

# CHEEKTOWAGA CENTRAL SCHOOL DISTRICT



## ATHLETIC DEPARTMENT

# REGULATIONS FOR ATHLETES IN THE INTERSCHOLASTIC ATHLETIC PROGRAM

(August 2014)

# REGULATIONS FOR ATHLETES

## 1. ELIGIBILITY REGULATIONS

A student participating in the Interscholastic Athletic Program must be:

- a) A bona fide student as defined in the New York State Public High School Athletic Association's Handbook;
- b) Enrolled in, and actually carrying, at least four subjects, including Physical Education;
- c) Regularly attending classes and not habitually tardy to school or class;
- d) In compliance with the District's Minimum Academic Requirements in order to participate in interscholastic athletics sponsored at the High School level;
- e) In compliance with the following age and grade restrictions:

For grades 9-12, students are eligible to participate in interscholastic sports until their 19<sup>th</sup> birthday. However, if a student reached the age of 19 after July 1 of a given school year, he or she may continue to participate in interscholastic sports for the remainder of that school year.

In addition to being eligible for modified competition, 7<sup>th</sup> and 8<sup>th</sup> grade students may participate on a Junior Varsity or Varsity team, but only if they meet the selective classification standards for that sport and are approved by the School Physician.

## 2. MEDICAL EXAMS AND REPORTING INJURIES AND MEDICAL CONDITIONS

- a) Each student must have a physical examination conducted by the School Physician or a personal physician. This examination must be conducted prior to participation in interscholastic athletics, and the results of the examination must document the physician's conclusion that the student is medically cleared to participate in a particular sport. Without such documentation, the student will not be permitted to participate in any practice or contest.
- b) District policy states that no student will be allowed to participate in any practice or contest if there is a question about whether the student is in adequate physical condition.  
Therefore: ALL INJURIES, NO MATTER HOW MINOR THEY APPEAR, ARE TO BE REPORTED TO YOUR HEAD COACH IMMEDIATELY. Similarly, ALL MEDICAL CONDITIONS THAT MIGHT AFFECT YOUR ABILITY TO SAFELY PARTICIPATE IN A PRACTICE OR CONTEST MUST BE REPORTED TO YOUR HEAD COACH IMMEDIATELY.
- c) A student who is seriously injured or ill, or who has been absent from school for (5) or more consecutive days, must be re-examined by the School Physician or a personal physician and must obtain written approval from such physician before resuming participation in any practice or contest.
- d) A student must submit to being re-examined for medical clearance by the School Physician or a personal physician at the discretion of the Head Coach or the Director of Athletics. A student failing to comply with re-examination will be prohibited from participating in all practices and contests.
- e) In the event of any conflict of opinion between physicians regarding a student's medical clearance to participate in interscholastic athletics, the student will be prohibited from participating in all practices and contests

### 3. ALCOHOL, DRUGS, TOBACCO

Students must abide by the following rules at all times and all places. In other words, the following rules pertaining to ALCOHOL, DRUGS, and TOBACCO apply on and off school property, during the school day, and at all other times.

A student is:

- a) NOT to use or be in possession of any tobacco products (cigarettes, cigars, pipes, snuff, chewing tobacco, etc.).
- b) NOT to drink, be in possession of, or to be under the influence of an alcoholic beverage(s).
- c) NOT to use, be in possession of, or be under the influence of illegal drugs.

