

District Policies to the Athletic Packet

Please be sure you review these documents with your athlete per your athletic packet.

JJIB

INTERSCHOLASTIC SPORTS

General

The purpose of interscholastic athletics is both educational and recreational. The school sports program should encourage participation by as many students as possible and should always be conducted with the best interests of the participants as the first consideration.

District participation in interscholastic athletics shall be subject to approval by the Board. This shall include approval of membership in any leagues, associations, or conferences, and of any new agreements with other schools for a series of games or events. District-sponsored organizations may engage in interscholastic competition involving activities sanctioned by the Arizona Interscholastic Association (AIA) as well as activities not so sanctioned.

The following rules shall be observed for participation by individual students:

- For each type of sport in which the student engages, the parents or legal guardian must give written consent.
- The student must be determined by a physician to be physically fit for the sport.

The Superintendent shall set up other rules for participation, such as those governing academic standing, in accordance with policies of the District and pertinent regulations and recommendations of the state interscholastic athletic association.

Health and Safety of Participants

The health and safety of participants in interscholastic athletic activities must receive careful consideration. The District shall prescribe and enforce policies and procedures relating to the health and safety of all students participating in District-sponsored practice sessions or games or other interscholastic athletic activities.

The Provision of Water

Participants must be provided access to water at all times during practice sessions, games, and other interscholastic athletic activities.

Information and Procedures Relating to Concussions and Head Injuries

The Board shall develop information and one (1) or more forms to inform and educate coaches, students and parents/legal guardians of the dangers of concussions and head injuries and the risks that a student incurs if he or she continues to participate in an athletic activity after sustaining a concussion. The guidelines, information and forms shall include, but shall not be limited to: 1) the U.S. Department of Health and Human Services Centers for Disease Control and Prevention ("CDC") concussion fact sheet which can be viewed at <http://www.cdc.gov/concussion/HeadsUP/youth.html>, and 2) the District's Information and Acknowledgement Form attached to this policy as Exhibit JJIB-EA.

At least once each school year and before a student participates in a District-sponsored interscholastic athletic activity, the student and the student's parent/legal guardian must sign an Information and Acknowledgement Form (Exhibit JJIB-EA) that states, among other things, that the student and the student's parent/legal guardian are aware of the nature and risk of concussions.

For the purpose of this policy, athletic activity does not include:

- dance,
- rhythmic gymnastics,
- competition or exhibitions of academic skills or knowledge or other similar forms of physical non-contact activities,
- civic activities or academic activities, whether engaged in for the purpose of competition or recreation,
- an activity that is not directly or indirectly related to an interscholastic athletic activity.

A student who is suspected of sustaining a concussion in a District-sponsored practice session, game, or other interscholastic athletic activity shall immediately be removed from the athletic activity and the student's parent or legal guardian shall be notified. A coach or trainer from the student's team, an official or referee, or licensed health care provider may remove a student from play based on that person's concern that the student may have sustained a concussion. In addition, a parent/legal guardian of a player may remove his or her own child from play based on the parent's/legal guardian's concern that his or her child may have sustained a concussion.

If a student is removed from an athletic activity pursuant to the above paragraph, the student may not return and participate in the activity on the same day unless a health care provider rules out a suspected concussion at or near the time the student is removed from play. If this does not occur, the student may not thereafter return to play until the student has been evaluated by and receives written clearance to resume participation in athletic activities from a health care provider who has been trained in the evaluation and management of concussions and head injuries as prescribed in A.R. S. 15-341(A)(24)(b).

A non-district group or organization that desires to use property or facilities owned or operated by the District for athletic activities shall be informed of its obligation to comply, and must agree in writing to comply, with A.R.S. 15-341(A)(24)(b) concerning concussions and head injuries. Each such organization shall be provided with a copy of the guidelines, information and forms approved by the Governing Board to inform and educate student-athletes and their parents/legal guardians about the dangers of concussions and head injuries. The requirements of this paragraph do not apply to teams based in another state participating in athletic events in Arizona.

A District employee, team coach, official, team volunteer or a parent or legal guardian of a team member is not subject to civil liability for any act, omission or policy undertaken in good faith to comply with the requirements of A.R.S. 15-341(A)(24)(b) or for decisions made or actions taken by a health care provider. Further, the District and its employees and volunteers are not subject to civil liability for any other person's or organization's failure to comply with the requirements of A.R.S. 15-341(A)(24)(b).

The District shall develop, in consultation with the Arizona Interscholastic Association (AIA) guidelines, information and forms to inform and educate coaches, students and parents/legal guardians of the dangers of heat-related illnesses, sudden cardiac death and prescription opioid use. Before a student participates in any District-sponsored practice session, game or other interscholastic athletic activity, the student and the student's parent/legal guardian must be provided with information at least once each school year on the risks of heat-related illnesses, sudden cardiac death and prescription opioid addiction.

