



**CROSSPOINT**  
— WARRIORS —

# Athletic Packet

**GATEWAY**  
CHRISTIAN SCHOOLS

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*Any items that are **highlighted** have been updated or added to this edition of the Athletic Packet.*

## STUDENT ATHLETIC CODE

It is the policy of Crosspoint and Gateway Christian Schools that the following Student Athletic Code shall apply to all students who participate in the secondary school athletic program.

### **BEHAVIORAL EXPECTATIONS**

The Washington Interscholastic Activities Association (WIAA) deems the following Code of Ethics as the duty of all those concerned with school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play
2. To eliminate all possibilities which tend to destroy the best values of the game
3. To stress the values derived from playing the game fairly
4. To show cordial courtesy to visiting teams & officials
5. To establish a happy relationship between visitors & hosts
6. To respect the integrity and judgment of sports officials
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility
8. To encourage leadership, use of initiative, and good judgment by the players on the team
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players
10. To remember that an athletic contest is only a game, not a matter of life or death for player, coach, school, official, fan community, state or nation

We, as a Christian School under God's authority, ascribe to a Christian code of morality, ethics, discipline, and conduct as well as to any code established by a governing body of which we are a member. We have fully stated in writing our Corporation and School standards. These can be found in our statements of Purpose, Philosophy, Doctrinal Statement, Specific Objectives, Basic Affirmations, Secondary Guidelines, and the Student Handbook.

As representatives of Crosspoint and Gateway Christian Schools, athletes are expected to adhere to these standards.

## PHILOSOPHY

### **High School Athletic Philosophy**

Crosspoint Athletics places our student-athletes in a competitive environment that fosters dynamic growth in their **integrity, commitment, and teamwork**. Athletics is an extension of the classroom and challenges our student-athletes to mature in their sports skills, time management, and sportsmanship within our established framework of a Biblical worldview.

- **Integrity** in their academics, attitude and sportsmanship.
- **Commitment** to God, family, school, sport, and team.
- **Teamwork** developed by respecting their coaches and teammates in supporting each other in all parts of a student-athletes life.

### **Middle/Elementary Athletic Philosophy:**

The Middle/Elementary Athletic program focuses on learning the fundamentals of various sports. We concentrate on learning to work as a team, and how to show Christ-like character and sportsmanship while participating in a competitive environment. Students hone their skills both individually and corporately in preparation for high school competition.

## **ATHLETIC CODE**

An athlete will comply with all the rules, regulations, and standards of behavior as required by all governing bodies including the WIAA and Crosspoint/Gateway Christian schools.

- Athletes will comply with official WIAA rules peculiar to that specific sport.
- Athletes will comply with all eligibility requirements and be properly admitted to the athletic program.
- Athletes will comply with the rules, regulations and standards for an individual sports program within our athletic program. These include:

### Practice Standards

- a) The head coach of each sports program will determine the mandatory practice and informal practice schedule for that sport, providing each athlete and his/her parents/guardian with a copy.
- b) The athlete is expected to attend all required practices unless excused by his/her coach.
- c) To be excused the athlete must notify his/her coach at least one day in advance of any absence.
- d) Other than for an emergency, illness, or other excused school absence. The acceptance of any absence excuse that has not been prearranged is left to the discretion of the head coach. Disciplinary action may be taken under the following guidelines:
- e) Unexcused absences will affect participation in interscholastic athletic contests.
- f) Coaches reserve the right to adjust the amount of participation so affected.
- g) Two missed contests due to unexcused absences will be grounds for dismissal

from the athletic team or athletic program.

