



2023-2024  
ATHLETIC HANDBOOK

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## **Introduction**

Interscholastic athletics in the Brunswick Central School District are an extension of the district's physical education program and are intended to be a broadening and value-building experience. Athletics should be offered to as many students as possible. A well-coordinated athletics program can be important to the morale of the school and our community.

## **Philosophy**

The Brunswick Central School District understands that interscholastic athletics are an important part of the educational process. The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom.

This reflects our belief that the essential requirement for teamwork, the mental and physical challenges of training and competition, and the experience of winning and losing graciously are important life lessons in every student's developmental experience. These lessons will serve students well in their future.

Developing good character habits requires time and effort. Coaches, parents and other stakeholders can help students develop such habits by continually discussing, modeling, and reinforcing the desired attitudes and beliefs over time.

We also understand that participation on an athletic team or teams demands a commitment that involves both dedication and sacrifice. Making such a commitment helps nurture integrity, pride, loyalty, and overall character. This is required of not only student athletes, but also the coaches and parents.

Everyone involved in the delivery of athletics has a unique opportunity to teach positive life skills and values. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletes.

It is the nature of athletic competition to strive for victory. However, the number of victories should not be the only criterion when determining a season's success. Guiding a team or an individual to attain maximum potential is the ultimate goal. To this end, the coaching staff must teach student athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

## **Academic Eligibility and Behavioral Expectations**

Participation in athletics is a privilege, open to students who meet academic eligibility standards and behavioral expectations.

### **EXTRACURRICULAR ACTIVITIES**

The board of education of the Brunswick Central School District recognizes the importance of the extracurricular life of the school and supports the concept of a diverse extracurricular program to enable each student to achieve full potential. The Board supports the assignment of staff for the formation of student groups for any of the following purposes:

- Developing academic interests
- Developing athletic interests
- Providing for social interaction and the development of positive social relationships.
- Developing understanding of the responsibilities and characteristics of good citizenship.

Students participating in extracurricular activities is elective and a privilege. It is not an entitlement. Student participation or involvement in activities that reflect poorly on the District or its schools are in violation of the student code of conduct may result in suspension of such privilege.

### **ACADEMIC ELIGIBILITY**

Two or more failures place your child on academic probation. Please see rules below:

Academic Eligibility is determined by the grades a student earns in all classes. If a student receives a failing grade in two or more courses, the student has not met the academic standard, and may not be allowed to participate in or attend athletic games, practices or other school activities (sporting events, non-educational field trips, community service projects, dances, etc.) A grade of 64 or below is considered failing. Interim course grades at the five (5) week mark of each marking period and quarter course grades the student earns at the end of each marking period in all classes will be used to determine if the academic standard has been met. This policy applies to all Secondary School students in grades 6-12.

The length of the probation period is dependent upon the number of times the student has been Academically Ineligible (Tier I, Tier II, or Tier III).

**Tier I:** A student who has been placed on academic probation for the first time in an academic school year.

1. Probation will occur for a period of 10 school days as determined by administration.
2. HS students meet with the Building Principal, MS students meet with the Assistant Principal.
3. The Principal /Assistant Principal sets the start date and end date for the probation period (10 days) and records the dates on the grade recovery form.

4. The student is expected to be current with all school work and be making satisfactory progress according to his or her teachers in all classes when the 10 day probation period ends. The student must return the form to the Principal/Assistant Principal for final review.
5. Student may practice but may not participate or attend any away games while on Tier I probation (the student may attend but may not participate in home contests).
6. The student will only becomes eligible when all of the following occur:
  - a. 10 day probationary period has concluded
  - b. Teacher(s) have signed off on the grade recovery form
  - c. Student returns the grade recovery form to the Building Principal/Assistant Principal.
  - d. The Athletic Director will receive the final approval and notify coaches.

**Tier II:** A student who has been placed on academic probation for the second time in the same academic school year.

1. Probation will occur for a period of 15 school days as determined administration.
2. High School students meet with Building Principal. Middle School students meet with Assistant Principal.
3. The Principal/ Assistant Principal sets the start date and end date for the probation period (15 days) and records the dates on the grade recovery form.
4. The student is expected to be current with all school work and be making satisfactory progress according to his or her teachers in all classes when the 15 day probation period ends. The student must return the grade recovery form to Principal/Assistant Principal for final review.
5. The student may not practice and may not participate or attend any contests while on Tier II probation
6. The student will only become eligible when all of the following occur:
  - a. 15 day probationary period has concluded
  - b. Teachers have signed off on the grade recovery form
  - c. Student returns the grade recovery form to the Building Principal/ Assistant Principal.The Athletic Director will receive the final approval and notify coaches.

**Tier III:** Any student placed on academic probation for a third time in the same academic school year.

1. The student is no longer eligible to participate or attend any athletic/after school extracurricular activities while on Tier III probation. A student may be moved back to Tier II only at the discretion of the Building Principal. Carryover: A student who finishes the year on Tier III probation will begin the next school year on Tier I and must follow all steps previously described for Tier I to become eligible again. All other students begin the next school year with full eligibility to participate in all extracurricular activities.

