

“Strive for Greatness”  
**Byne Christian School**



***ATHLETIC MANUAL***  
***2020-21***

*“I can do all things through Christ  
that strengthened me”  
Philippians 4:13*

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To comply with Byne Christian School rules and guidelines, every parent and athlete must be made aware of the inherent risk of participating in sports activities at BCS as stated in the Warning of Inherent Risk statement below.

### **Warning of Inherent Risk**

*Participation in athletic competition includes the inherent risk of injury, which may range in severity from minor injury, to disabling injury, even to death. Although serious injuries are uncommon in structured, supervised athletic programs, it is virtually impossible to eliminate all risk. Participants can and do have the responsibility in helping reduce the chance of injury by obeying all safety rules of each sporting activity, reporting all physical problems to coaches, following proper guidelines for safe play in athletic competition, and inspecting the integrity of their own equipment. Byne Christian School takes all necessary precautions to provide student athletes a proper and safe environment for competing athletically.*

## **CONCUSSIONS**

Byne Christian School recognizes that adolescent athletes are particularly vulnerable to the effects of concussions.

In compliance with the passage of House Bill 284, and to ensure the ongoing safety of our youth athletes, the following protocols will be effective January 1, 2014:

- A. Prior to the beginning of each athletic season, an informational sheet emphasizing the risks of concussions shall be distributed to the parents/guardians of all youth athletes (ages 7 to 18).
- B. Any youth athlete who participates in athletics and exhibits signs of a concussion must be removed from the game, practice, competition or tryout and be evaluated by a healthcare provider.\*\*
- C. Any youth athlete who is deemed by a health care provider as sustaining a concussion shall not be permitted to return to play until he/she receives clearance from a health care provider for a full or graduated return to play.

*\*\* The term 'healthcare provider' means a licensed physician or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.*

Further information about concussions can be found in the appendix of this manual. A concussion fact sheet will be distributed prior to each sports season, and both parent/guardian and student must provide acknowledgement that they have read the information provided.

## PHILOSOPHY

The Christian approach to athletics at Byne Christian School (BCS) flows naturally from the school's philosophy of Christian education. The purpose and intent of our athletic program at BCS is to bring glory to God through our participation and involvement in individual and team sports activities and to develop within those who participate in athletics the character traits of Jesus Christ. We desire for our athletes to grow spiritually by teaching them to think and act like Christ in the competitive arena and to model godly character through their words, their attitudes and their deeds.

Developing each student athlete spiritually, so that the Holy Spirit controls and directs his or her mind and body in every athletic endeavor, is a key objective of the BCS athletic program (1 Thessalonians 5:23). Within that philosophical framework, all of our coaches desire to train, disciple, and encourage student athletes to perform athletically to the maximum of his or her potential in order to honor and glorify the Lord Jesus Christ.

Athletic competition often can serve as a microcosm of life, providing perfect learning situations for teaching God's principles. Using the many kinds of problems and different situations that occur in athletic competition, coaches attempt to build within each student athlete eternal biblical principles and values, so that he or she might conform to Christ's image and demonstrate His character.

*Consequently, the primary goal of the athletic program at BCS is to use athletic competition as a positive tool in the lives of our student athletes to bring glory to God through our participation and to develop within those who participate in athletics the character traits of Christ.*

## PURPOSE

This athletic handbook outlines for administration, faculty, staff, students, and parents important information concerning the athletic program at Byne Christian School. It is comprehensive, yet not exhaustive. Any comments or additions should be directed to the Athletic Director.

The athletic program is an important part of the overall educational experience of students at BCS and must necessarily conform to the school's philosophy of Christian education. Athletic competition must never be allowed to damage the testimony of Christ or the philosophy and ministry of the school.

Through the athletic program at BCS, we aim to accomplish the following objectives:

1. To develop within each student athlete the positive character qualities of Jesus Christ, conforming ourselves to His image, and openly expressing those characteristics to others through athletic competition.

