

Holy Trinity Athletics Handbook

Physical education and athletics are an integral part of Holy Trinity's education and, from its earliest days, athletics has been embedded in the school's founding principles of helping students become their best. Sports participation is an effective way to teach students about good character, discipline, teamwork, and the benefits of a healthy, fit body. All students take part in some form of physical education or athletic activity every school day; beginning in the 5th grade. Emphases are on skills development and cooperative games through PE activities, intramural, developmental and a broad range of competitive interscholastic sports teams are during after school hours.

Program Personnel

Athletic Department:

The Holy Trinity Athletic department will consist of, but not limited to, the following staff:

- Head of School
- Head of High School Prep
- Athletic Director
- Coaches

Coaches:

Holy Trinity upholds and adheres to the concept of teacher/coach. Holy Trinity coaches will do their best to nurture our students on the athletic fields to perform at their best level. They will help Holy Trinity student-athletes understand the important qualities of playing unselfishly, honorably, and respecting their coaches, teammates, and opponents. All coaches will adhere to the Holy Trinity Coaches Creed to remind them of the guiding principles of the Holy Trinity Athletic Program.

Program Goals

The goals for the Holy Trinity Athletics Program are:

- To educate the whole person by complementing the academic experience with athletic programs and activities outside the classroom.
- To create an environment for personal growth through honesty, respect, and a concern for others.
- To provide opportunities for students to learn self-discipline, responsibility, decision-making, and attainment of goals.
- To communicate the value of community and familial relationships through teamwork and sportsmanship.
- To provide opportunities for students to participate and compete in a first-class sporting environment.
- To advance the school image locally and regionally through interscholastic athletics.
- To prepare those students who wish to participate at the High school level.

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Mission and Motto

“Win with Integrity and Lose with Dignity”

The mission of the Athletics Program at Holy Trinity Episcopal Day School supports and expands on the School’s mission as it develops the whole child and prepares young men and women to be “The Best You”. While creating a positive yet competitive experience, our student-athletes will learn the importance of self-respect, discipline, teamwork, and sportsmanship, as well as develop time-management and organizational skills. Holy Trinity’s combination of rigorous academics and a strong athletic program throughout Middle School allow each student-athlete to develop to his or her full potential.

Sportsmanship Creeds

Holy Trinity Student-Athletes:

Respect parents, coaches, teammates, and opponents. Characterize commitment and positive attitude. Represent Holy Trinity with honor and pride.

Parents of Holy Trinity Student-Athletes:

Provide positive reinforcement to the young student-athletes. Encourage 100% individual effort and 100% team loyalty. Support the team in public and be supportive of the Athletic Department’s and School’s rules and regulations. Demonstrate good sportsmanship, lead by example for your child and for those around you, do not interfere with the coaches during game time, and do not interfere with the duties of game officials. Demonstrate self-respect and be respectful to the coaches and players at all times and address concerns in private. Take pride in your child’s team, and the Holy Trinity community at large.

Coach-Parent-Player Relationship:

There is and perhaps always will be an inherent tension in the triangular relation between coach/parent/player. The coach’s interests focus on what is best for the team. This is often at odds with the concerns of a parent who typically wants what is best for his or her child. Then there is the player who is torn between what the coach is attempting to achieve with the team and his/her loyalty and love for his/her parents. This is a terrible place to put a young Middle School student. Athletics should be fun and enjoyable. Your child’s athletic experience could be disastrous if he/she is continuously being told that the coach’s skill is deficient, not seeing the “real you” as a leader, player or person, that the coach is using him/her in the wrong position or telling your child that the “Coach does not like you.”

As a parent, you want what is best for your child. Allowing the coach to guide and instruct the team is crucial. Parents are asked to allow the coach to do his/her job. Being positive and supportive is very important. However, adding pressure and unrealistic expectations may be extremely harmful. Middle School Athletic Coaches are hired or have volunteered not only to coach but also to act as educators. They devote a great amount of their time to the team and to coaching.