**Academic Remediation** Any student placed on academic probation in Tier I, II, or III is required to meet individually with their teacher or attend the Learning Center a minimum of twice a week until in good academic standing. The grade recovery sheet must be initialized and dated by the teacher or the Learning Center TA each time the student meets.

## **STUDENT DISCIPLINE AND ELIGIBILITY**

1. If a student chooses to leave school illegally or cuts a class, that student will not be eligible to attend or participate in any after school activity or function on that day. If the infraction is discovered at a later date, the consequences will be applied at that time.
2. Any student receiving in school suspension for 5 or more periods is ineligible to participate in any interscholastic sports contests or practice, extracurricular activities, or functions on that day.
3. Any Middle School student crossing Route 2 or leaving school grounds without going home after school is ineligible to participate in any after school activity that day, including athletic practices or games.

## **BEHAVIORAL EXPECTATIONS**

**The four C's – Competence, Character, Civility, and Citizenship - cover the behavioral expectations for a Tamarac Athlete.**

### **Competence**

- 🎬 To develop the skills necessary to participate competently in the game.
- 🎬 To demonstrate knowledge of the rules and conventions of the game.
- 🎬 To demonstrate knowledge of the strategies of the game.
- 🎬 To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
- 🎬 To demonstrate knowledge of healthy behaviors including nutritional issues.
- 🎬 To understand the necessity of abstaining from the use of tobacco, alcohol, and illegal drugs in order to achieve the positive benefits of interscholastic athletics.

### **Character**

- 🎬 To be dependable in fulfilling obligations and commitments.
- 🎬 To accept responsibility for consequences of actions and not to make excuses or blame others.
- 🎬 To strive to excel; to be committed; to give full effort and persevere in the face of setbacks.
- 🎬 To demonstrate truthfulness and play by the rules of the game.
- 🎬 To control anger and frustration and refrain from displays of temper and bad language.
- 🎬 To accept losing and winning graciously; to congratulate opponents, and display good sportsmanship at all times.

## **Civility**

- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and/or own teammates.
- To treat all persons respectfully regardless of individual differences; to show respect for legitimate authority (e.g. Coaches, Officials, Captains).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To actively support teammates and others.

## **Citizenship**

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to team, to show team spirit; to encourage others and contribute to good morale.
- To put the good of the team ahead of personal gain.
- To work well with teammates to achieve team goals.
- To set a good example for teammates, younger athletes, fans and the school community.

## **Athletic Department Expectations for Students**

### **Pre-Season Expectations**

Before any student is able to participate in an athletic program at Tamarac, five major items must be addressed:

- ☐ Must be a Bona Fide Tamarac student to participate.
- ☐ Prior to each season, students must register for the sports in which they are interested. Registration will be under the direction of the Athletic Director.
- ☐ If necessary, students will be scheduled for a physical examination with the school doctor. Appointment slips will be handed out. It is very important that students do not miss their scheduled appointments. Physicals expire 12-months after the date of health exam.
- ☐ On the first day of practice, students must turn in any completed health update forms and/or their emergency medical forms to the appropriate coach.
- ☐ All athletes should plan to attend any seasonal meetings held by the head coach. The coach will discuss with the athletes the expected conduct, rules and regulations to be used for team selection, practices and the game schedule for the season.

### **Athletic Placement Process**

Students in 7<sup>th</sup> or 8<sup>th</sup> grade who wish to participate on a junior varsity or varsity team need to follow the rules of the APP. Students will not be tested nor can they qualify for the program two weeks after the start of each season. Therefore, it is imperative that the athlete's parent(s) contact the Athletic Director at the beginning of the sport season to arrange for this evaluation.

The purpose of APP is to determine the level of physical fitness of the student athlete when compared to older athletes who will be competing in high school programs. This program has been designed for the exceptional few in each school who would be better served by playing on a higher level team than age and grade might indicate. It is not intended to fill out rosters at the high school level.

Parents/Guardians should be cautioned that even though an athlete may be physically ready, it does not mean that he/she may be socially or emotionally ready to handle the normal stress of competition. In order for this evaluation to begin, the following must occur:

- ☐ Student Athlete recommendation from the Varsity level coach
- ☐ Parent permission must be obtained for the process to continue.
- ☐ Medical examination and approval by the school physician with the development and maturity level determined by the school physician in accordance with established criteria for the level of a particular sport.
- ☐ The Athletic Director or Physical Education Department designee will then administer the five-item athletic performance test. The athlete must meet or exceed the criteria established for the level of participation desired.

### **Seasonal Expectations**

- It is expected that all athletes attend school regularly and on time. Pupils must be in attendance a minimum of a half-day on the day of any contest or practice in order to participate. For a Saturday contest, they must be in attendance on the preceding Friday.

NOTE: The cut off for a half-day is 10:30 a.m. If a student misses more than half a day for extenuating circumstances (i.e. medical appointment, college visit) permission to play or practice may be granted if the student and/or parent notifies the athletic director or high school principal prior to being absent. The student athlete is responsible for making up missed work. It is important to note that a team returning from a game the night before should not use this as an excuse to show up late to school the next day. This will not be tolerated.

