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# BISHOP RYAN CATHOLIC SCHOOL

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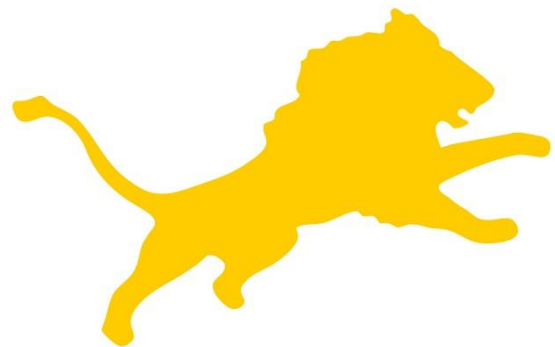
ATHLETIC  
CODE OF CONDUCT

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***2022-2023***

*r. 08/2022*

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## **BRCS ATHLETIC PHILOSOPHY**

Welcome to Bishop Ryan Catholic School and congratulations on your choice to participate as a member of an outstanding athletic program. Bishop Ryan Catholic School consists of a proud, successful group of student-athletes led by committed and knowledgeable coaches, athletic trainers, and administrators. The BRCS Athletic Code of Conduct was developed by Bishop Ryan Catholic School staff, coaches, and administrators so that student-athletes and their parents may understand important information and the conditions relating to athletic participation in Bishop Ryan Catholic School programs. It is the intent of all members of our athletic department and administration for athletics to be an enriching and healthy experience for student-athletes in which physical, mental, and social growth take place through interscholastic competition.

**Participation in Bishop Ryan Catholic School athletic programs is a privilege. With this privilege comes certain responsibilities since student-athletes represent Bishop Ryan Catholic School in the classroom, in the hallways, in the athletic arena, and in the community. The Athletic Code of Conduct is in effect 365 days of the year, 24 hours a day, and 7 days per week.**

Bishop Ryan Catholic School believes interscholastic athletics are an integral part of a student-athlete's total educational experience. The success of our athletic programs is based on our student-athletes' abilities to balance their participation with their academic requirements. As with all programs in our school, God comes first, family second, and academics third. In athletics, our goal is to provide a safe, structured environment where student-athletes can develop responsibility, work ethic, trust and loyalty, self-esteem and self-discipline. Most importantly, involvement in Bishop Ryan Catholic School athletics should be marked by spiritual growth for our participants and coaches.

BRCS student-athletes are expected to respect and support all school staff, coaches, and administrators as well as their fellow athletes, students, and other programs. They are also expected to respect and properly care for their school facilities and the equipment that is used to support all of our athletic programs.

This document serves to inform students and parents about the guidelines, policies, and regulations of the North Dakota High School Activities Association (NDHSAA) and Bishop Ryan Catholic School. It further explains expectations for athletes at Bishop Ryan Catholic School. One of the primary roles of the Bishop Ryan athletic department is to oversee the conduct of our student-athletes as well as student and spectator conduct at all competition events. We urge parents to take an active role in the guidance and supervision of their son or daughter while supporting the school in our endeavor to develop positive and productive citizens.

## **STUDENT-ATHLETE HANDBOOK**

### **Academic Eligibility**

According to the NDHSAA guidelines, (Part II, Section V) a student must be enrolled in and passing at least 20 hours per week, the passing grade to be computed from the opening of the semester and relative on such subjects only as severally and individually shall have a credit value of one-half unit per semester.

Additionally, the NDHSAA also has additional academic eligibility requirements as they relate to a student's age, number of semesters/years one can participate, and date of enrollment. These, and all NDHSAA rules and regulations can be found on the NDHSAA web site at [www.ndhsaa.com](http://www.ndhsaa.com).

As an education-first school, Bishop Ryan Catholic School recognizes additional academic eligibility requirements for all of its students participating in any extracurricular activity, including the student-athlete.

Students in grades 6-12 may not be failing any courses in which they are enrolled. Eligibility will be checked on a weekly basis, beginning with the third week of each quarter. During the first three weeks of each quarter students missing any assignments will be deemed ineligible. Eligibility will continue to be checked on a weekly basis for the remainder of the term, giving students an opportunity to regain their eligibility within a week. Grades will be checked every Wednesday morning at 9:00am. If school is not in session on Wednesday, grades will be checked the following school day.

