XI. NCAA CLEARINGHOUSE ELIGIBILITY:

Please see your guidance counselor regarding NCAA Freshman Eligibility Standards OR log onto www.ncaaclearinghouse.com.

The Athletic Department sincerely hopes that the student/athletes of Dover High School have a positive and valuable athletic experience.

DUTY TO WARN

The following is a list of school sports and the common types of injuries associated with each sport.

1. Football/Lacrosse – Potential injuries – strains, sprains, contusions, abrasions, concussions, dehydration, more serious injuries, to death.

2. Basketball – Potential injuries – sprains, strains, contusions, abrasions, concussions, blisters, cramping, more serious injuries, to death.

3. Baseball/Softball – Sprains, strains, contusions, fractures, punctures, dislocations, more serious injuries, to death.

4. Ice Hockey – Potential injuries – groin strains, sprains, knee injuries, contusions, concussions, broken teeth, facial lacerations, more serious injuries, to death.

5. Soccer/Field Hockey – Potential injuries – strains, sprains, concussions, fractures, eye damage, more serious injuries, to death.

6. Gymnastics/Cheering – Risk potential – high – potential injuries – sprains, strains, concussions, fractures, more serious injuries, to death.

7. Track Field/Cross Country – Potential injuries – sprains, strains, shin splints, contusions, fractures, back, knee and ankle problems, more serious injuries, to death.

8. Skiing Down Hill/Cross Country – Potential injuries – sprains, strains, contusions, abrasions, concussion, fractures, more serious injuries, to death.

9. Swimming – Potential injuries – contusions, abrasions, strains, hypothermia, cramping, more serious injuries, to death.

10. Golf – Potential injuries – strains, sprains, back injuries, more serious injuries, to death.

11. Tennis – Potential injuries – contusions, abrasions, strains, sprains, dehydration, eye injuries, elbow inflammation, heat exhaustion, more serious injuries, to death.

12. Volleyball – Potential injuries – sprains, strains, contusions, abrasions, fractures, more serious injuries, to death.

SCFA
Seacoast Center for Athletes

Fact Sheet for Parents

National Federation of State
High School Associations

A Parent's Guide to Concussion in Sports

What is a concussion?

- A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

SCFA Somersworth, NH Seacoast Center for Athletes

Fact Sheet for Parents

When can an athlete return to play following a concussion?

After suffering a concussion, **no athlete should return to play or practice on that same day.** Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in NH, Oregon and Washington to pass laws stating that **no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices.** The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.Other states are currently considering adopting the same law.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.
Step 2: Running in the gym or on the field. No helmet or other equipment.
Step 3: Non-contact training drills in full equipment. Weight-training can begin.
Step 4: Full contact practice or training.
Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.

How can a concussion affect schoolwork?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no "magic number" of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete's risk for further and potentially more serious concussions. The decision to "retire" from sports is a decision best reached following a complete evaluation by your child's primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I've read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of "chronic encephalopathy" in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.