- h) Unexcused absences may include: detention, lessons or practices outside that sport, classes such as Driver's Education, family vacations, skipping.
- i) Interruption of pre-contest practices: Per WIAA rule 17.12.9, If an individual athlete's pre-contest practice is interrupted, the following procedure will be used to assure that an appropriate period of practice precedes interscholastic competition:
  - A. An interruption of up to three (3) consecutive school scheduled practice days, excluding Sunday, will have no effect on the value of previous practice days in determining compliance with pre-contest practice requirements. For example: If an athlete has completed seven (7) days of practice and then did not practice for three (3) consecutive school scheduled practice days, excluding Sunday, the previous seven (7) days would still count toward the minimum individual practices required before interscholastic competition.
  - B. Beginning with the fourth (4) consecutive school scheduled practice day without practice, the total number of days missed will be subtracted from the number of days previously practiced to determine compliance with pre-contest practice requirements. For example: If an athlete completed six (6) days of practice, and then did not practice for five (5) school scheduled practice days, only one (1) of the previous practice days could be counted toward meeting the minimum pre-contest requirement. If an athlete completed eight (8) days, and then missed five (5) days, only three (3) of the previous days could be counted toward meeting the minimum pre-contest practice requirements.

### Training Standards

- a) Athletes must adhere to all behavioral standards included in the Secondary Guidelines and Student Handbook. These include: prohibition against disruptive conduct, disobedience of the reasonable instructions of school authorities, failure to identify oneself to a school authority, immoral conduct, vulgarity, profanity, or commission of any criminal act.
- b) Athletes will not use, be in possession of, or sell any alcohol, tobacco, or any other illegal drug, use any drug without a medical prescription, or in any other way physically harm themselves or any other student. Violation of this standard may result in loss of position on the team and possible removal from the school. WIAA policy states that the use of non-prescribed legend drugs (this includes marijuana) will result in immediate removal from your current co-curricular activity.
- c) Athletes are expected to practice good health and safety including proper nutrition, rest, safe play, and consideration for others.

### Attitude Standards

- a) The Christian witness of our school and any representative of our school is vital in the perception of others toward our school. Therefore, we consider a good attitude on the part of all participants in our athletic program to be essential for a successful program.
- b) An athlete is accountable to his/her coach for his/her attitude as a participant just as the coach is accountable to the school administration, and as we are all before God.

### Risk of Injury Understanding

- a) Athletes must be aware that there is a risk of injury when athletic participation is engaged. Because an athlete may be accidentally injured, both the athlete and his/her parents/guardian must become aware of the risks involved in a particular sport, the possible injuries and how to avoid unnecessary risk within the context of safe skill execution for that sport, and the intended instruction for safe participation in that sport.
- b) In order to be admitted to any particular sport within our athletic program, the athlete and his/her parents/guardian must attend any scheduled Information and Safety Seminar for that sport.

### Day of Contest Attendance Standard

- a) Students must be in attendance for at least one-half the school day to be eligible to participate in a contest that day. If there is an early dismissal due to travel, this is used to calculate the time a student must be in class to be eligible to participate.

### Dual Sport Athletes

WIAA allows 1B/2B schools to offer eligibility participation in more than one (1) interscholastic sport per season at the high school level (18.21.1). Gateway Christian Schools has decided to allow this option. To compete in two sports in one season a student must show the ability to maintain a high academic standard, parental approval, and administrative approval. Administration will look at each student on a case-by-case basis. Approval will be for only one season. The student-athlete will need to have 10 practices in **EACH** sport before they are eligible to participate in any games. The student-athlete must set up a meeting with administration to begin the process of getting eligible to play a dual sport.

## Discipline Code

The Crosspoint and Gateway Christian Schools athletic code encompasses the regular discipline code of the school. An athlete is certainly expected to meet those standards. However the athlete must realize that participation in athletics at any level is not a right but a privilege. When a student conducts himself in a way that is inconsistent with the expectations of the school and the scriptures, there is a probability that they will forfeit their privilege to participate. Listed below are the kinds of things that would lead to a loss of eligibility to participate at Crosspoint and Gateway Christian Schools in athletics.

**1. Disrespectful to an adult or coach(es).** A player who demonstrates this behavior will be in danger of losing the privilege to play and is subject to normal disciplinary procedures. In a game, a player may have an objection to the way an official sees the game. It is not the role of the athlete to provide any kind of critique for an official, opponent or any other person at the game. The athlete is to participate in the contest to the best of their ability and be able to accept the result even if it is a difficult situation. Open expression of dissatisfaction is understandable but not acceptable, especially when it occurs on the athletic floor/field.

