

2022-23 Colonial Heights High School Athletic Agreement and Risk Acknowledgement Contract



1. Acknowledgement of Risk and Waiver of Liability for Colonial Heights High School Athletics Relating to COVID-19.

The novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization, COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Colonial Heights High School Athletics Department has put in place preventative measures to reduce the spread of COVID-19. However, the school system cannot guarantee that you or your child(ren) will not become infected with COVID-19, Further, attending the extracurricular activities could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending school sponsored activities (i.e., games, matches, practice, conditioning, and out of season workouts), and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the school may result from the actions, omissions, or negligence of myself and others, including, but limited to, school employees, volunteers, and program participants and their families.

I voluntarily agree to assume all the foregoing risks and accept sole responsibility for any injury or damages to my child(ren) or myself, including, but not limited to, personal injury, disability, and death that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the school's extracurricular activities or athletic activities. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the school system, the Colonial Heights School Board, and the Board's members, employees, agents, and representatives, of any liability for damages or injuries me or my child(ren) sustain due to attending at any athletic activity that result from exposure to COVID-19.

2. Sudden Cardiac Arrest Acknowledgement of Risk and Waiver of Liability for Colonial Heights High School.



Sports Medicine

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 students die of SCA each year. It is the #1 cause of death for student athletes.

Warning Signs of SCA

Tell Your Coach, Athletic Trainer, or School Nurse and Consult Your Doctor if These Conditions Are Present in Your Student Athlete

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle (Fainting is the #1 sign of a potential heart condition)
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise
- Severe headache, Vague malaise, Cold Sweat, or Indigestion/Heartburn/Gastrointestinal Symptoms

What should you do if you experience any of these symptoms?

Immediate removal from play. Any student athlete who shows signs or symptoms of SCA must be removed from play. We need to let student athletes know that if they experience any SCA related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician.

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning, or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills, or performance-enhancing supplements

Sports Medicine

What should you do if your student athlete has any risk factors for SCA?

If the athlete has any of the SCA risk factors based on family history, these should be discussed with a doctor to determine if further testing is needed. Wait for your doctor’s feedback before returning to play, and alert your coach, trainer, and school nurse about any diagnosed conditions.

When should a student athlete be removed from play and when can they return?

Any student athlete who shows signs or symptoms of SCA before, during, or after activity must be removed from play/practice. Play includes all athletic activity. Before returning to play, the athlete must be evaluated by an appropriate licensed health care provider determined by the Virginia Department of Education. (Licensed physician, physician assistant certified registered nurse practitioner or cardiologist (heart doctor). Clearance for the student athlete to return to play must be provided in writing.

What can you do to protect young hearts	Cardiac Chain of Survival
<ol style="list-style-type: none"> 1. Talk with your student athlete about potential warning signs noted above and check your family tree for the above risk factors. Discuss any warning signs and risk factors with your primary care physician immediately. 2. Know the Cardiac Chain of Survival. 3. Help make AEDs available at your school or sports team 	<ol style="list-style-type: none"> 1. Recognition of Sudden Cardiac Arrest Collapsed and unresponsive. They are not breathing, even if you hear gasping, gurgling, snorting, moaning or labored breathing noises, or see seizure-like activity. Do not lose precious minutes trying to “wake them up”—act immediately! 2. Call 9-1-1 3. Begin CPR. Begin cardiopulmonary resuscitation (CPR) immediately. Hands -only CPR involves hard and fast and continual two-inch chest compressions in the center of the chest—about 100 per minute. CPR can be a bridge to life until the AED arrives. 4. Retrieve an AED. Know the location of the school's automated external defibrillator (AED) and use it as soon as possible. Mobile AED units have step-by-step instructions for a bystander to use in an emergency—you do not need to be a medical professional to use an AED.

