



## When Not to Play

- **You have a fever.** Working out can cause your body temperature to rise even higher which could lead to heat stroke.
- **You have a persistent cough.** This could diminish your lung capacity and make breathing difficult and could indicate respiratory infection.
- **You experience nausea, vomiting or diarrhea.** These symptoms can result in dehydration. You should avoid exercise until you have completely rehydrated your body and symptoms disappear.
- **You have a chronic or serious illness.** Clearance by a physician is required before resumption of activity.
- **You are experiencing signs or symptoms of a concussion.** Any signs that arise following a blow to the head should be considered a sign of a concussion. If activity is not altered following the appearance of these signs (headache, blurred vision, nausea, inability to concentrate, partial lapse in memory, etc.) they can progress rapidly and lead to further injury including brain damage. You must obtain written clearance from a physician following a concussive episode per TSSAA rules.
- **You notice a bump or lesion on your skin.** This could be a possible sign of a skin infection that can easily be passed on to teammates through shared equipment. If you notice anything unusual or if the area is red, painful swollen or draining you should cease all activity and have this area examined by a physician before returning to play. Keep the area clean, dry and covered until it has healed.
- **You have an injury that includes** severe pain, swelling, deformity, instability, numbness and cannot put any weight on the injured body part.
- **You notice signs of infection:** redness, swelling, streaking, warm to the touch, pain, drainage, pus and pimples.

**Any signs or symptoms that last more than 2 days refer to a physician. ALL conditions requiring medical clearance to return to play should have a copy of the written document kept on file at the school.**