

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

To: CIAC Member Schools
From: CAS/CIAC Office
Re: **CAS/CIAC/CSAC Cheerleading Competition**

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will for the twenty-ninth time conduct an Association cheerleading competition. In order to more accurately estimate the number of schools competing, CAS/CSAC requests that you complete the Entry Form if you intend to enter.

Please submit the Entry Form to CAS via the password-protected online eligibility center by **January 11, 2019**. Place all cheerleaders in your cheerleading program – varsity, junior varsity or freshman on the entry form. There is no limit to the number of cheerleaders who may be on the entry form, **but only twenty (20) of those listed will be able to compete on the day of the competition and only a maximum of twenty-two (22) will be allowed into the competition via the team entrance.**

The information in this packet covers in detail the 2019 CAS/CIAC/CSAC Cheerleading Championships.

The competition that is planned will be as follows:

- A. **State Championship** – Saturday, March 2, 2019
Site – Floyd Little Athletic Center, 480 Sherman Parkway, New Haven, CT 06511
Snow date – Sunday, March 3, 2019
- B. **Entry fee** of \$85 per team will be charged. Entry fee should be made payable to CAS and mailed to 30 Realty Drive, Cheshire, CT 06410.
- C. Each squad of **not more than twenty (20)** cheerleaders will be required to **PERFORM A 2 TO 2 ½ MINUTE ROUTINE. THERE IS NO LIMIT TO THE AMOUNT OF MUSIC THAT CAN BE USED.** There will be in addition to the all-girl divisions, a co-ed division. **All music used must have the proper licensing and squads will be asked to provide a copy of their license. Please see the USA Cheer website for a list of approved music providers.**
- D. 2018-19 National Federation Rules will be followed.
- E. The number of classes such as Co-ed, LL, L, M and S will be determined based upon the number of schools that enter the competition.
- F. Teams entering will perform once. Regional competitions **will not** be held.
- G. Appropriate awards similar to CIAC awards will be presented to the champion, first and second runner-up teams in each Class.

Questions or concerns may be addressed to the CAS office (203) 250-1111 or fax (203) 250-1345.

The CAS/CIAC/CSAC Cheerleading Committee encourages you to participate and support this program. These championships are a worthwhile activity for all high school youth.

Please share this information with your cheerleading coach/advisor.

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29th ANNUAL 2019 CHEERLEADING CHAMPIONSHIP

1. **Authority** -- The decisions of the CAS/CSAC Cheerleading Committee and/or Meet Directors relative to the operation of the competition shall be final.
2. **Awards** – In each class a plaque and 22 individual medals will be awarded to each of the champion, 1st and 2nd runner-up teams.

3. **Date of Competition / Site / Starting Times**

Date: State Championship –Saturday, March 2, 2019
Snow Date – Sunday, March 3, 2019

Time: To be announced with a follow-up communication

Site: Floyd Little Athletic Center , 480 Sherman Parkway, New Haven, CT 06511

The CAS/CSAC Cheerleading Committee will determine the starting time for each division competing and a follow-up letter will be mailed to participating schools indicating the starting time.

4. **Divisions** -- The 2019 Cheerleading Championship divisions will be determined when the entry forms are submitted via the online eligibility center.
5. **Entry Fee / Entry Form** – Each cheerleading team entering the Championships will be assessed an entry fee of \$85 which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. Entry form must be submitted by January 11, 2019 via the CAS web site.
6. **Late Entry Policy**
 - Tournament entries will not be accepted after the established deadline except those approved by the CIAC Board of Control.
 - Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to the seeding/pairing data published on the web site will be assessed a fee of \$50 per correction to a maximum of \$250.
 - All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**
7. **Meet Regulations**
 - A. Only member schools of CAS-CIAC may enter these championships.
 - B. Each cheerleading squad **MUST PERFORM FOR AT LEAST 2 MINUTES BUT NOT MORE THAN 2 ½ MINUTES**. Performing less than the required time or performing more than the required time will result in points being deducted. Two points will be deducted for each 5-second violation or any part thereof. Timing will begin with the first words, motions or music after the team's name is announced when they are on the mat. **NO ORGANIZED ENTRANCES WILL BE ALLOWED CHEERING AND CHANTING MUST BE COMPLETED BEFORE THE CHEERLEADERS TAKE THE MAT.**

