

Batchelor Athletic Handbook



2020-2021



MONROE COUNTY
COMMUNITY SCHOOL CORPORATION
ENGAGE. EMPOWER. EDUCATE.

School Directory

Principal
Assistant Principal
Assistant Principal & Athletic Director
School Mascot
School Colors

Eric Gilpin
Kari Rickerby
Greg Bodie
Bulldog
Black and Gold

TICKET PRICES (Batchelor home athletic contests)

Annual Ticket

Adult	\$30.00
Student	\$15.00

Single Event Entry

Adult	\$3.00
Students	\$1.00
Family	\$7.00 (Can be any combination of adults and students in your immediate household.)

Batchelor Fight Song

Raise your cheers for black and gold
Praise our mighty Bulldogs,
All our teams are out to win
We're fighting with a big Rah, Rah, Rah!
Watch our spirit grow and grow!
We're going to win this game!
Fight, Fight, Go, Team, Fight!
Victory for Batchelor Middle School
Go Right In!
Fight to Win!
Go-Fight-Win!

FALL SPORTS

Football Coaches: (7th) Tyler Cadwell and William DeWitt
(8th) Tim Gibson and Connor Begley

Volleyball Sponsors: Misty Boteler(7th) and Kara Cheslock (8th)

Cross Country Sponsors: Marie Johannisson and Drew Warren

WINTER SPORTS

Boys Basketball Sponsors: Tyler Cadwell (7th) Anthony Ford (8th)

Girls Basketball Sponsors: Misty Boteler (7th) and Clifton Stephney (8th)

Wrestling Sponsors: Chad Schultz and Kara Cheslock

Swimming Sponsors: Sarah Dilts and Jennifer Staab

SPRING SPORTS

Track Sponsors: Marie Johannisson, Tim Gibson, and Hogan Stanger

CHEERLEADING

Cheerleading Sponsors:

7th grade: Halley Hoffman

8th grade: Alyssa Davern

ATHLETIC PHILOSOPHY

The athletic program at Batchelor Middle School is built on a spirit of friendly competition, sportsmanship, and conduct of the highest class. It embodies consideration for the welfare of student athletes, both ours and our opponents. It recognizes the place of athletics as one component in the total educational milieu and keeps it in proper perspective. It recognizes that success or failure cannot be measured in wins or losses but in the effort expended to perform to potential, the sacrifice of self for team goals, the degree of discipline displayed both on and off the court or field, and the extent to which the inherent values of sport are learned.

COVID-19 Safety Section

- Students, coaches, sponsors and other personnel will self-screen for COVID-19 symptoms before reporting to events
 - Coaches/sponsors will be trained and will ask students if they have any symptoms
 - Attendance will be taken
 - If a student, coach or sponsor has symptoms, they will not be allowed to attend and should contact their medical provider
 - Facial coverings are strongly recommended for students, coaches, and sponsors when possible
 - Students may participate in extracurricular activities, in alignment with the IHSAA & ISSMA
- Extra-curricular and Co-Curricular activities will follow the guidance provided by IN-CLASS, IHSAA, & ISSMA including voluntary summer activities and phasing in of activities*

PARTICIPATION

We encourage every student to participate in the extracurricular athletic program at Batchelor Middle School.

Participation in athletics is a privilege earned by meeting the academic and citizenship standards set by Batchelor administration and faculty.

Participation will be limited in the sports of volleyball, boys and girls basketball, and cheerleading. All other sports/activities will keep everyone who tries out providing they conform to school and team rules.

PROOF OF PHYSICAL ELIGIBILITY

Participation will be permitted only after the student has a physical examination from a licensed physician on file in the main office. If a student who had a physical in another school transfers into Batchelor, he/she will not be permitted to participate until a physical from the former school (covering the current year) is being mailed or faxed to Batchelor. Physical examinations must be completed each year after April 1 to be valid for the next school year.

NUMBER OF PRACTICES

Athletes must have a minimum of ten practices in their respective sport in order to participate in competitions.

SPECIFIC SPORTS

A student may not participate in any given sport more than once at each grade level.

FOLLOWING AN INJURY/5 DAY ABSENCE

If a student is injured during practice or a game and requires a doctor's care, the student will not be permitted to participate without clearance from a certified physician.