**2. Endangering a coach, another player or any other person(s).** This is obviously a serious concern because the physical well being of people is the issue.

**3. Physically damaging or attempting to damage equipment or property.** For example a student might throw his/her batting helmet at the bench after a bad play or game. That type of behavior is unacceptable.

**4. Conduct that is contrary to acceptable behavior at school, home or as a Christian.** This may be more difficult to define but needs to be included because of our position as witnesses for the Lord. We realize that it is difficult to establish absolute truths in terms of behavior but it is necessary to have some parameters for ethical behavior.

**5. Disobedience of an authority.** Because the coach or driver is responsible for the welfare of the students assigned to him or her, it is important that the person in charge has control in game, practice and transportation situations. A student who disregards the position and responsibilities is not only ruining an opportunity for the team to be successful, but may actually endanger someone because they have failed to follow instructions.

**6. Quitting.** Quitting an athletic team after the season has began, may constitute ineligibility to turn out for any other school sport while enrolled at Crosspoint and Gateway Christian Schools. (Season beginning consists of 10 practices and 1 match/game/meet being completed.)

## Academic Eligibility

Academic Eligibility for participation in sports mean a students must be in good academic standing in order to participate in extra-curricular activities. A student who is academically eligible may practice and participate in sports.

### Grade Requirements:

- Grades will be checked after the first 4.5 weeks of the semester and every three weeks thereafter.
- A student who has no F's, no more than one D, **and** has a grade point average of 2.33 is deemed to have met the grade requirement for eligibility.
- A student who does not meet the grade requirement will be on academic probation for one week and grades will be checked weekly for that student.
- The following steps will be followed for those who do not meet grade requirements.
  - Week One: May practice and participate in contests
  - Week Two: May practice but not participate in contests
  - Week Three: Ineligible to participate in practice and contests.
- Eligibility for the following season will be reviewed at the next regularly scheduled grade check.
- Students who fail to maintain eligibility at the last grading period of the school year will be ineligible to participate at the beginning of the next school year until the first grade check.
- A student who is ineligible may appeal to the Principal.

## ELIGIBILITY PAPERWORK

The following must be on file with the Athletic Department **BEFORE** an athlete may participate in a team practice.

1. Athletic Packet Signature Page (updated yearly)
2. Emergency Medical form [EMI] (updated yearly)
3. Concussion Management/Sudden Cardiac Arrest Acknowledgment form (updated yearly)
4. Current Sports Physical (updated every 24 months). This form not included with the packet. Can be obtained from the school, league website, or athletic director.

This paperwork must be completed and returned **at least one week** before the season begins. Any paperwork handed in the first day of practice may not make the athlete eligible on that day. Coaches are **NOT** able to grant eligibility to a player. Only the Athletic Director and School Administration can grant eligibility.



## **BOOSTER CLUB**

The mission of the Athletic Booster Club is to support our student-athletes by providing spiritual, emotional and financial support, thus encouraging growth through athletic endeavors. The Athletic Booster Club exists for the purpose of broadening the involvement of students, students' families and the school, through support for all male and female activities of the inter-school athletic programs. The booster club works to achieve this through active participation of as many parents as possible in the Booster Club programs, working closely with the Athletic Coordinators, coaches, and the Gateway/Crosspoint School Administration.

As a parent of a Crosspoint and Gateway Christian School athlete there is a requirement for everyone to volunteer with booster club activities. These may include but are not limited to the following:

- Concession stand and Barbeque Nights during Volleyball, Soccer, and Basketball seasons
- Admission gate coverage
- Scoring table
- Help coaches when needed as team parent, distribution of uniforms, volunteer timer, course worker etc...
- Attend booster club meetings

Everyone's help is vital for the success of the booster club.