District and school health and safety management plans may include Heat Acclimatization Protocol, Hydration Strategies, Return to Play standards, and follow-up/clearance requirements released by the Arizona Interscholastic Association (AIA) as Bylaws 15.7-C and duplicated in JJIB-EA.

The Superintendent

shall implement and enforce the requirements of this policy and Administrative Regulation JJIB-R, both of which govern the health and safety of participants in interscholastic athletics. Administrative Regulation JJIB-R may be amended or supplemented as the Superintendent deems warranted.

Adopted: September 25, 2018

LEGAL REF.:

A.R.S.

15-341

15-802.01

A.A.C.

R7-2-808

A.G.O.

186-095

CROSS REF.:

JJJ - Extracurricular Activity Eligibility

KF - Community Use of School Facilities

JJIB - EA
INTERSCHOLASTIC SPORTS

Mild Traumatic Brain Injury (MTBI)

STATEMENT AND ACKNOWLEDGEMENT FORM

I, _____ (Student), acknowledge that I have an obligation to be an active participant in my own health and that I have the direct responsibility to report to my coaches, team physicians, and/or athletic trainers all prior and existing injuries and illnesses that could potentially impact my ability to practice or compete in interscholastic activities.

This responsibility includes reporting 1) any prior head injury or concussion that I have suffered, 2) any new head injury or concussion that I suffer, 3) any prior concussion-related symptoms that I have experienced, and 4) any new concussion-related symptoms that I experience. I further acknowledge that my physical condition and health may be negatively impacted unless I provide to my coaches, team physicians, and/or athletic trainers accurate and complete medical information about head injuries, concussions, and/or concussion-related symptoms regardless of whether the applicable symptoms were experienced before, during or after an athletic activity.

By signing below, I represent and acknowledge that:

- My school has provided me with educational information concerning concussions, including the U.S. Department of Health and Human Services Centers for Disease Control and Prevention ("CDC") Concussion fact sheet, (See <http://www.cdc.gov/concussion/HeadsUp/youth.html>). The information provided by the school discusses 1) what a concussion is, 2) the symptoms of a concussion, 3) what I should do if I think I may have a concussion, and 4) how I can help prevent a concussion.
- I have carefully reviewed the information that was provided and have had an opportunity to ask my school principal or assistant principal questions concerning the information as well as this form.
- I have fully disclosed to my coaches, team physicians and/or athletic trainers any prior injuries and illnesses that could impact my fitness to compete in sports - related activities. This includes reporting any prior head injuries or concussions that I have suffered and/or any prior concussion-related symptoms that I have experienced.
- I will immediately disclose to my coaches, team physicians, and/or athletic trainers any new injury or illness that could impact my fitness to compete in sports - related activities. This includes reporting any new head injury or concussion that I suffer and/or any new concussion-related symptoms that I experience.
- There is a possibility that my participation in sports activities, including practices as well as games, may result in a head injury or concussion. In rare cases, these conditions can cause permanent brain damage, and even death.
- A concussion can affect my ability to perform everyday activities, and can affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of a concussion may be noticed right away while other symptoms may only show up hours or days after the event that caused the concussion.
- If I suspect that I may have suffered a concussion or that I may be experiencing concussion-related symptoms, I will immediately report the matter to my coaches, team physicians and/or athletic trainers.
- If I suspect a teammate may have suffered a concussion or may be experiencing concussion-related symptoms, I will immediately report the matter to my coaches, team physicians or athletic trainers.
- If I have been removed from play during an athletic activity because of a concern that I may have suffered a concussion or am experiencing concussion-related symptoms, I will not return to the practice or game that same day unless a health care provider rules out a suspected concussion at or very near the time I am removed from play. If I have been removed from play during an athletic activity because of a concern that I may have suffered a concussion or am experiencing concussion-related symptoms, and a concussion was not ruled out by a health care provider at or very near the time I was removed from play, I will not thereafter return to play in a game or practice until I have been evaluated by and have received written clearance to resume participation in athletic activities from a health care provider who has been trained in the evaluation and management of concussion and head injuries, as specified by law.
- Following a concussion, the brain needs time to heal. I understand that if I receive a concussion, I am much more likely to have a repeat concussion or further damage if I return to play before my symptoms from the initial concussion fully resolve.
- The following sports have been identified as high risk sports for concussions: baseball, basketball, diving, football, pole vaulting, soccer, softball, spirit line and wrestling.

Student Athlete:

I represent and certify that my parent/guardian and I, 1) have read this entire document; 2) understand the contents of this document and the consequences of signing it; and 3) agree to be bound by this document.

Student Athlete must print and sign name and indicate date signed.

Print Name: _____

Signature: _____

Date: _____

Parent/Guardian of Student of Student Athlete:

Parent or legal guardian must print and sign name and indicate date signed.

Print Name: _____

Signature: _____

Date: _____

Reproduction of AIA FORM 15.7-C 02/11 which may be used in lieu of this document.

