

Tahoma School District
Cedar River Middle School - Tahoma Middle School

6th Grade Sports Guidelines

The primary purpose of the 6th grade after school sports program in the Tahoma School District is to promote the physical, mental, social and emotional well-being of the students through participation and competition. With this in mind, each student will be expected to:

- Maintain passing grades in all classes
- Behave in an appropriate manner in all classes
- Begin attendance no later than the third practice of the season
- Attend practices on a regular basis
- Come to practice prepared with appropriate athletic attire
- Show good sportsmanship towards all teammates, opponents and officials

For a student to participate, they must first obtain a PINK CARD. To do this, they must complete an athletic participation sheet (which includes a section demonstrating that they have had a physical examination within the past 12 months) and they must complete and return this sheet to the athletic coordinator. Although students must get new pink cards for each sport, they need only complete the guideline sheet (this sheet) and the participation sheet one time.

Practices will last approximately one hour before school (7:30 AM) and will be held twice every week for 4-5 weeks. A culminating jamboree/competition will be held at the end of each sport between members of Cedar River and Tahoma Middle Schools. A schedule will be distributed to each student when they obtain their pink cards.

Students must arrange for their own rides to school before practice and after the jamborees.

I have read the above guidelines and the *concussion information sheet* and agree to abide by its contents.

Student signature _____ date _____

Parent/Guardian signature _____ date _____

Tahoma School District

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

**Tahoma School District
Concussion Information Sheet (Page 2)**

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>