

# **Atlantis Charter School**

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## **Department of Athletics**

### **Student-Athlete Handbook**

# Atlantis Charter School

## Scheduling Information:

Website	<a href="http://www.atlantiscs.org">www.atlantiscs.org</a>
Twitter	@ACHSTritons
Facebook	Atlantis Charter School

## Contact Information

School Website	www.atlantiscs.org
School Main Office	508-646-6410
Athletics Office	508-646-6410 ext. 1271

## Atlantis Charter School Administration

District Leader K-12	Gabriela Birmingham
Site Leader 7-12	Allison Scanlon
Dean of Students 7-12	Mary-Beth Souza
Site Leader K-6	Jennifer Paik
Site Leader K-6	Corrie Marchand
Dean of Students K-6	Courtney DeStefano

## Athletic Department Information

Director of Athletics and Recreation	Chad H. Gormly
After School Athletics Coordinator 6-8	David Coleman
School Colors	Lt. Navy, Gold, & White
School Mascot	“Tritons”
Athletic Conference	Independent

# Section #1

## **General Athletic Department Information**

Atlantis Charter School (ACS) athletics operates under the Massachusetts Interscholastic Athletic Association (MIAA), the governing body of all Massachusetts high school sports. ACS programs are designed to be supportive of the educational curriculum at our school, and to provide a wide range of opportunities and experiences which will assist the student-athlete in personal achievement. Competitive athletics is developed within the context of good sportsmanship, health and scholastic achievement. Participation requires a sense of commitment, integrity, leadership and sound judgment.

The policies and procedures provided in this handbook are designed to help the athletic program run smoothly so that you will have a successful year at Atlantis Charter School. This information should be used as a guideline for rights, responsibilities and acceptable standards of behavior. Please read this guide carefully and contact the Director of Athletics and Recreation or Athletic Coordinators for further information. Please keep in mind that this guide does not list every policy, law, regulation, etc. That the school adheres to, but is limited intended to be a general overview. ***Each student-athlete and coach is required to read this Handbook before participating in a sport.*** Student athletes are also required to review this Handbook with their parent(s)/guardian(s) before each sport season.

### Mission Statement

The missions of the Atlantis Charter High School's athletic program are to be a fundamental part of the student athlete's education process, and to develop a student athlete's sense of pride, respect and self-confidence through participation in competitive athletics.

Competitive athletics provides student athletes the opportunity to obtain life-long skills such as work ethic, teamwork and sportsmanship.

## Section #2

### **Objectives, Rules and Regulations for all Student-Athletes**

#### Athletic Program Objectives

- To provide opportunities for physical, mental, and emotional growth.
- To develop and improve time management skills.
- To develop and understand the concepts of individual and team play.
- To develop a sense of commitment, loyalty, cooperation and fairness.
- To learn how to both win and loose with grace and dignity.
- To foster town and school pride.
- To develop and understand our school core values of having/being Unwavering, Noble, Integrity, Trustworthy, Excellence, and Daring (UNITED)

#### Atlantis Charter High School's

#### Code of Conduct for Student-Athletes

In addition to the rules established by the MIAA, the Atlantis Charter High School has in place a set of rules designated to strengthen the athletic program. They are to be considered policy for all individuals that participate in the athletic program. Any violations of the rules within the "Code of Conduct" are to be reported to the Director of Athletics within 24 hours of the infraction.

#### "Code of Conduct"

**ACADEMICS:** I will strive to achieve academic excellence. I must achieve a minimum of C's in all courses in order to remain academically eligible.

**SPORTSMANSHIP:** I will portray myself in a positive and productive manner. I will win and lose with dignity.

**CITIZENSHIP:** I will act appropriately on the playing field/court, in the classroom, and lose with dignity.

**RESPECT:** I will respect teachers, equipment, facilities, myself, teammates, coaches, officials and all others while participating.

**CHEMICAL SUBSTANCES:** I will not use drugs, alcohol and tobacco or be associated with others who do during the season. I will accept the ramifications of my actions related to the policies set forth by the MIAA, the Atlantis Charter School System and the team.

**GAME AND PRACTICE:** I will approach games and practices positively with encouragement, humor and enjoyment. I will do my best to focus on dedication, discipline and desire in my efforts.

**SELFLESSNESS:** I will do my best to put the needs of the team and the program ahead of myself.

**COMMUNICATION:** I will always communicate with my teammates and coaches with integrity and honesty.

**HAZING:** I will report any incidences to a coach, teacher or administrator and will not participate in any activities that will humiliate or physically harm a member of the team. Violation of any of these codes may include disciplinary action. Discipline may range from a warning, up to and including removal from a team, depending on the infraction.

