

# Half Moon Bay High School



# Athletic Packet

Telephone: 650-712-7200  
Fax: 650-712-7232

Sports Line Ext#: 4113

Website: [www.cabrillo.k12.ca.us/hmbhs](http://www.cabrillo.k12.ca.us/hmbhs) (schedules, links, coach contact info)  
Athletic Director: Matt Ballard (ballardm@cabrillo.k12.ca.us)  
A.P. of Athletics: Jarrett Dooley (dooleyj@cabrillo.k12.ca.us)  
Principal: Mary Streshly (streshlym@cabrillo.k12.ca.us)

## FALL SPORTS

(First practice is generally the 2<sup>nd</sup> week of August)

Football  
Volleyball  
Cross Country  
Cheer  
Girls Tennis  
Boys/Girls Water Polo

## WINTER SPORTS

(First practice is generally November 1)

Boys/Girls Basketball  
Boys/Girls Soccer  
Wrestling  
Dance

## SPRING SPORTS

(First practice is generally January 28)

Baseball  
Boys Golf  
Softball  
Swimming  
Track and Field  
Gymnastics  
Boys Tennis

*(keep this page for your Info)*

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Half Moon Bay High School does not discriminate based on ethnicity, religion, age, gender, sexual orientation, actual or perceived, sex, race, ancestry, national origin, color or physical or mental disability.

## **Check Off Form:**

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

- A minimum of a **2.0 GPA**.

Maintained during the previous grading period (2<sup>nd</sup> semester, year prior for Fall season, 1st quarter for Winter season, and 2nd semester for Spring season. All incoming 9<sup>th</sup> graders are all eligible for Fall Sports).

- Must meet residential eligibility requirements.

**Simple rule:** When a student transfers high schools (changes from School “A” to School “B”) regardless of the reason for the change, the new school (School “B”) must take steps to ensure the athletic eligibility of the student. Contact Athletic Director. (more info: [www.cifccs.org](http://www.cifccs.org), under “Eligibility”)

- Doctor’s Physical (sometimes a yellow form).

- Emergency Card (sometimes a green form).

- Athletic Donation: \$150 to “HMBHS Athletics”.

- Signed HMBHS Code of Conduct (signature required on Emergency Card).

**ALL COMPLETED FORMS & DONATIONS MUST BE TURNED INTO THE HEAD COACH PRIOR TO ANY PHYSICAL PARTICIPATION. ROSTER DEADLINES WILL BE ENFORCED.**

**SPORTS PHYSICAL RELEASE FORM**  
**HALF MOON BAY HIGH SCHOOL – CABRILLO UNIFIED SCHOOL DISTRICT**  
**SCHOOL YEAR: \_\_\_\_/\_\_\_\_**

**NAME:** \_\_\_\_\_ **GRADE:** \_\_\_\_ **SEX:** F \_\_ M \_\_  
(Please print) LAST NAME FIRST NAME

**All students who participate in interscholastic sports MUST HAVE MEDICAL AND HOSPITAL BENEFITS IN THE AMOUNT OF \$1,500 (Education Code 32220-24)**

**INSURANCE**

Our son/daughter is covered by insurance listed below.

Medical Insurance Carrier: NAME: \_\_\_\_\_ NUMBER: \_\_\_\_\_

(If you do not have insurance School Insurance forms are available in the main office at HMBHS)

**PERMISSION**

I hereby give my consent for the above-named student to compete in sports and to go with a representative of the school on any trips. In case this student is injured, you are authorized to have him/her treated.

**EXCEPTION:** \_\_\_\_\_  
(Write "NONE" if none)

Signature of parent/guardian \_\_\_\_\_ DATE: \_\_\_\_\_

.....  
**PHYSICIAN'S SIGNATURE**

**PLEASE NOTE:** Physical are good for one calendar year from the date of physician signature.

I have examined the above named student and find him/her fit to participate in all interscholastic sports, with the exception of \_\_\_\_\_  
(Write "NONE" if none.)

