



# The City of Grove City Parks & Recreation Department

3226 Kingston Avenue, Grove City, Ohio 43123  
614-277-3050 • Weather Hotline: 614-277-3060



## Youth Basketball Frequently Asked Questions

- Cost:** Recreation league fees: \$83 for Grove City residents; \$88 for all other participants
- Practices:** Practice schedules are given to each coach at the coaches' meeting (Nov. 12 or 14). **Practices begin the week of Monday, Dec. 2.** Teams practice one hour each week. **Due to limited facility space, some practices are scheduled from 8:15-9:15 p.m.; this includes kindergarten through third grade as well as the older leagues.** **If schools close due to inclement weather or gyms are being used for school functions, practices are canceled and are not rescheduled.**
- Games:** Each team plays one game per week. Official schedules are passed out to each team at practice before the season begins.
- Game dates:**
- Saturday, Jan. 11
  - Saturday, Jan. 18
  - Saturday, Jan. 25
  - Saturday, Feb. 1
  - Saturday, Feb. 8
  - Saturday, Feb. 15
  - Saturday, Feb. 22
  - Saturday, Feb. 29
  - Saturday, March 7\*
  - Saturday, March 14\*
- \*Post-season tournaments for grades three through 12.
- Picture Day:** Individual and team pictures are taken at game sites **Saturday, Jan. 11.** Coaches hand out picture day information before the first game.
- Uniforms:** Uniforms are ordered immediately following the coaches' meeting. Due to the timely nature of uniform ordering, exchanges cannot be honored. Please double check the size you ordered (sample clothing is available at registration). A reversible mesh jersey is provided. We ask participants to wear black or navy blue shorts to games. **Jerseys must remain tucked in during games.**
- Team Assignments:** Volunteer coaches contact each player assigned to their team after the coaches' meeting. Information concerning practice days and times is given to players at that time.
- Winter Break:** There are no practices or games Monday, Dec. 23 through Saturday, Jan. 4, as South-Western City School District facilities are closed for winter break.
- Weather Hotline:** In the event of inclement weather, please call the weather update/information hotline at 614-277-3060. Press (6) for field conditions and then (3) for local gym conditions.
- Facilities:** Grove City Parks and Recreation contracts with the South-Western City School District to use district facilities. Please be respectful of district property: participants and spectators including siblings should remain only in the necessary areas, i.e., restrooms, gymnasium, viewing areas and hallways accessing entry/exit doors. Abuse of district property may lead to suspension of the department's usage of these buildings.

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| <b>Background Checks:</b>                                      | All coaches undergo a background check before coaching with the Grove City Parks and Recreational youth leagues.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Coaches' Meeting:</b>                                       | <b>(Head Coaches Only)</b><br>All head coaches should attend the Coaches' Meeting at 6 p.m., Tuesday, Nov. 12 or Thursday, Nov. 14 in the Kingston Center, 3226 Kingston Ave. Coaches will be notified which night to attend based on the league their team is in.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Honoring Requests:</b>                                      | Balancing talent levels is the primary goal when assembling teams in each division. <b>We do not accept player requests for teams/coaches.</b> The only exception is for siblings/children living in the same household where age and gender places them in the same grade division. The Parks and Recreation Department has the right to honor certain requests that may arise.<br><br>Since basketball allows some flexibility on practice nights, a participant may list one day of the week he/she is unable to practice, and we will try to accommodate that request. There is no guarantee and this does not apply to practice times.                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Coaches Needed:</b>                                         | Coaches are needed for all grade divisions. Coaching applications are available in the Parks and Recreation office and online. Background checks are performed on coaching applicants.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>NYSCA Coaches' Clinics:</b>                                 | All head coaches in the program are required to be certified through the National Youth Sports Coaches Association (NYSCA). The Grove City Parks and Recreation Department will pay the annual fee for all head coaches. Uncertified head coaches can complete certification online at <a href="http://www.nays.org/nyscaonline">www.nays.org/nyscaonline</a> . Coaches are not required to attend this online clinic every year. Once you attend the initial clinic, the certification can be renewed on an annual basis.<br><br>Coaches who have previously completed NYSCA certification who need it updated should call Jason Barnes at 614-277-3050.<br><br>*Important: Head coaches who receive a renewal notice in the mail from the NYSCA should bring it to the Kingston Center immediately. The Parks and Recreation Department will pay this fee for active head coaches.                                                                                                                                                                                           |
| <b>Required Concussion Education for Coaches:</b>              | Per Ohio law, a coach for a youth sports organization must complete a training program in recognizing the signs and symptoms of concussions and head injuries provided by the Ohio Department of Health every three years. The obligation also is fulfilled by holding a Pupil Activity Permit from the Ohio Department of Education or completing a similar program authorized and required by an organization that regulates interscholastic conferences or events.<br><br>The Ohio Department of Health has approved free online training available through the National Federation of State High School Associations (NFHS). Click the "order here" button and complete a brief registration form to take the course. Membership in NFHS is not required. Visit National Federation of State High School Associations Concussion in Sports - What you Need to Know: <a href="http://nfhslearn.com/courses/61037">nfhslearn.com/courses/61037</a><br><br>For more information, visit <a href="http://www.healthy.ohio.gov/concussion">www.healthy.ohio.gov/concussion</a> . |
| <b>Required Lindsay's Law/Instant Cardiac Arrest Training:</b> | Sudden cardiac arrest (SCA) occurs when the heart suddenly, unexpectedly stops beating, cutting off blood flow to vital organs. It is fatal if not treated immediately, and is the number one killer of student athletes.<br><br>Per Ohio law, youth sports participants, parents and coaches now are required to complete training that includes (1) viewing a video; (2) reading a handout at <a href="http://www.odh.ohio.gov/landing/Lindsays-Law.aspx">www.odh.ohio.gov/landing/Lindsays-Law.aspx</a> . While the handouts and training videos for parents/youth athletes and coaches are similar, they are not identical.                                                                                                                                                                                                                                                                                                                                                                                                                                                |

