

**IN THE UNITED STATES DISTRICT COURT
FOR THE SOUTHERN DISTRICT OF WEST VIRGINIA
CHARLESTON DIVISION**

**B.P.J., by her next friend and mother,
HEATHER JACKSON,
Plaintiff,**

v.

**Civil Action No. 2:21-cv-00316
Honorable Joseph R. Goodwin, Judge**

**WEST VIRGINIA STATE BOARD OF EDUCATION,
HARRISON COUNTY BOARD OF EDUCATION,
WEST VIRGINIA SECONDARY SCHOOL
ACTIVITIES COMMISSION, W. CLAYTON BURCH
in his official capacity as State Superintendent, and
DORA STUTLER in her official capacity as
Harrison County Superintendent,
Defendants.**

**WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION'S
RESPONSE TO PLAINTIFF'S MOTION FOR PRELIMINARY INJUNCTION**

Now comes West Virginia Secondary School Activities Commission (WVSSAC), by counsel, Roberta F. Green, Anthony E. Nortz, Kimberly M. Bandy and Shuman McCuskey Slicer PLLC, in response to Plaintiff's Motion for a Preliminary Injunction. While preserving all legal defenses relative to Plaintiff's underlying claim and reserving the right to respond thereto (including with dispositive motion), WVSSAC responds to Plaintiff's Motion for a Preliminary Injunction, as follows. WVSSAC takes no position relative to the preliminary injunction because, by the express terms of HB 3293, WVSSAC has no role and is not envisioned as having a role in enforcing West Virginia's law at this time. Indeed, Plaintiff has not alleged WVSSAC has taken any actions whatsoever toward enforcing the challenged law and, conversely, has identified WVSSAC's policies and forms as gender and therefore transgender neutral. As Intervenor State of West Virginia has advised this Court, WVSSAC is not and has been adjudged not to be a State

actor. For these reasons, the preliminary injunction will not affect WVSSAC, and, therefore, WVSSAC takes no position relative to its imposition.

I. By its express terms, HB 3293 does not include WVSSAC in its enforcement or in any relief thereunder.

The language of H.B. 3293, in describing those entities against which relief may be sought for any statutory violation, does not reference WVSSAC in any way. The express terms of H.B. 3293 contemplate that the State Board of Education, the Higher Education Policy Commission, and the Council for Community and Technical College Education shall promulgate rules to implement its provisions.¹ On information and belief, the State Board has not promulgated regulations as envisioned in H.B. 3293; however, the statute itself occasions no changes in WVSSAC policies nor imposes any new duties on WVSSAC. In fact, as Plaintiff's Complaint indicates, the legislature considered including WVSSAC in H.B. 3293 but ultimately chose not to include it. *See* Complaint at ¶¶ 45, 46, 61-69. Per the statute as passed, by logical conclusion, then, given the focus on the Boards and the express omission of WVSSAC, any determinations to be made as to the assignment of a particular student to either a girls' or boys' team will be made at the State or County level and resolved prior to submission of rosters to WVSSAC.

Further, the statute does not envision a cause of action against WVSSAC for any statutory violation (no doubt because enjoining or not enjoining WVSSAC does not affect outcome under this statute):

(d) Cause of Action. -

(1) Any student aggrieved by a violation of this section may bring an action against a county board of education or state institution of higher education alleged to be responsible for the alleged violation. The aggrieved student may seek injunctive relief and actual damages, as well as reasonable attorney's fee and court costs, if the student substantially prevails.

(2) In any private action brought pursuant to this section, the identity of a minor student shall remain private and anonymous.

¹ W. Va. Code §18-2-25d(e) (effective July 8, 2021).

(e) The State Board of Education shall promulgate rules, including emergency rules, pursuant to §29A-3B-1 *et. seq.* of this code to implement the provisions of this section. The Higher Education Policy Commission and the Council for Community and Technical College Education shall promulgate emergency rules and propose rules for legislative approval pursuant to §29A-3A-1 *et. seq.* of this code to implement the provisions of this section.²

Given that the statute does not reference nor involve WVSSAC in any way and the legislature affirmatively removed mention of WVSSAC from the subject statute, WVSSAC takes no position on the preliminary injunction.

II. Plaintiff asserts that WVSSAC's policies and forms are not at issue.

Plaintiff avers that WVSSAC's involvement is gender and transgender neutral.³ Plaintiff does not assert that WVSSAC's regulations or programs violate her rights in any way. In the Memorandum in Support of Plaintiff's Motion for Preliminary Injunction ("Memorandum", ECF 19), Plaintiff states that, prior to H.B. 3293, West Virginia had "separate sports teams for boys and girls and did not categorically bar girls like B.P.J. from competing in school sports on girls' teams."⁴ In particular, as relates to cross-country and track, all WVSSAC regulations are uniform across the board in providing one set of regulations for boys and girls.⁵ Further, Heather Jackson

² W. Va. Code §18-2-25d(d) and (e) (effective July 8, 2021).

³ Declaration of Heather Jackson at ¶25, ECF No. 2-1 at p. 23; *See Communities*, 459 F.3d at 695, finding that "[d]isparate treatment does not arise from any and all differences in treatment; it occurs only where the offending party 'treats some people less favorably than others because of their race, color, religion, sex, or national origin'" (emphasis in original).

⁴ *See* Memorandum at 7, citing §127-2-3.8 (Eligibility), which states in pertinent part "School may sponsor separate teams for members of each sex where selection for such teams is based upon competitive skill."

⁵ Of note, Plaintiff does not challenge sex-separated teams. *See* Memorandum at 16. *See also* WVSSAC Track Coaches Packet (appended hereto as Exhibit A):

§127-3-22. Cross Country (Boys and Girls).