If a student is absent five or more consecutive days due to illness or injury, that student must present to the athletic director written verification from a licensed physician stating that the student may resume participation.

PARTICIPATION IN MORE THAN ONE SPORT OR MORE THAN ONE TEAM

A student may participate on more than one Batchelor athletic team during the same period of time when seasons unavoidably overlap. The following guidelines apply:

- The student may not quit a team after the first contest and participate in another sport during that season unless all coaches concerned give their consent.
- The first team a student is selected for has priority over practice and game commitments.
- A student's participation on a team during the season takes priority over a preseason practice.
- Coaches and sponsors will work together in cooperation with the principal and the athletic director for the good of the student if a conflict develops between athletics and academic competition.
- Students who participate in two sports at Batchelor which overlap will be under constant review by the athletic director and the principal in order to retain this privilege.

PARTICIPATION IN PHYSICAL EDUCATION

Any athlete who is enrolled in a physical education class at Batchelor must participate in his/her regularly scheduled P.E. class on the day of a game, meet or contest to be eligible to participate or perform in an after school athletic event or practice.

PARTICIPATION DETERMINED BY GRADES

Grades will be checked by the athletic director at the end of each six weeks grading period the day report cards are issued. A student must be passing all of his/her classes in order to retain full athletic eligibility. Any student who is failing one or more classes may not participate in an athletic contest. If a student is a member of a team and receives a failing grade on a report card, he/she will not be allowed to participate in any game or performance for a period of **three** weeks. At the end of the three-week period the athletic director will recheck the student's grades. If the student on probation has all passing grades at the end of the three weeks, he/she will regain full athletic eligibility. A student on probation who is not passing all classes at the end of the three weeks may be removed from the team. If a student is failing a class at the time of tryouts, the athlete may tryout but cannot participate in competition until grades are checked again (three week grade check or six week grades) and the athlete is passing all his/her classes. Eligibility for the first six weeks of the 8th grade year will be determined by the grades from the last six week grading period of the 7th grade year.

PARTICIPATION DETERMINED BY CONDUCT

A student athlete who receives an out of school suspension or an alternative to suspension from school will not be permitted to practice, participate in a contest or attend a school function until he/she has been reinstated in school and has completed a full day of classes according to his/her official class schedule. The student may be subject to further suspensions from competition and/or practices. The use of drugs, alcohol, or tobacco by middle school age students is against the law. Any Batchelor student athlete found in violation on school property or at a school sponsored event will be removed from his/her team. Student conduct outside of the normal school day and occurring away from school grounds may also result in suspension of extracurricular privileges. Such conduct includes actions which would reflect poorly on Tri-North Middle School or a violation of the law if prosecuted.

Any violation of the athletics guidelines **may** result in:

1. Removal from practice or partial game
2. Removal from multiple practices or whole game.
3. Removal from Team.

PARTICIPATION DETERMINED BY ATTENDANCE

Students must be on time and in attendance at school **for the full day on the day of any event or practice in order to be eligible to participate**. Exceptions to this rule are the observance of a major religious holiday, doctor or dental appointments documented with written statement from physician, attendance at funerals, and school field trips. Any exceptions must be prearranged with the assistant principal in charge of attendance and cleared by the building principal.

PARTICIPATION DETERMINED BY AGE

A student athlete may not participate in a sport if as an 8th grader, he/she is 16 years old by the date of the last event of the sport; or if as a 7th grader, he/she is 15 years old by the date of the last event of the sport in which he/she is participating.

GRADE GUIDELINES FOR TRANSFER STUDENTS

A transfer student will be given the opportunity to participate in extracurricular activities until the transfer student's first complete Batchelor Middle School six weeks grading period is finalized. After the conclusion of the grading period, any transfer student will be fully subject to academic eligibility guidelines.

PARTICIPATION DETERMINED BY GENDER

"A student may only participate on a team of the gender which matches the gender of the student at birth (birth gender), unless the provision of IHSAA Rule 9-9 or IHSAA Rule 9-10 apply or as hereinafter provided. A student's birth gender may be established by the original birth certificate issued at birth, provided however, if the birth certificate is unavailable or the birth certificate does not show gender, birth gender can be established by the student's contemporaneous medical records from the birth or other reliable documents and evidence.

