

Student-Athlete Handbook



Mission Statement

The Warren County Public Schools Athletic Departments exist as an extension of the regular curriculum and to provide the student-athlete the opportunity to develop attributes that will lead towards positive character development.

Objectives of the Athletic Program

The interscholastic programs of Warren County Public Schools will strive to provide:

1. Activities that are compatible with the general instructional program of the school.
2. Opportunities for student athletes to learn the value of cooperation, hard work, dedication, sacrifice, and perseverance.
3. Opportunities for student athletes to develop positive leadership qualities.
4. Learning experiences that place team goals above individual goals.
5. Physical, mental, and social growth embodied in the spirit of amateur athletics.
6. Each student athlete the opportunity to explore a variety of activities.
7. A means for students to learn how to manage and budget time wisely.
8. Opportunities for students to develop a positive attitude toward school.
9. Instruction in proper techniques, skills, and regulations of each activity while placing safety of the participant first and foremost. **WARNING:** It should be understood there is an inherent risk of injury and even death while participating in any athletic activity.
10. Instruction that fosters respect for opponents, officials, school property, faculty, and coaches.

Athletic / Academic Activity Offerings – High School (HS) and Middle School (MS)

Fall: HS - Football, Volleyball, Cross Country, Golf, Cheer, Theatre, and Robotics

MS - Cross Country, Girls Basketball, Cheer

Winter: HS - Boys Basketball, Cheer, Wrestling, Girls Basketball, Indoor Track, Scholastic Bowl, and Forensics

MS - Boys Basketball, Cheer, Wrestling

Spring: HS - Track & Field, Soccer, Tennis, Softball, Baseball and Film Festival

MS - Volleyball, Track and Field

Lettering Policy (High School Only)

Each head coach is responsible for their team's lettering criteria.

Awards (High School Only)

All-Academic Awards:

- a. Any student that maintains a 3.5 GPA or better for the advisory of their season will receive an All-Academic Award .

Participants not lettering:

- a. Junior Varsity: certificate
- b. Varsity: certificate

First Letter:

- a. Varsity: cloth letter w/emblem, lettering certificate
- b. Manager: cloth letter w/emblem, lettering certificate

Second Letter:

- a. Varsity: bar, lettering certificate
- b. Manager: bar, lettering certificate

Additional Letter: (in different sport)

- a. Varsity: emblem, lettering certificates
- b. Manager: emblem, lettering certificates

Awards/Recognition:

- a. All coaches will have an awards program at the end of the season for their athletes. Athletes should be recognized during the same awards presentation to celebrate the team/individual accomplishments.

Student-Athlete Eligibility Regulations

Students must have:

1. **Current Physical:** Each athlete must have a current physical obtained after May 1st of the preceding school year. This parental consent and physician's certificate must be completed and turned into the coach, athletic trainer, or athletic director prior to the first practice. Students that participate in any off-season athletic activity must have a physical on file with the school prior to the start of the workouts.
2. **Emergency Care Card:** Each participate must have an emergency care card on file with the coach prior to the first scrimmage or contest.
3. **Insurance:** All candidates for an athletic team are encouraged to have accident insurance.

VHSL Requirements:

1. **Bona Fide Student Rule:** The student shall be a regular bona fide student in good standing of the school, which he/she represents. (VHSL 28A-2-1)
2. **Grade Rule:** The student shall be enrolled in the last four years of high school. (VHSL 28A-4-1)
3. **Enrollment Rule:** The student shall have been regularly enrolled in the school, which he/she represents not later than the fifteenth day of the semester. (VHSL 28A-3-1)
4. **Scholarship Rule:** The student shall be enrolled in not fewer than five subjects, or their equivalent, offered for credit and shall have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or immediately preceding semester. (VHSL 28A-5-1)
5. **Age Rule:** The student shall not have reached the age of 19 on or before the first day of August of the year in which he/she wishes to compete. (VHSL 28A-1-1)
6. **Transfer Rule:** The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in residence of his/her parents or guardian. (VHSL 28A-7-1)
7. **Semester Rule:** The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in ninth grade. (VHSL 28A-6-1)

Minimal Rules and Regulations:

1. **Practice Attendance:** Student-athletes are responsible to attend all practices. If an athlete cannot attend, it is his/her responsibility to notify the coach. Unexcused absences may result in disciplinary action. An unexcused absence from school may not count as an excused absence from practice.
2. **Grooming:** Hairstyles should be neat and within guidelines established by the head coach as a matter of health and safety.
3. **Dress:** Student-athletes should take pride in their appearance when representing the school whether during the day at school, traveling to a contest, or at a sports award program. Each sport's head coach sets the dress for the day of contests, team travel, and awards program.
4. **Jewelry:** For safety reasons, no jewelry will be worn during practice or athletic contests.
5. **Transportation:** All student-athletes are responsible for maintaining a good attendance record. In order to participate in an athletic activity or practice on any given day, a student must be on time and in school the entire day. Exceptions may be made for Doctor and Dental appointments (note required from doctor, parental notes will not be accepted) or reasons excused by the principal. Student-Athletes that are considered chronically absent in the semester previous to their season will be considered not in good standing and will not be permitted to participate in VHSL Athletics or Activities. Chronically absent is missing 10% or more of the school year's attendance days. For example, in a semester with 90 days, missing nine or more school days would be chronically absent.
6. **School Attendance:** Student-athletes are responsible for maintaining a good attendance record. In order to participate in an athletic activity or practice on any given day, a student must be on time and in school the entire day. Exceptions may be made for Doctor and Dental appointments (note required from doctor, parental notes will not be accepted) or reasons excused by the principal. Student-Athletes that are considered chronically absent in the semester previous to their season will be considered not in good standing and will not be permitted to participate in VHSL Athletics or Activities. Chronically absent is missing 10% or more of the school year's attendance days. For example, in a semester with 90 days, missing nine or more school days would be chronically absent.
7. **Profanity:** Profanity has no place in athletics and will not be tolerated.
8. **Athletic Equipment:** The student-athlete shall accept the responsibility for all athletic equipment issued and will provide for its proper cleaning and care, safe storage, maintenance, and return. An athlete may not participate in any further athletics until he/she has returned or paid for all issued equipment. Issued equipment may be worn at practices, on game day, or at WCPS sanctioned events only.
9. **Quitting a Team:** A student-athlete quitting a team will be suspended immediately from all school-supported athletics and/or off-season conditioning programs until that season is complete.
10. **Unexcused Missed Practice:** The coach of that sport will determine consequences for a missed, unexcused practice.
11. **Conduct:** Proper conduct is expected of all student-athletes. The athletes must be in good standing with their respective school. Any improper conduct while a member of an athletic team may result in suspension or dismissal from the squad. Insubordination to coaches and/or administration can lead to suspension and/or dismissal from the squad.
12. **Sportsmanship:** Athletes are expected to be courteous to opponents, coaches and officials; modest in victory and gracious in defeat; and be aware their actions often affect crowd reactions. Inciting crowds and bringing attention to oneself, even in celebration, will not be condoned.
13. **Any dual sport participation:** Must first be approved by the Director of Athletics for such situations. Parents, student-athletes, and the head coaches of both sports must agree. A primary sport must be established and a plan of action acceptable to all parties must be agreed upon.
14. **Coach's Meeting/Training Regulations:** All coaches are required to hold a meeting of parents/guardians of student-athletes prior to the start of the season. Student-athletes should also attend the meeting. The coaches are required to outline policies, concussion procedures, training rules, safety regulations, lettering procedures, and/or other related items. (Including drugs, tobacco, and alcohol rules)
15. **Tobacco Products:** Use or possession of tobacco products (including vapes, e-cigarettes, etc.) will result in the student-athlete being suspended for the next scheduled contest. A second offense will result in the student-athlete being suspended for the next two scheduled contests. A third offense will result in the student-athlete being removed from the team for that season.
16. **Alcohol Beverages, and Drugs:** The unlawful purchase, possession, use, or distribution of controlled substances and alcohol, or the misuse of any such substance which would endanger the safety of a student-athlete, will not be permitted. The first time offender will be denied participation for a minimum of ten school days plus the offender must successfully complete the intervention cessation program mandated by the school. A meeting with the parent(s), student-athlete, head coach, Director of Athletics will be held prior to the athlete returning to the squad. The second time offender will result in a suspension for all athletic participation for ninety school days.
17. **Ineligibility for Steroid Use:** *Consistent with the Code of Virginia*, a student who is a member of a school athletic team shall be ineligible for two years to compete in interscholastic athletics if it is determined by the school principal and division superintendent that the student used anabolic steroids during the training period immediately preceding or during the sport season of the athletic team, unless such steroid was prescribed by a licensed physician for a medical condition. (VHSL 30-2-2)

