**Bearcat Handbook**

**Denton-Geyser-Stanford-Geraldine

Mission Statement**

The purpose of the DGSG cooperative is to provide a comprehensive and balanced activities program that should provide more comprehensive opportunities and experiences for youth that neither school could provide individually. While the cooperative takes great pride in winning, it does not condone “winning at any cost” and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. Participation in these activities should provide students with a lifetime basis for personal values, and for work and leisure activities.

**Statement of Philosophy**

A comprehensive and balanced activities program is an essential complement of the basic program of instruction and should provide opportunities for youth to further develop interests and talents in sports and academic-related areas. The opportunity for participation in a wide variety of student-selected activities is a vital part of a student’s educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the communities, and to the students themselves. Due to this common belief, Denton, Geyser, Stanford, and Geraldine Schools have joined together into an activities cooperative.

The interscholastic athletic program shall be conducted in accordance with existing multi-district agreement and handbook. At all times, the athletic program must be conducted in such a way so as to justify it as an educational activity. Young people learn a great deal from their participation in activities/athletics. Activities play an important part in helping an individual student develop a healthy self-concept as well as a healthy body. Activities add to both schools’ spirit and help all students and spectators develop pride in their schools.

Every effort will be made to support the activities program with the best facilities, with the necessary equipment, and with the most qualified staff available. The ultimate goals of the activities should be:

1. to realize the value of participation including, but without overemphasizing, the importance of winning
2. to develop and improve positive citizenship traits among the program’s participants

**Co-op Board and Meetings**

Four regularly scheduled meetings will occur each year. All meetings will be scheduled prior to the beginning of the year and will fall on the 1st Monday upon the conclusion of the past high school season unless otherwise decided by the coop. The co-op board will be composed of two voting board members from each school. In the event that an appointed board member cannot make it to a meeting, an alternate may attend and vote. A single board member cannot vote twice for their school. Administrators and A.D.s from each school will also take part in meetings but will be non-voting members.

**Seasons & A.D.s**

AD’s from each school will take on the role of “lead A.D.” for the three sport seasons. They will be the main contact for their season but each AD will be responsible for activities scheduled at their home site.

**Denton**- JH/HS football & JH/HS Volleyball

**Stanford**-HS Girls & Boys Basketball

**Geyser**-Elementary/JH BB & JH/HS Track

 **Finances**
An Interlocal fund is established and each school will contribute annually a set amount as determined by the CO-OP Board. The Interlocal fund will be managed by a district clerk from one of the participating schools. The following expenses will be paid from the fund:
 -Coaching & clerk stipends, taxes, workers compensation & unemployment insurance, TRS & PERS.
 -Uniforms on rotation schedule, coaching shirts
 -Post season tournament meals (1 per day)
 -Shared supplies & equipment
 -Senior flowers, balls, plaques & trophies
 -HUDL Subscriptions
 -Tournament/Track meet fees
 -Trainer Fees
 -Advertisement costs for hiring coaches & background checks
 -Any other expenses approved by the CO-OP Board member representatives
Each school will be issued a credit card through BMO Bank. Each school will be responsible for providing receipts to the CO-OP clerk within 1 week of the purchase. Repeated failure to provide receipts will result in revocation of that school’s card. Should a school make purchases on the credit card that are not allowable or within the guidelines, the school will be responsible to repay the funds to the CO-OP account as determined by the CO-OP Board.

**Participation**

Participation in athletics will be open to all students in the DGSG co-op. It is the wish of the co-op board that although try-outs may be held to vie for positions on various squads, cuts will only be held if absolutely necessary. Activities directors will work to schedule enough games for all squads.

A student’s privilege to participate in school-sponsored activities will be maintained as long as it does not infringe upon the right of the Board to meet and uphold reasonable standards. These standards include but are not limited to:

1. No student will be allowed to start athletic practices without a physical/ImPACT Test.
2. No student will participate without parent signatures on the extra-curricular parental consent forms, emergency forms, and concussion forms.
3. Parents are expected to assist in ensuring that students follow the training rule policy.

**Student Activity Tickets**

All students from Stanford, Geyser, Denton, and Geraldine Schools will need to purchase an activity ticket from their own respective school. Ticket prices will be set by each individual school and must be purchased in order to compete in extracurricular activities which will allow admittance into all cooperative contests at any co-op home site. Student activity tickets issued at coop schools will be honored at all DGSG functions.