The IHSAA rules do not permit transgender or transsexual, cross-dressing or similar types of student-athletes to participate on a member School's team which is other than the team of the gender which matches the student's birth gender, unless there is a changed gender.

A student can demonstrate that the student's birth gender has changed (changed gender), and then participate on a team of the changed gender, but may never later participate on a team of the prior gender, even if the student later transitions to the prior or birth gender.

Trans-Female Student-Athlete (MTF). A student whose birth gender was male and has changed to female can establish the changed gender by the following:

- a. First, the MTF student shall declare that the gender has changed from male to female, that the MTF student intends to participate as a female, that the MTF student understands and agrees that after the MTF student participates on a team of the female gender, that the MTF student may never later participate on a team of the male gender, and
- b. Second, provide reliable medical evidence that:
 - i. the MTF student has undergone sex change before puberty, or

- ii. ii. the MTF student-athlete has undergone sex change after puberty, which should include evidence that surgical and anatomical changes have been completed, including genitalia changes and gonadectomy, that all hormonal therapies have been administered in a verifiable manner, that sufficient length of time has occurred such as to minimize gender-related advantages and all legal recognition of the sex change has been conferred with all proper governmental agencies (A copy of the MTF student's amended birth certificate, a court order or other official state determination showing the MTF student's new gender will suffice).

In addition, to verify a MTF student's changed gender, the MTF student may be required to submit to a confidential case-by-case evaluation by an IHSAA Gender Committee relative to the gender change. Trans-Male Student-Athlete (FTM). A student whose birth gender was female and has changed to male can prove the student's changed gender by the following:

- a. First, the FTM student shall declare that the gender has changed from female to male, that the FTM student intends to participate as a male, that the FTM student understands and agrees that after the FTM student participates on a team of the male gender, that the FTM student may never later participate on a team of the female gender, and
- b. Second, provide reliable medical evidence that the FTM student is taking or has complete a regime of medically prescribed testosterone for the purposes of gender transition."

ATHLETICS AND CONDUCT

Participation in athletics means more than competition between two individuals or two teams representing different middle schools. It teaches fair play and sportsmanship, understanding and appreciation of teamwork, and the fact that quitting means failure while hard work means success. The conduct of an athlete is closely observed in many areas of life. It is important that this behavior be above reproach in all of the following areas:

In the Classroom: Student athletes are expected to have good behavior in their classrooms and other areas of the school. Constant disruptive behavior could result in probation, loss of participation privileges, or dismissal from the team.

A good athlete is a good student. He/she plans time so that he/she can give sufficient energy to studies to maintain acceptable grades. An athlete should give respectful attention to classroom activities and show respect for students and faculty members at all times. Horseplay and unnecessary talking are not approved habits of behavior.

An athlete should have a good attendance record and should never be truant from classes or school. Poor attendance, truancy, and poor conduct in the classroom are sufficient reasons to remove a student from any athletic team.

If a student athlete has multiple missing assignments or is behind in their daily classwork, the coach or athletic director has at their discretion the right to temporarily limit the student athlete from participation in practices or athletic competition.

On the Field: Student athletes will be viewed as goodwill ambassadors for Batchelor Middle School. If a student's conduct during game situations is negative in nature and continues after being warned by the coach, he/she will be removed from competition. In the area of athletic competition, a real athlete doesn't use profanity or illegal tactics. He/she learns the fact that losing is part of the game, and that he/she should be gracious in defeat and modest in victory. It is always courteous to congratulate an opponent on a well-played game after the contest. However if there is nothing good to say to an opponent, one should leave the field rapidly. Good athletes do not display fits of temper, engage in horseplay, etc. When things fail to go as desired or when replaced by a teammate, a true athlete has complete control of himself/herself at all times.

Officials in a game are there for the purpose of insuring that both teams receive a fair deal. Officials do not lose games for participants. It is an athletic tradition and rule that no one except the appointed captain talks to the official. He/she should speak in an appropriate tone when clarifying a rule.

Any behavior contrary to that which has been stated is a direct reflection on the school, team, and coaches and will not be tolerated. Violation of a minor nature can result in removal from the game. If an athlete is removed from a competitive event by an official for an infraction, such as unsportsmanlike conduct, the athlete will be ineligible for participation in his/her next athletic event.