JJJ

EXTRACURRICULAR ACTIVITY ELIGIBILITY

Introduction

The Governing Board acknowledges the importance of extracurricular activities as an extension of the instructional program in the District. The opportunities for students to organize and plan, to assume leadership roles, to develop a more positive attitude toward school, to gain recognition and identity, to recreate physically and emotionally, and to mature socially come, to a significant degree, from the extracurricular activities program. Further, our schools have a responsibility to help students reach the objectives that these opportunities address.

Definition of Extracurricular

Extracurricular activities are:

- All interscholastic activities that are of a competitive nature and involve more than one (1) school where a championship, winner, or rating is determined; and
- Endeavors for which no credit is earned in meeting graduation or promotion requirements, and that are of a continuous and ongoing nature, organized, planned, or sponsored by the District consistent with District policy. Activities, when co-curricular (an integral part of a credit class), shall be excepted from the rule.

Extracurricular Eligibility

All students attending District schools should have the opportunity to share experiences provided through extracurricular activities. We recognize, however, that the very nature of some activities requires certain membership restrictions. Students will be expected to meet both academic and citizenship eligibility requirements.

Academic Eligibility, Grades 9 - 12

Quarterly Grades. To maintain eligibility, a student's quarterly grades must be passing in every course in which the student is enrolled. Students who receive one (1) or more incompletes at the end of the quarter can regain athletics/extracurricular eligibility immediately upon verification by the teacher(s) that any and all incompletes have been replaced by a passing grade.

Cumulative eligibility check. To maintain eligibility, it must also be the case that a student's cumulative grade in each course must be passing at the end-of-quarter grading intervals throughout the year when cumulative eligibility is to be checked. Once determined ineligible at the quarter, the student will remain ineligible for a minimum of one (1) week. Grade checks will be done on a weekly basis to determine reinstatement of interscholastic eligibility. Once determined ineligible at the semester, the student will remain ineligible for two (2) weeks. The students must be passing all classes after the two (2) week of ineligibility to regain interscholastic eligibility. In the event that all grades are not passing, grade checks will be done on a weekly basis to determine the reinstatement of interscholastic eligibility.

The responsibility for notification of students and parents of these requirements and for enforcement of the above rule rests with the principal.

The student and the parents or guardian shall be notified of ineligibility in a manner such that confidentiality is maintained when:

- Ineligibility is pending.
- Ineligibility is determined to be necessary.

Students whose behavior presents a problem or jeopardizes school discipline may be ineligible for participation in extracurricular activities until such time as their behavior warrants reinstatement.

The same general standards shall apply for special education students except that such eligibility shall be determined on a case-by-case basis in relationship to the respective students' individual education programs.

Academic Eligibility, Grades 6 - 8

Academic standards for eligibility require that students must be passing with at least a grade of 2.0 in all of the subjects in which they are registered.

Student eligibility is to be checked at mid-quarter and quarter grading intervals throughout the year. Once determined ineligible, the student will remain ineligible for a minimum of one (1) week. Grade checks will be done on a weekly basis to determine reinstatement of eligibility.

Citizenship Eligibility

All pupils elected to student offices, or who represent their schools in extracurricular activities, shall have and maintain good citizenship records, both in and out of school. It is the responsibility of the club sponsor or athletic director working with the school principal and the Superintendent to establish eligibility requirements. Any pupil who does not maintain a good citizenship record shall not be allowed to represent either fellow students or the schools for a period of time recommended by the principal, but in no case, except when approved by the Governing Board, shall the time exceed twelve (12) calendar months.

Establishment of Regulations

A school district governing board, a charter school or an interscholastic athletic association of which a school district governing board or charter school is a member may not prohibit a pupil from wearing a religious or cultural accessory or hair piece while participating in an extracurricular or athletic activity if the accessory or hair piece does not jeopardize the health or safety of the pupil or any other person participating in the activity, as determined by the supervisor of the extracurricular activity or the officiate of the athletic activity.

The Superintendent shall establish regulations to ensure that:

- Necessary documents in support of this policy are maintained.
- Necessary data related to ineligible students are collected and reported as required by law.
- The cultural traditions of students are considered when establishing or enforcing rules related to participation in extracurricular activities.
- The requirements of this policy are met.

The Superintendent may develop additional rules or procedures for the proper conduct of extracurricular programs and the implementation of the provisions of this policy.

Adopted: September 27, 2016

**JJIB-R
REGULATION
INTERSCHOLASTIC SPORTS**

**(Information and Required Procedures Relating to
Concussions and Head Injuries for Students
Involved in Interscholastic Athletic Activities)**

The Superintendent shall be responsible for distributing to school administrators all guidelines, information and forms that have been approved by the Governing Board and that are intended to inform and educate District coaches, students and parents/legal guardians about the dangers of concussions and head injuries and the risks a student incurs if the student continues to participate in an interscholastic athletic activity after the student sustains a concussion. (Hereafter, these guidelines, information and form(s) are collectively referred to as the "concussion information.")