**Community Activity Tickets**

A Denton, Geyser, Stanford, and Geraldine Activity Ticket will be created to be used by all schools in the co-op. These tickets will be distributed to all parents, fans, and athletes upon purchase of them at their individual school but will gain admittance to any school in the co-op. All funds received from activity tickets purchased at each school will go to each individual school’s finances.

**Tournament Ticket Policy**

**District, Divisional, and State Tournaments**-According to MSHA policy, each team participating in post-season tournament play is granted 16 team tickets (12 players and 4 support staff). It is entirely up to the coaches to determine which 16 students will attend.

**Complimentary Passes**- Our co-op will receive 24 complimentary passes. Passes will be split so that board members from each school along with superintendents and AD’s will be given passes. Any extra passes needed above what is discussed will be left up to each individual school district to purchase.

**Admission Prices**

Annually the co-op board will set the gate admission prices. The following gate prices are recommended for the 2024-2025 competitions or will reflect prices set by the different districts/divisions that DGSG are in.

 Students Adults

Elementary and Junior High Games $3 $5

Junior Varsity only $4 $6

JV and Varsity games $6 $8

Any fundraising done during a game will stay with the group that sponsored the event and must be approved by the administration of the school hosting the contest.

**Bus Travel**

Practice-Each school will be individually responsible for bus transportation to and from practice at the other cooperative school’s site, however shared transportation can be coordinated by the athletic directors when available. Each bus driver will be paid according to a set amount decided upon by the individual school district. All students are expected to ride the practice bus/or school transportation unless cleared with their own school administration and coaches.

Games**-**Participating schools will split the responsibility of providing a certified bus driver along with all expenses for each away game in the following sports: Junior High & High School Football, Volleyball, Basketball, & Cheer. Track will follow the same plan with Denton, Geyser, Stanford. Geraldine will run their own track programs.

Students are expected to travel with their team or group in a vehicle provided by the school. If room is available, coaches may invite adults who work for the team, in some capacity, to ride the bus. A student may be excused to ride with a parent to or from an event provided that the parent signs a dated-release form which each coach will carry. In extenuating circumstances, prior arrangements may be made with the AD from either school to release a student to a non-custodial adult. In that event, the coach will be notified by the AD before leaving for the contest. A coach from each activity must ride the bus to and from the activity. All coaches are encouraged to ride the bus.

 **Bearcat Bus**

Schools will utilize the Bearcat bus whenever possible for games/meets. The trips will be rotated with each school providing a driver and fuel for their scheduled trip. If a school does not fuel up the bus as required, the receiving school may bill the responsible school district. Although Geraldine does not participate in the COOP for track, they encourage the use of the Bearcat bus for track meets.

The school scheduled for the next trip will need to make arrangements to pick up the bus. See the Bearcat Bus Purchase Agreement for additional information.

**Meal/Overnight Stay Policy**

Students will pay for their own meals in regular season play. One meal per day in postseason play is granted unless an overnight stay is necessitated. When tournament competition involves an all day/overnight out-of-town stay, each coach, manager, and player will be allotted $35 per day. Any extra meals and/or overnight accommodations will be discussed and determined by DGSG administrators on an individual basis. When the co-op is paying for meals, the coach will use a co-op credit card or pay for the meal and submit for reimbursement. Band and Cheer are included.

Coaches will chaperone their teams on overnight trips.. If a team has a student/athlete that is of the opposite gender, then a chaperone of that same gender will be needed to supervise that student/athlete. It is up to the coach/AD to arrange for this chaperone. An extra room will be purchased, by the co-op, if needed to accommodate any necessary arrangements.

**Practices**

Practice schedules will be created by the co-op A.D.’s and distributed before each season.

Practices will be rotated on a weekly basis, with one site hosting practices for that sport for the entire week. The number of weekly practices in each location will be based on the percentage of participants in each sport, with each town guaranteed at least one week of practice during the season if at least one athlete from that town is participating. These schedules will be created by the lead AD for each season and distributed prior to the start of the season. If participation numbers change upon the start of practice, then the schedule may be adjusted accordingly by the lead AD to reflect new participation percentages. All efforts will be made to coordinate practice weeks with home game sites and adjustments to practice weeks will be made by all AD's if inclement weather precludes travel to sites. It is strongly suggested to start practices as close to 4:30 pm as possible and conclude as close to 6:30 pm, understanding that practices will not start until all participants have arrived and that practices will not exceed two hours.

Activity program participants are expected to be in attendance at all practices unless excused by the head coach. Missed practices caused by illness or injury need disclosure for illness and treatment. The participant needs to bring a “return to play” note from the doctor when the student is ready to resume practice and competition.