### **Athletic Eligibility**

All students must be eligible under the policies established by the NDHSAA. These policies can be found on their website at [www.ndhsaa.com](http://www.ndhsaa.com). Important policies include, but are not limited to, **Part II, Article XII** (pre-participation health history and screening and physical examination) and **Part II, Article XIV** [rules of eligibility (sections 1-13)]. Student-athletes and their parents are encouraged to become familiar with these NDHSAA policies.

### **Lettering Requirements**

Lettering requirements will be established and communicated by each varsity coach/advisor. Lettering requirements are for varsity sports only and must be approved by the Activities Director.

### **Fees**

\$275.00 for football and \$175.00 for every other sport for all BRCS athletes in grades 7-12 participating on BRCS-sponsored sports teams. The participation fee is required for all student-athletes in grades 7-12. The fee will not be charged if the student-athlete does not make the team or if they choose not to participate prior to the first contest in the sport.

\*Co-op sports may carry a different fee established by Minot Public Schools.

\*\*Participants in Grades 5 and 6 Boys and Girls Basketball will be required to pay a \$75.00 participation fee.

### **Required Paperwork**

In addition to all required Bishop Ryan Catholic School enrollment forms and paperwork, the signed Code of Conduct approval form and signed physical evaluation clearance form must be on file in the Activities Director's office prior to any participation in practices or contests. Individual coaches/advisors may also require additional paperwork for their respective sports.

### **NCAA Clearinghouse**

All students who are considering athletic competition at a Division I or II college institution must meet the NCAA Clearinghouse requirements. Student-athletes may access the NCAA website ([www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)) to get further information. The list of Bishop Ryan Catholic School classes which have been approved by the NCAA Clearinghouse is available from the school principal, school guidance counselor, and on the NCAA website. Student-athletes and their parents are encouraged to notify their coach and their counselor of their post-graduation plans.

### **Sportsmanship**

Since athletics must operate within the framework of sound educational principles, it follows that:

1. Athletic teams at Bishop Ryan Catholic School come under the jurisdiction of and are required to abide by the rules of the NDHSAA, so that all athletes may compete under identical standards.
2. Those who take advantage of the privilege to participate in athletics, either as an athlete or a spectator, are expected to conduct themselves in a manner that does not detract from the educational environment.
3. Competitors, coaches, officials, and spectators enter into competition knowing that errors are a normal part of an activity and are likely to happen. Anyone can make a mistake. These occurrences should not be met with any form of negative reaction, taunting, chanting, or other negative forms of behavior or speech.
4. Although winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense. The following spectator behavior is expected:

#### **FANS AND SPECTATORS ARE EXPECTED TO:**

1. Stand and remove headwear during the National Anthem.
2. Cheer for their team rather than against their opponent.
3. Maintain self-control at all times while conducting themselves as responsible citizens.
4. Show respect for opponents in every possible way.
5. Always be positive in support of their teams.
6. Recognize and acknowledge good performances made by both teams.
7. Respect officials and accept their decisions.
8. Be humble and not boastful in victory, and gracious and not bitter in defeat.
9. Leave the site of an activity—including the parking areas—as soon as possible after the activity is completed.

\*Spectators may be asked to leave contests or may be banned from future contests if these expectations are disregarded.

### **Admission Prices**

Bishop Ryan Catholic School has established the following prices for all regular-season home events:

Adults: \$7.00; Students: \$4.00 (age 6-high school seniors)

Family, adult, and student season passes can be purchased through the school offices.

Special event and tournament prices will vary. Ticket prices for all post-season contests including district, regional, and state tournament play are set by the NDHSAA and may include facility-use taxes in the ticket price.

### **Notification**

The BRCS Athletic Code of Conduct will be presented to all parents and student-athletes at the annual parent/student-athlete meeting prior to fall sport season competitions. Attendance by a parent and the student-athlete at this meeting, along with the signed Code of Conduct form are **MANDATORY**. Failure to attend this meeting and submit the signed code of conduct form will result in the student-athlete being deemed ineligible to compete on any BRCS athletic team. If circumstances dictate that a parent and the student-athlete cannot attend this meeting, they must arrange a meeting with the Activities Director to receive this information prior to eligibility being granted.