It is essential for all Holy Trinity parents to abide by the parents’ sportsmanship creed and to recognize that all coaches and parents have the same common goals. They are asked to work with the coach and encourage their child to grow from his/her athletic experience. Together they can provide these athletes a positive direction and offer benefits from athletic participation. Through healthy competitive

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sports, our children develop positively in society and learn to interact with others who are trying to achieve the same team-oriented goals.

Athletic Standards of Competition

Soccer- Fall- September-October

Boy's and Girl's 6th - 8th grade teams

5/6 Coed team

Students will be placed on teams according to ability and grade. Coed teams can be formed if not enough girls participate for a girls' team.

Volleyball - September – October

5th-8th girls

Girls will try out and be placed on a team with a roster of 8-12 players. All remaining girls will be placed on the development roster which will have practices and intramural scrimmages.

Basketball- Winter- October-March

Girls Varsity Gold: 6-8th grade students

Girls Junior Varsity Gold: 5-7th grade students

Boys Varsity Gold: 7-8th grade students

Boys Varsity White: 7-8th grade students

Boys Varsity Blue: 7-8th grade students

Boys Junior Varsity Gold: 5-6th grade students

Boys Junior Varsity White: 5-6th grade students

Boys Junior Varsity Blue: 5-6th grade students

Flag Football-Spring- March-May

Coed 7th and 8th grade teams.

5/6 flag football: Games will be coed and made up of homerooms. Games will take place once a week.

Track and Field- March-May

Coed 5th -8th Grades: Individual, field and relay events. Open meets in surrounding area.

Program Overview

The Athletic Department encourages each student to be “The Best You” team member he/she can be while reaching his/her personal potential at the same time. Being a member of a Holy Trinity team is a privilege. Students will learn life lessons such as how to work within a group, how to be selfless, how to persevere when things do not go well, and how to be gracious winners and losers.

The High School Prep athletic program has a variety of levels depending on the sport season. The programs are divided into two forms of participation: 5/6th grade intramural, developmental, and interscholastic teams, and the 7/8th grade competitive A & B teams. As a continuation from the Lower School program, the 5/6th grade intramural & developmental program is geared toward teaching fundamental skill development in an environment that allows them to enjoy competitive sports. Skill development is of utmost importance, as well as the understanding of the execution of skills in game situations. All students participating in the 5/6th intramural, developmental or interscholastic competitive teams will receive playing time in every game. The length of the play time will be determined by the level of competition and the coach's discretion.

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In addition, the 7/8th grade program is geared toward competitive interscholastic team sports. The B level teams continue to promote skill development and further expose the student to interscholastic competition. All students participating in B level teams will receive playing time in each game. Playing time is based upon the student's academic eligibility, participation in practices, commitment to the team, overall attitude and effort, ability to play within the coach's team philosophy, and the level of competition in the game. The A level teams are Holy Trinity's most competitive level and will serve to prepare the student for high school athletics. Playing time will be determined by the level of competition and the coach's discretion, and is also based upon the student's academic eligibility, participation in practices, commitment to the team, overall attitude and effort, ability to play within the coach's team philosophy, and athletic ability.

Coaches understand that students have other activities during the week; however, coaches do expect all students to be at all practices and games and committed to the team. If there is a conflict on a certain day, please bring this up to the coach prior to the start of the season. Together you can decide what will work out best for everyone. If you know your student will miss a game or practice due to a prior commitment or appointment, please inform the coach by email, at least three days before the game or practice. If your student does not show up for a game or practice and the coach was not informed, the coach has the right to have your student sit out the next game. During a particular sports season, Holy Trinity expects to be the priority for games and practices, not a club team. Coaches can be flexible and also expects the club team to be flexible as well.

Finally, as stated in the program goals, the primary purpose of the Holy Trinity Athletic program is to teach and reinforce values such as wholesome competition, sportsmanship, respect, fair play, and commitment. Therefore, treating all officials, coaches, teachers, parents, players with respect is required of all Holy Trinity Athletic Program constituents -- players, coaches, and parents.