Signature of physician \_\_\_\_\_ DATE: \_\_\_\_\_

.....  
Please check beside each sport in which you plan to participate:

<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>
___ Cross Country	___ Basketball	___ Baseball
___ Football	___ Soccer	___ Boys Tennis
___ Girls Tennis	___ Wrestling	___ Golf
___ Volleyball	___ Dance Squad	___ Softball
___ Water Polo	___ Other: _____	___ Swimming
___ Pep/Squad/Football		___ Track
___ Other: _____		___ Other: _____
		___ Cheerleader/Summer Program

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**OFFICE USE ONLY:** \_\_\_\_\_ **ASC #** \_\_\_\_\_

<b>FALL:</b> ___ Green ER Card Date cleared: _____ Cleared by: _____	<b>WINTER:</b> ___ Green ER Card Date Cleared: _____ Cleared by: _____	<b>SPRING:</b> ___ Green ER Card Date Cleared _____ Cleared by: _____
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**HALF MOON BAY HIGH SCHOOL  
EMERGENCY INFORMATION FOR CO-CURRICULAR ACTIVITIES**

Student ID # \_\_\_\_\_

STUDENT'S NAME: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_  
(Do not use PO Box)

CITY & ZIP CODE: \_\_\_\_\_

MOTHER'S NAME: \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_

**EMERGENCY CONTACT (LOCAL)**

NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY & ZIP CODE: \_\_\_\_\_

PHYSICIAN'S  
NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY & ZIP: \_\_\_\_\_

**Health Insurance Information:**

Name of Carrier: \_\_\_\_\_

Number: \_\_\_\_\_

HOSPITAL: \_\_\_\_\_

Location of Hospital: \_\_\_\_\_

**Please CIRCLE the sport for which this Emergency Information applies.  
THIS CARD IS GOOD FOR ONE SPORT  
IT MUST BE FILLED OUT COMPLETELY EVERY SEASON**

**Fall**

Cheer  
Cross Country  
Football  
Girls Tennis  
Volleyball  
Water Polo

**Winter**

Basketball  
Dance  
Soccer  
Wrestling

**Spring**

Golf  
Softball  
Swimming  
Boys Tennis  
Track  
Baseball  
Gymnastics

**NOTE:** To preserve and support our programs, we need the participation of every family who has a student participating in athletics. Our major source of funding is the voluntary athletic donation and Cougar Booster membership contributions. We ask that you donate \$150 for each school sport in which your child participates. Every dollar donated goes directly to support our athletic programs (in no instance will a student be denied participation in after school athletics on the basis of providing a donation).

If any of the above emergency contacts cannot be reached, I hereby give permission for the CABRILLO UNIFIED SCHOOL DISTRICT to obtain immediate medical help for my child. In addition, I have read and understand the Half Moon Bay High School Student-Athlete's "Code of Conduct."

Player's Name (print): \_\_\_\_\_

Date: \_\_\_\_\_

Player's Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

The Code of Conduct is available through your coach or online at  
<http://www.cabrillo.k12.ca.us/hmbhs/forms/CodeofConduct.pdf>

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**Please do not write below this line: office use only.**

\$150 Athletic Donation Received by: \_\_\_\_\_ Transaction:  Check # \_\_\_\_\_  Cash \$ \_\_\_\_\_

Physical on File

Cleared by Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PREPARATORIA DE HALF MOON BAY**  
**INFORMACION DE EMERGENCIA PARA LAS ACTIVIDADES CO-CURRICULARES**

ID# del Estudiante \_\_\_\_\_

NOMBRE DEL ESTUDIANTE: \_\_\_\_\_

TELEFONO DE CASA: \_\_\_\_\_

DIRECCIÓN: \_\_\_\_\_  
(NO USAR PO BOX)