18. **Hazing/Bullying:** Any form of hazing/bullying or other rites of initiation or intimidation is strictly forbidden at any time, on or off school property. Any incident will be referred to administration with a minimum athletic suspension of 10 school days. "Hazing / bullying" refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate.
19. **Ejections:** Any athlete or coach that is ejected from a VHSL contest (including scrimmages) will be suspended for the next scheduled contest. If the ejection is for fighting the suspension will be for three games. Any athlete or coach that is ejected will also be required to complete a free, online sportsmanship course prior to being able to return to play. School administration reserves the right to add additional numbers of games onto the suspension, up to and including, dismissal from the team.
20. **Energy Drinks:** Athletes are prohibited from consuming energy drinks during participation in VHSL practices and competitions. Energy drinks should not be used for rehydration or for athletes that are dehydrated. Examples include, but not limited to, Red Bull, Monster, Rock Star, NOS. (VHSL 27-10-1)
21. **Social Media:** The use of any electronic media to bully, threaten, harass, sexually harass, or insult other students, team members, coaches, opponents, or officials, or other actions that reflect negatively on the sport, program, and/or school, will not be tolerated. Such use may include but is not limited to statements, photos, or videos sent to other individuals or posted on social media sites. Athletes that are in violation of this policy are subject to discipline including game suspension and/or team dismissal.
22. **Locker-room / Transportation:** Athletes are required to maintain appropriate decorum while in locker rooms and when using WCPS transportation. Failure to comply with locker room and transportation rules will result in disciplinary actions up to dismissal from athletic participation and suspension from school.
23. **Playing Time:** Student-Athletes are not guaranteed playing time. All playing time will be at the discretion of the coaches of each team.
24. **Financial Obligations:** It will be the parents and/or student-athlete's responsibility to purchase any equipment not provided by the school and to cover the cost of any equipment not returned in a timely manner or that is damaged by using the equipment in a manner that is not in line with the expectations of the sport.
25. **School Discipline:** School discipline will have direct consequences on athletic participation and playing time.

Training Room Rules:

1. Student-athletes who are injured during practice or a game must see the school's athletic trainer before returning to play. **AT NO TIME, MAY THE COACH SUPERSEDE THE MEDICAL DECISION OF THE ATHLETIC TRAINER.**
2. All student athletes must sign in on the daily log sheet. Athletes are seen first come first served basis; only exception is an emergency.
3. Student athletes should arrive in the training room with adequate time to wait, receive treatment and make it to practice on time. If athletes arrive with inadequate time they may not receive treatment.
4. Absolutely **NO CLEATS** or **EQUIPMENT** in the training room.
5. The training room is **not for socializing**, if you are not receiving treatment, or speaking with the athletic trainer - you do not belong there.
6. No horse play in the training room.

Inclement Weather Policy:

1. If schools are dismissed early to due inclement weather, all practices and scheduled contests will be cancelled or postponed.
2. If schools are closed for periods of inclement weather, practices and/or scheduled contests may be conducted if approved by the Superintendent. Practices on inclement days will not be permitted prior to 12:00 PM. Practices will be for varsity level only.
3. If schools are closed for periods of inclement weather, students will not be required to attend practices or scheduled contests. The student will not be penalized for his/her non-attendance.
4. When school is closed due to inclement weather, the final approval for the student to attend practice and/or a scheduled contest will be at the discretion of the parent/guardian.
5. In the event the school does not provide transportation, travel to and from school during periods of inclement weather will be the responsibility of the parent/guardian.

