decisions will be made in the best interest of the team and school. These decisions may not be what you think is best for your student-athlete.

#### **15.1. Issues Not Appropriate to Discuss With the Coaches:**

- Playing time
- Team strategy
- Play calling
- Other student-athletes
- Selection process (or making cuts)

#### **15.2. Issues Appropriate to Discuss With the Coaches:**

- Treatment of your student-athlete
- Ways to improve your student-athlete's performance
- Safety issues

#### **15.3. Athletic Chain of Command:**

All concerns should be brought to the attention of the following staff members in the order in which they are listed below:

1. Head Coach
2. Athletic Director
3. Head of School

## **Section 16. ATHLETIC UNIFORMS AND EQUIPMENT:**

Student-athletes may be issued team uniforms and equipment. Each student-athlete is responsible for the uniforms and equipment issued to him/her. Guidelines for returning all uniforms and equipment are as follows:

- Student-athletes must return all issued uniforms and equipment at the conclusion of the contest and/or season to their coach.
- Student-athletes must reimburse the athletic department at the full cost to replace any uniform or equipment not returned in the manner that it was issued. This includes lost, stolen, or damaged uniform items or equipment.
- Student-athletes who do not return issued uniforms or equipment and/or do not reimburse the athletic department at the full cost to replace the item(s) will not be allowed to participate on any other athletic team. At the conclusion of the academic calendar, student-athletes still owing uniforms or equipment may be subject to indefinite suspension from athletic competition until all items are paid for or returned.

## **Section 17. HEAD INJURIES AND CONCUSSIONS IN EXTRACURRICULAR ATHLETIC ACTIVITIES:**

Davis Leadership Academy strictly adheres to all regulations pursuant of Massachusetts General Law 105 CMR 201.000: Head Injuries and Concussions in Extracurricular Athletic Activities. Davis Leadership Academy implements the following policy:

### **17.1. Concussion Awareness:**

A concussion is a brain injury. It is caused by a bump or blow to the head or even a non-contact “jarring” of the head. They can occur in any sport and with a seemingly small impact, even a “ding” or “getting your bell rung” can be severe. All concussions should be considered serious and be evaluated by a health care professional. You cannot see a concussion, but there are common signs and symptoms that can help us to diagnose one. These may appear immediately following impact, or may take hours or days to fully present themselves. Some student-athletes may show a number of these and some show just one, they may last hours or weeks.

### **17.2. Signs and Symptoms:**

Common Observable Signs

- Appearing dazed or confused, vacant expression
- Confusion about position or assignment
- Forgetting instructions just given
- Unsure of game, score, or opponent
- Moving clumsily/unbalanced/uncoordinated
- Answering questions slowly, slurred speech/difficulty following a conversation
- Loss of consciousness (even briefly)
- Showing behavior or personality changes
- Inability to recall events happening prior to or after impact

Common Symptoms Reported By Athletes

- Headache or “pressure” in head, thumping/pounding in head
- Nausea/vomiting
- Balance problems
- Dizziness
- Double or blurred vision
- Sensitivity to lights or sounds
- Feeling sluggish, hazy, foggy, or groggy/feeling fatigued or lacking normal energy
- Concentration or memory problems/shortened attention span
- Confusion
- Just does not “feel right”

- Increase in emotions — sad, irritable, nervous, anxious, etc
- Repeatedly making the same comment, asking the same question

When a student-athlete shows any signs, symptoms, or behaviors consistent with a concussion, the student-athlete shall be immediately removed from practice or competition and evaluated by the athletic trainer and/or the student's healthcare provider. It is recommended the student be evaluated by a health care specialist with experience in the evaluation and management of concussion.

- A student-athlete diagnosed with a concussion shall be withheld from the competition or practice and not return to activity for the remainder of that day.
- Parents/Guardians should be notified at once.
- The student-athlete should be monitored for signs of deterioration.
- The student-athlete should be evaluated by a concussion specialist or if at school, by the Davis Leadership Academy coaching staff.
- Return to play will follow a medically supervised stepwise process which should be initiated by the concussion specialist in communication with the athletic director.