CIUDAD Y CODIGO POSTAL: \_\_\_\_\_

NOMBRE DE LA MADRE: \_\_\_\_\_

NOMBRE DEL PADRE: \_\_\_\_\_

TELEFONO DE DÍA: \_\_\_\_\_

TELEFONO DE DIA: \_\_\_\_\_

**CONTACTO DE EMERGENCIA (LOCAL)**

NOMBRE: \_\_\_\_\_

NUMERO DE TELEFONO: \_\_\_\_\_

DIRECCIÓN: \_\_\_\_\_

CIUDAD Y CODIGO POSTAL: \_\_\_\_\_

NOMBRE DEL DOCTOR: \_\_\_\_\_

NUMERO DE TELEFONO: \_\_\_\_\_

DIRECCION: \_\_\_\_\_

CIUDAD Y CODIGO POSTAL: \_\_\_\_\_

**INFORMACION DE SALUD DE SEGURO:**

NOMBRE DEL PORTADOR: \_\_\_\_\_

NUMERO: \_\_\_\_\_

HOSPITAL: \_\_\_\_\_

UBICACIÓN DEL HOSPITAL: \_\_\_\_\_

**Por Favor de poner un CIRCULO en el deporte por lo cual aplica la Información de Emergencia  
ESTA TARJETA SOLO ES BUENA PARA UN DEPORTE  
DEBE SER LLENADO COMPLETAMENTE CADA TEMPORADA**

**Otoño**

Cheer  
Cross Country  
Fútbol  
Tenis de Niñas  
Voleibol  
Polo Acuático

**Invierno**

Baloncesto  
Baile  
Soccer  
Lucha Libre

**Primavera**

Golf  
Softball  
Natación  
Tenis de Niños  
Track  
Béisbol    Gimnasia

**NOTA:** Para poder reservar y apoyar nuestros programas, necesitamos la participación de cada familia que tiene un estudiante participando en atletismo. Nuestra principal fuente financiación son las donaciones voluntarias de atleta y las contribuciones de las membresía del Cougar Booster. Les pedimos que usted done \$150 por cada deporte de la escuela en cual su hijo(a) participe. Cada dólar que usted done va directo para apoyar nuestros programas de atleta (en ningún caso al estudiante se le va a negar en la participación en los atléticos después de la escuela en la base de que proporcione una donación)

En grado caso que no nos podamos contactar con los contactos de emergencia que están anotados, yo doy permiso a CABRILLO UNIFIED SCHOOL DISTRICT a que obtenga atención medica de inmediato la ayuda para mi hijo(a). En adición, yo he leído y entendí el "Código de Conducta" de la Preparatoria de Half Moon Bay en la parte de estudiantes atletas.

Nombre del Jugador: \_\_\_\_\_

Fecha: \_\_\_\_\_

Firma del Jugador: \_\_\_\_\_

Firma del Padre/Tutor: \_\_\_\_\_

El Código de Conducta está disponible a través de su coach o en línea al  
<http://www.cabrillo.k12.ca.us/hmbhs/forms/CodeofConduct.pdf>

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**Please do not write below this line: office use only.**

\$150 Athletic Donation Received by: \_\_\_\_\_ Transaction:  Check # \_\_\_\_\_  Cash \$ \_\_\_\_\_

Physical on File      Cleared by Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## HMB Cougar: Code of Conduct

*NOTE: This is an abbreviated version. For the full version of the Code of Conduct, please consult the Student Handbook.*

As a member of Half Moon Bay High School Athletics you represent more than just yourself. Your actions on and off the field can reflect both positively and negatively upon many people. As a Cougar Athlete you represent yourself, your family, your coaches, your school, your community, and all the cougar players who came before you.

**Being a Cougar Athlete is both a privilege and a responsibility.**

The following is a Code of Conduct you will be expected to follow. It will be strictly adhered to.

### **Expectations:**

1. Eligibility- 2.0 GPA, carrying 20 units, residential eligibility requirements, doctor's physical, emergency card, ASB sticker, signed Code of Conduct (signature required on emergency card form)
2. Sportsmanship- Being a good sportsman means showing respect to other competitors and everyone involved in the sport. A good player does not let his/her emotions take over, regardless of the circumstances. Profanity and vulgarity are unacceptable. Any form of racial slur or insult will be met with harsh consequences.