C. **There is no limit to the amount of music that may be used in the routine. All music must have the proper licensing and squads will be asked to provide a copy of their music license. See USA Cheer website for a list of approved music providers.** A disc jockey equipped with a tape and CD player will be provided at the site, however, a team may use their own equipment if they so choose. *It is highly recommended that each squad bring a back-up of their music.*

D. Eight panel judges, a deduction judge and a safety judge will score each team. If two divisions are competing at the same time there will be two sets of judges. Technical difficulties will be adjudicated by the judges.

Sherrie Zembrzuski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825, is the Tournament Official Coordinator – Home telephone (203) 574-5639 (after 5:00 p.m.) / Work telephone (203) 372-6521 (6:45a.m. – 3:00 p.m.) / E-mail – missz14@sbcglobal.net . Sherrie will hire and assign judges with the assistance of a subcommittee of the CAS/CSAC Cheerleading Committee. Safety judges **will not** preview the squads.

E. **The 2018-19 National Federation Rules for Spirit squads must be followed. Team stunts or actions judged to be illegal by the National Federation Rules will result in penalty points assessed. If you are in doubt about the legality of a stunt or pyramid, submit a picture or video tape to Sherrie Zembrzuski by February 15, 2019. A decision will be made within three days of receipt of the picture or video. RULINGS ON ANY STUNTS OR PYRAMIDS SUBMITTED AFTER FEBRUARY 15, 2019 WILL NOT BE GIVEN.**

F. **“Props” which are permitted in this competition are megaphones, pon poms, signs, flags, banners, etc.**

G. Judges decisions on scoring will be final and binding on entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.

H. The Cheerleading Committee will determine the “order of performance” for the championship prior to the competition and will mail this order to those member schools entered.

I. Only one squad per member school may enter the competition.

J. All competitors must be grade 9, 10, 11 or 12.

K. Each team will receive five (5) complimentary tickets. These complimentary tickets are to be used for school personnel and spouses, **NOT PARENTS. COMPLIMENTARY TICKETS WILL ONLY BE SENT TO THOSE SCHOOLS THAT HAVE PAID THEIR ENTRY FEE.**

There will be no presale of tickets. Ticket prices will be:

Children five (5) and under are free

Military in uniform or with I.D. are free

Senior Citizens (age 65 and older) and Students (grades 1-12) are \$5.00

Adults (all others not in any of the above categories) are \$10.00

L. Cheerleading coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for actions of their competitors which may include but is not limited to property damage or assault.

M. Competitors will not be permitted to compete without the presence of their cheerleading coach/advisor, or having in writing from the Principal of the school a statement designating an adult replacement.

N. Coaches are to bring a large plastic bag so that what their team “packs in” may be packed out.

- O. Score sheets will be presented to each coach at the conclusion of the competition. Also available to coaches will be an order of finish and point totals for their division.
- P. Scoring will be done in accordance with the score sheet. The score sheets for this year's competition will be attached here.
8. **Team Composition** – Each team may have up to but not more than **twenty (20) cheerleaders performing**. No alternates. **CO-OP TEAMS WILL BE ALLOWED. Please submit the co-op application at the end of this packet. Schools must be represented by a squad of winter cheerleading members, as long as each member of the competition team is actively cheering at current winter athletic events.**
9. **Traveling Expenses** – Competing schools must provide their own transportation at their expense.
10. **Warm-up Area** – A warm-up area will be provided at the competition site for use by teams prior to the start of the competition. A 42' by 42' (seven (7) panels) mat will be provided in the practice and competition areas. You will only be allowed to warm-up on the provided mats.
11. **Dressing Facilities** – Facilities will be available at the site.
12. **Performance Area** – The performing surface will be a 42' by 42' (seven (7) panels) mat. Stepping off the mat will NOT result in point deduction. **Tumbling off the mat or a body part other than the feet landing off the mat will result in a point deduction.**
13. **Medical Service** – Medical personnel will be on site at the competition to attend to any emergency needs of competitors, coaches and spectators. Each coach is responsible for his/her own team.
14. **New England Regional Cheerleading Competition**
- Only three teams from each division are allowed to compete at the New England Regional Cheerleading competition.
 - In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championships, the following procedure will be used to determine the top three teams eligible to advance to the New England Regional.
 - a. The points awarded from each judge in the category for “overall effect / overall appeal” will be totaled and the team with the highest score in that category will be eligible to advance.
 - b. If a tie remains, the highest and lowest score for each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

The New England competition will be held on March 16, 2019 at Worcester State University, Worcester MA.