Student Athlete Safety - See Appendix A for complete policy

With head injuries a major focus in athletics, we're excited to continue our partnership with XIntbrain. This program guides student athletes from preinjury all the way through return to play. It begins with a web-based baseline test. As the year progresses, if an athlete were to suffer a head injury, an athletic trainer would come and evaluate the athlete at Holy Trinity. Performing a EEG and post injury test, this helps the progression back to school and back to the field or court. When an athlete has progressed through rehabilitation, he/she will be reevaluated. A follow-up exam would be completed at Holy Trinity with a neurologist on video chat to clear the athlete. The student-athletes parent would also be present.

It's a win-win! The athlete doesn't need to travel or make an appointment and they get the care of an athletic trainer and neurologist. This new service comes to Holy Trinity at no cost to students and families. Student athlete's personal insurance handles the cost.

Playing Time:

5th/6th Grade Teams

- Guaranteed

7th/8th Grade Teams

It is important to remember that participation on an athletic team is a privilege. Being part of and maintaining one's membership on a given team, means accepting all the responsibilities of an athlete. Unlike the developmental or intramural teams, equal or guaranteed playing time on our top-level teams is not assured. Coaches will make the necessary decisions and utilize those players best suited to the conditions or demands of the particular contest on any given day.

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Expressing Concerns:

When expressing concerns with a coach, please refer to and use the following guidelines:

1. Never approach a coach immediately after a game. This is not the proper time or place for a discussion concerning your child on the team.
2. Call or email the following day and make an appointment that is convenient for both the coach and you to meet at the school.
3. Write down your concerns and raise them in a calm and civil manner. Yelling, being rude or use of foul language is totally unacceptable.
4. Once you have stated your question or concern, listen to the explanation. Often a parent may be affected by emotion and this state overrides logic and reason. Listening receptively may really help you understand the given explanation.
5. Always keep in mind that a sports team is exactly that, "a team". All decisions are made in the best interest of the team or school.
6. Issues not appropriate for discussion with the coaches are: team roster, playing time, team strategy, play calling, or referencing to other athletes.
7. Appropriate concerns to discuss include: the treatment of your child, ways to improve his/her performance, and safety issues.

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Grade Policy:

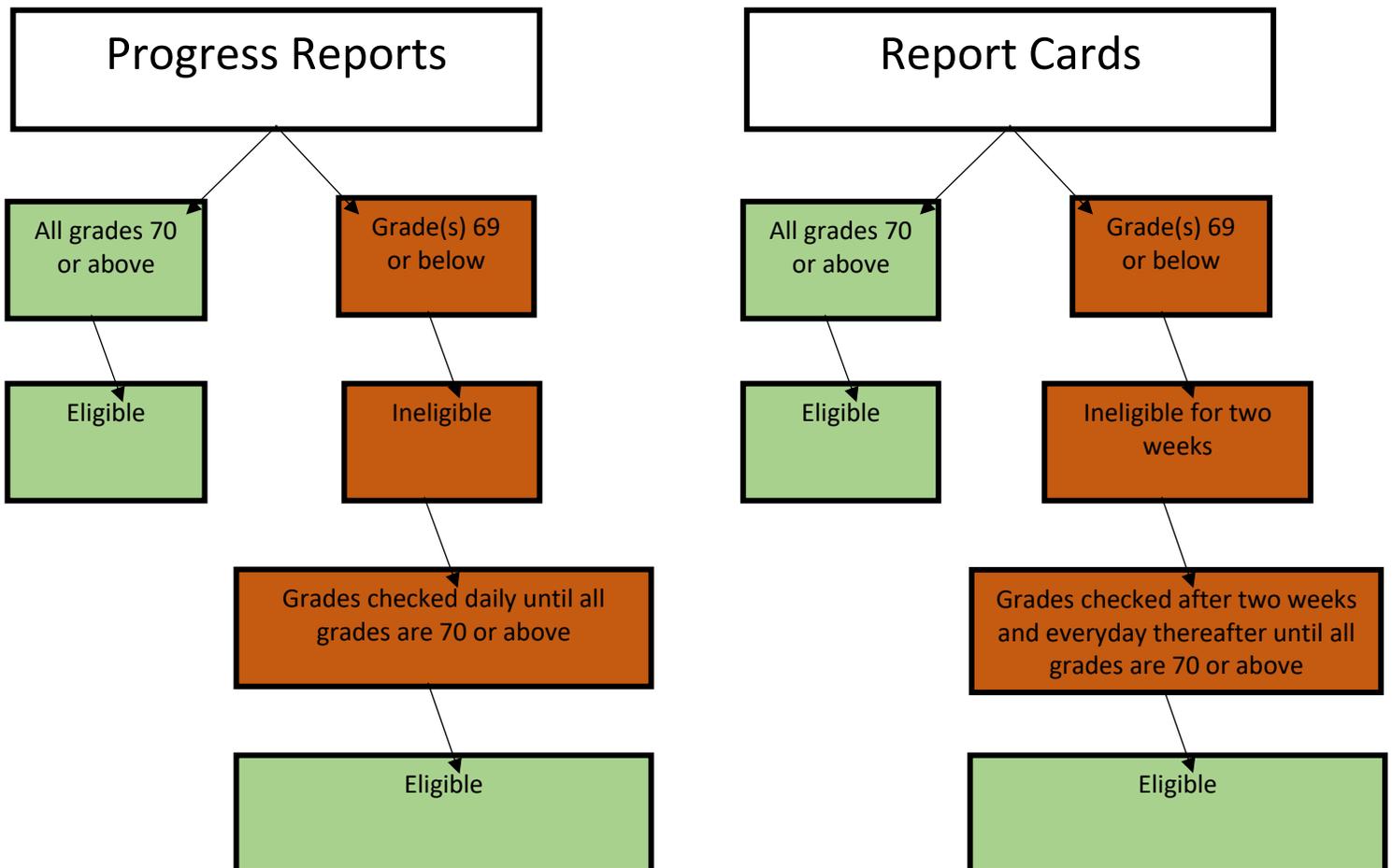
Students who have a D+ (69) or below on their end-of-trimester report card are ineligible to play or practice with their team, including intramural flag football for 5th/6th grade, for two weeks from the time report cards are sent home. Once the ineligibility is over and if the grade has improved, the student-athlete is eligible to participate again. If the grade still has not improved, the student-athlete remains ineligible for the remainder of the grading period or when the grade has raised. Students who have a D+ (69) or below on Progress reports are ineligible to play or practice with their team until the grade is raised and is recorded in the grade book. Exceptions may be decided by the discretion of the Athletic Director and High School Prep Principle.

A student will not be eligible to participate in athletics for the remainder of the school year, if he/she receives a D+ or below for two consecutive trimesters in the same subject.

A student who receives a D+ or below in two (2) or more classes during the start of a new sport's season will not be eligible to tryout or participate for that sport's season.

If an ineligibility period ends during the sport's post-season period, and the given team qualifies for the post season games, that student will be eligible to dress and participate, but playing time will be at the coach's discretion.

Athletic Eligibility Flowchart



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Detention:

If a student receives detention on a game or practice day, they will be expected to go to detention. They will be allowed to participate in any athletic game or practice for that day after serving their scheduled detention.

Class Work Policy:

On away games when students need to leave early, students need to meet with their teachers for the classes they will be missing during morning round-up, snack, recess, or lunch to:

1. Turn in homework
2. Write down homework for the night
3. Collect class work that they will be missing

If students will be missing a test or quiz, it is the student's responsibility to make arrangements with the teacher to make it up

If students forget to meet with their teacher prior to leaving to the game, the teacher has the right to give them a 0 or a late grade for any missing homework, quiz, test or assignment.

Inclement Weather, Schedule Changes or Cancellation:

All game cancellation, make ups, or changes will be emailed to the parents and also be posted on the website. Changes will also be updated on the schedule as soon as possible. **On game days, cancellations will be on the school's website by 1pm. Please do not call the office without checking the website first. You will also receive an email in the event of a canceled game. If it is not stated on the website and you do not receive an email, then assume there has been no change.** Holy Trinity follows Prince George's county afterschool policy; if we are playing schools in Anne Arundel County we will then follow the AA county policy for after school cancellations. If county schools are not in session, then any cancellation or changes will be placed on the website by 1pm. It could happen that games and/or practices may be canceled last minute due to weather, transportation issues, or the opposing team not being able to make it. If this does happen, players will be asked to call parents to inform them and will go to extended day. Most times extended day fees will be waived.

