



Department of Athletics Student-Athlete Handbook

“DeKalb Athletics: Focusing on Educationally Sound Practices”

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Message to the Student–Athlete and Parents

On behalf of the entire faculty, staff, and administration, we are pleased that your son or daughter has expressed an interest in the DeKalb County School District interscholastic athletic program. It is our belief that students who get involved in extra-curricular activities have a much more rewarding and positive school experience.

The District recognizes the importance of a sound interscholastic athletic program. These programs provide lifetime values such as commitment, trustworthiness, respect, responsibility, discipline, leadership, teamwork, and lifelong wellness; all of which are the foundation for academic success. All athletic programs are congruent with the academic goals and objectives set by the Board of Education.

Our teams will always strive to win; however, never at the expense of character, healthy attitudes, and good judgment. We emphasize excellence, cooperation, sportsmanship, pride, and respect for coaches, teammates, and officials. Participation in the DeKalb County School District athletics program is a privilege and not a right. With this privilege, student-athletes are expected to conform to the high standards of the athletic program. This privilege may be revoked at any time for failure to comply with rules, policies, and procedures.

The handbook is a compilation of the Georgia Department of Education (GDOE) guidelines, the Georgia High School Association (GHSA) regulations, the DeKalb County School District (DCSD) Board policies, and in accordance with other local government guidelines which govern athletics in the State of Georgia. It serves as a reference for student –athletes and parents. For a complete listing of guidelines rules and regulations, <https://www.ghsa.net/sites/default/files/documents/Constitution/Constitution20-21completecx23.pdf>

Please take this opportunity to familiarize yourself with this booklet and understand the District’s guidelines, policies, and expectations for student-athletes.

Requirements for Participation

No student is to participate in an athletic program in the DCSD unless he/she meets the requirements for registration and participation in athletics. Every possible policy and procedure to protect the student have been adopted. PRIOR to any student participating in a tryout, in conditioning, in a practice, or in competition, the student must complete the following:

Academics – Students must be in good standing academically and behaviorally as well as enrolled as a full-time day student. Students must have passed a minimum of 5 subjects the previous semester and be on track for graduation in accordance with the Georgia High School Association (GHSA).

Registration - The DeKalb County Interscholastic Athletic Registration form, including parents' signature, must be completed for each sport season. The copy is retained in the principal's office.

Certification - Each student-athlete in grades 9 through 12 must be certified by the Georgia High School Association (GHSA) indicating that the eligibility requirements of the GHSA have been met. The Certificate of Eligibility must be on file in the principal's office.

Physical Examination - The parent or legal guardian must complete the Medical History and Authorization form before the pupil has a physical examination. The physical form must be signed by a physician licensed in the State of Georgia. The form must include the student's name, and the date (month, day, year) the form must be completed by the physician. (Appendix A)

Insurance Policy - Each student-athlete must be covered by either the school approved accident insurance policy or by a family policy if the student is not covered by the school

approved insurance policy. A certification (waiver) signed by the parent and a copy of the insurance card stating that the student is adequately covered by accident insurance must be on file in the principal's office.



Competitive Levels

Varsity

Varsity-level programs are the most competitive of the athletic programs and, for that reason, include the most skilled and/or well-prepared student athletes. The student athlete earns the privilege to make the team. It is the coach's responsibility to field the most competitive team available; starting position and athlete playing time is at the coach's discretion.

Junior Varsity (JV)

Junior-varsity programs are focused toward the development of skills necessary for participation on the varsity level. The student athlete earns the privilege to make the junior-varsity team. The coach of any junior-varsity program should emphasize development of areas needing improvement on an individual and team basis. The coach will be encouraged to play as many participants as possible.

Middle School

The Middle School Athletic Program shall be an integral part of the total middle school educational program and seek to provide all students with an opportunity to explore a wide variety of activities at appropriate levels that will contribute to the student's physical, emotional, social, and intellectual development.