Tryout / Player Selection Policy:

1. Tryouts will be announced by the school prior to the start of each season.
2. A tryout will consist of a minimum of 3 practice days.
3. Students must be apprised of the tryout dates and criteria on which the student will be judged.
4. Criteria must be reasonable to the average student and be directly associated proportionately to the particular sport.
5. Students will have the opportunity to perform sports specific activities.
6. Coaches will meet with players that do not make the team. Lists will not be posted to inform athletes of the decision.



Warren County Public Schools

CONCUSSIONS IN HIGH SCHOOL SPORTS --- GUIDELINES FOR PARENTS, ATHLETES & COACHES **IMPORTANT INFORMATION --- READ CAREFULLY**

INTRODUCTION:

Effective July 1, 2011, the Code of Virginia will be amended to include Section 22.1-271.5 directing Virginia school divisions to develop and distribute guidelines for policies dealing with concussions in student-athletes, and Requiring WCPS to obtain written acknowledgment of information regarding the identification and handling of suspected concussions in student-athletes.

WHAT IS A CONCUSSION?

- A concussion is a brain injury caused by a bump, blow, or jolt to the head, face, neck or body which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull. An athlete **does not** have to lose consciousness to suffer a concussion.

CONCUSSION FACTS

- Concussions occur most frequently in football, but girls' lacrosse, girls' soccer, boy's lacrosse, wrestling and girls' basketball follows closely behind. **All athletes are at risk.**
- Concussion symptoms may last from a few days to several months.
- A concussion can affect a student's ability to do schoolwork and other activities.
- An athlete may not return to sports while still having symptoms from a concussion as they are at risk for prolonged symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks.
- Most athletes who experience a concussion can recover completely as long as they do not return to play prematurely. The effects of repeated concussions can be cumulative, and after a concussion, there is a period in which the brain is particularly vulnerable to further injury. If an athlete sustains a second concussion during this period, the risk of permanent brain injury increases significantly and the consequences of a seemingly mild second concussion can be very severe, and even result in death (i.e. "second impact syndrome").

CONCUSSION SIGNS OBSERVED BY PARENTS, COACHES, AND STUDENTS:

- Athlete appears dazed or stunned.
- Is confused about what to do.
- Forgets plays.
- Is unsure of game, score or opponent.
- Move clumsily.
- Loses consciousness.
- Show behavior or personality changes.
- Can't recall events prior to hit.
- Can't recall events after hit.

SIGNS AND SYMPTOMS OF A CONCUSSION:

- Athlete feels headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.

ACTIONS IF A STUDENT-ATHLETE SUFFERS A SUSPECTED CONCUSSION EVENT:

- Immediately remove the student from play, be it a game or practice.
- Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, an increased risk for further injury, and even a risk of death.
- Have a medical professional diagnose the individual.
- **WHEN IN DOUBT, SIT THEM OUT.**

WHEN CAN A STUDENT-ATHLETE RETURN TO PLAY OR PRACTICE ACTIVITIES?

- Athletes **may not** return to play or practice on the same day after suffering a concussion.
- Athletes **must be evaluated** by a health care professional and **be cleared** before returning to play or practice.
- Once cleared, the athlete may proceed with activities in a **step-wise fashion** to allow the brain to re-adjust to exertion.

STEPS THE STUDENT-ATHLETE MUST FOLLOW AFTER CLEARANCE BY A MEDICAL PROFESSIONAL:

If symptoms occur during any of the following steps, the **athlete must cease activity** and be **re-evaluated and cleared by their health care provider**.

- Step 1 - Light exercise, including walking or riding an exercise bike. No weight lifting.
- Step 2 - Running in the gym or on the field. No helmet or other equipment.
- Step 3 - Non-contact training drills in full equipment. Weight training can begin.
- Step 4 - Full contact practice or training.
- Step 5 - Game play.

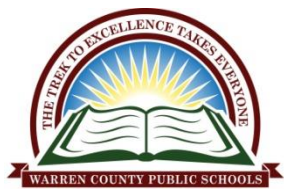
WHAT MUST BE DONE BY STUDENT- ATHLETES, PARENTS, AND COACHES?