2. To learn to give maximum effort for the glory of God in every aspect of the athletic program.
3. To glorify God in word and deed by presenting a positive witness and testimony for Jesus Christ to the lost.
4. To teach the biblical principle of respect for authority; players respect their coaches; coaches, players and fans respect for officials; and all a respect and reverence for God.
5. To instill within every player the principle of setting aside our individual desires and goals for the good of the team.
6. To provide opportunities within athletic competition to learn self-discipline and self-control, because true individual character traits are often revealed in the heat of competition.
7. To encourage and provide opportunities for student athletes to produce a healthy body ('temple of the Holy Spirit').
8. To do everything with a 'total release' of all mental and physical ability, and all emotional energy (100% effort), in order to play with complete concentration, and then releasing the results to God.
9. To live in word and deed as ambassadors for Jesus Christ, for His glory.

## **SPORTS OFFERED**

Byne Christian School offers students a variety of sports in which to participate. These sports are usually offered during three distinct seasons; fall, winter, and spring.

### **Fall Sports**

Girl's Volleyball  
 Boy's Soccer \*  
 Cross Country\*  
 Archery\* (2020)

### **Winter Sports**

Girl's Basketball  
 Girl's Cheerleading  
 Boy's Basketball

### **Spring Sports**

Girl's Softball  
 Boy's Baseball  
 Girl's Soccer\*  
 Golf\*  
 Track & Field\*

\* Dependent upon interest in sport

Students are encouraged to participate in sports all year long; however, a student cannot begin a different sport until the previous sport's season is over. Students may not play more than one sport at a time within a given season. The only exceptions will be made by the Athletic Director with the consent of the individual coaches and parents.

With sufficient participation, sports are offered at different levels. For Elementary and Middle School athletic activities, the primary goal is to teach game fundamentals, teamwork, sportsmanship, the concept of commitment, respect for authority, and most importantly, development of the athlete spiritually. The Junior Varsity level attempts to refine the concepts learned in Middle School, with greater emphasis on teamwork, the concept of 'total release', skill improvement, and a greater depth of spiritual growth.

At the Varsity level, competition is more intense and requires an increased level of desire and commitment from each individual athlete. Many biblical principles, character qualities, and life lessons can be learned through competing at this level. Coaching demands at the Varsity level are more intense and to compete at this level requires complete dedication by the athlete and complete support of parents for the athlete while competing.

Byne Christian School competes in the Georgia Christian Athletic Association (GCAA) in most sports. BCS complies with organizational rules and regulations for the teams in the GCAA conference.

## PARENTAL PARTICIPATION

As part of the BCS partnership with parents, **the athletic department requires that each parent volunteer at least 4 hours per sport in some capacity. If hours cannot be served, a \$100 fee will be assessed to your student's account.** Because of continual yearly budget constraints and limited athletic department resources, there are numerous areas and activities that need parental support and volunteer time in order to function properly. The following list includes, but is not limited to, areas where parents can support the athletic program.

- **GATE VOLUNTEERS** – The first volunteer need concerns controlling and collecting money at the gates for all home sporting events which require admission. This activity is extremely important to the budget of the athletic department. Parents of athletes, on a rotating basis, will be responsible for collecting money at our home games. The athletic department will assign specific dates to work and will endeavor to avoid having parents work when their student is playing.
- **CONCESSIONS VOLUNTEERS** – Another important function that helps fulfill the athletic department's financial need is the selling of concessions at athletic events. This function helps the athletic department by providing funds to the SAINTS Organization which provides resources to work the concession stand. The athletic department works closely with the SAINTS Organization to fill concession positions.
- **SAINTS Organization** An important organization that all parents of athletes are members of and expected to participate in is the SAINTS Organization. The BCS SAINTS Organization is a parent, teacher and staff organization that provides valuable support for the athletic department and the academic program of the school.

The organization sponsors several fundraising functions and activities to help in the support of the athletic department in conjunction with academics through support of the teachers and staff of the school. Parents of all student athletes are automatically members at registration and expected to participate.

## COMMUNICATIONS

In order to enhance the communication between the athletic department and coaches, student athletes, and parents, important information can be found in this Parent/Student Athletic Handbook. All parents may receive a copy of the BCS Athletic Handbook from the Athletic Department or by downloading the document from the BCS web site ([www.bcssaints.org](http://www.bcssaints.org)).

Most other athletic information, such as changes in schedules, practice schedules, game times, etc., will be communicated through emails. At the beginning of each season for each sport, game schedules will be provided that will include individual coaches' contact information.