3. CHHS Athletic Rules Acknowledgement

1. All student athletes will follow all school rules as outlined in the CHHS Student Handbook. School rules apply anytime a team is practicing, going to a game or practice, or riding the bus.
CONSEQUENCE: As determined by school administration
2. All student athletes will not use or possess any tobacco product at practice or games, or on a school bus or school property.
CONSEQUENCE: 1st Offense- 1 game suspension
2nd Offense- 2 game suspension
3rd Offense- Dismissal from the team
3. All student athletes will not use or possess alcohol.
CONSEQUENCE: 1st Offense- School appropriate discipline and coach's discipline
2nd Offense- Dismissal from the team
4. All student athletes will not use or possess any illegal drug.
CONSEQUENCE: 1st Offense- School appropriate discipline and dismissal from the team
5. All student athletes will not engage in fighting, biting or aggressive behavior in any way that leads to an ejection.
CONSEQUENCE: 1st Offense- 3 game suspension (VHSL Rule 27-11-6) and subject to school or coach's discipline
2nd Offense- Dismissal from the team
6. All student athletes will not use profanity towards an official or an opposing player, team, or coach. If the player is ejected from the contest....
CONSEQUENCE: 1st Offense- 2 game suspension (VHSL Rule 27-11-6) and subject to school or coach's discipline
2nd Offense- Dismissal from the team
7. All student athletes will not leave the bench area to actively be involved in a verbal or physical altercation on the court or field. If the player is ejected from the contest.....
CONSEQUENCE: 1st Offense- 2 game suspension (VHSL Rule 27-11-6) and subject to school or coach's discipline
2nd Offense- Dismissal from the team
8. All student athletes are expected to attend all practices and/or games unless excused by the coach.
CONSEQUENCE: Discipline will be at the coach's discretion
9. All student athletes will conduct themselves in a manner so not to be placed on an in-school suspension (ALC) or out-of-school suspension (OSS).
CONSEQUENCE: Any student athlete placed in ALC may attend practice but cannot participate. If ALC is on a gameday, the student athlete may not participate but may attend the game or contest.
Any student athlete that receives OSS may not attend practice or game. The student athlete may not be on school property until the suspension is over.
Additional discipline may be assigned, by the coach, for any student athlete that receives ALC or OSS
10. All student athletes will be honest and truthful with the coach. Dishonesty and/or lying will not be tolerated.
CONSEQUENCE: Discipline will be at the coach's discretion

11. All student athletes will not be ejected from a game or contest.
CONSEQUENCE: **1st Offense- 1 game suspension (VHSL Rule 27-11-6) and may be subject to additional discipline from the coach or school**
2nd Offense- Dismissal from the team
12. All student athletes will conduct themselves in a manner that is becoming to Colonial Heights High School. Inappropriate attitudes and/or actions to include defiance will not be tolerated.
CONSEQUENCE: **Discipline is subject to coach's or school's discretion which may include ALC/OSS**

Additional Rules/Expectations

- All student athletes should carry adequate health insurance to cover any injury that might occur while participating in any sport.
- All athletic consequences are in addition to any school administrative consequences given by the school administration.
- All student athletes will return all uniforms to their coach no later than one week after the last contest. Students will not be allowed to try-out/participate in another sport until uniforms/obligations are cleared from the previous sport and/or year.
- All student athletes are responsible for their personal belongings while participating in any athletic activity.
- The student athlete must be responsible for his actions and make his coach aware of any possible punishable events that may lead to disciplinary actions by teachers or school administration.
- The student athlete must be dressed in street clothes while serving a suspension.
(Wearing a game jersey over her street clothes will be permitted)
- All student athletes are expected to travel to and from all contests with the coach on the bus. Exceptions can be made by the coach for the student athlete wishing to return from a contest with a parent/guardian. Student athletes will **not** be permitted to return with the parent/guardian of another team member.
- Removal from a team will be made by the coach of the sport, activities director and/or school administration. The athletic director and/or principal will confer with the coach before any removal action is taken. Causes for removal from a team may include, but are not limited to, the following:
 1. Personal misconduct that involves police or court action during the athletic season.
 2. Verbal and/or physical attack upon a teammate, opponent, contest official, teacher, fan, coach, or any other person.
 3. Continued acts of unsportsmanlike conduct.
 4. Continued acts of breaking team rules/expectations
 5. Repeated violations of the CHHS Athletic Rules Contract.
- **If a player quits a team or is removed from a team, he or she may not participate in any other sport or preseason workout until the season ends.**

4. Concussion/Injury Acknowledgement of Risk and Waiver of Liability for Colonial Heights High School

Concussion Fact Sheet/Risk Form

Part 1: ATHLETIC CONCUSSIONS- A FACT SHEET FOR ATHLETES AND PARENTS

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Observed by the Athlete

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double vision
Bothered by light
Bothered by noise
Feeling sluggish, hazy, foggy, or groggy
Difficulty paying attention
Memory problems
Confusion
Does not “feel right”

Observed by the Parent/Guardian

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 behavior or personality changes
Cannot recall events after hit or fall
Appears dazed or stunned

WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT

Athlete

TELL YOUR COACH IMMEDIATELY!
Inform Parents
Seek Medical Attention
Give Yourself Time to Recover

Parent/Guardian

Seek Medical Attention
Keep Your Child Out of Play
Discuss Plan to Return with Coach/Trainer

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

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from your doctor/health care professional AND the CHHS Athletic Trainer to return to play.

Part 2: RISK FORM- WARNING, AGREEMENT TO OBEY INSTRUCTIONS, RELEASE, ASSUMPTION OF RISK, AND AGREEMENT TO HOLD HARMLESS

STUDENT: I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing to play/participate sports include, but are not limited to death; serious neck and spinal cord injuries which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeleton system; and serious injury or impairment to other aspects of my body, general health, and well-being. I understand that the dangers and risk of playing or practicing to play/participate in sports may result not only in serious physical injury, but in a serious impairment of my future abilities to earn a living; to engage in business, social and recreational activities; and to generally enjoy life.