### **BISHOP RYAN CATHOLIC SCHOOL ATHLETIC CODE OF CONDUCT**

The Bishop Ryan Catholic School (BRCS) Athletic Code of Conduct establishes standards by which student-athletes are expected to conduct themselves as representatives of Bishop Ryan Catholic School. Parents are expected to discuss these regulations and consequences with their student-athletes so that informed and appropriate decisions about behavior are made.

The Bishop Ryan Catholic School Athletic Code of Conduct, which is written specifically for student-athletes, is intended to be used concurrently with the Bishop Ryan Catholic School Student Handbook, but the two documents differ procedurally and substantively. If a student-athlete is suspended for violations found in the BRCS Student Handbook, then the student-athlete will not be permitted to practice or participate in contests during the suspension. If the same misconduct also constitutes a violation of the BRCS Athletic Code of Conduct, then the student-athlete will be penalized accordingly.

The BRCS Athletic Code of Conduct sets a high standard because of the school's desire to help protect the health, safety, and welfare of all students and community members and to ensure that our student-athletes are representing themselves, their programs, and Bishop Ryan Catholic School in a positive manner. The BRCS Athletic Code of Conduct applies to **all** athletes. A student is deemed to be an athlete for the purposes of the BRCS Athletic Code of Conduct once the student is notified by the coach/advisor that the student has made his/her first team representing Bishop Ryan Catholic School. Thereafter, the student is deemed to be an athlete for the remainder of his/her high school career. This also includes all athletes in-season, as well as those athletes whose season has been completed but who intend to compete in subsequent seasons or sports. The strenuous nature of athletics and rigors of competition demand that a high standard of behavior on the part of student-athletes be maintained at all times. Furthermore, the BRCS Athletic Code of Conduct provides parents with support in dealing with potential problems with their student, and it provides incentive for the athlete to deal appropriately with negative peer pressure.

The BRCS Athletic Code of Conduct applies to behavior that takes place **on or off** school grounds. These violations may take place at **any time** during the student's enrollment at Bishop Ryan Catholic School, including the off-season, as well as the summertime. The BRCS Athletic Code of Conduct will be in effect 24 hours a day, 7 days a week, 365 days a year. It applies to all athletes, whether in-season or out-of-season, on or off school property, including, but not limited to, school-sponsored/sanctioned events on or off campus, and private activities or events. When off-campus or private behaviors are proven to violate NDHSAA rules or those of the BRCS Code of Conduct, consequences will follow if brought to the attention of the administration of Bishop Ryan Catholic School and/or the Activities Director. In the case of an alcohol- or drug-related infraction, the school's administration will be notified by local law enforcement. However, not every infraction involves law enforcement entities.

Consequences for violating the BRCS Athletic Code of Conduct will be in effect for all non-league, league, district, regional, and state contests and championships. With regard to suspensions from contests, scrimmages do not count as contests. **Consequences of athletic code violations will carry over from school year to school year and will be in effect for the duration of the athlete's high school participation.**

This means the student's record of BRCS Athletic Code of Conduct violations will follow him/her from one sport to the next and from one year to the next.

### **Types of Violations**

#### **1. Drug, Alcohol, and Tobacco Possession, Use, or Distribution**

Bishop Ryan Catholic School strictly abides by the rules and regulations set forth by the NDHSAA, including those relating to the use, possession, or distribution of drugs, alcohol and tobacco. Students involved in extracurricular activities, whether sponsored by Bishop Ryan or through cooperation with Minot Public Schools, will abide by NDHSAA rules, as well as the policies of BRCS.

Student use or possession of tobacco, alcohol, and illegal drugs or narcotics, and/or student convictions of felony crimes at any time are prohibited. The first violation of this policy will result in a six-week consecutive suspension from all extracurricular activities. The second violation will result in an 18-week suspension, and all subsequent violations will result in a 52-week suspension from all extracurricular activities. All violations are cumulative while an individual is a BRCS student.

Offenses that occur at other schools are recognized as BRCS cumulative violations.

During any suspension, the student may continue to practice but is not eligible to participate in any contest, game, performance, or other interscholastic event sponsored by the NDHSAA. The student is also not allowed to miss school to travel with any team or activity group.

If a violation of the NDHSAA policy occurs during the summer months, (that is, from the last day of school to the first day of practice of the next school year) the suspension will begin on the first day of practice of the next activity in which the student participates. The suspension will be a six-week consecutive suspension with no "buyouts." (Students will not be allowed to start a new activity that they have not previously participated in to fulfill their suspension.)