### 4. EXEMPLARY PERSONAL CONDUCT

- a) Participation in interscholastic athletics is a privilege that entails higher expectations. A team member must always remember that he/she represents the entire student body and faculty and must not, by his/her conduct, do anything that will bring dishonor to his/her school. A team member must demonstrate good sportsmanship, maintain a positive attitude both on and off the bench, and be admired as a gentleman/lady at all times. A team member must never criticize a teammate, coach or official.
- b) Student athletes are to familiarize themselves with the Code of Conduct, and are expected to comply in every respect to the requirements of the Code of Conduct. Each student understands and agrees that the Code of Conduct will apply to them at all times, including during the school day, during contests and practices, and after school hours. A student who violates any portion of the Code of Conduct may be subject to discipline or consequences above and beyond what non-athletes are subject to, including but not limited to suspension or expulsion from practices, contests, and/or team memberships.
- c) Upon the recommendation of the Director of Athletics, or upon his or her own initiative, a student's Principal has the authority to determine whether there has been a violation of the Code of Conduct or this rule, and in the event a violation is determined the school's Principal then has the authority to decide what, if any, discipline or consequences will be imposed. A student and his or her parents will be given an opportunity to informally meet with the Principal prior to a determination of discipline or consequences under his provision.

### 5. REGULATIONS AND POLICIES

All students are to abide by the regulations and policies established by the Cheektowaga Central School District, the Commissioner of Education, the New York State Public High School Athletic Association, Section VI, and the Erie County Interscholastic Conference.

### 6. CONCUSSION MANAGEMENT PROTOCOL

(SEE APPENDIX A)

7. **MINIMUM ACADEMIC REQUIREMENTS FOR ATHLETES PARTICIPATING IN INTERSCHOLASTIC ATHLETICS SPONSORED AT THE HIGH SCHOOL LEVEL**

The academic eligibility requirements established by this rule are designed to encourage students of the District to maintain passing grades while they participate in interscholastic athletics. These requirements shall apply to all CCSD students participating in interscholastic athletics sponsored at the High School level including, by way of example, any Middle School student who is a member of a Junior Varsity or Varsity team.

**Minimum Academic Requirements:**

Students must strive to maintain passing grades in all subjects. Those who are unable to maintain passing grades may lose their privilege to participate in interscholastic athletics. The following steps shall be taken in the event that a student begins failing more than one (1) subject during any marking period:

Students failing two (2) subjects- There will be a minimum time period of 1 week in which a student athlete must sit out of competition, however the student athlete **WILL BE ALLOWED TO PRACTICE** during this 1 week period. Student will not be reinstated until he/she is failing one (1) class or less.

Students failing three (3) subjects- There will be a minimum time period of 1 week in which a student athlete must sit out of competition **AND** practice. Student will not be reinstated until he/she is failing one (1) class or less.

Students failing four or more (4+) subjects- There will be a minimum time period of 2 weeks in which a student athlete must sit out of competition **AND** practice. Student will not be reinstated until he/she is failing one (1) class or less.

Students who have failed two (2) or more subjects at the end of the school year- will be **REQUIRED TO ATTEND SUMMERSCHOOL** to earn the appropriate credits to be eligible for participation in Fall extracurricular activities.

A student who fails two (2) or more classes **MUST** turn in weekly progress reports **EVERY FRIDAY** in order to maintain his/her eligibility once they are reinstated.

8. **ATTENDANCE**

- a) **School Attendance:** Whenever a practice or contest is scheduled on a school day, a student must attend classes for at least half of the school day (the equivalent of four periods on a regular school day). Failure to comply with this rule results in the student being disqualified to participate in the practice and/or contest scheduled on the same school day.
- b) **Attendance at Practice and Contests:** A student is to be on time for all practices and contests; chronic lateness will not be tolerated. Students are required to attend all practices and regularly scheduled contests unless excused by the Head Coach. A student who finds it necessary to be excused from attending any practice or contest must contact the Head Coach as soon as practical to explain the situation. The Head Coach will then make a determination as to whether the absence is excused or unexcused. The Head Coach of each sport is permitted to develop his or her own attendance policies so long as they are enforced in a consistent manner and do not conflict with these regulations.
- c) **Effect of Academic Suspension:** A student placed on academic suspension, whether in-school or home, may not participate in interscholastic sports, including practices and contests, during the time of his/her suspension.