## **Student Eligibility**

For a student to practice with, or to represent a MIAA member school in athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's principal (i.e. the principal must have the authority to suspend the student from classes), and under the supervision of that school principal (i.e. the principal must have control and knowledge of the student's daily attendance and achievement).

All ACS students are eligible to play sports if academic and behavioral requirements are fulfilled. ACS follows the recommendations of the MIAA as a baseline in determining academic eligibility. Students failing 1-2 core classes will be put on academic probation. Students failing more than 2 core class or half their total classes will not be eligible to participate. A student must secure, during the last marking period preceding the contest (e.g. second quarter marks and not semester grades determine third quarter eligibility), a passing grade, and full credit in their classes. For High School students, a marking period is considered to be issued quarterly when report cards are sent out to parents or guardians. (Example: a student's first quarter report card will determine eligibility for the current fall season and the upcoming winter season. Also, a student's year end totals, will determine

eligibility for the first quarter of the upcoming fall season. However, for middle school students a marking period is considered to be issued during progress reports that are reported every three weeks, which includes the quarter report card.

Students remain eligible if they are in good standing as it relates to the “Code of Conduct” and fulfill behavioral requirements of eligibility.

Students that are not conforming to the “Code of Conduct” may lose the privilege of participation. Behavioral eligibility is determined by consensus of the Athletic Department and Administration.

### Bus Transportation

Bus transportation will be provided through the ACHS Athletic Department for all traditional away contests, off-site home contests, and practices that take place at neutral sites (Swansea YMCA). Travel to untraditional tournaments and contests will be treated like school fields trips and will necessitate the submission of the appropriate forms, permission slips, and personal vehicle insurance information when necessary.

In an effort to build team unity and avoid safety/liability issues, student-athletes are expected to ride on the bus **to and from** any sporting contest. Exceptions should be **rare and emergency in nature**. Only proper documentation (note or letter) given to the Head Coach or Athletic Coordinator prior to the contest date and signed by both biological parents (if possible) will grant the student-athlete permission to not use school transportation.

### Pickup Policy

Students that walk home from practices or games, or drive home on their own are not subject to the pickup policy. Any student on a middle school team, or is a middle school student playing on a high school team must be picked up by a parent or Guardian.

Our coaches understand the need for student safety at all times. For this reason, coaches will stay with those students that are waiting for parents/guardians to arrive to pick up their child after practices and games. For Parents/Guardians that pick up their child after practices or contests, you are expected to arrive on time to pick up your child.

Please be there to pick up your child no later than 15 minutes after the scheduled end of practices or contests. Emergencies can sometime occur that dictate a later pick up time, but a call to the coach to let them know this is needed. If a parent/guardian is chronically late in picking up their child, it is very possible your child will lose their spot on the team.

The warning process begins with:

- A warning after the first late pick up over 15 minutes. The coach will speak with parents/guardians.
- There would be a second warning after the second late pick up, which would include a discussion with a parent about the policy, and that if the lateness continued, the child could lose their spot on the team.
- A third time for a late pick up, and the child loses their spot on the team. (Re-instatement can occur only after a meeting between parents/guardians and the Athletic Director has taken place.)

Please understand that though the coach is there to watch over your child, they do not have the luxury of waiting for extended periods of time.

### Social Media

Student/Athletes may be held accountable for inappropriate language/behavior and or violations posted on websites. This includes use of illegal substances, derogatory pictures/language regarding other towns/schools etc. Discipline may range from a warning, up to and including removal from a team, depending on the infraction.

### School Vacation Rule

The following policy applies to student-athletes traveling during any part of the school year.

- The student athlete, upon his/her return, will not be eligible to play the equal amount of games missed while on vacation.
- A student-athlete missing practice only during vacation can return at the coach's discretion as conditioning permits.

### Physical Examination

No athlete will be allowed to practice or be issued equipment or allowed to participate in any scheduled team activities/games until s/he has submitted a current physical examination form from a physician to the athletic department and the school nurse. **If the player is found in violation of this rule during competition, the team forfeits each competition won.** The MIAA requires every student-athlete to complete an updated physical examination every thirteen (13) months.