**Games**

Games will be distributed evenly amongst the participating schools. Each school will be guaranteed at least one game as long as they have a participant on the team. When there are not an equal number of home games, the AD’s will place the extra game with the school that has the most participants. Away games will be decided upon by the home team AD and DGSG AD’s. All revenues and expenses incurred with home games will be the responsibility of that home team and not the co-op. Playoff home football game locations will be decided upon by the Head Coach and AD’s.

**8th Grade Promotion to JV/Varsity**

Eighth graders will be allowed to participate in high school sports with the understanding that both the parents and coaches are in agreement. If a season overlaps the athlete must make a choice to participate in either high school or junior high. Once a student commits to a team they will not be allowed to switch back and forth.

**Pep Band**

DGSG will combine to have one pep band. Band directors from Denton, Geyser, Stanford, and Geraldine will split/coordinate directing pep band. Music will be shared between schools and music pieces will be decided upon jointly by the band directors from each school. The school’s songs will be played in an order determined by the music directors.

**Training Rules and Penalties**

Training rules are in effect during the entire school year, regardless of sports, music, or academic “seasons”. All students become participants in the activities program upon the signing of the participation forms. Penalties accumulate through one school term only.

The superintendents in conjunction with the AD’s and coaches will handle all discipline problems resulting in suspension from the team. Cooperation with the law is top priority. A student who is given a citation by the law for possession/use of tobacco, alcohol, e-cigarettes, or other illegal drugs, and other criminal behavior will automatically be in violation of those rules with our activities program. However, the coach, superintendents, and AD’s will have the authority to investigate and penalize for training rule violations, even if the law has not yet been involved.

1st Offense: Incident report filed with the AD’s responsible for the sport season; AD channels the report to appropriate school administration for processing. The incident will be investigated by school officials. School administration will conduct a due process hearing with the student/parent. After the hearing with school officials the incident will go before the appropriate board for a hearing which could result in up to thirty (30) school days suspension from participation in all extra-curricular activities. During the course of the investigation and pending board action the student may participate in practice ONLY.

2nd Offense: Incident report filed with the AD responsible for the sport season; AD channels the report to appropriate school administration for processing. Incident investigated by school officials and a due process hearing is held with student/parent. School officials refer this to the board for a board hearing which could result in suspension from practice and participation in all extra-curricular activities for the remainder of the school year.

Coaches may develop their own rules in addition to the above rules governing participants. These rules will be distributed to the participants and their parents and/or discussed with them at preseason meetings. Such rules are not to be in conflict with district rules, must be approved by the administration, and must be placed on file with the AD’s.

**Self-Referral Process**

The self-referral process is an option if there have been no prior violations of the alcohol, tobacco, or illegal drug policy. Students must report directly to the coach and a meeting will then be set up between the coach, student, AD, and superintendent. A plan will be put into place to assist the student. During the course of the plan, and until all conditions of the plan are met, the student can practice only-no games will be played.The plan may include a requirement to complete a chemical awareness course in accordance with school policy which must be completed outside the school day. After completion of all requirements, the student may return and avoid a board hearing process and the possible 30 day suspensionfor 1st offense of Rule 1. Any failure to fulfill these stipulations in a timely manner will result in a violation and Rule 1 will be enforced. Coaches, Ad’s, and administrators must follow this process.

**Suspensions**

Suspensions from a practice or a game as a result of misconduct can only be applied by school officials. Any other discipline such as being benched for disciplinary reasons or adding physical conditioning are left up to the discretion of the coaching staff, AD’s and school administration.

 -In all disciplinary situations parents will be contacted for a due process hearing;

-Appeals will be allowed by using the due process procedure established by the Board.

**First Person Reports & Rumors**

Any person making a report about a student concerning the abuse of extra-curricular training rules will be asked to verify the report in writing. Second person information will be considered a rumor. The first person report or actual proof must be presented before any action will be taken.

**Curfew**

Students involved in extracurricular activities need to be home by 10pm on school nights and when contests are the next day. The curfew for weekends and noncontest nights is 12am. Consequences for the first offense will be determined by the coach. A repeated violation will result in a hearing with parents and the student will not be allowed to play for the next weekend of scheduled activities. They would still be allowed to practice and travel with the team.