Sport Level Offerings

Football, flag football, basketball, track, cheerleading, wrestling, and volleyball teams will be organized as varsity (grades 9-12), junior varsity (grades 9-11), and middle school (grades 7-8). Sixth graders will be allowed to participate in basketball, track, and soccer. Middle school students cannot participate on the Junior varsity at a feeder school if the sport is offered at the middle school level.



Baseball, softball, cross-country and lacrosse teams will be organized as varsity (grades 9-12) and junior varsity (grades 8-11).

Golf, swimming, gymnastics, and tennis teams are filled on the varsity level only (grades 9-12).

Eighth graders are not permitted to participate on any varsity level team. An eighth grader who attained his/her 15th birthday prior to May 1st preceding the year of participation may not participate on the eighth grade football, basketball or track teams.

Dress Code

Student athletes are expected to adhere to a higher standard as they represent not only themselves but the school as well. Each coach

has the authority to establish his/her own code, within reason.

Activities Away from School

Student athletes are expected to be positive role-models at all times and are to disassociate themselves from possible factors that could cause them to be arrested and prosecuted under local, state, and/or federal law. The DCSD Student Code of Conduct, and the DCSD Board of Education Policies apply to all students – including athletes. In addition to the consequences that may be imposed for behavior outside of school, additional consequences may be imposed by the school and or District.

Responsibilities of Athletes

In the classroom: Athletes are expected to become good students. A good student means trying to do the best with what you have and following all classroom rules.

On the field/floor: DCSD athletes are expected to compete with a burning desire to win with honor, dedication, pride, and sportsmanship. Conduct outside the realm of sportsmanship and fair play will not be tolerated.

In the community: The conduct of an athlete is closely observed by many, and it is important that an athlete's behavior be above reproach. Appearance, expression, and actions always influence people's opinions of the athletes as well as the entire program. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of all athletes. The way an athlete looks is of great importance. Therefore, proper dress, appearance, grooming and personal cleanliness are expected.

Subordination of self-interest to team values: Team goals must take precedence over individual desires. An athlete must have

self-discipline and be willing to make personal sacrifice for the team goals.

Expectations of Student-Athletes

1. Remain in good standing academically, socially, and behaviorally.
2. Represent the community and DCSD in a respectful, high-class manner and never bringing embarrassment to themselves, the team, the school, or the community.
3. Refrain from associations which may be detrimental to the team.
4. Develop and maintain healthy bodies through a rigorous off and on season conditioning plan as outlined by the coaching staff.
5. Be a positive role model, whose character, work ethic, and team spirit are beyond reproach.
6. Keep the team first.
7. Remain tobacco, alcohol, and drug free.

Responsibilities of Parents

Parent involvement is the cornerstone for success in anything involving student athletes in the DCSD. The coaching staff needs your support as today's students have more distractions and options than ever before. We ask that parents commit to helping us develop and nurture sportsmanship in our student athletes.

Practices

Practices are designed to prepare for upcoming events and serve as a time to build skills, enhance techniques, and develop team concepts. Considerable planning and thought are put into every practice in order to capitalize on the available time and to ensure that the student athlete has time for personal and academic pursuits. Practice, therefore, must be attended in order for the athlete to be prepared to perform. All missed practices will be made up with certain conditioning which the coach has specified. Unexcused absences may be grounds for dismissal from the team.

Parents are welcomed to practices; however, the coach reserves the right to assign areas for viewing that is safe for the spectator and reduces the chance of distractions. In special circumstances, practices can and/or will be closed to the general public.

Holiday Practices and Games

Every attempt will be made to keep scheduled games and practices during school holidays to a minimum. However, with games and tournaments occurring during or soon after return from these breaks, coaches in charge may schedule practices during the holiday breaks. Missing these practices or games will fall under the regular athletic attendance guidelines.

Academic Expectations

Athletes' academic performance will be monitored by the coaching staff. Coaches can require an athlete to attend study hall or tutoring if his or her academics fall below the standard. Tutorials will be conducted at each school for all in-season student-athletes who require assistance academically.