Each school year, before a student is permitted to participate in a District sponsored interscholastic activity, including practice sessions as well as games, the administrator of the school the student attends shall be responsible for ensuring that the student and the student's parent/legal guardian: 1) are provided with a copy of the concussion information; 2) have the opportunity to ask the school administrator any questions they may have about any aspect of the concussion information; 3) review and sign on Information and Acknowledgement Form, Exhibit JJIB-EA (or AIA Form 15.7-C 02/11); and, 4) return the signed Information and Acknowledgement Form (or AIA Form 15.7-C 02/11) to the school administrator's office, where it will be maintained.

Coaches

Each school year, a school administrator shall meet with the coaches at their respective schools who are involved in coaching interscholastic athletic activities to review the information and obligations set forth in A.R.S. 15-341(A)(24), District Policy JJIB, this regulation, and the concussion information. The administrator shall be responsible for ensuring that each athletic activity coach attends a meeting held for this purpose and that the coach's participation in such a meeting is documented prior to the time that the coach begins any coaching assignment that school year.

Other Staff

The school administrator shall inform all staff members assigned to their respective schools about the information and obligations contained in A.R.S. 15-341(A)(24), Board Policy JJIB, this regulation and the concussion information.

Used by Non-District Groups or Organizations of District Property or Facilities for Athletic Activities

Outside groups or organizations that desire to use property or facilities owned or operated by the District for athletic activities shall be required to execute a District form entitled "Addendum to Rental or Facilities Use Agreement for Groups or Organizations that use District Property or Facilities for Athletic Activities." This form, which is Exhibit JJIB-EB, informs the group or organization about, and requires the group or organization to comply with, the provisions of A.R.S. 15-341(A)(24)(b). The requirements of this paragraph do not apply to teams based in another state participating in athletic events in Arizona.

JJIB-EC

EXHIBIT

INTERSCHOLASTIC SPORTS

CONCUSSION AND HEAD INJURY

GUIDELINES AND INFORMATION

The Governing Board has developed the following Concussion and Head Injury Guidelines and Information ("Guidelines") and the forms discussed in these Guidelines pursuant to Arizona Revised Statute ("A.R.S.") 15-341(A)(24)(b), Governing Board Policy JJIB, and Regulation JJIB-R. The purpose of these Guidelines is to inform and educate coaches, students, and parents/legal guardians of the dangers of concussions and head injuries, and the risks that a student incurs if the student continues to participate in an interscholastic athletic activity after sustaining a concussion.

In addition to the nine (9) questions and answers that follow, these Guidelines shall include: 1) the U.S. Department of Health and Human Services Centers for Disease Control and Prevention ("CDC") Concussion Fact Sheets for Athletes, Parents (Exhibit JJIB-ED and JJIB-EE), and Coaches (Exhibit JJIB-EF), which can also be viewed at the following CDC website: <http://www.cdc.gov/concussion/HeadsUp/youth.html>; and 2) the District's Information and Acknowledgement Form Exhibit JJIB-EA. These documents should be attached to these Guidelines.

1. What District-sponsored athletic activities are covered by these Guidelines?

These Guidelines cover all District-sponsored interscholastic athletic practice sessions, games, or other interscholastic athletic activities.

The following athletic activities are not covered by these Guidelines: 1) dance; 2) rhythmic gymnastics; 3) competition or exhibitions of academic skills or knowledge or other similar forms of physical non-contact activities; 4) civic activities or academic activities, whether engaged in for the purpose of competition or recreation; and 5) any activity that is not directly or indirectly related to an interscholastic athletic activity. In addition, these Guidelines do not apply to athletic teams that are based in another state participating in athletic events in Arizona.

2. When should a student be removed from a District-sponsored athletic activity?

A student who is suspected of sustaining a concussion in a District-sponsored practice session, game, or other interscholastic athletic activity shall immediately be removed from the athletic activity. See further discussion in answers to questions 3 and 4.

3. Who can remove a student from a District-sponsored athletic activity?

A coach or trainer from the student's team, an official or referee, or a licensed health care provider may remove a student from play based on that person's concern that the student may have sustained a concussion.

In addition, a parent/legal guardian of a player may remove his or her own child from play based on the parent's/legal guardian's concern that his or her child may have sustained a concussion.

4. If a student is removed from a District-sponsored athletic activity because of a suspected concussion, when may the student return to participate in the athletic activity?

If a student is removed from a District-sponsored athletic activity because of a suspected concussion, the student may not return to participate in an athletic activity on the same day unless a health care provider rules out a suspected concussion at or near the time the student is removed from play. If this does not occur, the student may not thereafter return to play until the student has been evaluated by and receives written clearance to resume participation in athletic activities from a health care provider who has been trained in the evaluation and management of concussions and head injuries. A.R.S. 15-341(A)(24)(b) contains a specific definition of the term "health care provider" for the above purposes.