#### **Procedure when a violation is reported**

The school administration shall immediately investigate any alleged violations of the alcohol, tobacco, and controlled substance rule that are made known to an administrator. If the administrator finds probable cause to believe this rule has been violated, the student shall be given notice as provided below:

- The period of suspension shall begin from the date and time notification is received by the administrator.
- The administrator shall notify the student and the student's parents/guardians as soon as feasibly possible.
- The student shall have the right to a hearing within three school days after such notification.
- The hearing will be conducted by a school administrator.
- The student shall have the right to be present at the hearing and offer such testimony and other evidence the student deems material. The student shall also have the right to confront and question the person(s) who filed the violation of this NDHSAA and/or BRCS rule.
- If the student is not satisfied with the hearing decision, they have the right to appeal to the BRCS School Board.
- If appealed to the School Board, all decisions by the BRCS School Board are final.

## **2. School Suspension**

Student-athletes who are suspended from school under BRCS Student Handbook rules and regulations are prohibited from participation in practices and interscholastic events during the length of the suspension.

## **3. Attendance: Truancy**

The BRCS administration and coaching staff recognize that attendance at school is critical to a student-athlete's success in the classroom, much the same as attendance at practice is essential. Student-athletes are expected to attend all of their classes and avoid truancy. The coach and/or administration reserve the right to limit athletic participation in cases of truancy or non-attendance at school or at practice.

Chronic truancy issues will be reviewed by school administration, which may result in removal from all extracurricular activities.

## **4. Unsportsmanlike Conduct and Other Unacceptable Behavior**

Unsportsmanlike conduct and other unacceptable behaviors not specifically covered in the BRCS Athletic Code of Conduct, but which are contrary to the spirit of this document, are subject to an appropriate penalty.

**The Activities Director, Principal, and the student will meet the next school day following the behavior in question. An appropriate disciplinary action will be agreed upon ranging from "education and council" to suspension. If a more serious behavioral event which may require school suspension is involved, the Activities Director and/or Principal will request the parent/guardian of the student to be present at the meeting and before any penalty is administered. TOGETHER, THIS TEAM (AD, PRINCIPAL, PARENT/GUARDIAN, AND STUDENT) CAN DECIDE UPON A CORRECT OUTCOME AND/OR PENALTY FOR THE BEHAVIOR INVOLVED.**

**Any penalty or disciplinary action for these behaviors will be communicated to the parent/guardian immediately upon the decision. If the decision may include more serious action, such as suspension from school or from athletic events, the parents will be asked to attend the meeting with their student-athlete. This meeting with all parties will ensure good communication and a clear understanding of the event. It will also ensure the correct outcome for the behavior leading to the action. When dealing with these issues, the TEAM will take into consideration the behavior, seriousness of the offense, any harm or injury to person, property, or the integrity of Bishop Ryan Catholic School, the remorse of the student-athlete and any other relevant factors.**

**NOTE:** There may be times where unsportsmanlike conduct or other unacceptable behaviors may warrant immediate action and penalty. Examples may include but not be limited to:

- **Bullying**
- **Hazing**
- **Crowd control at events**
- **Taunting**
- **Inappropriate cheers/chants, signs, language**

## **5. Hazing**

The BRCS Athletic Code of Conduct defines hazing as "engaging in or planning any form of verbal or physical hazing or initiation of other students." Hazing includes, but is not limited to, forcing prolonged physical activity, forcing excessive consumption of any substance, forcing prolonged deprivation of sleep, food, or drink, or any other behavior that recklessly endangers the health or safety of an



individual or is likely or intended to cause personal degradation, disgrace, or discomfort for the purposes of initiation into any student group. According to this code of conduct, the principal and/or athletic director may suspend or recommend expulsion for a student who engages in this behavior.

#### **6. Violation of Team Rules and Regulations**

Coaches may establish reasonable rules and regulations, subject to the approval of the athletic director, for behavior not otherwise specified in the BRCS Athletic Code of Conduct. Coaches may determine reasonable penalties for violation of team rules and regulations subject to the review of the activities director. Such rules and regulations may include, but are not limited to, such matters as curfew times, missed practice policies, unsportsmanlike or “technical foul” penalties, etc.