Equipment

School equipment, practice and game uniforms used by an athlete are the property of DCSD Athletic Department.

Sportsmanship

All athletes are expected to:

1. Be courteous to opponents and officials.
2. Play hard to the limits of their abilities, regardless of the game score.
3. Retain their composure at all times so as not to resort to taunting, baiting, physical retaliation, or fighting.
4. Understand and observe the rules of the game and the standards of eligibility.
5. Respect the integrity and judgment of officials as the authorities in the game, and accept their decisions without unsportsmanlike outbursts.
6. Be modest in victory and gracious in defeat.
7. Respect the game and their opponents and further understand that baiting and taunting will not be tolerated. Such actions may result in disciplinary action by the coaching staff and administration.
8. Remain on the bench if an altercation occurs on the playing area.

Sports Agents

Students and their parents must refrain from associating with potential sports agents. Such a relationship could render a student ineligible for both GHSA and NCAA activities.

Georgia High School Association

The GHSA is the governing body that oversees all extracurricular and interscholastic activities of all public schools in the state of Georgia. The Constitution and By-Laws can be found at www.ghsa.net.

Strength and Conditioning

Student-athlete must be in top-notch condition in order to perform at the level necessary to compete in the A - AAAAAAA classification. Enhanced performance is directly linked to strength, quickness, agility, and stamina all of which come from planned programs of training.



Off Season

The purpose of an off-season program is to prepare a student physically and mentally for participation in athletics; therefore, it is in the student's best interest to have completed a conditioning program before participating in a sport. Such programs are at the discretion of the head coach and are highly recommended if an athlete is going to perform at high levels.

Summer Workouts

All athletes are expected to maintain their physical conditioning throughout the summer. Coaches should inform athletes and their parents of any special workout programs to be followed.

Athletic Injuries

1. Any injury, large or small, should be reported to the coach in charge immediately.
2. Any injuries requiring a doctor's care should be noted and a doctor's release required before the athlete is allowed to play or practice.
3. Injuries not requiring a doctor's care will be left up to the Athletic Trainer and Head Coach to access the athlete's ability to play or practice.

Complaints

The following procedure should be followed in reporting a complaint. Confer with:

1. The coach who had direct supervision of athlete at the time.
2. The Head coach of the sport the athlete is participating in.
3. The principal
4. The Executive Director of Athletics

Hazing

Under no circumstances is any form of hazing allowed. Team initiations are strictly prohibited.

Team Trips

1. The DeKalb County School District will provide transportation to interscholastic events.
2. All those who travel to the game on the bus will return on the team bus unless released by the Head Coach to his/her parents or guardians after the game.
3. Buses will leave at a time specified by the coach. It is the individual athlete's responsibility to have him/her and the necessary equipment for participation in the event on the bus ready to go at that time.
4. Coaches may designate appropriate team dress for team travel.
5. Conduct on the bus will be monitored by the coach and will be subject to disciplinary action.
6. No unauthorized personnel will be allowed to ride the bus.

Participation on Independent Teams

Students should not participate with an independent team in an organized event while in season.

Attendance

1. All athletes are required to attend class regularly. Lack of attendance in classes may result in failure of academic work, resulting in ineligibility in athletics.
2. A student must be counted present on the day of participation.
3. All team members of each sport will be expected to attend all scheduled practices, games, and meetings. Attendance at practices and games requires proper attire and full participation. If circumstances dictate that students cannot attend a practice, game, or meeting, the coach should be notified prior to the event by

personal contact, phone call, or written permission from parent/guardian.

4. The Head coach of each sport will give the student athletes' disciplinary consequences for missing a team function; this will include an excused or unexcused absence. (Attendance is important to ensure that the student athlete be in the best physical condition so as not to endanger them to injury and to benefit his/her team.)
5. An athlete missing a team function for any reason will be expected to make up for the absence upon returning to practice.
6. After the 3rd unexcused absence in any sport, the student athlete may be removed from the team.