The BCS Athletic Department depends on the support and involvement of parents in its goal to develop student athletes into the image and likeness of Christ through athletic competition. To build those desired character qualities into our student athletes, parents must agree with the school's philosophy of Christian education and the school's athletic philosophy. Parents should also be supportive of the decisions of the Athletic Director and the coaches and always use the Matthew 18 principle in any conflict or misunderstanding. Both winning and losing in athletic competition provide valuable biblical and life lessons for our students that might not ever be learned anywhere else.

## SPORTSMANSHIP

Parents and fans should model biblical behavior while watching our student athletes in fierce athletic competition, because that modeled behavior is just as important as the behavior of the athletes on the field. Dr. Paul Kienel, founder and President Emeritus of ACSI, outlined five important principles concerning good sportsmanship and positive Christian testimony which all BCS parents and fans should observe during athletic competition. These principles should guide us as Christian parents and fans of our student athletes:

1. Show proper **RESEPECT** to the players of both teams, remembering that each one is someone's son or daughter. Likewise, respect the visiting crowd, treating them as you would like to be treated in their gym or at their field.
2. Show proper respect for the officials and for their legitimate **POSITION OF AUTHORITY** over the game.
3. Remember that the other team's players, coaches, and fans are not our enemies, **JUST OUR OPPONENTS** in a game.
4. Please **DO NOT "BOO"** or otherwise show a negative reaction or behavior toward an official's decision or a player's performance.
5. Remember that the Lord sees our actions and He knows our **THOUGHTS** and the **INTENT OF OUR HEARTS**.

Similar to these ideas, GCAA states in their Christian Winners Creed, “I believe that a true believer always does his best, never to the glory of self, but always to the glory of God. With the Lord’s help I will strive to be a true winner today.” The sportsmanship behavior listed above is also supported in the GCAA Etiquette Guidelines (Attachment C) and posted at BCS sporting events.

## **STUDENT ATHLETIC PARTICIPATION**

Even though every coach in each individual sport may have specific rules and guidelines for that sport, the following rules are in effect for all athletes at BCS:

1. Absolutely no use of drugs, alcohol, or tobacco.
2. Attendance at all practices and games is mandatory.
3. Any improper or questionable language will not be permitted. Improper language includes: swearing, ‘in your face’ boasting, and disrespect to officials, players and/or coaches.
4. Maintain school dress and hair code at all times, plus any other dress specifications outlined by coaches. In all areas dealing with attire or appearance, the goal is always appropriateness and modesty.
5. Athletic competition is a great source of fun; however, no foolish ‘horse-play’ will be tolerated.
6. Athletes should strive to obtain a minimum of eight hours of sleep per night. Prioritize your activities and manage your time.
7. Athletes should maintain a proper diet. Avoid junk food or eating food with ‘empty calories’. Remember, to compete with ‘total release’, your body must be fueled properly to perform at its full potential!
8. Any display of affection between boys and girls will not be permitted.

## **ACADEMICS**

Even though the athletic program is an important part of the overall Byne Christian School experience, the mission of the school remains Christian worldview academic education. In light of our Christian educational philosophy and the school’s mission, the BCS athletic department endeavors to monitor the academic progress and to encourage the academic achievement of each student athlete. To accomplish this, there must be continuous, clear and frequent communication between the athletic department, coaches, teachers, parents and student athletes. In the athletic program, we teach our athletes the concept of giving 100% effort. We expect them to give their maximum effort in all academic endeavors as well.

We continuously monitor the academic eligibility of student athletes, in order to comply with GCAA eligibility rules. To monitor student academic progress, all interim grade reports are reviewed by the athletic office. It is the student athlete’s responsibility for maintaining academic eligibility.

For some athletic events, athletes must be dismissed early from school and likely will miss some academic work. Early dismissal for away games or practices is never an excuse for failure to fulfill academic responsibilities. Each student athlete is responsible for contacting teachers before early dismissal regarding work or assignments that might be missed or assignments that are due that day. Student athletes must coordinate with the teacher to make up all missed work, including written assignments, quizzes, and tests. All assignments not completed will result in failure for that work and will jeopardize the athlete's academic eligibility.

It is the athlete's responsibility to maintain the concept of 'total release' (giving 100% effort) in academics and failure to meet minimum academic standards will result in athletic ineligibility.