#### **7. School Facilities, Equipment, and Vehicles**

All school facilities (classrooms, hallways, gymnasiums, locker rooms, bathrooms, etc.) should be used in a respectful and responsible manner. They should be clean, with all clothing, equipment, and personal items stored **INSIDE** the lockers. There should be **NO** items or garbage left on the floors. Violations of posted rules for locker rooms will result in expulsion from these areas. Equipment should be cared for and stored in a safe, responsible manner. School vehicles should be cleaned by teams after each trip. Garbage should be picked up and placed in garbage bags at the conclusion of each trip. Any act of vandalism to school facilities, equipment or vehicles, or theft of school equipment or other personal items, will result in immediate suspension from all Bishop Ryan Catholic School activities, as well as possible suspension, expulsion, and/or legal charges being filed against the perpetrator of the vandalism or theft.

#### **8. Unusual or Special Circumstances**

Notwithstanding consequences for violations prescribed in the above paragraphs, the principal has the discretion to reduce the penalty when unusual or special circumstances warrant such a reduction.

#### **Retroactive Application of the Code to Previous Violations**

The BRCS Athletic Code of Conduct will be applied retroactively to violations that have carry-over provisions such as drug, alcohol, and tobacco violations. In other words, past drug, alcohol or tobacco violations under previously-recognized rules and regulations will count as offenses under the BRCS Athletic Code of Conduct.

#### **New Enrollees/Transfer Students**

New enrollees, including transfer students, with prior violations at a previous school will be considered to have violated the BRCS Athletic Code of Conduct and therefore will be subject to applicable consequences for any additional violations as provided in the BRCS Athletic Code of Conduct.

#### **Homeschool Student Participation Policy**

Homeschool students may be admitted to participate in athletic extracurricular activities at Bishop Ryan Catholic School. Homeschool students belonging to and active in one of the four Minot Catholic parishes will pay a nonrefundable \$500 activity fee per season per sport to participate. (Verification of parish registration and activity is dependent upon a letter of recommendation from the pastor of the student’s parish.) Homeschool students not belonging to and active in one of Minot’s four Catholic parishes will pay a nonrefundable \$1,000 activity fee per season per sport to participate.

The student's eligibility requirements must follow the minimum requirements as stated in the Bishop Ryan Catholic School handbook. Failure of parents or students to comply will result in expulsion from the activity.

### **Due Process and Appeal Process**

Student-athletes will be provided due process. The student-athlete is entitled to be informed of the charges against him/her, and an informal meeting where he/she has an opportunity to be heard before the Principal and/or Activities Director. The Principal and Activities Director shall render a written decision within one school day of the meeting. A student-athlete and his/her parent/guardian may appeal this decision to the BRCS School Board. This appeal must be in writing and be submitted within three school days of the decision.

**Any violations which are of a more serious nature, those which may carry suspension from school or activities, will include an initial meeting with the Principal, Activities Director, the student, and his/her parent or guardian prior to any decision on consequences are determined. Other school staff, coaches or administration may also be involved in such a meeting as necessary.**

### **Campus Use Regulations Policy**

- School-related activities must be concluded by 6:00pm on Wednesday evenings unless there is direct approval from the president. With the exception of Wednesdays, all activities in the gym must be concluded by 10:00pm on evenings followed by a school day.
- It is forbidden for Catholic school teams or groups, inside or outside the school, to play or practice on Sundays, holy days of obligation, Ash Wednesday, or the Paschal Triduum. A request may be submitted to the Bishop for an exemption to this policy.
- If students have a school-related activity on campus, they must be under the supervision of a staff or faculty member.
- Students and/or staff shall not schedule anything in the gym or activity center unless they have the approval of the administration.
- Students should never wear street shoes on the playing floor in the gym or activity center. This includes any rubber-soled shoes that are worn outside the building.

### **Protocol for Concussion Management and Injury, Heat Illness Prevention & Inclement Weather Policy**

The health and safety of our student athletes is of utmost importance to Bishop Ryan Catholic School, its athletes and parents. Legislation passed by the North Dakota Legislature specifies requirements related to concussion management. Bishop Ryan Catholic School, along with trained professionals from our sports medicine provider, Trinity Sports Medicine, and our athletic training staff, will administer this policy to the letter to insure that our athletes are protected. All Bishop Ryan Catholic School coaches will follow the protocols for concussion management, as well as those for heat illness prevention.

Administration, along with our sports medicine staff, game officials and coaches, will recognize and follow the adopted inclement weather policy. This policy is intended to protect all staff, athletes, and spectators from the dangers of inclement weather conditions.