22.1. Rules: Cross country rules published by the National Federation of State High School Associations are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

22.2. Organized team practice will begin on Monday Week 5 and first meet may be held on Saturday of Week 7.

22.3. Length of Season: The cross country season will end for each team or individual at tournament elimination.

admits that “verification of ‘reproductive biology and genetics’ is not part of the routine sports physical exam required by Defendant WVSSAC.”⁶ WVSSAC’s physical examination form, the sole registration form WVSSAC requires from athletes for participation, is not impacted by H.B. 3293 and does not have the athletes identify themselves by gender.⁷ WVSSAC does not have

22.4. Maximum Team Contests: A cross country team will be permitted 16 meets exclusive of regional and state contests.

22.5. Scrimmages: Two cross country scrimmages with another high school may be conducted. See Glossary.

22.6. Individual students of a team must have practiced on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest.

22.7. A student may accept awards in WVSSAC sanctioned events and non sanctioned events during the entire year. These awards must be consistent with the items specified in the Awards Rule.

§127-3-29. Track and Field (Boys and Girls)

29.1. Rules: Track and Field rules published by the National Federation of State High School Associations are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

29.2. Organized Team Practice: Organized team practice will begin on Monday of Week 35 and the first contest may be on Wednesday of Week 37.

29.3. Length of Season: The track and field season will end for each team or individual by WVSSAC tournament elimination.

29.4. Maximum Team Contests: track and field team will be permitted 16 meets exclusive of sectional, regional, and state contests.

29.5. Participation Limitations: Maximum of 4 events per participant per meet.

29.6. Scrimmages: Not permitted

29.7. Individual students of a team must have practiced on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest.

29.8. A student may accept awards in WVSSAC sanctioned events and non-sanctioned events during the entire year. These awards must be consistent with the items specified in the Awards Rule.

29.9. Middle School/9th Grade - The above will apply for Middle School/9th Grade with the following adaptations:

29.9.1. Middle school/9th grade teams will be permitted 14 meets and only 2 meets per week.

29.9.2. Middle school/9th grade season will be completed by Thursday of Week 46.

29.9.3. Participation limitation: Middle school/9th grade students, regardless of grade levels (6, 7, 8, or 9), may compete in a maximum of four events, of which only three may be running events including relays.

⁶ See Memorandum at n.6.

⁷ See Exhibit B.

regulations that categorically ban transgender athletes nor does WVSSAC's enrollment paperwork (physical exam) ask athletes to select or identify themselves by gender.

Where Plaintiff relies upon *Grimm* and *Bostock* for the exclusion on the basis of her biological gender that, therefore, “remains a but-for cause for the Board’s actions,”⁸ here, WVSSAC is not envisioned by HB 3293 as being called upon to determine the appropriate team for B.P.J. but, as cast, will only receive the rosters for cross-country with her name in place, that is, per the express provisions of HB 3293 (which, without State’s regulations, is all that can be known at this time). At this time, WVSSAC will not drive the outcome and is not identified or called upon in H.B. 3293 to do anything whatsoever.

Plaintiff alleges that H.B. 3293 “very publicly brand[s]” [her] and “all transgender students with a scarlet ‘T’”—stigmatizing transgender students and marking them, publicly, as different from their peers[,]”⁹ yet H.B. 3293 itself includes no role for WVSSAC, whose current regulations and forms Plaintiff cites as neutral. As a matter of fact and law, WVSSAC’s role therefore remains unchanged by HB 3293 at this time.

Because WVSSAC’s policies and forms, as recognized by Plaintiff, are gender and therefore transgender neutral, because they are not impacted by HB 3293, a preliminary injunction would not affect WVSSAC in any way; therefore, it takes no position on its entry.

⁸ Memorandum at 12 quoting and citing *Grimm*, 140 S. Ct. at 1741. *But see Bostock v. Clayton Cty.*, 140 S. Ct. 1731, 1753 (2020), limiting the ruling to Title VII, as that is the only question before the Court. *See also Pelcha v. MW Bancorp, Inc.*, 988 F.3d 318, 324 (6th Cir. p2021), relying upon the express language of *Bostock* and declining to extend its ruling from Title VII to ADEA.

⁹ Memorandum at 15, quoting *Grimm* at 617–18 (internal quotation marks and alterations omitted); *cf. J.E.B. v. Alabama ex rel. T.B.*, 511 U.S. 127, 142 (1994) (explaining that when a juror is excluded based on sex “[t]he message it sends to all those in the courtroom, and all those who may later learn of the discriminatory act, is that certain individuals, for no reason other than gender, are presumed unqualified”).

III. WVSSAC is not a State Actor or Agency.

Further, the Supreme Court of Appeals of West Virginia has expressly found that WVSSAC is not a state agency on the basis that it has been a voluntary association since 1916 (and was not created nor empowered by the Legislature); it is not funded by public moneys; and not all public or private schools in West Virginia have elected to belong. See Syl. pt. 2, 3, *Mayo v. WVSSAC*, 233 W. Va. 88, 96, 872 S.E.2d 224, 232 (2008). See also State of West Virginia's Memorandum of Law in Support of its Motion to Intervene and For Proposed Response Deadline, ECF 41, at 6, citing *Mayo v. W. Va. Secondary Sch. Activities Comm'n*, 672 S.E.2d 224, 233 (W. Va. 2008).

IV. CONCLUSION.

For the reasons discussed above, WVSSAC takes no position relative to imposition of a preliminary injunction.

**WEST VIRGINIA SECONDARY SCHOOL
ACTIVITIES COMMISSION,
By Counsel.**

/s/ Roberta F. Green

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in his official capacity as State Superintendent, and
DORA STUTLER in her official capacity as
Harrison County Superintendent,
Defendants.**

CERTIFICATE OF SERVICE

I hereby certify that I, Roberta F. Green, have this day, the 22nd day of June 2021, served a true and exact copy of "*West Virginia Secondary School Activities Commission Response to Plaintiff's Motion for Preliminary Injunction*" with the Clerk of Court using the CM/ECF System, which will send notification of such filing to the following counsel of record:

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2020 - 2021



**TRACK
COACHES
PACKET**



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For additional information related to sports medicine issues concerning athletic participation, please click the “Sports Medicine” tab on the opening page of our website.