## **WIAA Regulations regarding physicals:**

**17.11.0 PHYSICAL EXAMINATION** - Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination.

17.11.1 Results of the exam shall indicate:

- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
- B. Documentation of satisfactory examination of the cardiopulmonary system.
- C. Documentation of satisfactory sport-specific orthopedic screening examination.
- D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

17.11.2 Those licensed to perform physical examinations include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.

17.11.3 The school in which this student is enrolled must have on file a statement (or prepared form) from a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate.

17.11.4 To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a written release from a physician licensed to perform physical examinations as listed in 17.11.2 and/or a dentist as applicable.

17.11.5 The physical examination shall be valid for twenty-four (24) consecutive months to the date unless otherwise limited by local school district policy or when the physician indicates the physical is only good for less than twenty-four (24) consecutive months.

17.11.6 For each subsequent twenty-four month period the student shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.

## LETTER STANDARDS

**Standards for earning a varsity letter vary from sport to sport due to the length of season, opportunities to participate and the number contests each sport offers. The School reserves the right to make exceptions to this policy in its sole and absolute discretion.**

Basketball: Must play in 5/12 or 42% of the quarters in the regular season and participate for the full season.

Cross Country: Lettering is based upon points earned. Must participate in the full season.

- o Head coach has the criteria

Fast Pitch/Baseball: Must play in 5/12 or 42% of the games and participate for the full season.

Golf: Must be one of the top six golfers on the team or finish in the top twenty in the district tournament.

Soccer: Must play in 5/12 or 42% of the games and participate for the full season.

Track: Must qualify for the district track meet and participate in the full season.

Volleyball: Must play in at least 5/12 of the games during the regular season and participate in the full season.

**(NOTE: Unexcused absences/adverse behavior/citizenship in practices or games as determined by the School may affect the athlete's ability to letter. The final decision to letter an individual lies with the respective head coach and the Athletic Director.)**

## CONCLUSION

For admission to the Crosspoint and Gateway Christian Schools' athletic program and fulfillment of athletic eligibility requirements, both the athlete and his/her parents/guardian must have read this Student Athletic Code and demonstrate a willingness to agree to and uphold all standards herein by signing and returning the signature page to the Athletic Department

Athletes are strongly advised to keep this Code and all other athletic/activities information for reference.

**ATHLETIC PACKET SIGNATURE PAGE**

**COMPLETE AND RETURN**

I have read this document and understand that participation in athletics is a privilege and not a right. It is also clear that failure on my part to abide by this code may result in loss of athletic eligibility at Crosspoint and Gateway Christian Schools.

STUDENTS PRINTED NAME: \_\_\_\_\_

STUDENTS SIGNATURE: \_\_\_\_\_

Date \_\_\_\_\_

As a parent of a student-athlete, I have read and understand this document. My signature below acknowledges agreement to uphold the athletic code at Crosspoint and Gateway Christian Schools.

PARENTS SIGNATURE: \_\_\_\_\_

Date \_\_\_\_\_

PARENT'S CONTACT INFORMATION:

Phone Number: \_\_\_\_\_(home) \_\_\_\_\_ (cell)

Email Address: \_\_\_\_\_ -



## EMERGENCY MEDICAL INFORMATION

STUDENT'S NAME \_\_\_\_\_ 2017-18 GRADE \_\_\_\_\_  
(LAST) (FIRST) (MIDDLE)

PARENT'S NAME \_\_\_\_\_ STUDENT'S BIRTHDATE \_\_\_\_\_

FATHER'S WORK# \_\_\_\_\_ MOTHER'S WORK# \_\_\_\_\_ HOME PHONE # \_\_\_\_\_

FATHER'S CELL# \_\_\_\_\_ MOTHER'S CELL# \_\_\_\_\_

NEXT OF KIN \_\_\_\_\_ PHONE \_\_\_\_\_

NEIGHBOR/ RELATIVE \_\_\_\_\_ PHONE \_\_\_\_\_

**IN THE EVENT OF AN EMERGENCY, THE PARENT/GUARDIAN PREFERS CROSSPOINT AND GATEWAY CHRISTIAN SCHOOL TO CONTACT THE FOLLOWING:**