## Attendance Requirement for Participation

A student-athlete absent from school may not participate in any athletic activity during that afternoon or evening. Students must attend **5 full periods** to be eligible to participate in athletic activities that afternoon or evening. A Site Leader may approve a waiver to this rule. A waiver to this rule must be requested prior to the school day in question. Daily attendance is a crucial requirement to a team's success and continuity. A coach may suspend an athlete from practice or games for repeated unexcused absences. All athletes are excused from team activities for illness, injury, academic assistance, family emergencies, or religious holiday observance. Prior notification is expected when possible.

The following are a list of **excused absences**;

- Absences that can be verified with a doctor's note
- Absences from class for a school-wide or class assemblies
- Bereavement of family members
- School sponsored field trips
- Court appearances (verification by notice of summons or statement from court officer required)
- Religious holidays
- Pre-approved college visitations
- **VACATION IS NOT AN EXCUSE**

## Community Service Opportunities

All students or student athletes that support athletic teams during the season can earn community service hours towards graduation. Students may serve in many ways such as:

- Volunteer scorekeepers
- Scoreboard operators
- Team equipment managers (If a coach needs one)
- Photographers and videographers.

Any high school student athlete can gain community service hours by volunteering time with sports programs at the middle school and elementary levels, as Coaches Aides.

Any student athlete that volunteers for in-school activities such as Open Houses or Parents nights can also earn community service hours.



## School Suspensions

As a minimum. Any student-athlete suspended out of school or in school will not be allowed to practice, play or attend any meetings during the period of suspension. If the suspension extends beyond a Friday or vacation period, the student-athlete is not allowed to take part in any activity on the weekend or during the time period when school is not in session.

- A student-athlete's return to participation after serving suspension will be at the coach's discretion as conditioning permits.

## Equipment

Students are responsible for all equipment that is issued to them. Students must return equipment at the end of each season. If equipment is not returned, a letter will be sent home reminding parents and students of equipment that is owed to Atlantis Charter High School. If the equipment is lost or misplaced, the equipment must be paid for. If payment in full of lost or misplaced equipment is not received by Atlantis Charter High School the following consequences will result:

- Seniors will not be able to receive their caps and gowns for graduation.
- Underclassmen will not receive equipment for their next sport season.

## Building and Facility Access

No student will be allowed access to any of the athletic facilities, or fields without proper supervision by a school staff member.

## Synthetic Turf Field Rules and Regulations

To preserve the quality of the Synthetic Turf field, and provide a healthy and clean environment, please observe the following rules:

- A. The synthetic turf field is designated for use by Atlantis Charter School and approved clients only.
- B. Permission for use of the field must be obtained by Administration or the Athletic department.
- C. The synthetic turf field is only available for use when the gates are unlocked.
- D. Climbing the fence is prohibited.
- E. The field may be closed at any time for safety concerns.
- F. Soccer goals must have turf wheels attached. Other sport equipment must be lifted when moved. No dragging of equipment is allowed.

- G. Motor vehicles are not allowed on the field surface except for maintenance or emergency.
- H. Do not pick or pull grass fibers or infill material on the field.

The following activities or items are **NOT** allowed on the Synthetic Turf Fields:

- Animals (except to assist persons of disability)
- Bicycles
- Chairs
- Food or drink on the field surface (only water allowed)
- Alcoholic beverages
- Glass containers of any kind
- Sunflower seeds and/or gum
- Tobacco products
- Fireworks or any open flame
- Golfing, shot putting, javelin or discus throwing
- Unauthorized use of model planes or rockets, or other RC vehicles
- Metal cleats and spikes (only formed rubber cleats are allowed)
- Painting, chalking, tape or other adhesive material without prior approval
- Stakes, spikes or other pointed objects

### Tritons Gymnasium Rules

- Only Students with Permission are allowed in the gymnasium. The gymnasium is not a “hangout,” for students.
- Students must be supervised at all times.
- Absolutely, No gum in the gym.
- Absolutely, No food or drinks in the gym.
- Do not climb/sit on bleachers while in stacked position.
- No horseplay.
- No profanity.
- During activity, only proper shoes, sneakers allowed. Black soled shoes, boots are not allowed.
- Don’t touch any equipment unless permission is given.

Violations of any of these rules can lead to loss of gymnasium privileges.

## Philosophy of Playing Time

Determining playing time for student-athletes proves to be stressful for coaches, student-athletes, and families every year in many sports and at all levels. In a perfect world, everyone would play the entire game every game, but the reality is that every contest has a finite number of opportunities for student-athletes to compete and many variables affect each student-athlete's playing time during a given contest.