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



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BULLETIN

TO: Track Coaches
FROM: Wayne Ryan, CAA, Assistant Executive Director
DATE: January 2021
SUBJECT: 2020-2021 Track

Points of Emphasis:

1. Pole Vaulting – If your team has pole vaulting, be sure to review Rule 6-5 in the National Federation Rules Book. Your careful review of this information will help to insure the safety of your athletes.
2. Sanctioning & Travel – Please review Rule 127-3-16. All sanctioning requests must be done using the sanction forms found on the WVSSAC website. Failure to have an event sanctioned may result in forfeiture and returning awards won by athletes.
3. Uniform Information – Coaches, it is your responsibility to enforce these items for all participants, including field event participation:
 - Rule 4-3: Violators of these items will not be allowed to participate until such is corrected. Events will not be delayed because of these violations.
4. Please check the WVSSAC Track Program from the February issue of *The Interscholastic* concerning the track and field program.
5. Items for Regional and State meets. (Refer to *The Interscholastic*)
6. Eligibility sheets are due **online** by the date of the first contest according to the standardized calendar. Hard copies are no longer accepted. Schools will be assessed a \$25 (twenty-five dollar) fine if eligibility certificates are not completed before date of first contest.
7. WVSSAC Rules Clinics
 - The WVSSAC will not conduct in person Track Rules Clinics for the 2020-2021 season. Schools and officials will be notified when the clinics are available for viewing online.

8. The Board of Directors has ruled that players, coaches, or officials shall not use tobacco during an athletic contest. The penalty requires the official to eject the offender from the confines of the field.
9. **Head Trauma Guidelines** – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.
10. **Use of Performance Enhancing Substances by Athletes** – It is the philosophy of the National Federation and the WVSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the WVSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the uses of such substances should be discontinued especially during the times when dehydration may occur due to potential life threatening consequences. The committee further encourages all athletic trainers to support coaches in promoting healthy lifestyles.
11. **Injury/Participation Procedure at WVSSAC Championship Events** – Medical personnel (athletic trainers) will have the jurisdiction concerning the return of a player to competition after an injury. If a parent refuses to follow the determination of the authorized person, a release form must be signed. Athletic trainers will receive additional information at Rules Clinics.
12. The WVSSAC is actively involved in promoting good sportsmanship in all of our sport programs. I encourage you to promote good sportsmanship by informing parents and athletes of the importance of supporting this concept. Please review the sportsmanship section of the **Rules & Regulations Handbook** with your team. I ask that you lead by example.
17. All coaches for each sport are required to complete an Emergency Action Plan (Senate Bill 40). This must be completed online - See your Athletic Director for further information.

**Coaches are asked to carefully review the
Spectator Support Information with players, fans, and parents.**

National Federation Part I Rules Examination - No longer required for coaches.

2020-2021 Spring Sports Clinics

**Spring Clinics for 2020-21 will be online.
Schools and Officials will be emailed the link
when the clinics are available.**

§127-3-29. Track and Field (Boys and Girls).

29.1. Rules: Track and Field rules published by the National Federation of State High School Associations are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

29.2. Organized Team Practice: Organized team practice may begin on Monday, March 15 for High Schools and Monday, March 22 for Middle Schools.

29.3. Length of Season: The track and field season will end for each team or individual by WVSSAC tournament elimination.

29.4. Maximum Team Contests: A track and field team will be permitted 16 meets exclusive of sectional, regional, and state contests.

29.5. Participation Limitations: Maximum of 4 events per participant per meet.

29.6. Scrimmages: Not permitted.

29.7. Individual students of a team must have practiced on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest.

29.8. A student may accept awards in WVSSAC sanctioned events and non-sanctioned events during the entire year. These awards must be consistent with the items specified in the Awards Rule.

29.9. *Middle School* - The above will apply for Middle School with the following adaptations:

29.9.1. Middle school teams will be permitted 14 meets and only 2 meets per week.

29.9.2. Middle school season will be completed by June 9.

29.9.3. Participation limitation: Middle school students, regardless of grade levels (6, 7, or 8), may compete in a maximum of four events, of which only three may be running events including relays.

WVSSAC
POLE VAULTER'S WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS - Member schools will be required to process the POLE VAULTER'S WEIGHT VERIFICATION FORM listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's office prior to a pole vaulter's first interscholastic competition. A copy must be given to the event judge at each meet in which they will vault.

School _____

	Name of Vaulter	Weight*	Pole Rating
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____

* INCLUDES FULL COMPETITION UNIFORM AND FOOTWEAR

Date _____ Signature of Principal _____

Date _____ Signature of Athletic Director _____

Date _____ Signature of Coach _____

NOTE TO SCHOOL OFFICIALS

Please review the following National Federation rules regarding the pole vault event:

6-5-2; 6-5-3; 6-5-4; and 6-5-5. Page 47 & 48

§127-3-16. Sanctioning and Travel.

16.1. A member school shall not enter a contest/competition which requires sanctioning until it is approved.

16.2. All applications for sanctioning must be submitted to the WVSSAC 30 days prior to the event with the exception of international events.

16.3. Events requiring National Federation approval are:

16.3.1. Co-sponsorship Sanction Requirement: Any interstate event involving two (2) or more schools which is co-sponsored by or titled in the name of an organization outside the high school community (e.g., a university, a theme park, a shoe company), in addition to being sponsored by a member school, an approved school or a state association, shall require sanction of the NFHS office.

16.3.2. Non-bordering State Sanction Requirement: Each state association shall sanction through the NFHS office interstate competition by a member school involving either:

a. More than eight (8) schools, at least one (1) of which is from a state that does not border the host state; or

b. Five (5) or more states, at least one (1) of which does not border the host state.