Grades will be checked at every progress report and report card. Student athletes must maintain a minimum of a 2.0 overall grade point average to remain athletically eligible. A student athlete who does not meet the academic requirements will not be eligible to participate in any aspect of the sport for a period of 2 weeks. During this time, ineligible athletes may not participate in any games. At the end of the 2 week period, if the athlete has met academic requirements (overall GPA of 2.0), he or she will be reinstated and allowed to participate.

In addition, if a student has an 'F' in any subject (core or otherwise), that student may not miss that class for any athletic activity – even if he/she maintains an overall GPA of 2.0. If that class is near the end of the day and the team has an early dismissal for an away game, the student would have to secure their own transportation to the game after that class has finished.

## **ELIGIBILITY**

To be eligible to participate in the athletic program at Byne Christian School, a student must enroll as a full-time student at BCS and take at least four units of credit per year. Other GCAA eligibility criteria for participation in athletics are found in the GCAA Athletic Manual School Responsibilities and Eligibility Rules, pages 10 - 11.

To participate in the BCS athletic program, a student athlete must have (1.) a signed GCAA Liability Waiver form. Additionally, students must obtain (2.) a physical exam, performed and signed by a Medical Doctor using a Pre-Participation Physical Examination form. These signed forms for each student athlete will be kept on file in the main office.

For each home and away sports activity, the coach for each individual sport must have in his or her possession copies of the forms mentioned above for every member on that team.

To maintain athletic eligibility for a sport, students must be self-disciplined in the classroom. Disciplinary action on the part of the school may adversely affect an athlete's ability to continue participation in our sports program. Decisions will be made on a case-by-case basis with the cooperation of the parents, Athletic Director and School Administrator. Students serving detentions after school or on the weekends must serve said detention before being able to participate in any athletic event.

**"If a Byne Christian School student athlete quits or is dismissed from one of the sports that is offered at BCS, they will not be allowed to compete in any other sport for 365 days from the date the student athlete notifies or is notified by the coach/administrator. In certain circumstances where the student athlete has to quit because of a situation out of their control (sickness, death in the family, etc.) then they would not be subject to this policy. Student Athletes are to fulfill their obligations to their team; therefore, quitting on a commitment will be dealt with severely. The school's Athletic Director and School Administrator have the final say in all matters regarding this policy."**

In order for a student athlete to compete in an athletic game or contest, he or she must arrive at school no later than 9:00am on the day of the game and attend all scheduled classes.

## **AWARDS AND LETTERS**

At the end of the year, the Byne Christian School Athletic Department will hold an all sports athletic banquet to recognize outstanding achievement according to the guiding principles and goals established by our athletic philosophy.

Our goal is not only to recognize in each sport the obvious outward athletic abilities, talents, and achievements of the past year, but just as important, we desire to recognize those inward Christ-like qualities that have been formed and displayed in athletes during the season. Therefore, the description of the athletic awards and the giving of those awards are necessarily correlated and intertwined with the character qualities our coaches emphasize during the season.

The following awards will be given for all sports:

1. **Saints Award** – the Saints award is given to the athlete who made the greatest overall contribution to the team, athletically and spiritually. Although statistics are important, demonstrated character development is the most important criteria for this award. It is possible to not be the statistical leader of the team, yet be the MVP. Characteristics considered for this award include: athletic and spiritual leadership, intensity, determination, obedience, self-control, endurance, responsibility, respect, compassion, and dependability.
2. **Christian Character** – the Christian Character award is given to the athlete who best demonstrates spiritual leadership, Christ-like character, and spiritual relationship with Christ and reflects the following characteristics: boldness, enthusiasm, faith, humility, loyalty, virtue, meekness, discernment, sensitivity, courage, and wisdom.
3. **Most Improved** – the Most Improved award is presented to the athlete who demonstrates the most improvement in ability and character judged either from the beginning of the season to the end, or from one season to the next. Character traits for

this award include: determination, diligence, contentment, dependability, enthusiasm, humility, attentiveness, flexibility, and intensity.

4. For each individual sport, with the approval of the Athletic Director, a head coach will have the discretion of presenting additional sports specific awards. In addition to the individual sports awards, the Athlete of the Year award will be presented by the Athletic Department.
5. **Athlete of the Year** – the Athlete of the Year award is an annual award given to the outstanding male and female athletes who demonstrate the best all-around character, ability, and accomplishment. This award is determined by the administration of BCS with the support of the BCS coaches.
6. **Lettering In a Sport** - Byne Christian School awards a varsity letter in all varsity sports to players and cheerleaders who meet certain criteria. To earn a letter, the student should demonstrate growth in biblical character qualities and must attend and participate in at least 90% of scheduled practices unless excused by the coach (examples such as: a viable medical reason, family death, etc.). Excused absences are to be determined and communicated by the coach to the player.