5. What are the Superintendent's responsibilities under these Guidelines?

The Superintendent shall be responsible:

for distributing to school administrators a copy of: a) these Guidelines, including the CDC Fact Sheets (Exhibits JJIB-ED, JJIB-EE, and JJIB-EF) and the District's Information and Acknowledgement Form Exhibit JJIB-EA, which are attachments to and are considered a part of these Guidelines, and b) the District form entitled "Addendum to Rental or Facilities Use Agreement for Groups or Organizations that Use District Property or Facilities for Athletic Activities" (Exhibit JJIB-EB).

for designating the District administrator(s) who shall be responsible for ensuring that outside groups and organizations that desire to use District-owned or District-operated property or facilities for athletic activities receive a copy of these Guidelines, including the attachments thereto, and execute the District form entitled "Addendum to Rental or Facilities Use Agreement for Groups or Organizations that Use District Property or Facilities for Athletic Activities" (Exhibit JJIB-EB).

6. What are the school administrator's responsibilities under these Guidelines?

Students and Parents/Legal Guardians: Each school year, before a student is permitted to participate in a District-sponsored interscholastic athletic activity, including practice sessions as well as games, the administrator of the school the student attends shall be responsible for insuring that:

- the student and the student's parent/legal guardian are provided with a copy of these Guidelines, including the attachments thereto.
- the student and the student's parent/legal guardian have the opportunity to ask the school administrator any questions they may have about any aspect of these Guidelines, the CDC Concussion Fact Sheets (Exhibits JJIB-ED, JJIB-EE, and JJIB-EF), and/or the Information and Acknowledgement Form Exhibit JJIB-EA (or AIA Form 15.7-C 02/11).
- the student and the student's parent/legal guardian sign an Information and Acknowledgement Form, Exhibit JJIB-EA (or AIA Form 15.7-C 02/11), which, among other things, acknowledges that the student and parent/legal guardian have read the form and understand the contents of the form and have had the opportunity to ask the school administrator any questions they may have about any aspect of these Guidelines, the CDC Concussion Fact Sheets (Exhibits JJIB-ED, JJIB-EE, and JJIB-EF), and/or the Information and/or Acknowledgement Form Exhibit JJIB-EA (or AIA Form 15.7-C 02/11).
- the student and the student's parent/legal guardian return the signed Information and Acknowledgement Form Exhibit JJIB-EA (or AIA Form 15.7-C 02/11) to the school administrator's office, where it will be maintained.

Coaches: Each school year, school administrators shall meet with the coaches at their respective schools who are involved in coaching interscholastic athletic activities and insure that:

- each athletic activity coach is provided with a copy of these Guidelines including the attachments thereto.
- each athletic activity coach attends a meeting the purpose of which is to review and discuss the Guidelines, including specifically the CDC Concussion Guidelines, including the attachments thereto.
- the student and the student's parent/legal guardian have the opportunity to ask the school administrator any questions they may have about any aspect of these Guidelines, the CDC Concussion Fact Sheets (Exhibits JJIB-ED, JJIB-EE, and JJIB-EF), and/or the Information and Acknowledgement Form Exhibit JJIB-EA (or AIA Form 15.7-C 02/11).
- the student and the student's parent/legal guardian sign an Information and Acknowledgement Form, Exhibit JJIB-EA (or AIA Form 15.7-C 02/11), which, among other things, acknowledges that the student and parent/legal guardian have read the form and understand the contents of the form and have had the opportunity to ask the school administrator any questions they may have about any aspect of these Guidelines, the CDC Concussion Fact Sheets (Exhibits JJIB-ED, JJIB-EE, and JJIB-EF), and/or the Information and/or Acknowledgement Form Exhibit JJIB-EA, including the attachments thereto.
- each athletic activity coach attends a meeting the purpose of which is to review and read these Guidelines, including the attachments thereto.
- the student and the student's parent/legal guardian have the opportunity to ask the school administrator any questions they may have about any aspect of these Guidelines, the CDC Concussion Fact Sheets (Exhibits JJIB-ED, JJIB-EE, and JJIB-EF), and/or the Information and Acknowledgement Form Exhibit JJIB-EA (or AIA Form 15.7-C 02/11).
- the student and the student's parent/legal guardian sign an Information and Acknowledgement Form, Exhibit JJIB-EA (or AIA Form 15.7-C 02/11), which, among other things, acknowledges that the student and parent/legal guardian have read the form and understand the contents of the form and have had the opportunity to ask the school administrator any questions they may have about any aspect of these Guidelines, the CDC Concussion Fact Sheets (Exhibits JJIB-ED, JJIB-EE, and JJIB-EF), and/or the Information and/or Acknowledgement Form Exhibit JJIB-EA including the attachments thereto.
- each athletic activity coach attends a meeting the purpose of which is to review and discuss the Guidelines, including specifically the CDC Concussion Fact Sheet for Coaches (Exhibit JJIB-EF).
- each athletic activity coach's participation in such a meeting is documented prior to the time that the coach begins any coaching assignment that school year.

Other Staff: Each school year, school principals shall inform all staff members assigned to their respective schools about these Guidelines including the attachments thereto.

Non-District Groups or Organizations Who Desire to Use District Property or Facilities for Athletic Activities: See answer to question 7 below.