Away Games: On trips, athletes directly represent the community, school, and coaches. Therefore, it is expected that all concerned will dress in an acceptable manner when traveling and will conduct themselves in a manner meeting each coach's expectations and guidelines. All school rules apply when a student is participating in the name of Batchelor.

When an athletic team takes a bus to an athletic contest all athletes are expected to ride the bus both to and from the athletic event. If a parent/legal guardian desires to take a student athlete home, the parent/legal guardian must have written notice to the coach prior to going home.

A parent/legal guardian may take only his/her student athlete home after the contest. If parents/legal guardians want their student athlete to ride home from the contest with another parent/legal guardian from the team, they must give the coach written notice to that effect. Other emergency situations must be cleared through the coach.

Student athletes must have on file the MCCSC Emergency Medical Authorization Form in the school office before they will be permitted to ride an MCCSC bus to any Batchelor athletic event.

All athletes will be expected to conduct themselves properly while on an athletic bus. All school rules apply.

HAZING/BULLYING/INAPPROPRIATE BEHAVIOR:

Our school community will not tolerate any behavior intended to degrade, insult, threaten or harm an individual in the school community; such behavior is grounds for disciplinary action. No initiation or hazing will be tolerated. In a group situation, each person is guilty of lending his or her influence to the group and will be responsible for what may have happened as a result of the actions of the group.

Hazing/Bullying: Will not be allowed; those involved shall be subject to disciplinary measures. This could result in suspension or dismissal from activities as determined by the coach, sponsor, athletic director or principal.

All athletes are required to view "Dying to Belong" before participating in their sport

EQUIPMENT

Any equipment issued to a Batchelor athlete is expected to be returned in the same condition it was issued. Failure to return equipment or uniforms will result in compensation to the school for replacement. School issued uniforms are not to be worn at any time without the express permission of the coach or sponsor.

LOCKERS

Athletes are assigned a locker. It is up to the athlete to supply a lock and lock up ALL valuables and equipment during practice.

COMMUNICATION WITH COACHES

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches make decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach. ***If there is a concern and you would like to meet with a coach this needs to be scheduled. These concerns should not be addressed before, during, or after a practice or competition.***

Issues Not Appropriate to Discuss with Coaches:

- Playing time
- Team strategy
- Play calling

ATHLETIC GUIDELINE

All athletes and their legal guardian must have read the athletic handbook and turned in all necessary forms before they can participate in an athletic contest. **ALL SCHOOL RULES APPLY TO ATHLETIC EVENTS.**

VIOLATION OF POLICY-

Any violation of the policies listed above may result in:

1. Removal from practice or partial game
2. Removal from multiple practices or whole game.
3. Removal from Team.



HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, 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.

What should I do if I think I have a concussion?

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

How can I help prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



HEADS*UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just “not feeling right” or “feeling down” 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