### **17.3. Management and Procedures:**

Concussion management begins with all parents/guardians and student-athletes taking the online concussion course prior to the start of each school year. Visit [http://www.cdc.gov/concussion/HeadsUp/high\\_school.html](http://www.cdc.gov/concussion/HeadsUp/high_school.html) for more information. Each parent/guardian will complete a Pre-Participation Head Injury/Concussion Reporting Form For Extracurricular Activities.

If a student-athlete sustains a sports-related head injury, including a suspected concussion, the Athletic Director or school nurse must be notified immediately so that concussion assessment can be administered. If a student-athlete sustains a concussion, the athletic director, school nurse, or coach will notify parents/guardians and appropriate school staff and follow the protocol established for concussion management.

At away events, when there is no qualified medical professional/licensed athletic trainer available, all coaching staff will abide by, "When in doubt, sit them out," put forth by the Center for Disease Control.

If any danger signs are exhibited as described in the "signs and symptoms" section, a parent/guardian must be contacted immediately and the student-athlete must be brought to an Emergency Room by Emergency Medical Service. The athletic director should be notified as soon as possible.

Student-athletes returning from injury:

If it is determined that a student-athlete has a concussion he/she will be out of competition until that student-athlete is cleared for participation by a physician. No student-athlete shall go from being sidelined with a concussion to activity until he/she has followed the recommended stepwise process to return to activity from the treating physician. Each student-athlete will likely have an individual course of recovery which may depend upon prior medical history of concussion. Each student-athlete who is removed from practice or competition shall have a written graduated re-entry plan for return to full academic and extracurricular athletic activities. The plan, put forth by the treating physician, shall be communicated with the student's teachers, adviser, school nurse, athletic director, parents/guardians, and other support personnel as appropriate and in consultation with the student's primary care provider or the treating physician. This written plan shall include instructions for a student-athlete, parents/guardians, and school personnel addressing physical and cognitive rest, graduated return to academics and athletics, assessment frequencies, as appropriate, by the school nurse, physician, or athletic director until full return to academics and athletics is authorized. A plan for communication and coordination shall also be put into place

with the above individuals who are managing the student-athletes recovery. The student-athlete must be completely symptom free and medically cleared in order to begin graduated re-entry (stepwise program) to activities.

Final authority for return-to-play shall reside with the treating physician and athletic director at Davis Leadership Academy in conjunction with the school nurse.

#### **17.4. Davis Leadership Academy Return-To-Play (RTP) Protocol and Procedures Following a Concussion:**

A student-athlete who exhibits signs or symptoms of concussion, or has abnormal cognitive testing, will not be permitted to return to play on the day of the injury. Any student-athlete who denies symptoms but has abnormal cognitive testing should be held out of activity. Coaches are to follow the CDC standard, “When in doubt, hold them out.”

##### **Return to Play After Concussion**

The student-athlete must meet ALL of the following criteria in order to progress to activity:

- Asymptomatic at rest and with exertion (including mental exertion in school, and a minimum of 30 minutes of non-contact physical exertion).
- Student-athlete must be symptom free without medications for 5–7 consecutive days.
- Have written clearance from Primary Care Physician or specialist (student must be cleared for progression to activity by a physician other than an emergency room physician). If treating physician does not have concussion training and experience or if the concussed student-athletes treatment plan varies from the schools concussion protocol, the school nurse will be consulted.
- The Athletic Director in conjunction with the school nurse will have the final say with regards to a student-athletes ability to return to any sport activity.

Once the above criteria are met, the student-athlete will be progressed back to full activity following a stepwise process, (as recommended by both the Prague and NATA Statements), under the supervision of the Athletic Director.

Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the student-athlete, and sport/activity in which the student-athlete participates. A student-athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport should be progressed more slowly.

Stepwise progression as described in the Prague Statement: Each step of this process should take 24–48 hours.