7. What about a non-District group or organization that desires to use District-owned or District-operated property or facilities for athletic activities?

A non-District group or organization that desires to use District-owned or District-operated property or facilities for athletic activities must be informed of its obligation to comply with, and must agree in writing to comply with, A.R.S. 15-341(A)(24)(b).

District administrator(s) who has been assigned this responsibility by the Superintendent shall ensure that each outside group or organization that desires to use District property or facilities for athletic activities:

- is given a copy of these Guidelines, including the attachments thereto.
- executes the District form entitled "Addendum to Rental or Facilities Use Agreement for Groups or Organizations that Use District Property or Facilities for Athletic Activities." This form, which is Exhibit JJIB-EB, informs the group or organization about, and requires the group or organization to comply with, the provisions of A.R.S. 15-341(A)(24)(b).

The requirements set out above do not apply to teams based in another state participating in athletic events in Arizona.

8. Is there civil liability for any act or omission undertaken in good faith to comply with the requirements of District Policy JJIB and/or these Guidelines, or decisions made or actions taken by a health care provider relating to the obligations imposed by A.R.S. 15-341(A)(24)(b)?

A.R.S. 15-341(A)(24)(b) provides that a District employee, team coach, official team volunteer, or a parent/legal guardian of a team member shall not be subject to civil liability for any act, omission or policy undertaken in good faith to comply with the requirements of A.R.S. 15-341(A)(24)(b) or for decisions made or actions taken by a health care provider in relation to A.R.S. 15-341(A)(24)(b). Further, the District and its employees and volunteers are not subject to civil liability for any other person or organization's failure to comply with the requirements of A.R.S. 15-341(A)(24)(b).

9. May the Arizona Interscholastic Association ("AIA") impose obligations in addition to those set out in these Guidelines?

Yes. The AIA can and does impose obligations on coaches and student athletes in addition to those set out in these Guidelines. Currently, AIA regulation 14.14 provides that all student athletes must complete the "Brainbook" online concussion education course. The link to the AIA bylaws is http://www.aiaonline.org/about/constitution_bylaws.php.

JJIB-ED

EXHIBIT

INTERSCHOLASTIC SPORTS

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES CENTERS FOR DISEASE CONTROL AND PREVENTION CONCUSSION FACT SHEET

(Athletes)

The above referenced fact sheet may be found on the page(s) immediately following this cover sheet.

A FACT SHEET FOR Middle School Athletes



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

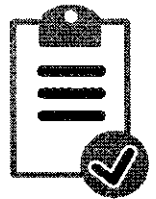
WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

What Should I Do If I Think I Have a Concussion?

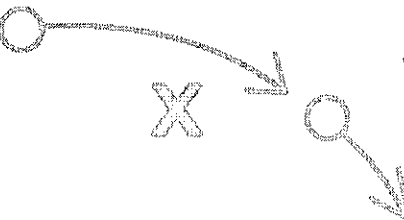
Report It.

Tell your coach and parent if you think you or one of your teammates may have a concussion. You won't play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.



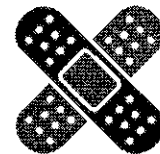
Get Checked Out by a Doctor.

If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other healthcare provider can tell whether you have a concussion and when it's OK to return to school and play.



Give Your Brain Time to Heal.

Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



**GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



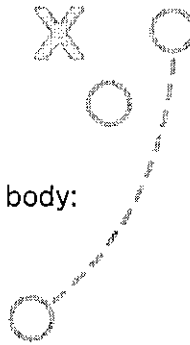
cdc.gov/HEADSUP

How Can I Tell If I Have a Concussion?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  **Get a headache**
-  **Feel dizzy, sluggish, or foggy**
-  **Are bothered by light or noise**
-  **Have double or blurry vision**
-  **Vomit or feel sick to your stomach**
-  **Have trouble focusing or problems remembering**
-  **Feel more emotional or "down"**
-  **Feel confused**
-  **Have problems with sleep**

A concussion feels different to each person, so it's important to tell your parents and doctor how you feel. You might notice concussion symptoms right away, but sometimes it takes hours or days until you notice that something isn't right.



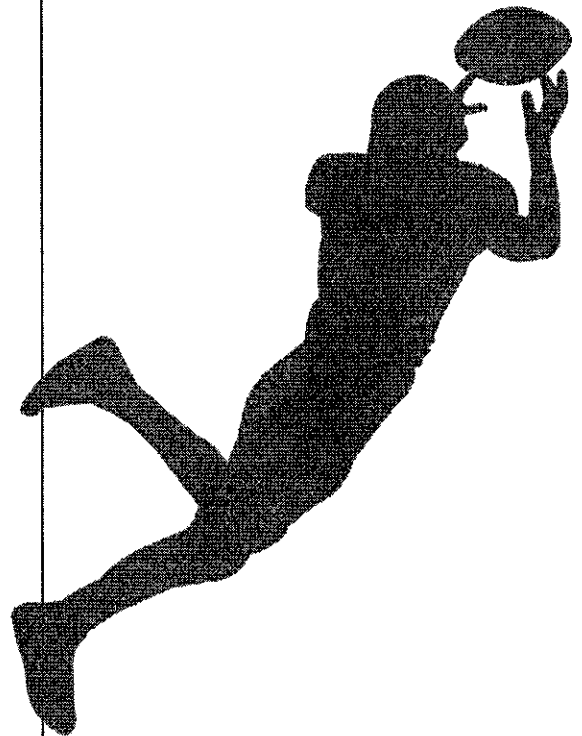
How Can I Help My Team?