16.3.3. International Event: Each member state association shall approve and receive NFHS approval for competition by a member school against a school from a foreign country, except for two (2) school and three (3) school competition with a school or schools from Canada or Mexico which necessitates a round trip of less than 600 miles.

16.3.4. International Event: Games against Canadian or Mexican schools involving travel of greater than 600 miles, or an event involving more than three (3) schools, one or more of which are from Canada or Mexico, requires a request to the NFHS for international sanction and notice to and sanction by the appropriate National Governing Body.

16.4. Bordering state events requiring approval are:

16.4.1. Any interstate event in which four or more schools participate. (All schools from neighboring states.)

16.4.2. Any interstate event which involves schools from three or more state high school associations.

16.5. Intrastate events requiring approval are:

16.5.1. An event with more than four schools participating or awards given.

16.5.2. Any event where awards are given.

16.6. The WVSSAC may assess a fine and/or other penalties against the participating school for violations of the sanction provisions.

16.7. A member school shall not enter an event that involves travel of more than 600 miles round trip unless it occurs on days when school is not in session. Sanctioning from the WVSSAC must be granted.

----- HIGH SCHOOL ONLY -----

Submitting Regional Track Entries

All entries for the WVSSAC Regional Track Meets will utilize the Hy-Tek Team Manager Lite and all entries will be provided to the meet director or his/her designee electronically. Team Manager Lite is a software program that eliminates a lot of problems for meet managers. It ensures that coaches have entered athletes into the correct events and it eliminates the mistakes that are made when information is hand entered. **The items in this bulletin that are in bold print are exactly the format that we want used for the Regional Track Meets.** It is our suggestion that you use this same format throughout the regular season.

You may download the program from the Hy-Tek website:

www.hy-tek.com/track/wintm/index.html

Or from the following schools track websites

Bridgeport – www.bridgeporttrack.com

Cabell Midland – www.midlandrunning.com/hy-tek

Once the software is loaded on your computer, you will: Create the team database. Name the database. Select where to store the database. We refer to the athletes as male/female.

Next you will need to identify your team. Click on “Teams” from the TFWin-TM Menu Bar and then click on ‘Add’ from the Team Browser or click on the “Add New Team” icon. Enter the basic Team information.

TEAM CODE: Use your WVSSAC numeric code – 0065

TEAM NAME: Use your full School Name – Lewis County HS

SHORT NAME: Use shortened School Name – Lewis County

ALT ABBR: Use Mascot or other Shortened Name – LC or Minutemen

You can now add your athletes. Click on “Athletes” from the Main Menu Bar and then click on “Add” from the Athlete Browser or click on “Add New Athlete” icon. You need to provide the following information about the athlete: name, gender, team and school year. **Please use the athletes’ given name, no nicknames. For the school year, please use 9, 10, 11 and 12.** Click on the “OK” button to save the information that you have entered about this athlete. Repeat this process to add all the members of your team. Click on the “Cancel” button when you are finished.

You will then need the event files for the meet that you are entering. The meet director will provide you with a file that you can import into the Team Manager that will list all of the events and entry rules for their meet. Assign your athletes to their respective events. Then enter a “Custom Entry” mark for their best time, distance or height in that event. For the field events enter distances and heights in the following format: feet – inches. For example, a long jumper whose best jump is 18’ 7 ½ “ would be entered as 18-7.5 or a pole vaulter with the best height 12’ 6” would be 12-6. Relay Events – Enter a “Custom Entry”

----- HIGH SCHOOL ONLY -----

mark for your relays best time. You may pick from 4 to 8 athletes (4 primary and 4 alternate) from the list of eligible athletes for your Relay. You can click and drag them over to Relay positions 1-8 or double-click on the name and TFWin-TM will automatically move them for you.

Exporting Your Meet Entries – From the T & F TEAM MANAGER Main Menu Bar, click on “File” then “Export” then “Meet Entries”. Since you want to email them, specify a directory on your hard drive (one you can find later) as the “Export Drive/Directory”. Now select the meet for which you want to export entries. You should check the option to “Include Relays with your Entry.” When you click “OK”, TFWIN-TM will create one zip file that has the following naming convention: TTTTTT-Entriesxxx.ZIP where “TTTTTT” is the Team Abbreviation and the “xxx” is a sequential number beginning with “001”. For example, if the Meet Entries are for the Team “LC” the exported meet entry file name would be “LC-Entries001.ZIP”. This zipped file contains a meet entry file – a TCL file.

Check What You Have Exported – After you have built your meet entry export file, click on “Reports” and then “Export/Import File Report” and follow the menu prompts to review EXACTLY what information you exported to the file. This is a great way to check and verify the meet entries you are sending to the meet host. This report should match the standard “Meet Entry Report” you have built, but it is a good idea to check it.

Submitting Your Meet Entries – Just use your standard e-mail software and attach the ZIP file (saved on your hard drive or flash drive where you could find it from before) to an e-mail and send it before the entry deadline. When the meet director receives that file they will import it and your team will be entered in their meet just as you entered them with no mistakes.

For more instructions, you may go to: www.hy-tekLtd.com/track/wintm/index.html and at the bottom of the page click on “Team Manager” and you can download three pages (3 pages) of instructions. You may also visit Bridgeport High Schools’ Track website: www.bridgeporttrack.com then click on “Meet Information” and then click on “Manager Lite Instructions”. Also there is a very good tutorial on the Cabell Midland High School Track website: www.midlandrunning.com/hy-tek

----- HIGH SCHOOL ONLY -----

State Tournament Program Information

Goal: *To provide a quality program for all championship events*

What: *Track State Championship Program*

Deadline: *Monday, June 7, 2021 - Noon - (No extensions past the noon deadline)*

Required Online Submission Only - (School Information-Roster-Schedule)

- ✓ Go to www.wvssac.org click on Admin Login in the upper left corner of homepage
- ✓ Type in your Username and Password as the school Administrator in the appropriate sections and click on Login
- ✓ Click on Submit Rosters. Under Program select Senior and select **Track**
- ✓ Complete the School Information and head coaches information. Click Update/Continue
- ✓ Click the Sync button and enter the information requested, then save by clicking the Update/Save Roster button. Always view your roster for accuracy.
- ✓ If you don't find a student, go to the Eligibility Certificate Form and add the name and return to the Roster and click Sync button. **Note:** The Sync button feature has been added to update all names on the active Eligibility Certificate Form. Check for accuracy. Save all changes to your eligibility certificate and roster.