Changing Clothes for Games or Practices on Campus:

Students are expected to change as quickly as possible into their game or practice clothes and gather all clothing into their sports bag. Please mark all personal articles or clothing with your student's name. Coaches are not responsible for school uniforms or athletic clothing left by the student. If your student brings a snack, he/she will have time to eat it before each practice or game.

During Game Days:

If students have the later game time, they are expected check into Extended Day if they are not picked up at carline. They will be called out by their coach prior to game time. Extended Day charges will apply.

Soccer:

All home soccer games are played on the Daisy Lane soccer field. Practices are held on the Daisy Lane soccer field, our auxiliary field, or the lower field by the playground.

Volleyball:

Home games and practices will be played at the Reiber Center, on the Daisy Lane Campus.

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Basketball:

All home basketball games are played at the Reiber Center, on the Daisy Lane Campus. Students will change at the center in the locker rooms.

Practices will be held at the Reiber Center.

All students will need to be picked up at the Reiber Center, if they need to go back into the school building before 6pm, they will need to be escorted by a parent.

Flag Football:

All home Flag Football games and practices will be played at the Daisy Lane campus either on our auxiliary field or on the soccer field for the 7/8th grade teams. The 5/6th grade intramural games and practices will be played either on the auxiliary field or the lower field at the park.

Track:

All practices for track will be on the Daisy Lane campus. Some practices may be at a local track and/or on the weekend. All track meets will take place off campus with some being held on Saturdays. Students will be bused to the track meets that are scheduled on a regular school day.

Away Games:

For away games that fall on a regular school day, students will be transported by bus to the school or fields where the game is being played. For games scheduled on non-school days, after 5:30pm or weekends, parents are expected to transport their child to the school or field. When games are over, students are expected to gather their things, dispose of any trash and wait for a coach to walk them to the bus. Parents will need to let the coach know if they will be taking their student after the game. Parents who do not pick up their student at the game are required to be waiting at Holy Trinity for the bus to return.

Behavior at Away Games:

Students are expected to behave at the away games as they are expected to behave at school. If students have the later game, they are expected to work on homework or to watch the first game. If they cannot do this in a positive way, or if they are caught wandering around at any time, and are not with their team, they will be suspended from the next game. When games are over, students are expected to gather their things and wait for a coach to walk them to the bus.

Electronic Devices:

Athletic games and events are considered school events and electronic devices are not allowed, on the bus, during the game, or while waiting for the second game to finish. Please do not ask your child to call you or text you when their game is over. Coaches on the bus will allow your child to call a parent once they are on the bus heading back to Holy Trinity. If your child does not have a phone, they will be allowed to use either another student's phone or one of the coach's phones. If your child is caught with an electronic device, it will be confiscated and returned, only to a parent, at the end of the game or upon arrival back at Holy Trinity.

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Student-Athlete Pick-up:

Parents will be given times for pick up their student-athlete for every practice, home and away games. If the time is before 6pm and the parents are not available, the student will be checked into Extended Day and extended day fees will incur. Parents must either come to the fields, or come in the school building or gym to pick up their student. Students are not allowed to walk out to any parking lot. If the pick-up time is after 6pm and the coaches have to stay more than five minutes after the given pick-up time, a late pick-up fee of \$2 a minute will be incurred and this fee must be paid to the waiting coach at the time of pick up or brought to school first thing the next school morning.

Team Uniforms:

Uniforms will be distributed to all players once teams are formed. Students are expected to treat their uniform responsibly and to return it washed and in the same condition as they received it. Any lost or damaged uniforms will incur a replacement fee. Uniforms are to be returned no later than two weeks after the season is over.

Athletic apparel or equipment needed or available at Holy Trinity for purchase:

Holy Trinity Apparel: sweatshirt, warm-up shirt, and warm-up jacket and/or pants. Available to order in the Fall and Winter only.