With this idea in mind, sub-varsity coaches will still make every effort to provide each student-athlete a substantial amount of playing time during each contest provided that the student-athlete's previous and current attendance, effort, attitude, and desire to learn and to improve warrant doing so. Situational decisions may also be necessary at times to further the development of both coaches and student-athletes alike. However, at the varsity level, a greater emphasis is placed on learning to compete and to accomplish team goals. Therefore, in addition to attendance, effort, attitude and the desire to learn and to improve, coaches will also give strong consideration to student-athletes' talent levels, skill levels, ability to work well with teammates, prior performance, and game situations when determining who to play and how long to play them.

## Communication with Coaches

### COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the squad
- Locations and times of all practices and contests
- Team requirements, i.e. practices, special equipment, out of season conditioning
- Procedure followed should your child be injured during participation
- Discipline that may result in the denial of your child's participation

### COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach
- Notification of any scheduled conflicts well in advance
- Specific concerns with regards to a coach's philosophy and/or expectations

### APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches take their profession seriously. They make judgment decisions based on

what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

#### ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time at the varsity level
- Team strategy
- Play calling
- Other student athletes

### Conflict Resolution

Despite all of our best efforts, conflicts may arise throughout the course of an athletic season. If a conflict does arise, please follow these recommended steps:

1. Discuss the situation with your student-athlete **and have them initiate a conversation with their coach about their concern.**
2. With your student-athlete's knowledge, initiate a conversation with your child's coach about your concern
  - a. after practice or at a time that is mutually convenient for both you and the coach **(Before, during or after a game is not a time allowed for a conversation with a coach)**
3. With your student-athlete's knowledge, initiate a conversation with the Athletic Director or Athletic Coordinator about your concern
  - a. The coach will be made aware of this conversation
  - b. A meeting with the student-athlete, parent/guardian, coach, and Athletic Director or Athletic Coordinator will be scheduled when necessary.
4. With your student-athlete's knowledge, contact the Site Leader to discuss your concern.

### Team limits and Player removal from teams.

The number of student-athletes wishing to participate in a particular sport dictates the need to make player limits. This can lead to student-athletes not making the team, it will be left up to the head coach as to how this process will take place. The following components, however, may be included in the process:

- Attendance at every and all try out and practice sessions. Only excused absences allowed.
- Quality effort at all try-out and practice sessions.
- Current skill levels (Mostly for varsity teams)
- Having a positive attitude.

- Having a desire to learn and to improve.
- Ability to work well with teammates.

During the season it may be necessary to remove player from the team for the following reasons.

- A player's lack of adherence to the Code of Conduct.
- Excessive unexcused absences from practices, games, or team meetings.
- Multiple school disciplinary issues, including detentions and suspensions.
- Behavioral conduct unbecoming of a Triton Student Athlete, on or off the field.
- Becoming academically ineligible.

If any player is removed from the team, the coach will have a discussion with the player as to reason for the removal, and will contact the parent/guardian to inform them of the removal and the reasons for the removal. In some cases, there may be a discussion on how a player may be reinstated, but there is no guarantee of reinstatement.

## **Section #3**

### **Hazing, Opioid Misuse and Concussion Protocols**

#### **Hazing**

Massachusetts General Laws Chapter 269

C. 269, S.17, Crime of Hazing: Definition: Penalty

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of no more than three thousand dollars or by imprisonment in a house of correction no more than one year, or both such fine and imprisonment. The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extend deprivation of sleep or rest or extended isolation. Not with standing any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. Added by St. 1985, c.536; amended by St. 1987, c.665.

C. 269, S.18. Duty to Report Hazing,

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime, shall, to the extent that such person can do so without

danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of no more than one thousand dollars. Added by St. 1985, c.536; amended by St. 1987, c.665.

#### C. 269. S.19. Hazing Statutes to Be Provided: Statement of Compliance and Discipline Policy Required

Each institution of secondary education and each public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges, or applicants for membership. It shall be the duty of each such group, team, or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams, or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of regents and, in the case of secondary institution, the board of education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report

to the attorney general any such institution, which fails to make such report. Added by St.1985, c.536; amended by St. 1987, c.665.

### Opioid Misuse

Recent legislation in Massachusetts requires that parents of middle and high school athletes and other adults such as coaches, athletic directors, athletic trainers, and school nurses receive educational materials on the potential dangers of opioid use and misuse. “The educational materials shall also be distributed in written form to all students participating in an extracurricular athletic activity prior to the commencement of their athletic seasons.”\* The Massachusetts Department of Public Health (MDPH), Massachusetts Interscholastic Athletic Association (MIAA) and Massachusetts Technical Assistance Partnership for Prevention (MassTAPP) collaborated to provide action steps to help prevent opioid misuse and overdose among student athletes. This brief, 7-page packet also highlights resources for addressing possible alcohol or opioid misuse or addiction.