Required Items for a Team Page:

School Information, Head Coach Information, Roster Information. Update/Complete Online - Printer will use this for the Program Page.

Team Picture

Individual Head Coaches' Picture

Page Sponsor - Please contact a business or the boosters club concerning sponsoring this page. Ad is about the size of a business card which often times is used.

Team Page Cost - \$125 - Make checks payable to WVSSAC. Indicate sport & school in memo section of check.

When emailing the team/coach pictures and page sponsor, please enter the school name (No Abbreviations, please) and sport in the subject line of the email.

Questions Contact:

Katelyn Enoch

WVSSAC

2875 Staunton Turnpike

Parkersburg, WV 26104

Phone (304) 485-5494

Fax (304) 428-5431

Email: katelyn.enoch@wvssac.org

----- **HIGH SCHOOL ONLY** -----



Refer to the previous page
for instructions on
filling out coaching and team
information online.



----- HIGH SCHOOL ONLY -----

Regional Tournament Directors are to give a copy of this Rooming List Information Sheet and the Rooming List to the coach of each state qualifier.

**WVSSAC
STATE TOURNAMENT
ROOMING LIST INFORMATION**

Please complete the rooming list for this year's State Track Meet. The form is **online** under Track listed as State Track Meet Rooming List. Area hotels usually provide rooms at a special rate to those teams attending the State Tournament. Payments for teams must be made in full by a **school check** (not personal) for all expenses.

Reservations must be made as early as possible. When speaking with the hotel/motel contact, please be sure to identify your school name and indicate that the reservations are for the state track meet.

Please check the website for the approved list of hotels/motels who will provide rooms for your sport state tournament.

Hotel Policy

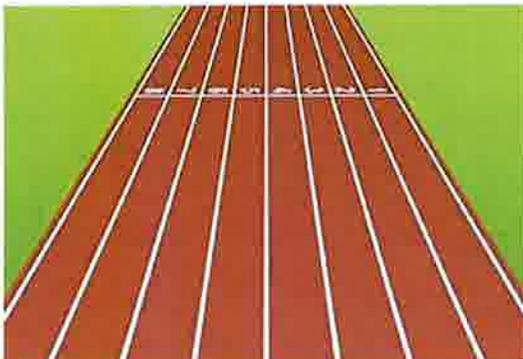
Effective with the 2010-2011 school year, member schools that are eligible to receive reimbursement for lodging at state championship sites **MUST** be housed at hotel sites that participate in a cooperative agreement with the WVSSAC. *(Member schools will be notified by information posted on the WVSSAC website and material included in the sport specific coaches packets as to which lodging sites have entered into an agreement with the WVSSAC.)*

Schools that choose to use unapproved lodging sites will not receive any reimbursement.

----- **HIGH SCHOOL ONLY** -----



Find the
State Track Meet Rooming List
online at www.wvssac.org
Go to “Sports” “Track” and then click on
“2020-21 Track Fill In Room List Form”.
Fill out the form.
Then, email to wayne.ryan@wvssac.org
or print and fax to 304-428-5431





COACHING REMINDERS



Practice: Team members must have 14 practices on 14 separate days - 5 days sports specific if participating in another sport during the same sports season. A student must have 5 days of practice if coming from one sports season into the next sports season without interruption of school days. Only students enrolled in the specific member school and a member of team is allowed to practice. Rule 127-2-13.

Sunday Contests: Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activity associated with the activity of that sports season. Rule 127-3-14.

Physical Exam: Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3. (Must be on or after May 1st)

All-Star Competition: Any student completing athletic eligibility at the end of current school year because of age or completion of semesters of eligibility may play in one (1) all-star game upon conclusion of the season without loss of eligibility for balance of year. Rule 127-3-4.

Awards: Team members can accept awards from school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods that exceeds \$100.00 are prohibited from any source. Rule 127-3-5.

Out of Season Coaching: Coaches may not promote, initiate, organize, supervise or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

Amateur: Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

Participation as Ineligible: Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

Non-School Participation: Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

Sanctioning and Travel: A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16.

For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence, age, semester, etc. refer to the **Rules & Regulations Handbook** or at www.wvssac.org.

This is not a comprehensive listing.

§127-2-13. Practice.

13.1. Only students enrolled and eligible to be listed on the eligibility certificate for that sport in the specific member school are allowed to participate in that school's practices. Exceptions - Rules 127-2-3.2, 127-2-3.5 and 127-2-13.6.

13.2. The frequency and length of practice is at the discretion of each member school.

13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. Rule 127-3-14.2 further clarifies Sunday practice.

13.4. Individual players of a team must have practiced

13.4.a. on 7 SEPARATE days before participating in an interscholastic scrimmage.

13.4.b. on 14 SEPARATE days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf.

13.4.c. A student athlete who is absent from practice with their team for non-medical reasons, not under a doctor care, for more than fourteen (14) consecutive days must have the required full fourteen (14) practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in Rule 127-3-23.

13.5. A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form. Rule 127-3-3 further explains this required form.

13.6. A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7. If a student has established eligibility in a sport requiring 14 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing seven separate days of sport specific practice in the second sport.

13.8. Students participating in a sport(s) in one season must have practiced 14 separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete seven separate days of sport specific practice in the second sport.