2019 CONNECTICUT HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS

Form to be submitted via the password-protected online eligibility center.
For the attention of the Principal as well as the Athletic Director.

2019 Cheerleading Entry Form

1. This entry form must be on file in the CAS office, via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 11, 2019. The \$85 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410.
2. Only **20** competitors may be admitted to perform during the competition.
3. If a school requires a P.O. for fee payment, indicate that payment of the entry form will be forthcoming.

Please fill in the school information requested and your statement of intent and return via the password-protected online eligibility center by January 11, 2019.

List **ALL THE MEMBERS OF YOUR CHEERLEADING SQUAD** on this entry form (including JV and Freshman members). *Only **twenty (20)** competitors may perform during the performance.* **REMINDER:** In order to compete the cheerleaders must cheer for the winter season and must be actively cheering at all team scheduled winter events.

The principal certifies that the individuals listed on this official entry form have satisfied the State health statutes and local regulations regarding physical examinations and are physically fit to participate in this competition.

School _____ Town _____

Principal _____ Principal's School Phone () _____

Principal's Home Phone () _____

Athletic Director _____ AD's School Phone () _____

AD's Home Phone () _____ AD's Email _____

Coach/Advisor _____ Coach/Advisor School Phone () _____

Coach/Advisor Home Address _____

City _____ State _____ Zip Code _____

Coach/Advisor Home Phone () _____ Coach/Advisor Email _____

Coach/Advisor Cell Phone () _____

Please list area code with all telephone numbers.

() ALL – GIRL SQUAD OR () CO-ED SQUAD

Last Name	First Name	Grade	Last Name	First Name	Grade
1.			51.		
2.			52.		
3.			53.		
4.			54.		
5.			55.		
6.			56.		
7.			57.		
8.			58.		
9.			59.		
10.			60.		
11.			61.		
12.			62.		
13.			63.		
14.			64.		
15.			65.		
16.			66.		
17.			67.		
18.			68.		
19.			69.		
20.			70.		
21.			71.		
22.			72.		
23.			73.		
24.			74.		
25.			75.		
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39.			89.		
40.			90.		
41.			91.		
42.			92.		
43.			93.		
44.			94.		
45.			95.		
46.			96.		
47.			97.		
48.			98.		
49.			99.		
50.			100.		

CHEERLEADING COOPERATIVE TEAM SPONSORSHIP

The CSAC Board of Control shall have the authority to approve the formation of cooperative cheer teams of two or more member schools under the following conditions.

1. The determination of the proper set of circumstances which will allow multiple schools to form a cooperative team will depend on the issue of participant displacement. Schools having sufficient numbers of participants are advised not to request the formation of a cooperative cheer team. It is only when two or more schools are experiencing difficulty in obtaining the desired number of participants that the request for a cooperative cheer team should be initiated. Cooperative cheer teams may not be formed for financial reasons.
2. Multiple cooperative cheer teams cannot exceed two times the maximum determined limit which is standard for high school cheer teams.
3. The schools must be located in the same geographical area.
4. The schools must be members of CAS-CIAC.
5. A cooperative cheer team will be placed in the appropriate tournament classification using the combined enrollment as follows:
 - a. 100% of the 9-12 boy or girls enrollment of the largest school in the co-op.
 - b. The % of participants from the remaining school(s) in the co-op will be calculated and that % of the co-op school(s) 9-12 boy or girl enrollment will be added to the largest school enrollment.