9. **TRANSPORTATION**

If the District provides transportation for students participating in interscholastic athletic practices or contests, then students must use such transportation, unless the Principal or the Principal's designee specifically authorizes alternate transportation. The Principal shall require written application signed by a parent or guardian prior to approving alternate transportation for any student. A further exception is that a Head Coach may release a student to his/her parent or guardian for transportation from an interscholastic event upon receipt of a written request from the parent of guardian.

10. **UNIFORMS AND EQUIPMENT**

- a) School issued uniforms are to be worn ONLY while representing the school. The same rule applies to school-issued practice equipment; it is to be used ONLY while representing the school.
- b) Students must immediately report to the Head Coach any faulty or ill-fitting personal or team equipment.
- c) Students who are issued school uniforms and/or practice equipment are financially responsible for them if they are damaged, excluding normal wear and tear, or if they are not returned by the close of the season. Students failing to comply with this rule are barred from participating in any additional interscholastic athletics until they come into compliance.

11. **VIOLATIONS**

Most of the rules regulations cited herein are self-imposed. Nevertheless, if the athlete cannot maintain the self-discipline necessary to abide by these rules and regulation, then it may be necessary to invoke disciplinary action and consequences, including consequences above and beyond those imposed on non-athletes. The disciplinary action and consequences may include, but are not limited to, any and all of the following:

- a) A conference with the Coach, Athletic Director, and/or Principal;
- b) Extra work and/or make-up time;
- c) Suspension from team practices, contest, and/or team membership;
- d) Dismissal or expulsion from the team pursuant to paragraph 4; and
- e) Other action the District deems appropriate to the infraction, including the possibility of exclusion from future participation in interscholastic athletic programs.

In addition, athletes are reminded that a student placed on academic suspension, whether in-school or home, may not participate in interscholastic sports, including practices and contests, during the time of his/her suspension.

Finally, each Head Coach is authorized to adopt and enforce his or her own rules and regulations so long as they are enforced in a consistent manner and do not conflict with these regulations.

12. **SCHOOL ACCIDENT INSURANCE**

The District may make School Accident Insurance available to District students who are injured while participating in interscholastic athletics. If available, School Accident Insurance is limited to EXCESS COVERAGE, meaning that benefits are available only after all other available insurance has been exhausted. A school insurance form may be issued to an injured student who has received or intends to receive medical care. Reports of injuries must be submitted to the insurance company within 30 days; medical/dental treatment must be rendered within 45 days of injury. Even in that case, however, parents must first file a claim with their own insurance. Balances of medical bills may then be submitted to the School Accident Insurance. Even after submitting a balance of bills, a schedule of benefits is followed and payment to parents may only be partial. Following an injury, a student cannot return to a sport unless he/she has medical clearance from a physician.

Otherwise, this student is left without insurance coverage in the event of subsequent injury. In case of differing opinions between physicians, the student is disqualified from resuming a sport.

13. **STUDENT AGREEMENT/ATHLETIC RELEASE FORM**

Each student must return the Student Agreement/Athletic Release form with the proper signatures before he/she can participate in any practices or contest.



# Concussions: The Invisible Injury

## Student and Parent Information Sheet

### CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

### FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

### REQUIREMENTS OF SCHOOL DISTRICTS

#### **Education:**

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
  - \* School coaches and physical education teachers must complete the CDC course. ([www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html))
  - \* School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

#### **Information:**

- Provide concussion management information and sign off with any parental permission form. **The NYSPHSAA will provide a pamphlet to member schools on the concussion management information for parents.**
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

#### **Removal from athletics:**

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
  - \* Such authorization must be kept in the pupil's permanent health record.
  - \* Schools shall follow directives issued by the pupil's treating physician.