Protect Your Brain.

All your teammates should avoid hits to the head and follow the rules for safe play to lower chances of getting a concussion.

Be a Team Player.

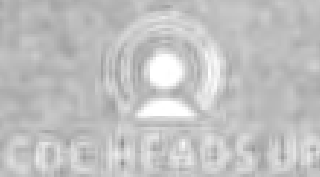
If one of your teammates has a concussion, tell them that they're an important part of the team and they should take the time they need to get better.



The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.

Revised January 2019

To learn more,
go to cdc.gov/HEADSUP



JJIB-EE

EXHIBIT

INTERSCHOLASTIC SPORTS

**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION
CONCUSSION FACT SHEET**

(Parents)

The above referenced fact sheet may be found on the page(s) immediately following this cover sheet.

A FACT SHEET FOR Youth Sports Parents



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion, or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



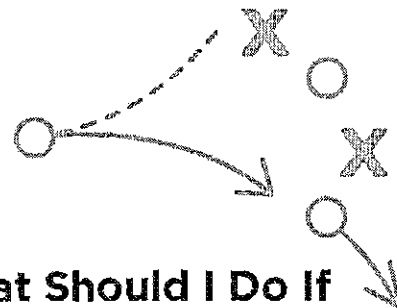
Plan ahead. What do you want your child or teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.



What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,
go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



CDC HEADS UP



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EXHIBIT

INTERSCHOLASTIC SPORTS

**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION
CONCUSSION FACT SHEET**

(Coaches)

The above referenced fact sheet may be found on the page(s) immediately following this cover sheet.

A Fact Sheet for YOUTH SPORTS COACHES



One of the main jobs of a youth sports coach is keeping athletes safe. This sheet has information to help you protect athletes from concussion or other serious brain injury, learn how to spot a concussion, and know what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep Athletes Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. As a youth sports coach, your actions create the culture for safety and can help lower an athlete's chance of getting a concussion or other serious injury. Aggressive and/or unsportsmanlike behavior among athletes can increase their chances of getting a concussion or other serious injury. Here are some ways you can help keep your athletes safe:

Talk with athletes about the importance of reporting a concussion:

- Talk with athletes about any concerns they might have about reporting their concussion symptoms. Make sure to tell them that safety comes first and you expect them to tell you and their parent(s) if they think they have a concussion.

Create a culture of safety at games and practices:

- Teach athletes ways to lower the chances of getting a concussion.
- Enforce the rules of the sport for fair play, safety, and sportsmanship.
- Ensure athletes avoid unsafe actions such as:
 - › Striking another athlete in the head;
 - › Using their head or helmet to contact another athlete;



Plan ahead. How can you help encourage concussion reporting among your athletes?

› Athletes May Try to Hide Concussion Symptoms

Among a group of almost 800 high school athletes:

69% reported playing with concussion symptoms.

40% of these athletes said that their coach was not aware that they had a possible concussion.¹

Athletes may be less likely to tell their coach or athletic trainer about a possible concussion during a championship game or other important event.²

- › Making illegal contacts or checking, tackling, or colliding with an unprotected opponent; and/or
- › Trying to injure or put another athlete at risk for injury.
- Tell athletes that you expect good sportsmanship at all times, both on and off the playing field.

Keep up-to-date on concussion information:

- Review your state, league, and/or organization's concussion guidelines and protocols.
- Take a training course on concussion. CDC offers concussion training at no cost at www.cdc.gov/HEADSUP.
- Download CDC's *HEADS UP* app or a list of concussion signs and symptoms that you can keep on hand.

To learn more, go to www.cdc.gov/HEADSUP



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

The Way You Talk and Think About Concussion Affects Athletes.



Make sure to tell athletes that safety comes first and you expect them to tell you and their parent(s) if they think they have a concussion.

Check out the equipment and sports facilities:

- Make sure all athletes wear a helmet that fits well and is in good condition when appropriate for the sport or activity. There is no “concussion-proof” helmet, so it is important to enforce safety rules that protect athletes from hits to the head and when a helmet falls off during a play.
- Work with the game or event administrator to remove tripping hazards and ensure that equipment, such as goalposts, have padding that is in good condition.

Keep emergency contact information handy:


- Bring emergency contact information for parents and health care providers to each game and practice in case an athlete needs to be taken to an emergency department right away for a concussion or other serious injury.
- If first responders are called to care for an injured athlete, provide them with details about how the injury happened and how the athlete was acting after the injury.