Athletes must dress out for at least 95% of scheduled games, unless injured. Due to the limited number of matches, practices and the nature of how matches are played, varsity golf lettering will be managed differently and determined by the coach.

To letter in a sport, a student athlete must not be a disciplinary problem. Disciplinary action taken by the coach regarding a player and/or unexcused absences may disqualify a player from receiving a varsity letter.

Student athletes in grades 6-8 may receive a letter in a varsity sport, if all other eligibility requirements are met. These special situations should be discussed with and approved by the Athletic Director and the coach involved.

Athletic certificates will be awarded for any managers, trainers, statisticians, and audio-visual helpers who meet participation requirements. These students must attend and fulfill their particular responsibilities in at least 95% of scheduled games or matches.

## **FACILITIES**

The Lord has blessed Byne Christian School with outstanding facilities including a gym, locker rooms, baseball and softball fields and transportation vehicles. Student athletes must learn to be good stewards of what we have and use these facilities wisely. You should always leave an area cleaner than the way you found it (especially when we play at another school)! Do not tolerate destructiveness or misuse of property at any time (including balls, bats, PE equipment, etc.)

All articles left in the locker room area and gym will be taken to the 'lost and found' for a short period of time, then, if not recovered, given to charity.

Students must be out of the building no later than fifteen minutes after the scheduled completion of practice. Coaches will be the last ones out to ensure the doors are locked. Make sure your ride is on time. You cannot remain on the school premises after the coach leaves. For practices, you should not be in any other area of the school building other than the designated practice area. Coaches will not leave unattended athletes.

## **UNIFORMS AND EQUIPMENT**

The coach for each individual sport will issue uniforms before the first game. Each athlete will sign for the uniform by size and number. At the time of issue, please note the condition of the uniform, because it is your responsibility to keep it clean and in good shape. Lost or damaged uniforms must be paid for in full. Check with your coach for the type of practice uniforms he or she desires you to wear. Although practice uniforms are not standardized, athletes must use modesty in practice attire.

Athletic game uniforms are very costly, so please be good stewards of the uniforms we have. They should be cleaned and washed regularly. You should treat all school athletic equipment with care. If your coach gives you the responsibility for the team's equipment, see that you carry out your job responsibility. Any loss of or damage to school equipment or uniforms due to negligence or carelessness by a student athlete will be repaid in full by that student who is deemed responsible.

All athletic uniforms will be distributed by your coach. Athletic uniforms must be returned at the end of the season as required by your coach. Report cards/grades will not be made available for any student athlete who does not return his or her uniform or equipment.

## **INJURIES AND PHYSICALS**

- **Injuries** – It is very important that you report all injuries to your coach so that proper aid may be given. This includes injuries or problems that occur outside the sport you are participating in. Please be sure to let your coach know of any allergies, medicines, problems, or other ailments that might require special attention.
- **Conditioning** – Conditioning is your responsibility prior to the start of every season. Prepare yourself so that you can stand the physical stress that practice in that sport will put on your body. Begin gradual and easy, working up to a high level of conditioning, so that you will be ready for the start of the season.
- **Physicals** – To participate in the GCAA athletic program, each athlete must have a signed and completed Pre-Participation Physical Examination form, performed and signed by a Medical Doctor before the season begins. A student may not compete or practice in any sport unless they have a current physical on file. The Pre-Participation Physical Examination form must be signed and will be kept on file in the main office.

## **TRANSPORTATION**

Transportation to and from athletic contests will be by BCS vehicles, unless otherwise specified by your coach. Students must ride in the school vehicle to and from the athletic contest destination. The only exception is when parents request a trip waiver from the coach or Athletic Director for the return trip from a game. Students will be released to parents only for the return trip from a game or match. The Athletic Director or coach will have a Return Trip Authorization Form at sporting events for the parent/guardian to sign.