**Winning should not be achieved at the cost of integrity.**

3. Work Ethic- Winning is not our primary goal. Each player will be dedicated and give 100% effort in practice and in competitions.
4. Tryouts/ Playing time- There are no guarantees for athletes to be included on a team regardless of his/her participation in the previous year. Every player is expected to try out every season. There is also no guarantee of playing time at the F/S, junior varsity, or varsity levels.
5. Adding athletes to roster - Coaches may not add athletes to their roster after the roster deadline which will be prior to first league contest. This includes any athlete who, at the beginning of the season was ineligible due to grades and becomes academically eligible after the grade reporting period. In the event a team is still competing when another season begins, coaches are required to leave their rosters open for possible players that are unable to tryout because their previous season is not complete.
6. Be Accountable - Do not come to coaches with excuses. You are old enough to take responsibility for your actions.
7. Attendance - You are expected to be on time and attend all practices and team functions. First missed practice/function=Cougar Reminder (C.R.). Second= C.R. Third= C.R. and call home to parent. Fourth= may be released from team. (C.R.'s will vary by sport/team) Organize your priorities. (1-Family 2- School 3- Athletics) There is no reason to fall behind in school. A **2.0 GPA** is a very reasonable requirement. If you cannot stay organized and on task, something will have to go and it will be athletics. Also, missed practices during any week, excused or unexcused, may prevent you from participating in that week's contests. Excused missed practice = family emergency, medical doctor visit for injury or prior approval from Coach. Unexcused missed practice = dentist appointment, finish homework/project, detention, birthday party, etc.
  - "Any player who would normally be eligible for participation on the day of a contest is required to attend four periods regardless of class schedule. **Medical appointments are not considered excused absences for this purpose unless prior approval (three days) has been granted.**
  - Participation in Physical Education Classes- Any student enrolled in PE cannot participate in competitions and/or practices if they fail to participate in their PE class any given day. (No dress cuts, unexcused absences or medical excuses).
8. Behavior - Your behavior on and off campus can and will affect your status on this team. Be smart. Think before you act and speak. Your conduct is as important as your athletic skills. This includes the classroom
9. Off Season - A student-athlete's off season behavior and attendance can affect his/her status on their team. You are expected to be respectful, hard working, punctual and participate whether you are in season or not.
10. Drugs/ Alcohol - These have no place in an athlete's life. Student-Athletes will be held to zero tolerance for drugs and alcohol. Anytime during the school year, a student suspended for drugs or alcohol (i.e.: drunk at school, a football game, prom, etc.) will receive a **three consecutive season suspension** (including the current season, regardless of whether or not the student is currently participating in athletics). Effective date for a season is the first legal PAL practice date through the last game including playoffs. Please see Student Handbook for the Alternative to Suspension option (Drugs/Alcohol #2).
11. Quitting the team/ Removal from team - Any player who quits a team after the first scheduled contest will not be able to compete in any other sport that season, nor will he/she be able to participate in any sport in any capacity the following season until the current season is over. Any player that is removed from a team will be treated as if he quit after the first contest regardless of when the player was removed.
12. Locker Room Procedures- This is your locker room; take care of it and keep it clean! No cleats should ever be worn in the locker room. There should be NO horseplay. There should always be a coach supervising the locker room.
13. Coach's Code of Conduct - Our main goal/ objective is to help foster the characteristics in our players that will teach them to be successful, not only on the field or court, but also give them life long tools to become respectful, hard working and successful young men/women.
14. Equipment (Care and Maintenance) - Athletes are responsible for their uniform and any equipment issued them. You need to take care of, and clean, all equipment issued to you. You will be charged (replacement price) for any equipment that is lost or damaged (other than normal wear). All equipment must be turned in as soon as your season is complete.
15. Injuries/Sickness - All Injuries and health issues need to be reported to a coach as promptly as possible. Coaches cannot determine how YOU feel. If you tell us you are hurt/ injured, we will remove you from play. If you hand your coach a doctor's note stating you can no longer participate due to injury, then the doctor must also clear you to return to activity.
16. Parents - Thank you for supporting your son's/ daughter's commitment to their team. I hope we can all work together and avoid any undermining of one another; and focus rather on positive experiences for our athletes. Here at Half Moon Bay High School we "**We Honor the Game**". We cheer and support our Cougars; win or lose! We do NOT "boo" or disrespect our opponents, their fans or the referees. Cougar fans know that winning should not be achieved at the cost of integrity.