Example:	School A	9-12 girl enrollment	500
	School B	9-12 girl enrollment	250
	Total		750
# of participants in co-op – 15			
		10 from School A – 100% enrollment	500
		5 from School B – 33% enrollment of 250	83
	Total		583

6. Once established and approved, cooperative cheer teams shall exist for a period of two consecutive years. However, approval may be granted for one year.
7. Written assurance shall be understood that “no cut” policies shall govern cooperative cheer teams.
8. Schools wishing to form cooperative cheer teams should jointly make application to the CSAC Board. The suggested timeline shall be at the start of the winter sport season or prior to December 1. Further, it is understood that co-op cheer teams will cheer for their respective winter sports teams; thus not only competing in local or statewide competitions.
9. The CSAC Board reserves the right to investigate a co-op cheer team that appears to have a substantially different number of participants in the co-op. The board may render an immediate consequence for such disparities.

CAS APPLICATION FOR COOPERATIVE CHEER TEAM SPONSORSHIP
 (Cooperative team policy information can be found in the CIAC Handbook (bylaws Section 3.0))

Application deadline: Winter sport – December 1

Application for: Initial Renewal Application Date _____

1. <u>Names of Schools Applying</u>	2. <u>City/Town</u>	3. <u>Principal's Name</u>
Host School (1) _____	_____	_____
Coop School (2) _____	_____	_____
Coop School (3) _____	_____	_____

4. Team (Girl or Co-ed) _____ Total # of athletes allowed by CIAC – 20-22
 5. Effective Date of Co-op _____
 6. Name of Co-op _____

7. **Potential Participation** (List number of students in each school who are expected to participate on this team.) ***

<u>Grade</u>	<u>Host School (1)</u>	<u>Co-op School (2)</u>	<u>Co-op School (3)</u>	<u>Total</u>
*9	_____	_____	_____	_____
10	_____	_____	_____	_____
11	_____	_____	_____	_____
12	_____	_____	_____	_____
Total	_____	_____	_____	_____

*Note: This figure must include the expected participants from the incoming 9th graders if this application is submitted the previous school year.

8. **Current Program Status** (List the number of participants included in your program during the sport season preceding this application.)

<u>Grade</u>	<u>Host School (1)</u>	<u>Co-op School (2)</u>	<u>Co-op School (3)</u>	<u>Total</u>
9	_____	_____	_____	_____
10	_____	_____	_____	_____
11	_____	_____	_____	_____
12	_____	_____	_____	_____
Total	_____	_____	_____	_____

Dissolving an active approved co-op lies solely between the schools involved.

Addendums to this Application: (The following items must accompany this application in order for it to be processed.)

- A. A written statement expressing the reason for formation of this co-op.
- B. A written statement from all schools involved that they will adopt a “no cut” policy for this co-op.
- C. A written statement from your league or six (6) competing schools approving this co-op.

NOTE: Member schools are advised that when a cooperative team is dissolved for any reason, any and all remaining players from the school that is no longer participating in the co-op are not eligible to continue participating with the host team. For purposes of clarification, the host team is that team which was previously part of the co-op team and has increased its team membership to a level which the CIAC determines sufficient to sponsor its own school team independent of a co-op arrangement.

**COOPERATIVE TEAM APPLICATIONS MUST BE SUBMITTED VIA THE
ONLINE ELIGIBILITY CENTER**

2018-2019 CAS-CIAC / CSAC CHEERLEADING CHAMPIONSHIP

Music Copyright Compliance Form

In order to protect the CAS-CIAC / CSAC Cheerleading Championship and its participants, we are requiring that all participating teams provide proof of music copyright compliance prior to the competition.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, _____, verify that all copyright permissions were properly and completely
Coach's Name

Obtained by _____, prior to production of the 2018-19 CAS-CIAC / CSAC
Music Mixer's Name

Cheerleading Championship routine music for the _____ team from _____.
School's Name *Division*

These permissions can be verified by certification document(s) **available upon request**.

I acknowledge that this form will be kept on file by the CAS, and **I will need to keep my certification documents on file** for a minimum of THREE (3) years.

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the CAS of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed) : _____ Date _____

Coach Signature: _____ Date _____

Administrator/AD Name (Printed): _____ Date _____

Administrator/AD Signature: _____ Date _____

NOTE: A copy of the music license **AND** THIS FORM MUST BE COMPLETED AND RETURNED TO Sherrie Zembrzuski by **February 18, 2019**. Return via email (missz14@sbcglobal.net) or mail: 24 Suncrest Avenue, Waterbury, CT 06708.