**Physical Appearance**

The Cooperative’s dress code is established to teach grooming and hygiene, prevents disruption, and minimizes safety hazards. Students and parents may determine a student’s personal dress and grooming standards, provided that they comply with the following guidelines:

-Clothing is neat and clean in appearance

-Hair is groomed and neatly trimmed or shaped

-Dresses, skirts, shorts, or skorts must be respectable length

-Clothing that is considered obscene or carries a profane inscription or makes reference to alcohol, drugs, or tobacco is not allowed

-Shoes must be worn

-Halter tops, tank tops, or shirts that leave the midriff bare are not allowed

-Absolutely no caps indoors during school hours, no hats allowed indoors at away contests

Coaches may add to this list as long as they have received permission from the AD’s it is on file.

**Academic Eligibility**

MHSA policy states a student must have received a passing grade in at least twenty (20) periods of prepared work or its equivalent during the preceding semester in which they were in attendance. A student must receive a passing grade in four classes for the previous nine week period or students will be ineligible for the next 9 weeks. Coaches and activities directors will be responsible for checking grades for their team. A weekly file of students’ grades will be kept in each respective school’s office. If ineligible, the player may practice but not play in any games or travel with the team.

Athletes must be in attendance all day on the day of any activity in which they plan to participate, unless prior arrangements have been made. For Saturday competitions or performances, participants must be in school the preceding day, unless prior arrangements have been made. All student athletes must also meet eligibility requirements within their own schools to be eligible to play.

**Awards and Lettering**

A student-athlete will letter providing they meet these general guidelines as well as the below mentioned specifics for each of the individual activities.

1. A student-athlete will not letter if they are expelled from the team for disciplinary reasons or if they quit prior to the end of the season.
2. A student-athlete will not letter if they fail to attend practice or competition without a valid reason as determined by the coach and administration.
3. A student-athlete will be required to attend the highest level of competition when a conflict exists between two or more activities.
4. A student-athlete may earn or be denied a varsity letter if at the coach’s discretion there are extenuating circumstances beyond the criteria listed below:

**Football**-Play in ½ of the total varsity quarters for the season.

**Basketball-**Play in ½ of the total varsity quarters for the season OR make the divisional tournament team.

**Volleyball**-Play in 1/3 of all varsity matches OR make the divisional tournament team.

**Track**- Earn 20 points throughout the season OR qualify for the divisional track meet OR meet the minimum height, distance, or time for the individual sports that have been set up by the coach.

**Cheer-**Successfully complete the varsity season AND perform at post season activities.

**Miscellaneous-**All other extra-curricular letters are earned according to rules set by the coach. Managers, statisticians, videographers, etc. earn manager letters as determined by the head coach. A coach may letter an injured player if they feel that this student-athlete would have lettered if they would have been able to complete the season.

**Awards-**Coaches are required to give a minimum of three awards but not more than six at the spring awards banquet. It is up to the coach’s discretion on what awards are called.

**Coaches/Hiring Process**

There will be one head coach and one assistant coach per sport. The board will evaluate the need of additional assistant coaches based on recommendations made by the AD’s. Hiring coaches for each sport will take place at the meeting following the completion of the season. Strong consideration will be given to current coaches. The board may make a decision to hire, rehire or release a coach based on the AD’s recommendations. If the AD’s have no recommendations, the position will be advertised on social media and in local newspapers. Candidates will be interviewed by the co-op board. The coop board will make all final hiring decisions.

Scouting and other necessary activity mileage will be paid at the federal rate for use of personal vehicles when the district owned vehicle is not available. One paid regular season and one paid playoff trip will be allowed which again will be paid by the co-op interlocal fund.

**Staff development-**Reimbursement will be allowed up to $100 per activity for attendance at clinics and workshops. Coaches must submit information prior to the clinic and receive permission from DGSG AD’s before being reimbursed by the co-op. All DGSG coaches are encouraged to attend the annual MCA Clinic held each summer. The DGSG cooperative will cover the expense of the clinic itself and will offer the use of school transportation.