# Código de Conducta: HMB Cougar

**NOTA: Esta es una versión abreviada. Para la versión completa del Código de Conducta, por favor consulte el Manual del Estudiante.**

Como miembro de Half Moon Bay High School de Atletismo que representa algo más que a ti mismo. Sus acciones dentro y fuera del campo se pueden reflejar de manera positiva y negativamente a muchas personas. Como atleta puma que representarse a sí mismo, su familia, sus entrenadores, su escuela, su comunidad, y todos los jugadores puma que vinieron antes que ustedes.

## **Ser un atleta puma es un privilegio y una responsabilidad.**

El siguiente es un código de conducta que se espera que siga. Será estrictamente.

### **Expecta**

1. Elegibilidad-GPA de 2.0, con 20 unidades, los requisitos de residencia de elegibilidad, el médico de la tarjeta física, de emergencia, pegatina de ASB, firmado el Código de Conducta (firma requerida en el formulario de tarjeta de emergencia)
2. Deportividad-Ser un buen deportista significa mostrar respeto a otros competidores y todos los involucrados en el deporte. Un buen jugador no permite que sus emociones asumir el control, independientemente de las circunstancias. Profanidad y vulgaridad son inaceptables. Cualquier forma de insulto racial o insulto se reunió con graves consecuencias.