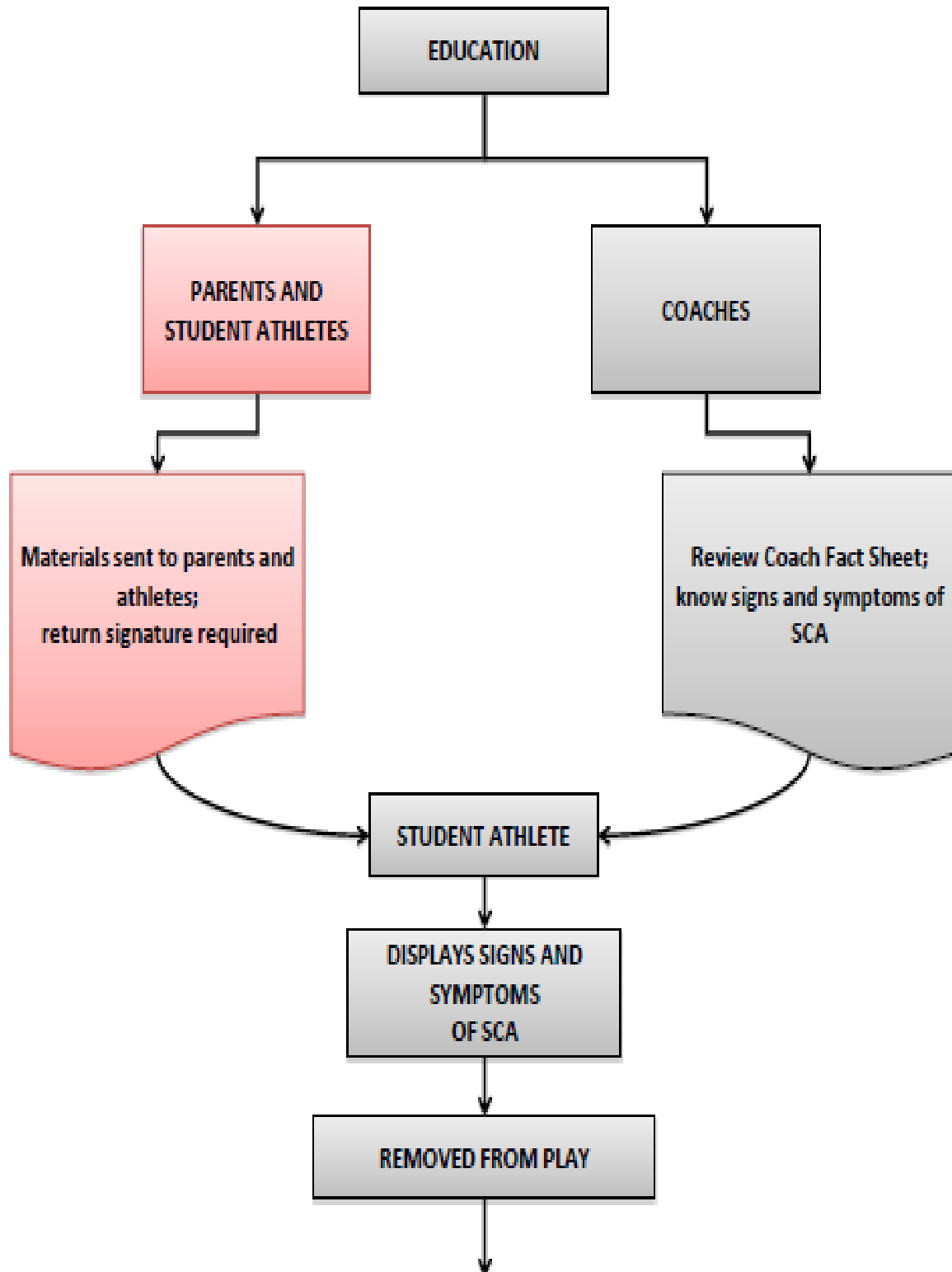
If you think your teen has a concussion:
Don’t assess it yourself. Take him/her out of play.
Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



SUDDEN CARDIAC ARREST (SCA) FLOWCHART FOR STUDENT ATHLETES PER IC 20-34-8



PARENT OR GUARDIAN MUST BE NOTIFIED AND STUDENT ATHLETE MAY ONLY RETURN TO PLAY UPON VERBAL PERMISSION FROM PARENT OR GUARDIAN

AND

VERBAL PERMISSION MUST BE REPLACED WITH WRITTEN PERMISSION WITHIN 24 HOURS

SUDDEN CARDIAC ARREST

A Fact Sheet for Student Athletes

FACTS

Sudden cardiac arrest can occur even in athletes who are in peak shape. Approximately 500 deaths are attributed to sudden cardiac arrest in athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest. Once a cardiac arrest occurs, there is very little time to save the athlete, so identifying those at risk before the arrest occurs is a key factor in prevention.

WARNING SIGNS

There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

Warning signs can include a complaint of:

- Chest Discomfort
- Unusual Shortness of Breath
- Racing or Irregular Heartbeat
- Fainting or Passing Out

EMERGENCY SIGNS – Call EMS (911)

If a person experiences any of the following signs, call EMS (911) immediately:

- *If an athlete collapses suddenly during competition*
- *If a blow to the chest from a ball, puck or another player precedes an athlete's complaints of any of the warning signs of sudden cardiac arrest*
- *If an athlete does not look or feel right*

How can I help prevent a sudden cardiac arrest?