(Ejection Rule / Bench Clearing)

127-4-3 Code for Interscholastic Athletics

3.7. Statement of Policy. Insofar as unsportsmanlike actions by students, school administrators, officials, coaches, faculty members, and spectators are concerned, the identical items under the Sportsmanship Rule along with the following guides will be referred to by the WVSSAC:

3.7.a. The school whose coach behaves in a manner likely to have adverse influence on the attitudes of students or spectators may be provided with the choice of taking disciplinary action against that coach or having the entire school disciplined by the WVSSAC.

3.7.b. Any student who in protest lays hands or attempts to lay hands upon an official may be declared ineligible by the principal or by the WVSSAC for up to one year. Any student who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the principal or the WVSSAC for a specified period of time up to one year, depending on the seriousness of the act.

3.7.c. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. The coach, student, or bench personnel ejected by an official will also be suspended in additional contest(s): the suspension will be assessed based upon ten (10) percent of the allowed regular season contests or post season progression in a playoff tournament for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If an individual is ejected for a third time during the same sport season, the individual will be suspended from participating or coaching for 365 calendar days from the date of ejection. In accordance with rule 127-3-15.3, an individual ejected by an official may not appeal that ejection, or any subsequent suspension that is a consequence of the ejection by an official.

3.7.c.1. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest(s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted.

3.7.c.2. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next WVSSAC sponsored sport.

3.7.c.3. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

3.7.d. In case of spectators physically molesting an official, administrator, coach, or student, the school may be given one of two options: 1) file charges against the offender (s) or 2) accept discipline from the WVSSAC. Any person found guilty of W.Va. Code §61-2-15(a) Assault, Battery on Athletic Officials, while these individuals are working or as a result of working an athletic contest, shall be banned from all WVSSAC athletic events for a minimum of 365 days from the date of being found guilty. The school filing charges shall notify the WVSSAC of the incident and outcome of any legal action.

3.7.e. The school that does not lend complete cooperation in the host school's effort to promote the spirit of good sportsmanship may be disciplined by the WVSSAC.

3.7.f. A coach may be considered as committing unsportsmanlike conduct if they make degrading remarks about officials during or after a game either on the field of play, from the bench, or through any public news media, argues with officials, or goes through motions indicating dislike for a decision, protests the decision and actions of officials pertaining to the game during and after the contest, or detains the official on the field of play following a game to request a ruling or explanation of some phase of the game. If a coach feels he/she has a legitimate criticism of a penalty call or a request for a rule interpretation, such criticism or request should be made in the privacy of the coach's office or the official's quarters and should be made in a courteous manner.

3.7.g. A student or team attendant shall not leave the bench area, team box area, or their designated off-field area during a game or contest other than during that time permitted by game or contest rules. A coach shall not leave the bench area, team box area, or the designated off-field area during a game or contest other than during that time permitted by game or contest rules unless a student altercation is taking place and the official requests assistance. Violation of this rule shall cause the coach, student, or team attendant to be immediately ejected from the contest, team penalized according to game or contest rules and that coach, student, or team attendant will not be eligible to participate in the next contest as outlined in §127-4-2.3.

3.8. Procedure. Unsportsmanship action must be reported in detail to the WVSSAC. A copy of the complaint must also be filed with the principal of the school involved. Each principal involved shall report such information or answers to the report as they deem appropriate. Upon receipt of all reports, the Executive Director and/or the Board of Directors of the WVSSAC shall investigate and adjudicate such reports in accordance with the powers afforded in §127-1-8.6 and 8.7 and §127-1-12.2 and 12.3 of the Constitution. Penalties up to and including suspension of member schools may be made in accordance with §127-4.

3.9. The following defines the different types of disciplinary action which may be assessed for violation of any WVSSAC rule by a member school, administrator, coach, athlete or contest official:

3.9.a. *Warning.* A warning may be given by the Executive Director or Assistant Executive Director. It is official notice that an inexcusable, unethical, or unsportsmanship action has occurred, is a matter of record, and that such an occurrence must not be repeated.

3.9.b. *Probation.* Probation is a much more severe type of warning and may be expressed two ways: 1) a school, coach, student, or team attendant on probation is told that further violations will lead to a fine or suspension; and/or 2) a school on probation is on conditional WVSSAC membership but may engage in its regular schedule, sanctioned events, and all WVSSAC tournament play, providing a program is filed with the Executive Director of the WVSSAC indicating measures to be taken to alleviate this problem which caused the school to be placed on probation.

3.9.c. *Suspension.* A school/coach suspended from the WVSSAC may not meet in interscholastic competition of any kind with a WVSSAC member school or a school that is a member of another state associated with the National Federation of State High School Associations.

3.9.d. *Fine.* A fine may be levied by the Executive Director.

3.9.e. Each of these sanctions (Warning, Probation, suspension and Fine) may be imposed or levied separately, or in a combination of one or more sanctions.

3.10 *Appeals.* All cases involving disciplinary action against member schools, coaches, students, team attendants, or officials may be protested in accordance with §127-6. However, disciplinary action imposed by an official, including disciplinary action that is a consequence of a decision by an official, such as a suspension for an additional game or games as a consequence of an ejection, is governed by rule 127-3-15.3 and is not subject to appeal.

3.11 *Review of Ejections.* Disciplinary action imposed by a contest official, including disciplinary action that results in a suspension for an additional game or games as a consequence of an ejection, is not subject to appeal pursuant to Rule §127-6. However, if the individual ejected believes the ejection was improper, he/she may request a review of the ejection by his/her principal. If the principal believes there is merit in the requested review, the principal shall complete and submit the WVSSAC Ejection Review Form within 24 hours or the next business day of the ejection to the Executive Director of the WVSSAC. If a review is properly requested, the WVSSAC will review the officials' special report, the WVSSAC Ejection Review Form, and such other information as the WVSSAC deems appropriate. Upon review, the WVSSAC Executive Director or the designated Assistant Director will either sustain the ejection and any consequent suspension(s), or will determine the ejection was improper and void any consequent suspension(s). A decision by the WVSSAC upon reviewing an ejection is not subject to appeal pursuant to Rule §127-6.