- Soccer - Team socks (required)
- Basketball – Basketball shoes; Team shoes (optional)
- Cheerleading- Team shoes (required)
- Flag Football - Mouth guards (required)
- Track and Cross Country – Uniform and Running shoes (required). Spike shoes are optional. (Track only)

Sports Schedules and Away Game Directions:

Schedules and Directions can all be found on the [Athletics](#) page on the school's website. We will try to post all cancellations on the school's website no later 1:00pm. Schedules will be updated regularly with changes and cancellations. Please look on the school's website before calling the front office for any changes or weather concerns.

The following should be reviewed with your student; Mission and School Motto, Sportsmanship Creeds, Grade Policy, Class work Policy, Team uniforms, and Pick-up Policy. If you have any questions or concerns, please email the Athletic Director, Evan Luster at eluster@htrinity.org.

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Appendix A

CONCUSSION MANAGEMENT Policies and Procedures	
Policy Number:	Location: This policy is to be available to all students, parents, teachers/principals, coaches, trainers that are associated with Holy Trinity: An Episcopal School
Cancellation: This is a new policy.	
Date Revised: 5/11/18	Areas Revised: (To be revised annually and as needed)
Date for Review: 5/4/19	Requirement: Policy will be viewed annually prior to each athletic season. Statement of Understanding to be signed by parent, athlete, coach, trainer.
Ownership: Athletic Director	Approved By:

I. INTRODUCTION:

In accordance with the State of Maryland, XLNTBrain Sport has developed a policy and procedure for the implementation of a concussion management programs for Holy Trinity: An Episcopal School in the state of Maryland for student-athletes, parents/ guardians and medical professionals. XLNTbrain Sport provides comprehensive web-based concussion management program that provides the following mandatory elements:

- Education for the student athlete, parent and medical professional, coach that includes:
 1. The nature and risk of a concussion or head injury
 2. The criteria for removal from and return-to-play
 3. The risk of not reporting injury
 4. Appropriate academic accommodations
- Includes reports that document verification of the coach receiving concussion risk and management information training and the parent/guardian acknowledging receipt of concussion awareness information, athlete completion of baseline neurocognitive testing, the number of concussion incidents reported, and the duration from time of concussion to medical clearance to return to normal activity and gameplay.
- Allows for baseline testing to be completed at any internet connected computer,
- Enables the athlete to complete a symptom checklist during their recovery on their internet connected Smart Phone, tablet or computer,
- Allows the coach or Athletic Trainer (where available) to track the athlete's compliance with pre-season mandatory concussion education, baseline testing, and manage the concussed athlete during their recovery utilizing the dashboard in the computer program.
- Provides a responsible adult (such as an Athletic Trainer, assistant coach, volunteer parent or medical personnel) with the ability to perform a sideline assessment and /or balance test on the field or in the locker room at the time of injury using their Smart Phone or paper version of the assessment.
- Allows athlete's parent/guardians to invite their own medical professional to participate in the XLNTbrain Sport Concussion Management Program in the care of the athlete should a concussion occur. This participation is free of cost to the medical professional.
- Immediately notifies the athlete's parent/guardian, Athletic Trainer or other designated medical professional at the time a concussion is reported by email contact.
- Educates the medical professional and identifies their role in the program, reviews the elements of the web-based program and allows them to be notified when a concussion occurs and enables them to coordinate the care and

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recovery of the athlete so that there is a safe return to school and play, including provision of a Concussion Care Plan with appropriate procedures for physical and academic accommodations to student athletes that have been diagnosed with a concussion, that is easily accessible by school administrators.

The XLNTBrain Sport Concussion Management Program meets and exceeds the requirements of <State> law as listed above. This comprehensive web-based program provides the user with the tools to effectively manage and track the concussed athletes, promotes consistent documentation throughout the state and through the medical professional, safely returns the athlete to play.

II. POLICY STATEMENT:

It is the policy of Holy Trinity: An Episcopal School for all student athletes, parents/guardians, Athletic Trainers, coaches, Athletic Directors, educators to be cognizant and comply with the State of Maryland legislation which was enacted to protect students from the dangerous effects of concussions.