Because of the dangers of participating in sports, I recognize the importance of following coaches' instructions regarding techniques, training, and other team rules, etc., and agree to obey such instructions.

In consideration of Colonial Heights High School permitting me to try-out for the _____ team and engage in all activities related to it, I hereby assume all the risks associated with participation.

SIGNATURES: By signing this Colonial Heights High School Athletic Agreement and Risk Acknowledgment Contract, I acknowledge that I have received and reviewed the two-page Colonial Heights High School Concussion Fact Sheet/Risk Form. I also acknowledge and understand the risk of brain injuries associated with participation in a school athletic activity. I also agree to abide by the CHHS Concussion Protocols.

HEAD GAMES: CONCUSSIONS IN SPORTS

Concussion:

- Any blow or force to the head that causes mental status changes; disorientation, confusion, memory loss or slowness in thinking.

Return-to-Play (RTP)

- Student must be without any cognitive or physical symptoms, at rest and exertion, PROVIDED BY ATHLETIC TRAINER
- REST!!! After 5 days of no symptoms, athlete MAY BE ABLE to return-to-play.
- External Protocol: Athlete must be without symptoms after each day to proceed to the next day.
- If the athlete is not without symptoms, then they will repeat that day, the next day.
- RTP must be done in consecutive days.

Treatment

- Call for an assessment
- REST!!! No school, no practice.
- Limit cognitive use. No video games, TV, computers, etc.
- Make academic accommodations.
- Monitor all physical symptoms and cognitive symptoms.

Symptoms:

Viewed by Others	Described by Athletes
<ul style="list-style-type: none">Memory Loss (past or present)Difference in pupil sizeConfusionDisorientationChange in emotions (sadness, irritability)	<ul style="list-style-type: none">HeadacheDizzinessNausea/vomitingFeeling in a "fog"Sensitivity to light and soundFatigueProblems focusing and concentratingDifficulty sleepingThe sky may change colors

Educate the Athletes

Accelerated rehabilitation centers
Physical Therapy • Sports Medicine
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5. CHHS Parent/Coach Communication Plan

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we can accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from Your Child's Coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as for the players on the team
3. Locations and times of all practices and games
4. Team requirements, i.e. practices, team rules, expectations
5. Discipline that may result in the denial of your child's participation

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concerns regarding a coach's philosophy and/or expectations
4. Notification of illness or injury as soon as possible

Parent Code of Conduct

1. Make sure your child understands that win or lose, you support him.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "improved" performance, not winning.
5. Provide a safe environment for training and competition.
6. Don't relive your own athletic past through your child.
7. Control your emotions at games and events. (Be a good fan)
8. Don't call out or say inappropriate things to officials, coaches, or players of either team.
9. Be a "cheerleader" for your child and other players on the team.
10. Respect your child's coaches. Communicate with them in a positive way. Encourage others to do the same.
11. Be a positive role model.

As your child becomes involved in the Athletic Program at CHHS, she will experience some of the most rewarding moments of her life. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior
4. Concerns about your child outside of athletics

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgement decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution of the issue or concern.

If You Have a Concern to Discuss with The Coach

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the Activities Director. A meeting will be set up for you.
3. **Please do not attempt to confront the coach before or after a game or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

THE NEXT STEP

What a parent can do if the meeting with the coach did not provide a satisfactory resolution.

1. Call and have a discussion with the Activities Director about the situation. Playing time, team strategy, play calling, and talking about other student athletes are topics that the Activities Director will not discuss with parents.
2. If that step does not fix the problem, you can call and set up an appointment with the A.D. and coach. Please understand this is the last step in the communication plan. We must follow our player/coach communication plan protocol. Thank you in advance for your cooperation with this matter.

Research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful athletic participant are exactly those that will promote a successful life after high school. We hope the information provided makes both you and your child's experience with the CHHS athletic program less stressful and more enjoyable.

2022-23 Colonial Heights High School
Athletic Agreement and Risk Acknowledgement Contract



By signing below, we acknowledge that we have read, fully understand, and will comply with the entire 2022-23 Colonial Heights High School Athletic Agreement and Risk Acknowledgment Contract, consisting of the following:

1. Acknowledgement of Risk and Waiver of Liability for Colonial Heights High School Athletes Relating to COVID-19;
2. Sudden Cardiac Arrest Acknowledgment of Risk and Waiver of Liability for Colonial Heights High School;
3. CHHS Athletic Rules Acknowledgment.
4. Concussion/Injury Acknowledgment of Risk and Waiver of Liability for Colonial Heights High School;
5. CHHS Parent/Coach Communication Plan;
6. Sportsmanship Slideshow; and
7. Player Handbook.

Student's Printed Name

Student's Signature

Date

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date