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION
2875 Staunton Turnpike - Parkersburg, WV 26104

2021

ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICIAN'S CERTIFICATE FORM
(Form required each school year on or after May 1st. File in School Administration Office)

ATHLETIC PARTICIPATION / PARENTAL CONSENT

PART I

Name _____ School Year: _____ Grade Entering: _____
Home Address: _____ Home Address of Parents: _____
City: _____ City: _____
Phone: _____ Date of Birth: _____ Place of Birth: _____

Last semester I attended _____ (High School) or (Middle School). We have read the condensed eligibility rules of the WVSSAC athletics. If accepted as a team member, we agree to make every effort to keep up school work and abide by the rules and regulations of the school authorities and the WVSSAC.

INDIVIDUAL ELIGIBILITY RULES

- Attention Athlete! To be eligible to represent your school in any Interscholastic contest, you:
_____ must be a regular bona fide student in good standing of the school. (See exception under Rule 127-2-3)
_____ must qualify under the Residence and Transfer Rule (127-2-7)
_____ must have earned at least 2 units of credit the previous semester. Summer School may be included. (127-2-6)
_____ must have attained an overall "C" (2.00) average the previous semester. Summer School may be included. (127-2-6)
_____ must not have reached your 15th (MS), 19th (HS) birthday before August 1 of the current school year. (127-2-4)
_____ must be residing with parent(s) as specified by Rule 127-2-7 and 8.
_____ unless parents have made a bona fide change of residence during school term.
_____ unless an AFS or other Foreign-Exchange student (one year of eligibility only).
_____ unless the residence requirement was met by the 365 calendar days attendance prior to participation.
_____ if living with legal guardian/custodian, may not participate at the varsity level. (127-2-8)
_____ must be an amateur as defined by Rule 127-2-11.
_____ must have submitted to your principal before becoming a member of any school athletic team Participation/Parent Consent/Physician Form, completely filled in and properly signed, attesting that you have been examined and found to be physically fit for athletic competition and that your parents consent to your participation. (127-3-3)
_____ must not have transferred from one school to another for athletic purposes. (127-2-7)
_____ must not have received, in recognition of your ability as a HS or MS athlete, any award not presented or approved by your school or the WVSSAC. (127-3-5)
_____ must not, while a member of a school team in any sport, become a member of any other organized team or as an individual participant in an unsanctioned meet or tournament in the same sport during the school sport season (See exception 127-2-10).
_____ must follow All Star Participation Rule. (127-3-4)
_____ must not have been enrolled in more than (8) semesters in grades 9 to 12. Must not have participated in more than three (3) seasons while in grades 6-7-8. (Rule 127-2-5).
_____ qualify under homeschool rule. (Rule 127-2-3.11, 127-2-7.2k, 126-26-3.1.1k)



Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above listed minimum standards but also all other standards set by your school and the WVSSAC. If you have any questions regarding your eligibility or are in doubt about the effect any activity or action might have on your eligibility, check with your principal or athletic director. They are aware of the interpretation and intent of each rule. Meeting the intent and spirit of WVSSAC standards will prevent athletes, teams, and schools from being penalized.

PART II - PARENTAL CONSENT

In accordance with the rules of the WVSSAC, I give my consent and approval to the participation of the student named above for the sport NOT MARKED OUT BELOW:

- BASEBALL CROSS GOLF SWIMMING VOLLEYBALL
BASKETBALL COUNTRY SOCCER TENNIS WRESTLING
CHEERLEADING FOOTBALL SOFTBALL TRACK BAND

MEDICAL DISQUALIFICATION OF THE STUDENT-ATHLETE / WITHHOLDING A STUDENT-ATHLETE FROM ACTIVITY

The member school's team physician has the final responsibility to determine when a student-athlete is removed or withheld from participation due to an injury, an illness or pregnancy. In addition, clearance for that individual to return to activity is solely the responsibility of the member school's team physician or that physician's designated representative.

I understand that participation may include, when necessary, early dismissal from classes and travel to participate in interscholastic athletic contests. I will not hold the school authorities or West Virginia Secondary School Activities Commission responsible in case of accident or injury as a result of this participation. I also understand that participation in any of those sports listed above may cause permanent disability or death. Please check appropriate space: He/She has student accident insurance available through the school (); has football insurance coverage available through the school (); is insured to our satisfaction ().

I also give my consent and approval for the above named student to receive a physical examination, as required in Part IV, Physician's Certificate, of this form, by an approved health care provider as recommended by the named student's school administration.

I consent to WVSSAC's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices or Scrimmages and Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

I have read/reviewed the concussion and Sudden Cardiac Arrest information as available through the school and at WVSSAC.org. (Click Sports Medicine)

Date: _____ Student Signature _____ Parent Signature _____

PART III – STUDENT’S MEDICAL HISTORY

(To be completed by parent or guardian prior to examination)

Name _____ Birthdate ____/____/____ Grade ____ Age ____

- | | | |
|--|--------|---|
| Has the student ever had: | Yes No | 12. Have any problems with heart/blood pressure? |
| Yes No 1. Chronic or recurrent illness? (Diabetes, Asthma, Seizures, etc.) | Yes No | 13. Has anyone in your family ever fainted during exercise? |
| Yes No 2. Any hospitalizations? | Yes No | 14. Take any medicine? List |
| Yes No 3. Any surgery (except tonsils)? | Yes No | 15. Wear glasses __, contact lenses __, dental appliances __? |
| Yes No 4. Any injuries that prohibited your participation in sports? | Yes No | 16. Have any organs missing (eye, kidney, testicle, etc.)? |
| Yes No 5. Dizziness or frequent headaches? | Yes No | 17. Has it been longer than 10 years since your last tetanus shot? |
| Yes No 6. Knee, ankle or neck injuries? | Yes No | 18. Have you ever been told not to participate in any sport? |
| Yes No 7. Broken bone or dislocation? | Yes No | 19. Do you know of any reason this student should not participate in sports? |
| Yes No 8. Heat exhaustion/sun stroke? | Yes No | 20. Have a sudden death history in your family? |
| Yes No 9. Fainting or passing out? | Yes No | 21. Have a family history of heart attack before age 50? |
| Yes No 10. Have any allergies? | Yes No | 22. Develop coughing, wheezing, or unusual shortness of breath when you exercise? |
| Yes No 11. Concussion? If Yes _____
<small>Date(s)</small> | Yes No | 23. (Females Only) Do you have any problems with your menstrual periods. |

PLEASE EXPLAIN ANY "YES" ANSWERS OR ANY OTHER ADDITIONAL CONCERNS.