### **Ganar no debe lograrse a costa de la integridad**

3. Ética de trabajo-Ganar no es nuestro principal objetivo. Cada jugador será dedicado y dar el 100% de esfuerzo en la práctica y en las competiciones.
4. Pruebas / Tiempo de reproducción-No hay garantías para los atletas que se incluirán en un equipo, independientemente de su participación en el año anterior. Cada jugador se espera para probar cada temporada. Tampoco hay garantía de tiempo de juego en la F / S, junior varsity, o los niveles universitario.
5. Agregar a lista de atletas - Los entrenadores no pueden agregar a su lista de los atletas después de la fecha límite lista que será antes de la primera liga del concurso. Esto incluye cualquier atleta que, al comienzo de la temporada se debió elegible para los grados y se convierte en académico elegible después del período de presentación de informes de grado. En el caso de que un equipo todavía esté compitiendo cuando comienza otra temporada, los entrenadores están obligados a dejar sus listas abiertas para posibles jugadores que son incapaces de puesta a punto porque su temporada anterior no es completa.
6. Ser Responsable - No vengas a entrenadores con excusas. Que tienen edad suficiente para asumir la responsabilidad por sus acciones.
7. Asistencia - Se espera que llegue a tiempo y asistir a todas las prácticas y funciones del equipo. En primer lugar se perdió el entrenamiento / función y = Cougar Reminder (CR). En segundo lugar = CR = CR y Tercera llamada a casa a los padres. Cuarto = podrán quedar exentos de equipo. (CR variará según el deporte / equipo) Organice sus prioridades. (1 Familia 2 - Escuela 3 - Atletismo) No hay ninguna razón para quedarse atrás en la escuela. **Un promedio de 2.0** es un requisito muy razonable. Si no puede mantenerse organizado y en la tarea, algo que tendrá que ir y será el atletismo. Además, se perdió las prácticas durante una semana cualquiera, con o sin excusa, puede impedir de participar en los concursos de la semana. Las excusas ya se perdió el entrenamiento de emergencia familiar =, visite médico para su aprobación antes de lesión o del entrenador. Sin excusa se perdió el entrenamiento dentista = nombramiento, la tarea final o proyecto, la detención, la fiesta de cumpleaños, etc.
  - "Cualquier jugador que normalmente serían elegibles para la participación en el día de un concurso tiene la obligación de asistir a cuatro periodos, independientemente del horario de clases. **Citas médicas no se consideran ausencias justificadas para este propósito a menos que la aprobación previa (tres días) se ha concedido.**
  - Participación en las clases de Educación Física-Cualquier estudiante matriculado en el PE no puede participar en concursos y / o prácticas si no a participar en su clase de educación física un día cualquiera. (No hay cortes de vestir, las ausencias sin excusa o excusas médicas).
8. Comportamiento - Su comportamiento dentro y fuera de la escuela puede y va a afectar su estado en este equipo. Sea inteligente. Piensa antes de actuar y hablar. Su conducta es tan importante como sus habilidades atléticas. Esto incluye el salón de clases
9. Temporada - El comportamiento de un estudiante-atleta fuera de temporada y la asistencia puede afectar su estado de su equipo. Se espera que sea respetuoso, trabajador, puntual y participar si son de temporada o no.
10. Drogas y alcohol - Estas no tienen cabida en la vida de un atleta. Estudiantes-atletas se llevará a cabo a la tolerancia cero para las drogas y el alcohol. En cualquier momento durante el año escolar, un estudiante suspendido por drogas o el alcohol (es decir: borracho en la escuela, un partido de fútbol, baile, etc.) recibirán una suspensión de tres temporadas consecutivas (incluyendo la actual temporada, sin importar si el estudiante es que actualmente participan en atletismo). Fecha de vigencia de una temporada es la primera fecha de la práctica jurídica PAL en el juego pasado, incluyendo los playoffs. Por favor, consulte el Manual del Estudiante de la opción alternativa a la suspensión (Drogas / Alcohol # 2).
11. Dejar el equipo / eliminación del equipo - Cualquier jugador que sale de un equipo después de la primera competencia programada no podrá competir en cualquier otro deporte de la temporada, ni él / ella sea capaz de participar en cualquier deporte en cualquier calidad, en la siguiente temporada hasta la actual temporada ha terminado. Cualquier jugador que se retira de un equipo será tratado como si dejar de fumar después de la primera competencia, independientemente de cuándo el jugador se retiro.
12. Vestuario Procedimientos-Esta es su vestuario; cuidarlo y mantenerlo limpio! No hay grapas nunca deben ser usados en el vestuario. No debe ser NO juegue con ella. Siempre debe ser un entrenador de la supervisión de los vestuarios.
13. Código del Entrenador de Conducta - Nuestro objetivo principal / objetivo es ayudar a fomentar las características de nuestros jugadores que les enseñan a tener éxito, no sólo en el campo o una corte, sino que también les doy vida herramientas largas para convertirse en trabajo respetuoso, duro y con éxito los / las jóvenes.
14. Equipo (Cuidado y Mantenimiento) - Los atletas son responsables de sus uniformes y todo el equipo se hayan emitido. Tienes que cuidar, y limpio, todo el equipo emitida a su nombre. Se le cobrará (precio de reposición) de cualquier equipo que se ha perdido o dañado (que no sea el desgaste normal). Todos los equipos deben ser entregados tan pronto como su temporada completa.
15. Lesiones / enfermedad - Todas las lesiones y problemas de salud deben ser reportados a un entrenador tan pronto como sea posible. Los entrenadores no pueden determinar cómo se siente. Si usted nos dice que está herido o herido, se le retire del juego. Si la mano de su entrenador de una nota del médico que indica que usted ya no puede participar debido a una lesión, el médico también debe aclarar que para volver a la actividad.
16. Los padres - ¡Gracias por apoyar el compromiso de su hijo / hija a su equipo. Espero que todos podamos trabajar juntos y evitar cualquier menoscabo de unos a otros, y se centran más bien en experiencias positivas para nuestros atletas. Aquí en la Escuela Media Moon Bay alta que "**Honramos el juego**". Nos animamos y apoyar a nuestros Cougar; ganar o perder! Nosotros NO "boo" o falta de respeto a nuestros rivales, sus aficionados o los árbitros. Aficionados puma sabe que ganar no debe lograrse a costa de la integridad.

## Half Moon Bay High School 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.

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

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul> |
|--|---|

### 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 incoordination
- 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

# Half Moon Bay High School Concussion Information Sheet

## What can happen if my child keeps on playing with a concussion or returns to 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 athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

## 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 CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

### CIF Bylaw **313. CONCUSSION PROTOCOL**

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider.

(Approved May 2010 Federated Council)

***Q: What is meant by "licensed health care provider?"***

***A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).***

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.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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Student-athlete Name Printed

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Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date