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of life-long health. Additionally, you can assist by:

- Knowing if you have a family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Telling your health care provider during your pre-season physical about any unusual symptoms of chest discomfort, shortness of breath, racing or irregular heartbeat, or feeling faint, especially if you feel these symptoms with physical activity
- Taking only prescription drugs that are prescribed to you by your health care provider
- Being aware that the inappropriate use of prescription medications or energy drinks can increase your risk
- Being honest and reporting symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think I am developing warning signs that may lead to sudden cardiac arrest?

1. *Tell an adult – your parent or guardian, your coach, your athletic trainer or your school nurse*
2. *Get checked out by your health care provider*
3. *Take care of your heart*
4. *Remember that the most dangerous thing you can do is to do nothing*

SUDDEN CARDIAC ARREST

A Fact Sheet for Parents

FACTS

Sudden cardiac arrest is a rare, but tragic event that claims the lives of approximately 500 athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest.

WARNING SIGNS

There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

Warning signs can include a complaint of:

- Chest Discomfort
- Unusual Shortness of Breath
- Racing or Irregular Heartbeat
- Fainting or Passing Out

EMERGENCY SIGNS – Call EMS (911)

If a person experiences any of the following signs, call EMS (911) immediately:

- *If an athlete collapses suddenly during competition*
- *If a blow to the chest from a ball, puck or another player precedes an athlete's complaints of any of the warning signs of sudden cardiac arrest*
- *If an athlete does not look or feel right and you are just not sure*

How can I help my child prevent a sudden cardiac arrest?

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of life-long health. Additionally, parents can assist student athletes prevent a sudden cardiac arrest by:

- Ensuring your child knows about any family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Ensuring your child has a thorough pre-season screening exam prior to participation in an organized athletic activity
- Asking if your school and the site of competition has an automatic defibrillator (AED) that is close by and properly maintained
- Learning CPR yourself
- Ensuring your child is not using any non-prescribed stimulants or performance enhancing drugs
- Being aware that the inappropriate use of prescription medications or energy drinks can increase risk
- Encouraging your child to be honest and report symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think my child has warning signs that may lead to sudden cardiac arrest?

1. *Tell your child's coach about any previous events or family history*
2. *Keep your child out of play*

ATHLETE/PARENT ACKNOWLEDGEMENT FORM

I hereby acknowledge that I have read the Batchelor Middle School Athletic Handbook and agree to adhere to these policies. I understand that if I violate any part of these policies, I may forfeit my right to take part in the Batchelor Athletic Program.

IC 20-34-7 and IC 20-34-8 require schools to distribute information sheets to inform and educate student athletes and their parents of the nature and risk of concussion and head injury and sudden cardiac arrest to student athletes, including the risks of continuing to play after concussion or head injury. These laws require that each year, before beginning practice for an interscholastic or intramural sport, a student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach. The law further states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries. A student athlete suspected of experiencing symptoms of sudden cardiac shall be removed from play and may not return to play until the coach has received verbal permission from a parent/legal guardian of the student athlete to return to play. Within 24 hours, this verbal permission must be replaced by a written statement from the parent or guardian.

I am a student athlete participating in a sport at Batchelor Middle School. I have received and read both of the Student Athlete Information Fact Sheets about concussion and cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of cardiac arrest.

Student Printed Name

(Signature of Student Athlete)

(Date)

To the parent and guardian:

I hereby acknowledge that I have read the Athletic Handbook and approve of my child's participation in the Batchelor Athletic Program. I also agree to adhere to and endorse my child's adherence to these policies.

Parent - please read the attached Concussion/Cardiac Arrest ---A Fact Sheet for Parents and ensure that your student athlete has also received and read Concussion/Cardiac Arrest-- A Fact Sheet for Athletes. After reading these fact sheets, please sign below and ensure that your student athlete also signs the form. Once signed, have your student athlete return this form to his/her coach.

I, as the parent or legal guardian of the above named student, have received and read both of the fact sheets regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of cardiac arrest.

(Signature of Parent/Guardian)

(Date)

What high school is your son/daughter districted to attend- Please circle one

Bloomington High School North or Bloomington High School South

PLEASE SIGN/DATE ALL OF THE ABOVE