# Ohio Department of Health Concussion Information Sheet

## For Youth Sports Organizations

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

### What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

### Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

#### Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can't recall events before or after hit or fall.*

#### Symptoms Reported by Athlete

- ◆ *Any headache or “pressure” in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not “feel right.”*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

### Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

### Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

### The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

### Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.



## Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

## Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
  - a. Increased problems paying attention.
  - b. Increased problems remembering or learning new information.
  - c. Longer time needed to complete tasks or assignments.
  - d. Greater irritability and decreased ability to cope with stress.
  - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

### Resources

ODH Violence and Injury Prevention Program  
[www.healthyohioprogram.org/vipp/injury.aspx](http://www.healthyohioprogram.org/vipp/injury.aspx)

Centers for Disease Control and Prevention  
[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

National Federation of State High School Associations  
[www.nfhs.org](http://www.nfhs.org)

Brain Injury Association of America  
[www.biausa.org/](http://www.biausa.org/)

## Returning to Play

1. Returning to play is specific for each person, depending on the sport. *Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play.* Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise -based progression, under the direction of a qualified healthcare professional.
5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.\*

### Sample Activity Progression\*

**Step 1:** Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

**Step 2:** Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

**Step 3:** Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

**Step 4:** Full contact in controlled practice or scrimmage.

**Step 5:** Full contact in game play.

\*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.



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## Sudden Cardiac Arrest and Lindsay's Law Information for the Coach



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
  - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
  - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
  - 3) All practices, interschool practices and scrimmages
- Coaches have specific responsibilities under Lindsay's Law:
  - 1) Annual completion of the required SCA training course approved by the Ohio Department of Health
  - 2) Preventing the following students from participating in athletic activities until the coach receives written clearance by a licensed health professional. This written clearance must be shared with any school or sports official:
    - a) A youth whose biological parent, sibling or child has previously experienced SCA
    - b) Any youth athlete that experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play
- Any of these things may cause SCA:
  - 1) Structural heart disease. This may or may not be present from birth
  - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
  - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- **Warning signs** in a youth athlete's family that indicate the youth athlete may be at high risk of SCA:
  - o A blood relative who suddenly and unexpectedly dies before age 50
  - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- **Warning signs** of SCA. If any of these things happen with exercise, the youth athlete should be seen by a health care professional:
  - o Chest pain/discomfort
  - o Unexplained fainting/near fainting or dizziness
  - o Unexplained tiredness, shortness of breath or difficulty breathing
  - o Unusually fast or racing heart beats

- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
  - If the youth athlete’s biological parent, sibling or child has had a SCA, then the youth athlete **MUST** be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
  - Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.
- Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
  - Lindsay’s Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician’s assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another healthcare provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone’s best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term “Chain of Survival.” The Chain of Survival helps anyone survive SCA.
  - Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AED may be near the athletic facilities, or the AED may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
  - If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
    - ❖ Link 1: Early recognition
      - Assess child for responsiveness. Does the child answer if you call his/her name?
      - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help “someone dial 911”
    - ❖ Link 2: Early CPR
      - Begin CPR immediately
    - ❖ Link 3: Early defibrillation (which is the use of an AED)
      - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
      - If an AED is not available, continue CPR until EMS arrives
    - ❖ Link 4: Early advanced life support and cardiovascular care
      - Continue CPR until EMS arrives
- Lindsay’s Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.