The protocols for concussion management and injury, heat illness prevention, and the inclement weather policy adopted by Trinity Sports Medicine and Bishop Ryan Catholic School are included in the following three pages of this document.

# **Sports Medicine Manual**

## **Department: Sports Medicine**

**Subject:** Inclement Weather Policy

**Purpose:** To ensure the safety of staff and athletes when weather is a threat.

**Policy:** During inclement weather, should an athletic trainer feel that his/her safety is in danger either by traveling to/from or working an athletic event, the athletic trainer will contact the game or practice site and inform the coach or athletic director that he/she will not be traveling to the event.

### Lightning Policy

In the event of storm where lightning is a threat, the official of the event, or the coach for a practice, will be informed and the following recommendations will be followed.

1. If lightning is sighted, activities should be suspended thirty minutes following the lightning flash. All athletes, coaches and spectators should seek a safe shelter. Designated safe area is considered a ground faulted building or vehicles/buses if no ground faulted building on site.
2. If there are additional lightning strikes during the 30 minute suspension times, the 30 minute time will restart at the last lightning strike.

**References:** NATA Position Statement: Lightning Safety for Athletics & Recreation.

Journal of Athletic Training 2000; 35(4): 471-477

National Weather Service (2011)

**Adopted:** 03/04

**Reviewed:** 5/17/12

**Revised:** 10/14/09, 5/17/12

**Approved:** Robyn Gust, MS, ATC

# **Sports Medicine Manual**

## **Department: Sports Medicine**

**Subject:** Heat Illness Prevention

**Purpose:** To prevent heat illnesses and ensure the safety of athletes participation in athletic events during a dangerous heat environment. To provide direction for treating heat illness, should and athlete display signs and symptoms.

**Guideline:** Sports Medicine will distribute the Heat Illness Prevention program to athletic directors and coaches to be distributed throughout entire coaching staff at all levels. The temperature and humidity reading will be monitored daily during warm weather. Practices/events will be modified according to recommendations of the Heat Illness Prevention Program chart as listed below the Heat Index chart per the National Weather Service.

Should an athlete display signs and symptoms of a heat illness, staff will begin immediate rapid cooling. Examples are listed on the opposite side of the Heat Index Chart. If the athlete appears to be worsening or fails to recover after ten minutes of immediate rapid cooling, staff will activate EMS and continue rapid cooling until emergency assistance arrives.

**References:** NATA Position Statement: Exertional Heat Illness.  
Journal of Athletic Training 2002; 37(3): 329-343

**Adopted:** 8/10/10

**Reviewed:** 5/17/12

**Revised:** 5/17/12

**Approved:** Robyn Gust, MS, ATC

# Sports Medicine Manual

## Department: Sports Medicine

**Subject:** Concussion Management

**Purpose:** To ensure proper management and safe return to play guidelines for athletes suffering a concussion.

### Policy:

- I. Certified Athletic Trainer will perform an assessment of the injured person to determine the presence of concussion and associated injuries.
  - a. Diagnosis of concussion can include one or more of clinical domains:
    - i. Symptoms: somatic (e.g. headache), cognitive (e.g. feeling like in a fog), and/or emotional symptoms (e.g. lability)
    - ii. Physical signs (e.g. Loss of consciousness, amnesia)
    - iii. Behavioral changes (e.g. Irritability)
    - iv. Cognitive impairment (e.g. Slowed reaction time)
    - v. Sleep disturbance (e.g. Drowsiness)
- II. When a player shows any signs of concussion:
  - a. The player should be medically evaluated using standard emergency management principle, with particular attention to excluding a cervical spine injury
  - b. After clearing first aid issues, assessment of concussive injury is undertaken with focused history, neuropsychological evaluation, and physical exam. The SCAT-2 or other similar tools may be used.
  - c. The player should not be left alone following the injury and serial monitoring for deterioration is essential over the next few hours. With any deterioration in the athlete, urgent referral into the healthcare system will be initiated.
  - d. A player diagnosed with a concussion will not be allowed to return to play on the day of the injury.
- III. Sports medicine personnel will inform the player, coach, and if available the parents, of the diagnosis of concussion and need for further evaluation either acutely or as the player improves and seeks to return to play.
- IV. Return to play guidelines will follow a graded protocol. Upon stabilization of the initial injury, complete physical and cognitive rest is recommended (e.g. No physical exercise and no school participation if symptomatic).
  - a. Once the athlete is asymptomatic of symptoms for 24 hours, he/she may perform 20 minutes of **light aerobic exercise** (e.g. Jogging, stationary cycling)
    - i. If symptoms return during the exercise, the athlete must stop immediately and must be symptom free for 24 hours before attempting exercise again.
    - ii. If athlete is symptom free in the next 24 hours, he/she may proceed to next step.
  - b. **Sports specific exercise** (skating drills in hockey, running drills in soccer, no contact activities)
    - i. If symptoms return during the exercise, the athlete must stop immediately and must be symptom free for 24 hours before attempting exercise again.
    - ii. If athlete is symptom free in next 24 hours, he/she may proceed to next step.
  - c. **Non-contact training drills** (passing drills in football and hockey, may start resistance training)