2018-19 NFHS Spirit Rules Changes

- Rule 1 Added definitions for headstand, head spin, headsprings and shoulder stand.
- Rule 1 Revised the definition for non-release stunt, release transition/release pyramid transition, suspended roll and Swedish fall.
- Rule 1 Deleted definition for assisted inverted floor skill and tension drop.
- 3-1-11 (New), 4-1-11 (New) State association adoption exceptions can be made in apparel for religious reasons.
- 3-2-8, 4-2-8 Clarified the requirement for a spotter for a toss to single-base shoulder stand.
- 3-3-5b, g Allows for new catchers.
- 3-3-6a Clarifies that inversions may release into non-inverted dismounts.
- 3-3-6b, 4-3-6b Removes some restrictions to allow additional inversions that are below prep while maintaining contact with the base.
- 3-3-6c, 4-3-6c Removes redundancy and allows for new catchers on a fold-over. Removes the single-base suspended roll exception.
- 3-5-5 Allows for release transitions to have new catchers.
- 3-7-2, 3-7-3, 4-7-2, 4-7-3 Reorganized for clarification.
- 4-8-2b Allows additional props to be held during airborne tumbling skills.
- 3-8-8 (New), 4-8-8 (New) Requires headstands, headspins and headsprings to use hands for support.

2018-19 Points of Emphasis

1. Application of NFHS Spirit Rules Book
2. Surfaces and Surface Area
3. Cradle Dismounts
4. Contact Injury

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury Annual Review 2018-19
Required for ALL School Coaches in Connecticut**

This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. It includes guidance from the 2017 Concussion in Sport Group consensus statement that was developed to provide further understanding and management of sports-related concussion.

In addition to reviewing this document, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up: Concussion in Youth Sports training course, or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by coaches' associated school district annually to comply with Section 10-149b of the Connecticut General Statutes, *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit.*

What is a Concussion?

"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain." (CDC, 2017)

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Concussion Education Plan. The complete document is accessible on the CSDE web site at <http://portal.ct.gov/SDE/Publications/Concussion-Education-Plan-and-Guidelines-for-Connecticut-Schools>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. the recognition of signs or symptoms of concussion;
2. the means of obtaining proper medical treatment for a person suspected of sustaining a concussion;
3. the nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion;
4. the proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity; and
5. current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

It is impossible to accurately predict how long an individual’s concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of head injury or concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. The athlete should not be left alone after the injury. Close observation and monitoring of an athlete MUST continue following a concussion or head injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (There should be at least 24 hours for each step of the progression)

Stage	Rehabilitation Steps/Aim	Functional exercise at each step of rehabilitation/activity	Goal to each step
0	It is recommended that an initial period of 24-48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCrory, P.et al., 2017). If at any time signs or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist (example, more than four days in children or more than 10-14 days in adults) the athlete should be referred to a healthcare professional who is an expert in the management of concussion.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise No contact	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills (example, passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****

I have read and understand this document and have viewed the prescribed resource material. I understand that state law requires me to immediately remove any player suspected of having a concussion and to not allow her/him to return to participation until she/he has received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.

Coach: (Print Name) _____ **School** _____
Coach Signature: _____ **Date** _____

References: McCrory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 0, 1-10. Doi: 10.1136/bjsports-2017-097699. Retrieved from <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

Resources: CDC. (2017). *Heads up: Concussion in high school sports*. Retrieved from http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm
 CDC. (2017). *Injury prevention & control: Traumatic brain injury*. Retrieved from <http://www.cdc.gov/TraumaticBrainInjury/index.html>
 CDC. (2017). *Heads up: Concussion in High school sports guide for coaches*. Retrieved from <http://www.cdc.gov/headsup/highschoolsports/coach.html>
 CDC. (2017). *Heads up: Concussion materials, fact sheets and online courses*. Retrieved from <http://www.cdc.gov/headsup/>
 CIAC Concussion Central. Retrieved from <http://concussioncentral.ciacsports.com/>