Progression of return to play should follow:

- No activity — complete rest; no unnecessary exercise, normal activity, no exertion
- Do not progress to step 2 until asymptomatic
- Light aerobic exercise — (e.g., walking, stationary bike)
- Sport-specific training (e.g., skating in hockey, running in soccer)
- Non-contact training drills
- Full-contact training after medical clearance
- Game play

Progression to the next phase will require the Student-Athlete to be symptom free.

Clearance will be required prior to returning to any activity. Additional medical clearance may be required for full contact. The Coach will be notified via email, when full contact has been approved.

Davis Leadership Academy, in consultation with the Treating Physician, reserve the right to continue to withhold the student-athlete from participation until the staff deems fit. A clearance note from an outside Physician will read: John Doe is fully recovered from their head injury sustained on XX/XX/20XX.

Note: If the Student-Athlete experiences post-concussion symptoms during any phase, the Student-Athlete should STOP exercise and rest. When symptoms resolve, the student will drop back to the previous asymptomatic level and resume the progression after a minimum of 24 hours.

The Athletic Director and student-athlete will discuss appropriate activities for the day. The student-athlete and coach will be given instructions regarding permitted activities.

The Student-Athlete should see the Athletic Director daily for re-assessment and instructions until he/she has progressed to unrestricted activity.

Lingering symptoms may require additional Physician follow-up.

#### **Section 18. ATHLETIC PROGRAMS:**

Davis Leadership Academy currently offers its students the opportunity to compete on the following athletic teams:

##### **Fall Season:**

Double-Dutch (co-ed) – Fall Sport (September – April)

##### **Winter Season:**

Varsity Boys Basketball – Winter Sport (November – March)

Junior Varsity Boys Basketball – Winter Sport (November – March)

Girls Basketball – Winter Sport (November – March)

Cheerleading - Winter Sport (November – March)

##### **Spring Season:**

Boys Track and Field – Spring (March - June)

Girls Track and Field – Spring (March – June)

## STUDENT-ATHLETE RELEASE FORM

Please allow my child to participate in Helen Y. Davis Leadership Academy Charter Public School (DLA) athletics, including all team practices, contests, and team activities. I acknowledge that my child is in good health and is able to participate in the physical activities of a vigorous program. Davis Leadership Academy has my permission to use their best judgment in any emergency that may require medical attention. Any medical charge will be my responsibility. I hereby waive and release Davis Leadership Academy and its staff from any liability resulting from any and all injuries, illness, trauma, suffering, permanent bodily injury or death incurred during participation in Davis Leadership Academy athletics or while traveling to or returning from an DLA athletic practice, contest, and/or team activity. I covenant that I will not now or at anytime in the future, directly or indirectly, commence or prosecute any action, suit or other proceeding against Davis Leadership Academy Charter Public School and any of its officers, directors, employees, agents, licensees, subsidiaries, consultants, independent contractors and affiliates, arising out of or relating to the actions, causes of action, claims and demands hereby waived, released and discharged by me. I also give permission to DLA to take or record pictures, audio and/or video of my child, publicly display, perform, distribute the participants name, likeness, image, photograph and/or voice on or in any media or format for advertising, trade, promotion, exhibition, or any other lawful purpose without charge.

I hereby consent to allow my child or other(s) for which I am a legal guardian to receive transportation provided by Davis Leadership Academy, including personal transportation provided by the coaching staff.

I hereby authorize Davis Leadership Academy to obtain, through a physician of its own choice, any emergency care that may become reasonably necessary for the student in the course of athletic activities or travel.

I hereby authorize Davis Leadership Academy to obtain all facts concerning my child's medical history including allergies, medications being taken, and any physical impairment to which a physician should be alerted.

I am the parent or legal guardian of those participating in Davis Leadership Academy athletics. I have read, understand, and accept the content of the Student-Athlete Handbook, and the terms above and give permission for my child or other(s) for which I am a legal guardian to be enrolled and participate.

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Student-Athlete Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Minor: \_\_\_\_\_

Telephone (Home): \_\_\_\_\_ Telephone (Day): \_\_\_\_\_

Email Address: \_\_\_\_\_

Health Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Telephone: \_\_\_\_\_

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