### SYMPTOMS

**Symptoms of a concussion are the result of a temporary change in the brain's function.** In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

## STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSA web site at [www.nysphsaa.org](http://www.nysphsaa.org). The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

## RETURN TO LEARN and RETURN TO PLAY PROTOCOLS

**Cognitive Rest:** Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

**Physical Rest:** Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

**Return to Play Protocol** once symptom free for 24 hours and cleared by School Medical Director:

**Day 1:** Low impact, non strenuous, light aerobic activity.

**Day 2:** Higher impact, higher exertion, moderate aerobic activity. No resistance training.

**Day 3:** Sport specific non-contact activity. Low resistance weight training with a spotter.

**Day 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

**Day 5:** Full contact training drills and intense aerobic activity.

**Day 6:** Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

## CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

## OTHER RESOURCES

- New York State Education Department
- New York State Department of Health  
[http://www.health.ny.gov/prevention/injury\\_prevention/concussion/htm](http://www.health.ny.gov/prevention/injury_prevention/concussion/htm)
- New York State Public High School Athletic Association  
[www.nysphsaa.org/safety/](http://www.nysphsaa.org/safety/)
- Center for Disease Control and Prevention  
<http://cdc.gov/concussions>
- National Federation of High Schools  
[www.nfhslearn.com](http://www.nfhslearn.com) – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus  
[http://www.health.ny.gov/health\\_care/managed\\_care/consumer\\_guide/about\\_child\\_health\\_plus.htm](http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm)
- Local Department of Social Services – New York State Department of Health  
[http://www.health.ny.gov/health\\_care/medicaid/ldss/htm](http://www.health.ny.gov/health_care/medicaid/ldss/htm)
- Brain Injury Association of New York State  
<http://www.bianys.org>
- Nationwide Children's Hospital – Concussions in the Classroom  
<http://www.nationwidechildrens.org/concussions-in-the-classroom>
- Upstate University Hospital – Concussions in the Classroom  
<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion  
<http://espn.go.com/video/clip?id=7525526&categoryId=5595394>
- SportsConcussions.org  
<http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons  
<http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx>
- Consensus Statement on Concussion in Sport – Zurich  
<http://sportconcussions.com/html/Zurich%20Statement.pdf>



PLEASE PRINT:

Name: \_\_\_\_\_

Sport: \_\_\_\_\_

Year of Graduation: \_\_\_\_\_

CHEEKTOWAGA CENTRAL SCHOOL DISTRICT

STUDENT AGREEMENT/ATHLETIC RELEASE FORM

I have read and understand the 'REGULATIONS FOR ATHLETES IN THE INTERSCHOLASTIC ATHLETIC PROGRAM' and agree to abide by them. I further understand that any violation of these regulations will result in one of the actions listed in paragraph 10, and could result in discipline and consequences provided for in paragraph 4.

I understand that I may be injured while participating in interscholastic athletic practice or competition. I also understand that it is possible that I may sustain an injury, which may result in permanent disability, paralysis or death.

In addition, I understand that an injury to any of my body joints, bones, muscles, nerves, tendons, ligaments, hands, knees, wrists, etc. may result in disfigurement, loss of movement, loss of strength and/or feeling, which may last an entire lifetime.

I understand that I must wear all safety equipment provided by, recommended by, or required by coaches, school district or athletic regulations at all times during practice and competition. I also understand that no modification of protective equipment or uniform should be made.

Finally, I understand that it is my responsibility to report immediately to the head coach any faulty or ill-fitting personal or team equipment, and that all injuries, no matter how minor they appear, are to be reported to the coach immediately.

Signed: \_\_\_\_\_  
Student Signature

Date: \_\_\_\_\_

I have read and understand the Cheektowaga Central District's "Regulations for Athletes" and "Student Agreement/Athletic Release Form". I also understand that injury to my son/daughter might occur during participation in such athletic activities and I further understand that the cost of any emergency medical care arranged for by school personnel in the course of such athletic activity is a parental responsibility. I herewith give my son/daughter permission to participate in the following sport: \_\_\_\_\_

Signed: \_\_\_\_\_  
Parent/Guardian Signature

Date: \_\_\_\_\_