All school vehicles must remain clean! Your stewardship responsibility is to ensure that the BCS vehicles remain clean to and from each athletic event. Riding home with parents does not relieve you of that responsibility. In the event that vehicles are not kept clean, coaches will provide disciplinary action at the next practice.

Riding to a game or match in a school vehicle should not include loud talking and singing, shouting, boisterous laughing, or 'rough housing'. There should be absolutely no standing or walking around on the bus while it is moving. Student athletes should instead prepare mentally and spiritually for the upcoming game or match. In addition, when boys and girls are riding on the same vehicle, they will not be allowed to sit together.

For all local practices away from the BCS campus, if you ride with someone else, you should conduct yourself in a way that will honor God and conform to school policies. To ride to a practice with another student who drives, you must have written permission from your parents beforehand. The driving student must have written permission from their parent to drive another student. Give all permission slips to the coach **prior** to riding.

## **CLOSING**

The BCS Athletic Department would like to encourage each student athlete by wishing you the very best in all your athletic endeavors. If we can help you in any way, please let us know. It is our heart's desire to help each student athlete grow in grace and in the knowledge of our Lord and Savior Jesus Christ. We pray that the sports program at BCS will truly encourage you to develop and mature in your relationship with Jesus Christ. Our hope is that, through the athletic program at Byne Christian School, you will strive to do your absolute best by using your God-given talents and abilities in athletic competition so that you will bring glory to Him!

## Concussion Information

### What is the law?

**Schools:** House Bill 284, the Return to Play Act of 2013, requires all public and private schools to create a concussion policy that, at a minimum, includes these standards:

- Prior to the beginning of each athletic season, an information sheet that informs parents or legal guardians of the risk of concussions must be provided.
- If a youth athlete (ages 7 to 18) participating in a youth athletic activity exhibits signs or symptoms of a concussion, he must be removed from play and evaluated by a healthcare provider.
- Before a youth athlete can return to play, he must be cleared by a healthcare provider trained in the management of concussions.

**Recreational Leagues:** HB 284 requires recreational leagues to provide an information sheet on the risks of concussion at the time of registration to all youth athletes' (ages 7 to 18) parents or legal guardians.

### What is a concussion?

It is a type of brain injury caused by trauma. It can be caused by a hard bump on or blow to or around the head, which causes the brain to move quickly inside the head. You do not have to lose consciousness to have a concussion. If a concussion is not properly treated, it can make symptoms last longer and delay recovery. A second head trauma before recovery could lead to more serious injuries.

### What are the signs and symptoms?

There are many signs and symptoms linked with concussion. Your child may not have any symptoms until a few days after the injury. Signs are conditions observed by other people and symptoms are feelings reported by the athlete.

#### Signs observed by others

- Appears dazed or stunned
- Moves clumsily
- Forgets plays
- Answers questions slowly
- Is unsure of game or opponent
- Shows behavior or personality changes

#### Symptoms reported by athlete

- Headache
- Fuzzy vision
- Nausea
- Dizziness
- Feeling foggy
- Concentration problems

For a full list of signs and symptoms visit [choa.org/concussion](http://choa.org/concussion).

### What should you do if you suspect a concussion?\*

- Do not let your child play with a head injury.
- Check on your child often after the injury for new or worsening signs or symptoms. If the symptoms are getting worse, take him to the nearest Emergency Department.
- Take your child to the doctor for any symptom of a concussion.
- Do not give your child pain medications without talking to your child's doctor.
- Your child should stop all athletic activity until his doctor says it is OK. Your child must stay out of play until he is cleared by a licensed healthcare provider.
- Educate your child on concussions and why he cannot play until the symptoms are gone. Your child will need a gradual return to school and activities.
- Tell your child's coaches, school nurses and teachers if he has a concussion.

***\*In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.***

#### Warning signs

##### Call your child's doctor right away if he has:

- New signs that his doctor does not know about
- Existing signs that get worse
- Headaches that get worse
- A seizure
- Neck pain
- Tiredness or is hard to wake
- Continued vomiting
- Weakness in the arms or legs
- Trouble knowing people or places
- Slurred speech
- Loss of consciousness
- Blood or fluid coming from nose or ear
- A large bump or bruise on scalp,

especially in infant younger than 12 months

### Where can I find more information?

Visit [choa.org/concussion](http://choa.org/concussion) for return to school and activities guidelines, educational videos and general concussion information.