



*Proof of Insurance
Parent/Guardian Contacts
Parent/Guardian Acknowledgement Signatures*

712 Thompson Street
Homer, GA 30547
Phone : 706-677-2277
Fax: 706-677-5227

Banks County Middle School Athletics

Dr. Hank Ramey, Principal

Dr. Mike Boyle, Assistant Principal, Athletic Director

Proof of Insurance (please print)

Athlete's Name _____

Parent/Guardian Name(s) _____

Insurance Company _____

Policy Number _____

Parent/Guardian Contacts (please print)

1) Emergency Contact Name _____

Phone/Cell Phone Number _____

2) Emergency Contact Name _____

Phone/Cell Phone Number _____

Contacts for routine matters such as schedule changes, practice dates, etc.:

E-mail Address _____

and/or

Cell Phone Text Number _____

Parent/Guardian Acknowledgement Signatures

I have read and acknowledge the following rules, policies, and expectations documents:

Athletic Rules and Policies

Parent/Guardian Signature _____ Date _____

Sportsmanship Expectations

Parent/Guardian Signature _____ Date _____

Concussion Policy

Parent/Guardian Signature _____ Date _____

Consent to Treat Injury

Parent/Guardian Signature _____ Date _____



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Athletics Rules and Policies

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Expectations For Student Athletes

At Banks County Middle School, we expect all students to focus daily on the “Big 3.” Teachers routinely communicate with the coaches of student athletes concerning each student athlete’s progress of meeting the “Big 3” expectations. Student athletes who do not adhere to the “Big 3” expectations may lose the privilege of practicing and/or playing time. Following the “Big 3” expectations will insure success for all students. We encourage our parents to reinforce this focus at home.

The Big 3

- 1) Attendance – Unless very sick, students should attend school every day. Appointments should be scheduled in the afternoon when possible.
- 2) Discipline – Students should always do what is right. This includes following all school rules, respecting their teachers, and getting along with one another.
- 3) School Work – Students should take care of business in the classroom. This means eyes and ears on the teacher at all times, completing all assignments, and studying. Students should take pride in their work and give their best effort every day.

Eligibility

Each athlete must meet standards of passing 5 classes in the previous and current semester. All athletes must have an updated physical on file at BCMS to participate. Athletes must also have “Proof of Insurance” form on file at BCMS to participate.

Uniforms and Equipment

Athletes are responsible for their own uniforms and equipment. Athletes are required to pay the amount established by BCMS for all lost or damaged equipment and uniforms by the end of the season.

Transportation

All athletes will ride to and from “away” games on a school bus supervised by a coach. An athlete that wishes to ride home with a parent from “away” games must receive permission from his/her coach. Prior to the game, a signed note must be provided stating whom the athlete is riding home with. The athlete can only ride home with those people that have been listed on his/her “emergency” contact form.

Pickup from Practice and Games

Please recognize the time of your athlete’s practice and game times. Practices and game times are not always on the same time, a schedule will be given to each athlete. The coaching staff will notify athletes, parents, and school of any schedule changes. Practice and game times are listed on the BCMS website (www.banks.k12.ga.us). Please be on time to pick up your child after practice and on game days.

Game Day

On game days, the athlete must be present at school. An athlete must be present at least half of the school day to be considered eligible to play in the game that day. If the game is on a Saturday, the athlete must be present at school on Friday. If an athlete is tardy, leaves school early, or is absent the coaching staff needs a signed excuse specifying the reason for the absence.

Excused and Unexcused Practices/Games

Excused practices must be approved by the coach. Excused practices would include the following: illness, death in family, and attending a school function. Athletes with unexcused practices/games may face disciplinary action based upon the coach and school administration discretion.

OSS/ISS (per athletic season)

- 1) Any athlete that receives OSS will not practice or participate in a game for the duration of the OSS.
- 2) Any athlete that receives ISS will not practice or participate in a game for the duration of the ISS.
- 3) Please note that these are the minimal disciplinary measures for athletes receiving OSS or ISS. Administrative discretion or a team’s policy may include further disciplinary action.

If you have any questions regarding these rules and policies, please feel free to contact Banks County Middle School’s Athletic Director, Chuck Amato at the following email address camato@banks.k12.ga.us or by calling BCMS at (706) 677-2277.



Sportsmanship Expectations

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Banks County Middle School has made a commitment to promote good sportsmanship by student athletes, coaches, parents, and spectators at all BCMS sanctioned athletic events. BCMS also recognizes that our coaches and parents have a responsibility to serve as good role models for our student athletes and expects them to teach and encourage good sportsmanship.

- Parents and spectators are not allowed to confront coaches or to be on the athletic field or court before, during, or after a game or practice.
- Profanity, degrading remarks, and intimidating actions directed at competitors, officials, and coaches will not be tolerated.

Failure to abide by Banks County Middle School Sportsmanship Expectations may result in the following actions:

- Immediate removal from the event site.
- Suspension from the event site for a period of time to be determined depending on the severity of the offence.

Parents and spectators who have a question or concern involving an athletic event or program should follow the appropriate contact chain of command: head coach of the team, athletic director, assistant principal, and principal.



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Concussion Policy

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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.

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
- Feeling foggy
- Dizziness
- Concentration problems

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
- Continued vomiting
- Existing signs that get worse
- Weakness in the arms or legs
- Headaches that get worse
- Trouble knowing people or places
- A seizure
- Slurred speech
- Neck pain
- Loss of consciousness
- Tiredness or is hard to wake
- 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 for return to school and activities guidelines, educational videos and general concussion information.

This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.

For a full list of signs and symptoms visit choa.org/concussion