The State of Maryland provides protections for students who are suspected of incurring a concussion during practice or play. Any such student will be removed from practice or play and returned only after clearance by an appropriate licensed health care professional. The legislation also calls for the Maryland State Department of Education to implement concussion awareness programs for coaches, school personnel, student athletes and parents/guardians. Students and their parents/guardians will sign a concussion information sheet before participating in any sport. This applies to sports events played on public school and Parks & Recreation lands.

By this policy, Holy Trinity: An Episcopal School will utilize XLNTbrain Sport Concussion Management Program© to meet and exceed the requirements of the concussion management in Maryland.

Definitions:

The definition of 'concussion' will stand in accordance with the Zurich 2012 Consensus Statement:

“a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.”

Included in the definition are five major features of a concussion:

1. Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury.
4. Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Loss of consciousness occurs in less than 10% of concussions. Resolution of the clinical and cognitive symptoms typically follows a sequential course; however, it is important to note that, in a small percentage of cases, post-concussive symptoms may be prolonged.
5. No abnormality on standard structural neuro-imaging studies (CT or MRI) is seen in concussion

Medical Professional means a licensed physician, physician assistant or certified Athletic Trainer, a licensed psychologist with specialty training in neuropsychology (neuropsychologist); or a licensed nurse practitioner.

Return to play means participation in a non-medically supervised practice or athletic competition after a period of exclusion.

Student athlete means a student participating in any try-out, practice or contest of a school team.

Educators means those directly responsible for administering or coaching interscholastic athletic programs within a school or county and those employees of the school or school system with overall responsibility for student-athletes' academic performance and medical well-being.

III. PROCEDURE:

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A. All student athletes, parents/guardians, coaches, and Athletic Directors associated with Holy Trinity: An Episcopal School will complete the required concussion education. Athletes will also have baseline neurocognitive testing encompassed in the web-based XLNTBRAIN Sport Concussion Management Program© prior to the beginning of each school year. No athlete will be allowed to participate in any activity until the education and testing has been completed. There are no exceptions. The steps are listed below.

1. The Athletic Director of each school will create a single unique XLNTbrain Sport passcode for coaches and a separate XLNTbrain passcode for Athletic Trainers (if available) and one for student athletes-parent/guardians.
2. All coaches in each school will sign in to the www.XLNTbrain.com website, enter their passcode and assign themselves to their team(s) (e.g. Varsity Football). Each coach will then watch a 10 minute educational video that reviews content regarding sport related concussion injury as mandated by State law.
3. Each coach/Athletic Trainer downloads and prints the Instructions Letter for Athletes and Parent/Guardians which contains their passcode and passes a copy of this letter to each athlete.
4. Each student athlete will sign in to the www.XLNTbrain.com website using their passcode and view the 10 minute concussion awareness video and take a quiz to demonstrate concussion awareness education from any internet connected computer.
5. Parents of minors will also sign in to the www.XLNTbrain.com website using their passcode and view the concussion awareness video and take the concussion awareness quiz.
6. Each student athlete will then take the XLNTbrain-Cog baseline test online. Depending on the school organization's policy, this may be attempted at home with parental supervision, or in the schools' computer labs. In the event that there is a poor performance or invalid test on a baseline test that was not taken under supervision in the school, the Athletic Director will be notified of the poor performance and the student athlete will be required to repeat the test under supervision in the schools' computer lab, if indicated.
7. Athletic directors, Athletic Trainers, coaches, athletes and parent/guardians will be able to monitor for non-compliant student athletes from their XLNTbrain dashboard. These student may not participate in sport activities until they have met the requirements as outlined in this policy.
8. Before the beginning of each season a responsible adult will be assigned the task of Concussion Coordinator, responsible for assessing potentially concussed athletes on the sidelines. This person can be an assistant coach, volunteer parent, Athletic Trainer or EMT/medical personnel and should be present at all practices and games. The Concussion Coordinator will become familiarized with the XLNTbrain Concussion Management Program and the XLNTbrain Sideline Assessment Tool, printed or electronic versions.
9. In the event of a potential concussion, the Concussion Coordinator will have the authority to remove the athlete from play, and perform an assessment using the XLNTbrain Sideline Assessment Tool© and determine the student outcome: return to game (no concussion), go to Emergency Department or home. The most conservative approach is appropriate. "When in doubt, sit them out."
10. Student athlete required to rest and report symptoms via internet based computer or smartphone on a daily basis. Reminders will be sent to the student athlete on a daily basis. For concussed athletes that do not have internet access, the Athletic Trainer or school nurse may assist them to input there daily symptom checklist using a school computer. If the athlete is placed on home rest, the Athletic Trainer or school nurse may contact the student athlete by phone to assist them in reporting symptoms.
11. If an Athletic Trainer or other medical professional is not available, the athlete (or minor athlete's parent or guardian) will contact a medical professional for further evaluation and management. Even if this medical professional was not initially contacted in the preseason period, this person can join and use the XLNTbrain Sport Concussion Management Program at the www.xlntbrain.com website at anytime free of cost.