Jobs

Athletes should not obligate themselves to a job that in any way interferes with practice time or regular competition time.



Rules of Eligibility

A student who participates on an athletic team at any level must meet eligibility requirements of the Georgia Department of Education, DeKalb County Board of Education, and of the GHSA. Events in any sport, frequently called exhibition or unattached events, which involve students who are not eligible, or students who are not members of the school team, are strictly prohibited.

Eligibility to participate in practice or in competition is gained or lost on the first day of the semester, except the fall semester, when eligibility shall be declared based on Carnegie units accumulated according to year in school.

Summer school is an extension of the second semester.

Make-up Work

Make-up work for athletes will be accepted on the same basis that make-up work is accepted for all other students in the school. Make-up work to remove an incomplete must be completed within fourteen calendar days after the close of the semester. If the make-up work is necessary for the student to pass the minimum of five courses or to be “on track”, the student is ineligible until the make-up work is completed and the passing grade assigned. Academically ineligible students shall not be allowed to participate in conditioning, in tryouts, in practice, in competition, or to travel with any team.



No Pass/ No Play

Once a failing grade is assigned in a respective course, and the student is ineligible as a result, the student does not regain eligible status for the semester even if the grade is changed to a passing grade within the fourteen calendar days. The one exception is when the grade is changed to passing due to an error by the teacher in assigning the failing grade. In this event, the student can regain eligible status with proper notification to the State Department of Education through the Director of Athletics.

Under usual circumstances, a student will not be permitted to join an athletic team after the second scheduled contest. Exceptions to this

will be students who enter the school after that date and students who were unable to participate earlier due to eligibility, medical reasons, or play-offs in another sport. Under no circumstances will a student be permitted to come out for a team after the second contest if the result is the displacement of a member of the team.

Participation in Multiple Sports

A student-athlete can participate in two sports (including cheerleading) with coinciding season dates as long as he/she gets permission from both coaches and parents. A practice/play plan should be instituted by the coaches involved to allow the student-athlete's participation to be maximized by each of the sports involved. Withdrawal from one of the sports after the season begins will require permission from the coach of the sport the student-athlete wished to drop out of participation along with a written excusal request from the student signed by his/her parents. Dropping out of participation of one of the two sports without permission will also disqualify the student-athlete from participation in all sports for the rest of that season.

Dropping a Sport/Quitting a Team

In virtually all circumstances quitting is unacceptable. Once a student has been named as a member of a team by the coach, he/she is making a commitment to the team for the entire season. Therefore, under usual circumstances, when a student quits a team, he/she will not be permitted to go out for a team during the same season, or for the ensuing season, until after the season for the sport he/she quit has ended.

Any exception to this rule must be approved in writing by the principal with a copy of the approval to the Director of Athletics. Example -- A student who quits the football team will not be permitted to go out for basketball until

the football season at his/her level of competition is over. Maximum Game Limit
No player may exceed the maximum game limit for any sport.

Maximum Game Limit

No player may exceed the maximum game limit for any sport.

Amateur Status

A student must be an amateur. An amateur is one who has never violated his or her amateur standing by receiving money, tuition, board, or pay of any description as compensation for playing on a professional athletic team or in a professional participation.

Miscellaneous

The coaches reserve the right to develop any rules and consequences for any action, which is subversive to good order, and conduct and any other behavior not specified in the preceding rules and regulations.

Transfers

A student who transfers from one school to another with a corresponding change of residence by the parents into the attendance area for the new school, shall maintain eligibility as soon as it is certified that he meets all other eligibility requirements. The migratory rule applies only to varsity level competition and does not affect eligibility for any other level of competition. The migratory rule DOES apply to Majority-to-Minority or School of Choice transfer students and to magnet students.