**Coaches/Sponsor Duties and Responsibilities**

1. Be adequately informed concerning the sport or activity being coached.
2. Establish a clear set of rules of conduct for athletes, promoting sportsmanship at all times.
3. Hold individual or group conferences with players for conflict prevention and/or resolvement.
4. Project enthusiasm and motivation into DGSG activities.
5. Promote all DGSG activities as worthwhile.
6. Supervision of all athletic areas:
	1. The importance of this responsibility can’t be overemphasized. When participants are in these areas, they must be supervised by the coach. It shall be the responsibility of the coach to see that players shower quickly after their practice or game, and leave the dressing room in an orderly fashion. No athlete will be left in the gym or on the field unsupervised.
	2. It is the responsibility of the coach to see that equipment that was used is returned to its appropriate place(s) and secured. The coach should also make sure that students have picked up any garbage that they left on the bleachers.
	3. All participants shall leave before the coach, and they will see that the lights are out and all doors are locked.
7. Maintain an up-to-date inventory of the sport being coached, and submit to the AD at the end of the sport.
8. Request of the AD any supplies and equipment needed to be purchased.
9. Be thoroughly familiar with MHSA rules and regulations concerning the sport being coached.
10. Supply a completed team roster to the AD prior to the first season game and update as needed.
11. Enforce eligibility rules.
12. Be loyal to colleagues in making athletics fit into the entire school program.
13. Call in the results of games played at home to the TV stations and newspapers.
14. Supervise and train student managers, giving them a written job description.
15. Scout and film as needed.
16. Keep accurate records for use in distributing letters and awards.
17. Be responsible for the cleanliness and neatness of all athletic facilities including the locker rooms, weight room and gym.
18. Inform team of dress code. Dress for success.
19. Attend District, Divisional, and State Athletic meetings as requested.
20. At the end of the season, a list of those athletes lettering in the sport must be turned in to the AD’s.
21. Coaches will submit their philosophy, practice, and game expectations to the AD’s prior to the start of the season.

**Uniforms**

Uniforms will be purchased upon need. It is suggested the uniforms are in rotation for at least five years before new ones are purchased. Uniforms will be stored at one of the DGSG co-op schools during the life of the uniform. Any loss of or damage to DGSG uniforms will be the responsibility of that student-athlete.

**Complaint Protocol**

Complaints should be handled in the following manner:

1. Athletes should visit with coaches regarding any concerns they may have.
2. If a resolution cannot be reached parents should set up a meeting with the coaching staff. However, the discussion will not happen immediately following a contest. Complaints need to be discussed with the coach the next day at a time that is convenient for each respective party.
3. If no satisfaction is received, a **written** meeting request and explanation of the nature of the complaint should be submitted to the lead AD for that sport.
4. If no satisfaction is received, a **written** meeting request and explanation of the nature of the complaint should be submitted to school administration.
5. The final step is to request to be part of the sports co-op agenda. If a personnel issue comes to the Board, the involved staff member has the right to be notified and attend the meeting.

Point of Emphasis-It is the desire of the DGSG Cooperative Board and administration that all problems be handled at the lowest level of the complaint protocol chain of command. Issues of mental and physical health are of the utmost importance and are grounds for a meeting. Playing time, X’s and O’s, and mentioning other athletes will not be discussed. Any parent texting, calling, or emailing coaches about anything other than the well-being of their own child will be reported to the AD’s and/or superintendents. It is recommended that at least two coaches and AD’s be present in any formal complaint meeting.

**Student Insurance**

Even with the greatest precautions and the closest supervision, accidents can and do happen.

Individually, Denton, Geyser, Stanford and Geraldine School Districts provide liability medical insurance which covers our athletes at every sporting event that their student-athlete officially takes part in. However, remember this is liability insurance only and covers major injuries to certain percentages. It is strongly recommended that medical insurance for each athlete be purchased by parents.

Concussion Insurance can be obtained as well. This will be through MHSA. For more information, please contact your school administration.

**Return to Play/Concussion Protocol**

Please refer to the DGSG Bearcats Concussion Protocol when it comes to any issues with a student/athlete suffering a concussion. If you have any further questions, please visit with your coaches and school administration.

**DGSG Bearcats Concussion Management Protocol**

Step 1: Baseline Evaluation

Step 2: Immediate Evaluation

Step 3: Removal from Participation

Step 4: Neurocognitive Testing (ImPACT – Immediate Post-concussion Assessment and Cognitive Testing)

Step 5: School/Activities Modified as Needed

Step 6: Monitor Symptoms and Repeat ImPACT Testing

Step 7: Progressive Return to Athletic Participation

**Step 1: Baseline Evaluation**

* All athletes should have a baseline ImPACT test performed before participating in contact/collision sports which have the highest risk of concussions. Testing should be offered to all student-athletes as requested. Baselines should be taken every 2 years (before athletic participation in 7th grade, 9th grade, and 11th grade)