PREFERRED EMERGENCY HOSPITAL SERVICE \_\_\_\_\_ PHONE \_\_\_\_\_

FAMILY PHYSICIAN/PEDIATRICIAN \_\_\_\_\_ PHONE \_\_\_\_\_

PLEASE LIST ON BACK ANY SPECIAL INSTRUCTIONS WE ARE TO FOLLOW OR INFORMATION WE SHOULD KNOW. IF THERE IS AN EMERGENCY, IT IS IMPORTANT THAT WE ARE ABLE TO REACH THE PARENTS OF THE STUDENT ATHLETE IF POSSIBLE. IF YOU ARE GOING OUT OF TOWN, PLEASE LET US KNOW AND GIVE US ANY SPECIAL INSTRUCTIONS.

### **MEDICAL HISTORY (FILLED OUT BY PARENT/GUARDIAN)**

PLEASE ANSWER THE FOLLOWING ACCORDING TO HOW STUDENT'S ATHLETIC PARTICIPATION MAY BE AFFECTED:

MAJOR ILLNESSES \_\_\_\_\_

SURGERIES (OTHER THAN TONSILLECTOMY) \_\_\_\_\_

MEDICATIONS NOW TAKING REGULARLY \_\_\_\_\_

(NOTE: IF STUDENT BEGINS MEDICATION AFTER THIS FORM HAS BEEN COMPLETED, PLEASE LET US KNOW.)

ALLERGIES \_\_\_\_\_

PREVIOUS INJURY REQUIRING TREATMENT BY A PHYSICIAN \_\_\_\_\_

PREVIOUS MAJOR ORGAN PROBLEM (HEART, KIDNEYS, ETC.) \_\_\_\_\_

WEARS MEDICAL EQUIPMENT (BRACES, DENTAL PLATE, EYE GLASSES, CONTACT LENSES, ETC.)  
OR PROTECTIVE DEVICES (ARM/LEG BRACES, PADDING, BANDAGING, SPLINTS, ETC.)

ANY OTHER INFORMATION WE SHOULD KNOW IN CASE OF AN EMERGENCY? \_\_\_\_\_

**This form and all related forms must be completed accurately and according to the rules of Washington Interscholastic Activities Association and returned to Crosspoint and Gateway Christian Schools prior to any participation in any activity or sport.**

**STUDENT ATHLETIC CODE ACKNOWLEDGEMENT**

I hereby acknowledge that I have read and understand the athletic code and athletic participation agreement. I will abide by all rules and regulations for the Washington Interscholastic Activities Association and Crosspoint and Gateway Christian Schools. I understand that participation in athletics is a privilege and not a right. It is also clear that failure on my part to abide by this code may result in loss of athletic eligibility at Crosspoint and Gateway Christian Schools.

STUDENT NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**CONSENT FOR MEDICAL TREATMENT**

In the event of any medical emergency involving the student, the undersigned, as his or her parent or guardian, hereby grants authority and consent to staff of Crosspoint and Gateway Christian Schools supervising the above activity to administer or arrange for reasonable medical care for my child in the event that I cannot be contacted in time by reasonable means. For the medical emergency I further consent and grant authority to a physician, nurse or other appropriate health care provider to render whatever emergency care they deem necessary.

I hereby release Crosspoint and Gateway Christian Schools, their employees, directors and agents from any liability, and agree to hold them harmless for any expense (medical, ambulance, etc.) arising out of their reasonable efforts to provide such emergency medical care for my child. I further agree to take sole financial responsibility for any medical services rendered to my child which are not provided through school student insurance and hereby grant to the Crosspoint and Gateway Christian Schools employee supervising the above activity a special power of attorney to arrange for such reasonable medical services.