A student who transfers from a non-member school to a member school where the parents reside shall be eligible as soon as properly certified, provided that:

1. The student was a bona fide enrolled student in the ninth grade or above in his home high school prior to attending the non-member school, OR

2. The student has not yet established a home school in grades 9-12 in his area of residence, AND
3. It is the initial move of the student from the non-member school to the member school of his family's residence.
4. The student has not participated in any unauthorized game or contest.
5. The student is listed on a properly certified eligibility list. A Certificate of Eligibility, which shows the eligibility status of the student-athlete, must be on file in the principal's office prior to any participation.
6. The student has not participated in a non-school sponsored athletic event coached directly or indirectly by a coach of the high school attended by the student during the school year.

A student loses eligibility to participate in the corresponding GHSA school sponsored athletic activity if the athlete has participated in or practiced in a non-school sponsored athletic activity or instructional camp during the school year which was coached, directly or indirectly, by the coach of that school's athletic activity. This does not prohibit individual instruction of a student by a coach outside a team or competitive setting.

7. The student has not received an unauthorized award. Only awards of no intrinsic value and approved by GHSA may be accepted by a high school student athlete as a result of participation in school or non-school competition in a sport recognized by GHSA.

Enrollment Criteria

To be eligible to participate and/or try-out for a sport or activity, a student must be enrolled full time in grades 9-12 inclusive at the school seeking eligibility for that student.

1. Enrollment is defined as follows:
 - a. Fall Semester: when the student participates in a practice or contest

before classes begin, or the student attends classes.

- b. Spring Semester: when the student attends classes.
 - c. A student may be enrolled in only one (1) high school at a time.
2. The student must be in regular attendance.
 3. The student must be taking courses that total at least 2.5 Carnegie Units that count toward graduation.
 4. All or part of the course load of a student may be taken online through a virtual school as long as the student's grades are being kept at the school in which the student is enrolled. Grades from virtual school courses must be on file at the school by the first day of the new semester for the student to be eligible. State Board Rules apply to grades 6th, 7th, and 8th the previous semester must be used to determine eligibility. Therefore, fall sport eligibility is determined by the grades earned for second semester after the previous year.

Example: The eligibility for middle school football or cheerleading would be determined by checking the grades from second semester of the previous year. It should not be assumed that because a child is in the next grade they are automatically eligible. Eligibility to participate or try out always depends on the number of courses passed in the semester preceding participation.

...Student @thletes.
Student
comes
first.
-Coach Carter

Eligibility and Age Requirements

To be eligible to participate in interscholastic activities, a student must not have reached his 19th birthday prior to May 1st, preceding his

year of participation. A student has **eight (8)** consecutive **semesters** or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition. Eligibility for middle school basketball and cheerleading is also determined by the grades for second semester of the previous years.

Basketball starts October 25th and students must have passed five of seven courses in the second semester of the previous year. Grades for first semester need to be checked to determine continued eligibility in second semester sports. (winter and spring sports). Students gain or lose eligibility on the first day of the new semester based on the credits earned the 1st semester of the current year.

1. A student is not considered to have entered the 9th grade when a 9th grade course is taken if:
 - a. the student is regularly enrolled in a member's feeder school in a grade below the ninth, AND
 - b. the course is taken as an advanced course, AND
 - c. the principal of the school attended by the student certifies to the GHSA that the subject and course(s) meet the criteria set forth above. Eighth grade participation on high school JV teams must meet the same requirements and their transcripts must be checked by the high school coach using the same criteria.
2. Credits earned toward high school graduation which are taken below the ninth grade may be used when considering high school eligibility. Students enrolled in grade 8 in a middle school or junior high school which is a feeder school to the member high school may participate in spring football practice. These students must be eighth graders may only participate one year on an athletic middle school athletic team as an eighth grader. Seventh graders may participate one year

on middle school athletic teams as a seventh grader.

Carnegie Unit Requirements

Pre-enrolled at that member high school, and once pre-enrolled, the student has established eligibility at that high school.

Students must accumulate Carnegie units towards graduation according to the following criteria:

1. First-year students (entering 9th grade) are eligible academically. Second semester first-year students must have passed courses carrying at least 2.5 Carnegie units the previous semester in order to participate.
2. Second-year students must have accumulated five (5) total Carnegie units in the first year, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.
3. Third-year students must have accumulated ten (10) Carnegie units in the first and second years, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.
4. Fourth-year students must have accumulated sixteen (16) Carnegie units in the first three years, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.