- **All parties must** learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach student-athletes to immediately inform the athletic trainer and coach if they experience such symptoms.
- Teach student-athletes to tell the athletic trainer and coach if they suspect that teammate has a concussion.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate a concussion.
- Report concussions to the athletic trainer and coaches to help in monitoring injured athletes as they move to the next sports season.

REST IS THE BEST TREATMENT FOR A CONCUSSION
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**PLEASE KEEP THIS SHEET FOR FUTURE REFRENCING
SIGN AND RETURN THE IDENTICAL COPY TO YOUR COACH**

IMPORTANT INFORMATION --- READ CAREFULLY



Warren County Public Schools

Sudden Cardiac Arrest (SCA) Information for Parents and Student-Athletes

Definition:

Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs. SCA in student athletes is rare; the chance of SCA occurring to any individual student athlete is about one in 100,000. However, student athletes' risk of SCA is nearly four times that of non-athletes due to the increased demands on the heart during exercise.

Causes:

SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

Warning Signs of SCA:

- SCA strikes immediately
- SCA should be suspected in any athlete who has collapsed and is unresponsive
 - No response to tapping on shoulders
 - Does nothing when asked if he/she is OK
- No pulse

Emergency Response to SCA:

- Act immediately; time is most critical to increase survival rates
- Recognize SCA
- Call 911 immediately and activate EMS
- Administer CPR
- Use Automatic External Defibrillator (AED)

Warning signs of potential heart issues: The following need to be further evaluated by your primary care provider.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

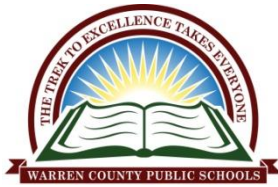
Risk of Inaction:

Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

Information used in this document was obtained from the American Heart Association (www.heart.org), Parent Heart Watch (www.parentheartwatch.org), and the Sudden Cardiac Arrest Foundation (www.sca-aware.org). Visit these sites for more information.

**PLEASE KEEP THIS SHEET FOR FUTURE REFRENCING
SIGN AND RETURN THE IDENTICAL COPY TO YOUR COACH**

IMPORTANT INFORMATION --- READ CAREFULLY
Please return the signed copy to your coach.



Warren County Public Schools

CONCUSSIONS IN HIGH SCHOOL SPORTS --- GUIDELINES FOR PARENTS, ATHLETES & COACHES **IMPORTANT INFORMATION --- READ CAREFULLY**

INTRODUCTION:

Effective July 1, 2011, the Code of Virginia will be amended to include Section 22.1-271.5 directing Virginia school divisions to develop and distribute guidelines for policies dealing with concussions in student-athletes, and Requiring WCPS to obtain written acknowledgment of information regarding the identification and handling of suspected concussions in student-athletes.

WHAT IS A CONCUSSION?

- A concussion is a brain injury caused by a bump, blow, or jolt to the head, face, neck or body which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull. An athlete **does not** have to lose consciousness to suffer a concussion.

CONCUSSION FACTS

- Concussions occur most frequently in football, but girl's lacrosse, girls' soccer, boy's lacrosse, wrestling and girls' basketball follows closely behind. **All athletes are at risk.**
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- Feeling sluggish, hazy, foggy or groggy.
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- Confusion.

ACTIONS IF A STUDENT-ATHLETE SUFFERS A SUSPECTED CONCUSSION EVENT:

- Immediately remove the student from play, be it a game or practice.
- Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, an increased risk for further injury, and even a risk of death.
- Have a medical professional diagnose the individual.
- **WHEN IN DOUBT, SIT THEM OUT.**

WHEN CAN A STUDENT-ATHLETE RETURN TO PLAY OR PRACTICE ACTIVITIES?

- Athletes **may not** return to play or practice on the same day after suffering a concussion.
- Athletes **must be evaluated** by a health care professional and **be cleared** before returning to play or practice.
- Once cleared, the athlete may proceed with activities in a **step-wise fashion** to allow the brain to re-adjust to exertion.

STEPS THE STUDENT-ATHLETE MUST FOLLOW AFTER CLEARANCE BY A MEDICAL PROFESSIONAL:

If symptoms occur during any of the following steps, the **athlete must cease activity** and be **re-evaluated and cleared by their health care provider**.

