



ROANOKE CITY PUBLIC SCHOOLS

2023-2024

Athletic and Extracurricular Activities Policies Acknowledgement Form

Scan the QR Code to download the Athletic Handbook:



Student Name (Print)	Student Number	Sport / Activity	School
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To all students' participation in extracurricular activities and their parents and/or guardians:

The following policies will be in effect for the entire school year. Your signature indicates that you have been made aware of these policies and you agree to abide by them. This form is to be signed and returned to the Athletic Department or Activity Sponsor prior to participation in athletics or extracurricular activities. Visit rcps.info/athletics to view the 2023-2024 Athletic Handbook.

- A. I have read and understand the Roanoke City Public School Student and Parent Handbook and I agree to support the student behavior and discipline policies. I understand that all policies, rules, and regulations which apply to students in school also apply while they are on the school bus and at school-sponsored activities. I understand that public transportation is a privilege which is provided if the rules are not abused.
- B. **(Athletes Only)** I have been made aware, read, and understand the Communication Plan, Player Code of Conduct, and Rules and Regulations for Interscholastic Participation, which outline the protocol for communication with the coaching staff and administration.

(Football Only) Warning; Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to your opponent. There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear. **NO HELMET CAN PREVENT ALL SUCH INJURIES.**
- C. I have been informed and understand Senate Bill 463 § 22.1-271.8. Sudden Cardiac Arrest. (Page 14)
- D. I understand that Roanoke City Public Schools will not tolerate the improper use of social media (which includes but is not limited to Twitter, Facebook, and cell phone/texting) for use of bullying, hazing, or sending/receiving inappropriate photos, videos, or messages. Any of the aforementioned which are deemed to be detrimental to the reputation of Roanoke City Public Schools shall be subject to administrative actions. These types of behaviors may be deemed to be in violation of the Virginia High School League bona fide student in good standing rule, and may result in further disciplinary action, which may include dismissal from the team.
- E. I understand that Roanoke City Public Schools will not tolerate any student use or possession of alcohol or drugs, including any type of tobacco product. As a student in Roanoke City Public Schools, I have read and understand the rules on drugs, alcohol, and tobacco use. Attendance at any social gathering where the aforementioned items are being consumed or possessed may lead to administrative action which may include dismissal from the team.
- F. I understand that Roanoke City Public Schools will not tolerate any student engaging in hazing or bullying. RCPS policy defines hazing as recklessly and intentionally endangering the health or safety of a student or students or inflicting bodily harm on a student or students in connection with or for the purpose of initiation, admission into or affiliation with, or as a condition for, continued membership in a club, organization, association, fraternity, sorority, or student body, regardless of whether the student or students so endangered or injured participated voluntarily in the activity. The principal of any school at which the hazing causes bodily injury shall report the hazing incident to the local law enforcement. As a student of Roanoke City Public Schools, I have read and understand the rules on hazing and bullying.
- G. Media Release – I understand by participating in extracurricular activities that my student's picture and name may be used by media outlets. Also, RCPS photographs athletes and games and those photos may be used on the RCPS website, Facebook, and Twitter.

Any use or possession of alcohol or drugs will result in immediate dismissal from any team, club, or organization (i.e., marching band, athletic teams, color guard, etc.) for the remainder of the season (fall, winter, or spring, as defined by the Virginia High School League calendar) in which the incident occurs, or for sixty (60) days, whichever is longer. The end of the season is defined as the last official contest, including postseason play. Individual team coaches or sponsors may impose additional consequences. Any hazing, bullying, inappropriate use of social media, or sending/receiving inappropriate photos, videos, or messages by students will also result in dismissal from any team, club, or organization.

I, _____ (student name), have read and understand the above policies. I will choose actions that will follow the VHSL bona fide student in good standing rule and will not endanger the reputation of Roanoke City Public Schools Athletic and/or Activities programs.

Student-Athlete Name Printed	Student-Athlete Signature	Date
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Parent / Guardian Name Printed	Parent / Guardian Signature	Date
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Please complete front and back of this document

Parent / Student-Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even something that seems to be a mild bump or “getting your bell rung” can be serious. Most concussions occur without loss of consciousness. Student-athletes who have already had a concussion at some point in their lives are at an increased risk of another concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults.

Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If a student-athlete reports one or more symptoms of concussion listed below, he/she should be kept out of play the day of the injury and until the following criteria are met: the student-athlete no longer exhibits signs, symptoms or behaviors consistent with a concussion, at rest or with exertion; the student-athlete is asymptomatic during, or following periods of supervised exercise that is gradually intensifying; and the student-athlete receives a written medical release from a licensed health care provider.*

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY STUDENT-ATHLETE
Appears dazed and stunned	Headache or pressure in head
Is confused about assignment of position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not “feeling right” or “feeling down”

A student-athlete should receive immediate medical attention if after a bump or blow; she/he exhibits any of the following danger signs:

One pupil is larger than the other	Is drowsy or cannot be awakened
A headache that does not diminish and gets worse	Weakness, numbness, or decreased coordination
Repeated vomiting or nausea	Slurred speech
Convulsions or seizures	Cannot recognize people or places
Becomes increasingly confused, restless, agitated	Has unusual behavior
Loses consciousness (even briefly)	

Rest is a key factor to helping a student-athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully monitored by a health care provider. * Once the student-athlete is asymptomatic they begin the following progression of activity if symptoms do not reappear the student-athlete continues with progression until fully cleared:

- Phase 1 – Low impact activity, no resistance training (Ex. Stationary Bike or walking 10-20 minutes)
- Phase 2 – Initiate aerobic activity fundamental to specific sport (Ex. Skating or running, may also begin progressive strength training activities)
- Phase 3 – Begin non-contact sport specific drills (Ex. Dribbling, fielding, batting, etc.)
- Phase 4 – Full Contact in a practice setting
- Phase 5 – May return to practice or play if remains asymptomatic

*The health care provider can be our team physician or our Certified Athletic Trainer

While a student-athlete's brain is still healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent / Guardian Name Printed

Parent / Guardian Signature

Date

Please complete front and back of this document