**Parent Initial** \_\_\_\_\_

**INSURANCE STATEMENT**

Schools may carry a medical insurance coverage program for all students who participate in school approved and supervised activities. The policy limitations and provisions are highlighted in the school handbook for parents. For our records, the school needs to be advised of your medical insurance program, which will provide coverage for your student. Parents are encouraged to have their own medical insurance program for their student. **NAME OF CARRIER:** \_\_\_\_\_

**ELIGIBILITY AND PARENT PERMISSION**

**I ATTEST THAT TO THE BEST OF MY KNOWLEDGE MY CHILD MEETS THESE REQUIREMENTS:**

1. \_\_\_ **Academic** (meets minimum GPA [2.33] and is not failing or has not failed any class within the last school term.)
2. \_\_\_ **Age and Member** (meets the age requirements for level in school and is a member in regular attendance and in good standing at this school.)
3. \_\_\_ **Amateur Status** (is fully an amateur in good standing.)
4. \_\_\_ **Physical Examination** (has on file a completed physical exam form and, as needed, an updated physical exam form.)
5. \_\_\_ **Transfer Clearance** (transferring students must clear eligibility with the athletic director.)

I hereby request that my child be permitted to participate in Crosspoint and Gateway Christian Schools athletics. In consideration of such participation by my child, I hereby release and agree to hold harmless Crosspoint and Gateway Christian Schools, their directors, officers, staff, and agents from liability, claims, judgments, amounts paid in settlement and expenses (including reasonable fees and costs of legal defense) for any injury, death, or damages to me and/or my child resulting from any risk, foreseen or unforeseen, whether or not caused in whole or in part by Gateway's negligence, arising from any such athletic activity. I understand that the athletic activity in, which my child will participate, involves inherent risks, including, but not limited to, serious injury or death. I further understand that I have the option of choosing not to allow my child to participate in any or all of these activities by so indicating below, or the option to obtain medical insurance that would cover such activities.

My child may **NOT** participate in the following sports that are marked:

- Basketball  Bowling  Cross Country  Fastpitch  Golf  Soccer  Tennis  Track  Volleyball

**TRANSPORTATION:** I hereby give permission for my son/daughter to travel to the activities or athletic contests in transportation arranged and approved Crosspoint and Gateway Christian Schools school officials. I understand proper school authorities will accompany the students and reasonable precautions will be observed.

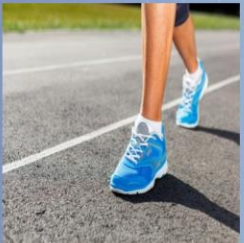
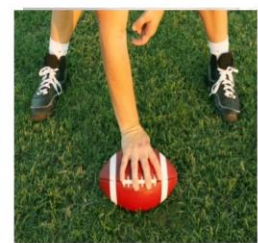
\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

# Sudden Cardiac Arrest

## Information Sheet for Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

***SCA is also the leading cause of sudden death in young athletes during sports***

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.



### Cardiac 3-Minute Drill

#### 1. RECOGNIZE

##### Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

#### 2. CALL 9-1-1

- Call for help and for an AED

#### 3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

#### 4. AED

- Use AED as soon as possible

#### 5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!  
Every Second Counts!**

AED



AUTOMATED  
EXTERNAL  
DEFIBRILLATOR

**Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!**

# UW Medicine

Center For Sports Cardiology  
[www.uwsportscardiology.org](http://www.uwsportscardiology.org)



WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION



SCA Awareness  
Youth Heart Screening  
CPR/AED in Schools

[www.nickoftimefoundation.org](http://www.nickoftimefoundation.org)

Crosspoint Warriors/Gateway Christian Schools  
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.

**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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

**Symptoms may include one or more of the following:**

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



### **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. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

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.

### **RETURN TO PARTICIPATION PROTOCOL**

**If you child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.**

**The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.**

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport  
Document created 6/15/2009

# Crosspoint Warriors/Gateway Christian Schools

## Student/Parent Concussion and Sudden Cardiac Arrest Awareness Form

**COMPELTE and RETURN**

The Crosspoint Warriors/Gateway Christian Schools believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in Crosspoint Warriors/Gateway Christian Schools athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

**I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS PAMPHLETS.**

\_\_\_\_\_  
*Student Name (Printed)*                      *Student Name (Signed)*                      *Date*

\_\_\_\_\_  
*Parent Name (Printed)*                      *Parent Name (Signed)*                      *Date*