- i. If symptoms return during the exercise, the athlete must stop immediately and must be symptom free for 24 hours before attempting exercise again.
    - ii. If athlete is symptom free in next 24 hours, he/she may proceed to next step.
  - d. **Full contact practice** (following medical clearance, may participate in normal training activities)
    - i. If symptoms return during the exercise, the athlete must stop immediately and must be symptom free for 24 hours before attempting exercise again.
    - ii. If athlete is symptom free in next 24 hours, he/she may proceed to next step.
  - e. **Return to play**
- V. As per North Dakota High School Activities Association rules, if Trinity Sports Medicine is qualified by a school as an “appropriate health care provider”, written or electronic clearance to return to play will be forwarded to school administration.
- VI. Prolonged or persistent symptoms, failure to improve, or special circumstance may dictate referral to athlete’s primary care physician and can be done at any time during the evaluation, recovery, and rehabilitation period.

**References:** Consensus Statement on Concussion in Sport: 3<sup>rd</sup> International Conference on Concussion in Sport held in Zurich, November 2008.  
British Journal of Sports Medicine 2009; 43:i76-i84. doi: 10.11.36/bjsm.2009.0582y

**Adopted:** 06/01

**Reviewed:** 5/17/12

**Revised:** 05/05, 06/09, 10/06/10, 5/17/12

**Approved:** Robyn Gust, MS, ATC

**Physician Approval:** Dr. Dawn Mattern, MD

### **Signature Requirement**

I, the parent/guardian of my student-athlete, have read and understand the policies and procedures found in the Bishop Ryan Catholic School Athletic Code of Conduct. I agree to recognize, promote, and follow the rules and regulations found in this document, as well as to accept and support the efforts of Bishop Ryan Catholic School administration and staff to implement and administer the principles and practices found in the Bishop Ryan Catholic School Athletic Code of Conduct.

I understand that the participation of my student-athlete may result in the use of school-sponsored transportation. In the event of an accident or injury, I agree on behalf of myself, my child named herein, or our heirs, successors, and assigns, to hold harmless and defend Bishop Ryan Catholic School, its officers, directors, employees and agents, and the Diocese of Bismarck, its employees and agents, chaperones, or representatives associated with the activity, from any claim arising from or in connection with my child participating in the activity or in connection with any illness or injury (including death) or cost of medical treatment in connection therewith, and I agree to compensate Bishop Ryan Catholic School, its officers, directors and agents, and the Diocese Bismarck, its employees and agents and chaperones, or representative associated with the activity for reasonable attorney's fees and expenses which may incur in any action brought against them as a result of such injury or damage, unless such claim arises from the negligence of Bishop Ryan Catholic School or the Diocese of Bismarck.

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Parent/Guardian

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Date

I, a student-athlete at Bishop Ryan Catholic School, have read and understand the policies and procedures found in the Bishop Ryan Catholic School Athletic Code of Conduct. I agree to recognize, promote, and follow the rules and regulations found in this document as well as to accept and support the efforts of Bishop Ryan Catholic School administration and staff to implement and administer the principals and practices found in the Bishop Ryan Catholic School Athletic Code of Conduct.

As a student-athlete at Bishop Ryan Catholic School, I promise to represent Bishop Ryan Catholic School and my team in a positive manner at all times. I further promise to care for the Bishop Ryan Catholic School facilities, buildings, locker rooms, and equipment in a respectful and responsible manner.

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BRCS Student-Athlete

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Date