How Can I Spot a Possible Concussion?

Athletes who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Coaches or Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.



Plan ahead. How can you help athletes lower their chance of getting a concussion?

➤ **Some athletes may not report a concussion because they don’t think a concussion is serious.**

.....

They may also worry about:

- ▶ **Losing their position on the team or during the game.**
- ▶ **Jeopardizing their future sports career.**
- ▶ **Looking weak.**
- ▶ **Letting their teammates or the team down.**
- ▶ **What their coach or teammates might think of them.^{3,4,5}**

Symptoms Reported by Athletes

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”.

NOTE: Concussion signs and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not be noticed or may not show up for hours or days.

Enforce Safe Play. You Set the Tone for Safety.

As many as 25 percent of the concussions reported among high school athletes result from aggressive or illegal play.⁶



What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or ensure an athlete is taken to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

What Should I Do If I Think an Athlete Has a Possible Concussion?

As a coach, if you think an athlete may have a concussion, you should:

Remove the athlete from play.

When in doubt, sit them out!

Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion. After you remove an athlete with a possible concussion from practice or play, the decision about return to practice or play is a medical decision that should be made by a health care provider. As a coach, recording the following



Plan ahead. What should you do if you think an athlete has a concussion?

➤ Concussions Affect Each Athlete Differently.



While most athletes with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with an athlete's parents if you notice their concussion symptoms come back after they return to play.

information can help a health care provider in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body.
- Any loss of consciousness (passed out/knocked out) and if so, for how long.
- Any memory loss right after the injury.
- Any seizures right after the injury.
- Number of previous concussions (if any).

Inform the athlete's parent(s) about the possible concussion.

Let them know about the possible concussion and give them the *HEADS UP* fact sheet for parents. This fact sheet can help parents watch the athlete for concussion signs or symptoms that may show up or get worse once the athlete is at home or returns to school.

Ask for written instructions from the athlete's health care provider on return to play.

These instructions should include information about when they can return to play and what steps you should take to help them safely return to play.

Work with the athlete's health care provider and follow the five gradual steps for return to play.

An athlete's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



Plan ahead. How can you help an athlete safely return to play after a concussion?

Why Should I Remove an Athlete With a Possible Concussion from Play?

The brain needs time to heal after a concussion. An athlete who continues to play with concussion has a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect an athlete for a lifetime. It can even be fatal.

What Steps Can I Take to Help an Athlete Return to Play?

An athlete's return to school and sports should be a gradual process that is approved and carefully managed and monitored by a health care provider. When available, be sure to also work closely with your team's certified athletic trainer.

Below are five gradual steps that you, along with a health care provider, should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks, or months.

BASELINE: Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has a green light from their health care provider to begin the return to play process.

An athlete should only move to the next step if they do not have any new symptoms at the current step.

STEP 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

STEP 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight than a typical routine).

STEP 3: Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

STEP 4: An athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

STEP 5: An athlete may return to competition.

REMEMBER: It is important for you and the athlete's parent(s) to watch for concussion symptoms after each day's return to play progression activity. If an athlete's concussion symptoms come back, or he or she gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing him- or herself too hard. The athlete should stop these activities, and the athlete's health care provider should be contacted. After the okay from the athlete's health care provider, the athlete can begin at the previous step.



To learn more, go to www.cdc.gov/HEADSUP

You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

- 1 Rivara FP, Schiff MA, Chrisman SP, Chung SK, Ellenbogen RG, Herring SA. (2014). The effect of coach education on reporting of concussions among high school athletes after passage of a concussion law. *Amer J Sports Med*, May, 2014, 42(5):1197-1203.
- 2 Bramley H, Patrick K, Lehman E, Silvis M. (2012). High school soccer players with concussion education are more likely to notify their coach of a suspected concussion. (2012). *Clin Pediatr (Phila)*, 2012 April, 51(4):332-336.
- 3 Kerr ZY, Register-Mihalik JK, Marshall SW, Evenson KR, Mihalik JP, Guskiewicz KM (2014). Disclosure and non-disclosure of concussion and concussion symptoms in athletes: Review and application of the socio-ecological framework. *Brain Inj*, 2014;28(8):1009-21.
- 4 Register-Mihalik JK, Guskiewicz KM, McLeod TC, Linnan LA, Mueller FO, Marshall SW. (2013a). Knowledge, attitude, and concussion-reporting behaviors among high school athletes: A preliminary study. *J Athl Train*, July 12, 2013.
- 5 Chrisman, S. P., Quitiquit, C., Rivara, F. P. (2013). Qualitative Study of Barriers to Concussive Symptom Reporting in High School Athletics. *J Adolesc Health*, March, 2013, 52(3): 330-335.
- 6 Collins CL, Fields SK, Comstock RD. (2008). When the rules of the game are broken: What proportion of high school sports-related injuries are related to illegal activity? *Inj Prev*, 14(1):34-38.

The information provided in this fact sheet or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to your physician or other healthcare provider.