**Step 2: Immediate Evaluation**

* Recognition of concussion signs and symptoms by the athlete, official, coach, parent, or athletic trainer
* Immediate removal from the athletic contest/practice if a concussion is suspected. No same-day return if concussion is diagnosed or suspicion is high.
* Evaluation of the athlete by a trained medical professional (physician or athletic trainer) should occur as soon as possible

Athletes with concussions should be referred to a physician on the **DAY OF INJURY** if he/she meets any of the criteria below (from NATA Position Statement: Management of Sport-related Concussion):

* + Loss of consciousness on the field/court lasting greater than 1 minute
	+ Amnesia lasting longer than 15 minutes
	+ Deterioration of neurological function
	+ Decreasing level of consciousness
	+ Decrease or irregularity in respirations
	+ Decrease or irregularity in pulse
	+ Increase in blood pressure
	+ Unequal, dilated, or unreactive pupils
	+ Cranial nerve deficits
	+ Any signs or symptoms of associated injuries, spine or skull fracture, or bleeding
	+ Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation
	+ Seizure activity
	+ Vomiting
	+ Motor deficits subsequent to initial on-field assessment
	+ Sensory deficits subsequent to initial on-field assessment
	+ Balance deficits subsequent to initial on-field assessment
	+ Cranial nerve deficits subsequent to initial on-field assessment
	+ Post-concussion symptoms that worsen
	+ Additional post-concussion symptoms as compared with those on the field
	+ Athlete is still symptomatic at the end of the game (especially at the high school level)

**Step 3: Removal from Participation**

* No adolescent who sustains a concussion should be allowed to play or return to a game until cleared by a concussion specialist
	+ Athletes continuing to play (including exercise) or receiving multiple blows to the head, after sustaining a concussion, may take longer to recover and are at an increased risk for developing post-concussion syndrome and second impact syndrome.

**Step 4: Neurocognitive Testing (ImPACT – Immediate Post-concussion Assessment and Cognitive Testing)**

* Post-concussion neurocognitive testing with the ImPACT program should take place within 24-72 hours.
* If the athlete is a participant in a contact sport, they will have a baseline ImPACT test performed during their freshman and junior years

**Step 5: School/Activities Modified as Needed**

* School attendance, assignments, and other activities may need to be modified according to the individual’s symptoms.

**Step 6: Monitor Symptoms and Repeat ImPACT Testing**

* The individual’s symptoms should be closely monitored until they feel symptom free.
* ImPACT testing will be performed again once the symptoms have cleared or 7-10 days after the first post-concussion test, at the direction of the concussion specialist.
* ImPACT testing will continue to be performed as recommended by the concussion specialist that reviews the test data.

**Step 7: Progressive Return to Athletic Participation**

* Once the athlete is symptom free, **AND THEY HAVE BEEN CLEARED BY A CONCUSSION SPECIALIST,** they may begin a progressive return to their sport
* A progressive return involves gradually increasing the level and intensity of the activity, while closely monitoring the athlete for any return of symptoms

Example:

|  |  |  |
| --- | --- | --- |
| Day 1 | Light aerobic exercise – walking or stationary bike, keeping intensity less than 70% of predicted max heart rate (to find predicted max heart rate, subtract athlete’s age from 220) | **NO RESISTANCE TRAINING,** **NO CONTACT** |
| Day 2-3 | Running or jogging – increasing intensity each day | **NO HEAD IMPACT, NO CONTACT** |
| Day 3-4 | Non-contact training drills – progress to more complex training drills (i.e. passing drills in football and soccer, shooting in basketball). May start progressive resistance training | **NO CONTACT** |
| Day 4-5 | Full-contact practice – following medical clearance, participating in normal training activities – restore confidence and assess functional skills by athletic trainer and/or coaching staff. |  |
| Day 6-7 | Return to normal game play |  |

**With this stepwise progression, the athlete should continue to proceed to the next level IF asymptomatic** (no headache, dizziness, impaired orientation, concentration, or memory dysfunction during exertion or at rest) at the current level. Generally, each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise.

* **If any post-concussion symptoms occur while in the stepwise program, the athlete should stop activity and notify his/her medical provider. When symptoms resolve, activity may be resumed at the level prior to symptom recurrence and progress as above.**

**Further Information:**

* Second Impact Syndrome: Occurs when an adolescent receives a second blow to the head after they have already sustained a concussion, which results in rapid swelling of the brain and is often fatal. Even a very minor blow can cause Second Impact Syndrome
* Post-Concussion Syndrome: Is characterized by prolonged concussion symptoms (headache, nausea, dizziness, difficulty concentrating, poor memory, etc) that may continue for months or longer.