- Step 1 - Light exercise, including walking or riding an exercise bike. No weight lifting.
- Step 2 - Running in the gym or on the field. No helmet or other equipment.
- Step 3 - Non-contact training drills in full equipment. Weight training can begin.
- Step 4 - Full contact practice or training.
- Step 5 - Game play.

WHAT MUST BE DONE BY STUDENT- ATHLETES, PARENTS, AND COACHES?

- **All parties must** learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach student-athletes to immediately inform the athletic trainer and coach if they experience such symptoms.
- Teach student-athletes to tell the athletic trainer and coach if they suspect that teammate has a concussion.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate a concussion.
- Report concussions to the athletic trainer and coaches to help in monitoring injured athletes as they move to the next sports season.

REST IS THE BEST TREATMENT FOR A CONCUSSION

Please acknowledge your receipt, understanding, and agreement with this important information by signing below.

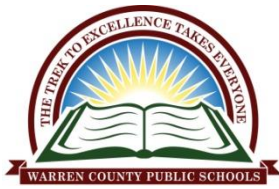
I have read, fully understand, and agree to the above Warren County Public Schools guidelines regarding Student - Athlete Concussions.

Student-Athlete Name (print) _____

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Name (print) _____

Parent/Guardian Signature: _____ Date: _____



Warren County Public Schools

Sudden Cardiac Arrest (SCA) Information for Parents and Student-Athletes

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Causes:

SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

Warning Signs of SCA:

- SCA strikes immediately
- SCA should be suspected in any athlete who has collapsed and is unresponsive
 - No response to tapping on shoulders
 - Does nothing when asked if he/she is OK
- No pulse

Emergency Response to SCA:

- Act immediately; time is most critical to increase survival rates
- Recognize SCA
- Call 911 immediately and activate EMS
- Administer CPR
- Use Automatic External Defibrillator (AED)

Warning signs of potential heart issues: The following need to be further evaluated by your primary care provider.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

Risk of Inaction:

Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

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**I have read, fully understand, and agree to the above Warren County Public Schools
guidelines regarding Sudden Cardiac Arrest**

Student-Athlete Name (print) _____

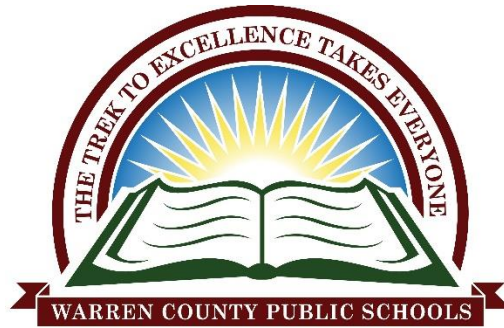
Student-Athlete Signature: _____ Date: _____

Parent/Guardian Name (print) _____

Parent/Guardian Signature: _____ Date: _____

IMPORTANT INFORMATION --- READ CAREFULLY

Please return the signed copy to your coach.



Warren County Public Schools Athletic Pledge

As a Warren County Public Schools student-athlete participating voluntarily interscholastic athletics, I understand that:

1. I will abide by the Warren County Public Schools Student Code of Conduct, the school's Athletic Handbook, the coaches team rules, and the rules of the Virginia High School League.
2. I will conduct myself in an exemplary social manner at all times.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol, or drugs. If I do use any of these substances, am in possession of such substances, or am suspended from school for use or possession of these substances, I will be subject to disciplinary actions as outlined in the Athletic Handbook.
5. I acknowledge that I have been properly advised, cautioned and warned by administrative and coaching personnel of Warren County Public Schools that I am exposing myself to the risk of injury, which could result in a temporary or permanent, partial or complete impairment and/or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
6. I will not use social media or electronic media to bully, threaten, harass, sexually harass, or insult other students, team members, coaches, opponents, or officials, or post other actions that reflect negatively on the sport, program, and/or school.
7. I, along with my parents, certify that I have read and understand all of Warren County Public Schools athletic policies in the Athletic Handbook. In order to be eligible for participation, I understand I must comply with all requirements listed.

Student Signature:_____

Date:_____

Parent Signature:_____

Date:_____