Compliance Statement

My signature indicates that I have had an opportunity to read and ask questions concerning the DCSD Athletic Handbook. I understand what is expected of me and know that I must follow these guidelines in order to participate as an athlete.

Athlete's name _____

Signature _____

Date _____

Parent's Signature _____

APPENDIX A:

<https://www.ghsa.net/sites/default/files/documents/forms/Preparticipation Physical History and Evaluation - Current Fillable.pdf>

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box next to appropriate number)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Not being able to stop or control worrying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Little interest or pleasure in doing things	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Feeling down, depressed, or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS		Yes	No
(Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)			
1. Do you have any concerns that you would like to discuss with your provider?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Has a provider ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have any ongoing medical issues or recent illness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Has a doctor ever told you that you have any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HEART HEALTH QUESTIONS ABOUT YOU		Yes	No
(CONTINUED)			
9. Do you get light-headed or feel shorter of breath than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX B:



DEKALB COUNTY SCHOOL SYSTEM DEPARTMENT OF ATHLETICS STUDENT/PARENT CONCUSSION AWARENESS FORM

SCHOOL _____

DANGER OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes)

BY-LAW 2.68 GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include, licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

- a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, or (b) cannot be ruled out.
- b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.
- c) It is mandatory that every coach in each GHSA sport participate in a free, online course on concussion management prepared by the NFHS and is available at www.nfhslearn.com at least two years- beginning this school year.
- d) Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT

SIGNED: _____

STUDENT

PARENT OR GUARDIAN

DATE _____

APPENDIX C:
WAIVER FOR FOOTBALL INSURANCE



WAIVER FOR FOOTBALL INSURANCE
(GRADES 9-12)

I understand that one requirement for eligibility to participate in football is adequate insurance coverage against injury while in practice or play. My child is adequately covered by accident insurance with appropriate policies which I already carry and I do not desire to obtain coverage under the standard DeKalb Insurance Plan for Athletics. Such coverage would result in a duplication of insured benefits.

My Insurance is:

Company providing insurance_____

Name of Insured_____

Policy number _____

Copy of the insurance card must be attached.

I have presented evidence to show my child is adequately covered with personal or family accident insurance and I do not wish to purchase the football accident insurance sponsored by the DeKalb County Board of Education. I hereby state that I am the legal guardian of said child and I am authorized to make this decision.

DATE

SIGNATURE OF PARENT OR GUARDIAN

SIGNATURE OF STUDENT
(Witnessed by Principal or representative)

SIGNATURE OF PRINCIPAL OF
REPRESENTATIVE Having Witnessed Student Signature

APPENDIX D:
WAIVER FOR ATHLETIC INSURANCE
FOR ALL ACTIVITIES EXCEPT FOOTBALL IN GRADES 9-12



I understand that one requirement for eligibility to participate in athletics or cheerleading is adequate insurance coverage against injury while in practice or in play. Since my child is adequately covered with such accident insurance with appropriate policies which I already carry and I do not desire to obtain coverage under the standard DeKalb Insurance Plan for Athletics. Such coverage would result in a duplication of insured benefits. I certify that my child is adequately covered with personal or family accident insurance, and I do not wish to purchase accident insurance through the **Student Scholastic Accident Insurance Program** sponsored by the DeKalb County Board of Education.

Copy of the insurance card must be attached.

I hereby state that I am the legal guardian of said child and I am authorized to make this decision.

Company providing insurance_____

Name of Insured_____

Policy number _____

SPORT/ACTIVITY_____

DATE

SIGNATURE OF PARENT OR GUARDIAN

SIGNATURE OF STUDENT
(Witnessed by Principal or representative)

SIGNATURE OF PRINCIPAL OF
REPRESENTATIVE Having Witnessed Student Signature