Please use the link below to view the packet.

<http://massclearinghouse.ehs.state.ma.us/BSASPRO/SA3571.html>

### Concussion Protocol

The Atlantis Charter High School Athletic Department has adopted a concussion policy and regulations consistent with Massachusetts General Law and regulations. This policy applies especially to student athletes, but can apply to any student who sustains a blow to the head, jaw, or spine while engaged in school-sponsored events.

A concussion is defined as a transient alteration in brain function without structural damage. The damage to the brain is at a microscopic level in which cells and cell membranes are torn and stretched. The damages to these cells also disrupt the brain at a chemical level as well as causing restricted blood flow to the damaged areas of the brain, thereby disrupting brain function. A concussion, therefore, is a disruption in how the brain works; it is not a structural injury. Concussions are difficult to diagnosis because the injury cannot be seen. An MRI or CT scan cannot diagnosis a concussion, but they can help rule out a more serious brain injury to a student. Because concussions are difficult to detect, student athletes, in particular, must obtain medical approval before returning to athletics following a concussion.

The signs and symptoms are many, as can be reported by an adult observing the student or by the student him/herself:

**Signs (what you see):**

- Confusion
- Forgets plays
- Unsure about game, score, opponent, event
- Altered coordination
- Balance problems
- Personality change
- Slow response to questions
- Forgets events prior to injury (retrograde amnesia)
- Forgets events after injury (anterograde amnesia)
- Loss of consciousness (any duration)

**Symptoms (reported by student):**

- Headache
- Fatigue
- Nausea or vomiting
- Double vision/ blurry vision
- Sensitivity to light (photophobia)
- Sensitivity to noise (tinnitus)
- Feels sluggish
- Feels foggy
- Problems concentrating
- Problems remembering

## Concussion Action Plan

All coaches are concussion certified through NFHS or other approved vendor. Coaches will follow the “Heads Up” Concussion Action Plan.

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play.

The Heads Up four-step action plan:

1. REMOVE THE ATHLETE FROM PLAY. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!
2. ENSURE THAT THE ATHLETE IS EVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL. (If available) Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care



professionals in assessing the athlete after the injury: • Cause of the injury and force of the hit or blow to the head or body • Any loss of consciousness (passed out/knocked out) and if so, for how long • Any memory loss immediately following the injury • Any seizures immediately following the injury • Number of previous concussions (if any). A checklist of concussion symptoms is provided to each coach.

3. **INFORM THE ATHLETE'S PARENTS OR GUARDIANS.** Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for sign or symptoms that appear or get worse once the athlete is at home or returns to school. An Injury report will also be filled out by the coach which will include the documenting of contact with the parents or guardians.

4. **KEEP THE ATHLETE OUT OF PLAY.** An athlete should be removed from play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision. A hard copy of documentation from a medical professional showing the student is clear from concussion symptoms, and is ready to return to play, is needed before an athlete can begin the Return to Play Protocol.

### Return to Play Protocol (Concussion-Related)

Once student-athletes who have sustained a head injury or concussion have been asymptomatic for five days, whose post-injury scores have returned to baseline, and who have been cleared by a physician (where necessary), they may then participate in a five-day, five-step return-to-play process that will be monitored by the athletic trainer if they wish to continue participating in athletics.

This process will include:

- a. Test 1: (30% to 40% maximum exertion): Low levels of light physical activity. This will include walking, light stationary bike for about 10 to 15 minutes. Light isometric strengthening (quad sets, UE light hand weights, ham sets, resistive band ankle strengthening) and stretching exercises.
- b. Test 2: (40% to 60% maximum exertion): Moderate levels of physical activity. Treadmill jogging, stationary bike, or elliptical for 20 to 25 minutes. Light weight strength exercises (resistive band exercises upper extremity and lower extremity, wall squats, lunges, step up/downs. More active and dynamic stretching.
- c. Test 3: (60% to 80% maximum exertion). Non-contact sports specific drills. Running, high intensity stationary bike or elliptical 25 to 30 minutes. Completing regular weight training. Start agility drills (ladder, side shuffle, zigzags, carioca, box jumps, and hurdles).

- d. Test 4: (80% maximum exertion). Limited, controlled sports specific practice and drills.
- e. Test 5: Full contact and return to sport with monitoring of symptoms.

**GO TRITONS!**