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12. At the Athletic Trainer's/medical professional's discretion, the athlete will take the XLNTbrain-cog test in the Athletic Trainer's/medical professional's office as soon as possible after the concussion incident to determine if there is any impairment of cognitive performance related to the event.
13. Per standard of care, the student athlete is to be placed at relative rest until asymptomatic at rest. When the injured student athlete is asymptomatic, at the medical professional's discretion, the athlete will repeat the XLNTbrain-Cog test in the medical professional's office to assess recovery of cognitive performance. The results of the test will be reviewed by the medical professional. A determination of the need for continued rest or 5 step progression to full exertion will be decided at this time by the Athletic Trainer/medical professional.
14. If rest is ordered, student athlete will continue to track symptoms on the daily symptom checklist, and will be reassessed as indicated by the medical professional.
15. If 5 step progression to full exertion is ordered, the coach or Athletic Trainer/trainer may appoint a designee such as a coach, who will challenge the student athlete with a standard progression of exertion and document the response using the XLNTbrain Sport Concussion Tracker each day. If no symptoms are experienced the student athlete may progress to the next level of exertion. If symptoms are experienced, the student athlete will stop the activity and rest the remainder of the day until no longer symptomatic. If asymptomatic the next day, the student athlete will re-challenge the level in which he/she experienced no symptoms and progress as indicated. The student athlete should not progress to the next level if symptoms are experienced. The coach or Athletic Trainer will provide updates on the student athlete's progress daily through his dashboard on the XLNTbrain website.
16. Once at full exertion and no symptoms on no medication and final XLNTbrain-Cog testing remains at baseline, the Athletic Trainer/medical professional will determine whether the student athlete may return to play.

B. The responsibilities of each participant will be listed below:

Athletic Trainer:

- Supervise athletes and track recoveries.
- Manage program-revise as necessary to meet the needs of your athletes
- Evaluate risks and improvements-report quarterly

Student Athlete:

- Complete requests for testing, education review in a timely manner.
- Be honest with reporting and evaluation of symptoms
- Report potential concussion events of other athletes to the Concussion Coordinator
- Follow appropriate contact guidelines in all physical activities. Be responsible-do not endanger self or others by engaging in high-risk behavior.

Parent/Guardian:

- View educational video annually. Documentation of this is required.
- Support their student athlete by following guidelines of concussion management program.

Coach:

- Ensure the safety of all athletes by supporting the concussion management program.
- View educational video annually. Documentation of this is required.
- Upon clearance from the medical professional, guide the recovering athlete through a 5 step progressive exertion program and update the athlete's status on the XLNTbrain Sport website after each step.

Athletic Director:

- Supervise athletes and track recoveries.
- Become familiar with the XLNTbrain Sport Concussion Management Program
- Become familiar with the XLNTbrain Sideline Assessment Tool

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- Administer sideline assessments for potentially concussed athletes
- Coordinate post-concussion activities between athletes, parents, medical professionals, Athletic Trainers, and coaches.

Medical Professional:

- View educational program for the Medical Professional.
- Review reports on concussed athletes.
- Track injured athletes' symptoms on the XLNTbrain dashboard.
- Administer XLNTbrain-cog testing in their office.
- Provide the school system with appropriate physical and academic accommodations during the athlete's recovery period.
- Clear the athlete for normal activity and gameplay in accordance with the standards of medical care.