I also give my consent for the physician in attendance and the appropriate medical staff to give treatment at any athletic event for any injury.

SIGNATURE OF PARENT OR GUARDIAN _____ DATE ____/____/____

PART IV – VITAL SIGNS

Height _____ Weight _____ Pulse _____ Blood Pressure _____

Visual acuity: Uncorrected ____/____; Corrected ____/____; Pupils equal diameter: Y N

PART V – SCREENING PHYSICAL EXAM

This exam is not meant to replace a full physical examination done by your private physician.

Mouth:		Respiratory:		Abdomen:	
Appliances	Y N	Symmetrical breath sounds	Y N	Masses	Y N
Missing/loose teeth	Y N	Wheezes	Y N	Organomegaly	Y N
Caries needing treatment	Y N	Cardiovascular:		Genitourinary (males only):	
Enlarged lymph nodes	Y N	Murmur	Y N	Inguinal hernia	Y N
Skin - infectious lesions	Y N	Irregularities	Y N	Bilaterally descended testicles	Y N
Peripheral pulses equal	Y N	Murmur with Valsalva	Y N		

Any "YES" under Cardiovascular requires a referral to family doctor or other appropriate healthcare provider.

Musculoskeletal: (note any abnormalities)

Neck:	Y N	Elbow:	Y N	Knee/Hip:	Y N	Hamstrings:	Y N
Shoulder:	Y N	Wrist:	Y N	Ankle:	Y N	Scoliosis:	Y N

RECOMMENDATIONS BASED ON ABOVE EVALUATION:

After my evaluation, I give my:

- _____ Full Approval;
- _____ Full approval; but needs further evaluation by Family Dentist ____; Eye Doctor ____; Family Physician ____; Other ____;
- _____ Limited approval with the following restrictions: _____;
- _____ Denial of approval for the following reasons: _____.

 MD/DO/DC/Advanced Registered Nurse Practitioner/Physician's Assistant

 Date

DON'T LET AN INJURY LEAD TO AN OPIOID ADDICTION

2 MILLION ATHLETES ARE EXPECTED TO SUFFER A SPORTS INJURY THIS YEAR

MANY OF THESE ATHLETES WILL BE PRESCRIBED OPIOID PAINKILLERS

75% OF HIGH SCHOOL HEROIN USERS STARTED WITH PRESCRIPTION OPIOIDS

HIGH SCHOOL ATHLETES ARE AT RISK OF BECOMING ADDICTED TO PRESCRIPTION DRUGS

- 28.4% used medical opioids at least once over a three year period.
- 11% of high school athletes have used an opioid medication for nonmedical reasons.
- Nearly 25% of students who chronically use prescription opioids also use heroin.

WHAT ARE OPIOIDS?

Opioids are a powerful and addictive type of prescription painkiller that have similar chemical properties and addiction risks as heroin. While opioids may provide temporary relief, they do nothing to address the underlying injury and can have serious side effects.

These drugs may lead to: dependence, tolerance, accidental overdose, coma and death.

The most common prescribed opioid painkillers in West Virginia are:

- Oxycodone (OxyContin)
- Hydrocodone (Lortab and Vicodin)

HOW TO PROTECT YOUR CHILD

- Talk to your healthcare provider about alternative pain management treatment options (see below).

First-time prescription opioid users have a 64% higher risk of early death than patients who use alternative pain medication.

- If your child is prescribed an opioid painkiller, talk about the dangers of misusing medication, including overuse and medication sharing.
- Monitor your child's intake of prescription medication to ensure he/she is following dosage instructions.
- Safely dispose of any unused medication through a prescription drug drop box or a DEA Take-Back program.

NON-NARCOTIC PAIN MANAGEMENT ALTERNATIVES

- Physical Therapy
- Chiropractic
- Massage Therapy
- Acupuncture
- Over-the-Counter Medication



WEST VIRGINIA
ATTORNEY GENERAL'S OFFICE



West Virginia
Board of
Medicine

HEADS x UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just "not feeling right" or "feeling down" 	<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes

How can you help your child prevent a concussion or other serious brain injury?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?

SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:

Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.





What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- SCA should be suspected in any athlete who has collapsed and is unresponsive
- Fainting, a seizure, or convulsions during physical activity
- Dizziness or lightheadedness during physical activity
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age <50

ANY of these symptoms/warning signs may necessitate further evaluation from your physician before returning to practice or a game.

What causes Sudden Cardiac Arrest?

- Conditions present at birth (inherited and non-inherited heart abnormalities)
- A blow to the chest (Commotio Cordis)
- An infection/inflammation of the heart, usually caused by a virus. (Myocarditis)
- Recreational/Performance-Enhancing drug use.
- Other cardiac & medical conditions / Unknown causes. (Obesity/Idiopathic)

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical which is mandatory annually in West Virginia.
- Always answer the heart history questions on the student Health History section of the WVSSAC Physical Form completely and honestly.
- Additional screening may be necessary at the recommendation of a physician.

What is the treatment for Sudden Cardiac Arrest?

- Act immediately; time is critical to increase survival rate
- Activate emergency action plan
- Call 911
- Begin CPR
- Use Automated External Defibrillator (AED)

Where can one find additional information?

- Contact your primary health care provider
- American Heart Association (www.heart.org)