- For any reason, if a student/athlete misses seven (7) consecutive school days or more he/she may not participate in a game until he/she has practiced for three (3) days. (For extenuating circumstances permission to play may be granted with prior approval from the principal or assistant principal.)
- All athletes are expected to be prepared daily and participate in their physical education class to be allowed to participate in practice or the game that day.
- No athlete shall have unauthorized possession of ANY athletic equipment. (equipment belonging to Tamarac or any other school)



- Cleats ARE NOT to be worn in the building or on the buses at any time.
- Athletes are reminded that school issued apparel is to be worn ONLY when directly involved with the team.
- On non-school days, athletes are NOT allowed in the building before or after games or practices unless their coach is in the building.
- Athletes are expected to report to practice immediately after school. However, due to scheduling constraints, athletes may sometimes have to wait for a practice to begin. Students scheduled for practices beginning between 3pm and 4 pm who stay in the building MUST report to the supervised area designated by the administration (typically the High School cafeteria) . For games and practices beginning after 4 pm, students must leave the building and report back at the appropriate time. There is no adult supervision in the building after 4 pm.
- Failure to report for a scheduled practice, game or match without being excused could result in suspension or dismissal from the team. (See individual coaches.)
- Athletes participating in every sport must follow the Wasaren League Statement on Player Conduct, located in this handbook.
- Athletes must see that they are ready on time and in the proper location designated by their coach for all home and away contests.
- If a Varsity or JV athlete is dismissed/quits a team, he/she may not participate on another team in the same season. Modified athletes may change teams within the first week of the sport.
- If an athlete is selected for a team and wishes to move to a different sport in the same season, he/she must petition the athletic director within the first two (2) weeks of the playing season for this change. The decision will be at the discretion of the athletic director in consultation with coaches and administration.
- No athlete will use or distribute alcohol or illegal drugs during their sports eligibility at Tamarac. This includes activities both on and off campus. The training rules and their consequences will be enforced for the duration of an athlete's competitive time in high school. Therefore, when a student-athlete begins participation, these rules and consequences will be followed regarding alcohol or illegal drug related offenses:

1<sup>st</sup> offense – Student-athlete is suspended from all athletic participation for twenty five (25) school days.

2<sup>nd</sup> offense—Student-athlete is suspended from athletic participation for sixty (60) school days. The student-athlete and his/her parents may petition the Athletic Director for reinstatement if the student-athlete has successfully completed an alcohol or drug rehabilitation program.

3<sup>rd</sup> offense – Student-athlete is suspended from athletic participation for at least one full calendar year. The student-athlete would be required to successfully complete an alcohol or drug rehabilitation program to seek athletic participation after the one year period. No appeals, no pardon.

Beyond this level the student-athlete will be denied the ability to participate in athletics for the remainder of his/her career at Tamarac School. No appeals, no pardon.

- Any athlete who is placed on OUT-OF-SCHOOL suspension is automatically removed from all team activities for the duration of the suspension period. If a student is placed in IN SCHOOL suspension for 5 or more periods, he/she is not eligible to participate in games or practices that day.
- All athletes are reminded that the team locker room is off limits during and after the school day unless the coach is present to supervise.
- Should an athlete (or parent) have concerns, he/she should follow the proper chain of command to address the concern:

Coach→Athletic Director→Principal- Superintendent→Board of Education

## **Practice Sessions**

Practices require between one and one-half and two hours of actual student participation and will usually be held on each weekday on which there is no contest. Sunday practices and holiday practices are allowed only upon administrative approval.

## **Practice Schedules**

Schedules will be provided a minimum of one week ahead of time whenever possible.

Athletes are reminded to be on time for all practice sessions and games. It is also a responsibility of the athlete to see that he/she has a ride home within a short time after a scheduled practice, game or bus return. Athletes ARE NOT to be in the building without a coach's supervision.

## **Post Season Expectations**

- All uniforms and equipment must be turned into the coach no later than one week from the day of the last contest.

NOTE: Missing or misused equipment will be charged to the individual, and the athlete will not be allowed to participate in a succeeding sport until it is returned or paid for. No awards will be given to an athlete who has outstanding/missing uniforms or equipment.

- All athletes must see to it that their team room locker is cleaned out immediately after their last contest.

## **In Case of Injury**

In the event of an injury, the athlete and/or parent must report to the school nurse at his/her earliest opportunity so that necessary family and physician requirements for insurance forms can be completed.

Once an injured athlete has seen a physician he/she MAY NOT participate in any way with the team until all necessary steps have been taken to secure the proper medical release.

PLEASE NOTE these necessary steps:

- Medical approval from the attending physician and/or papers from physicians at the emergency room.
- Medical approval from a school physician or personal physician.
- The school district carries insurance, which will supplement the athlete's family policy. Athletes and parents should save all bills that are related to an injury. Any bills that ARE NOT covered by the family insurance may be submitted to the school's insurance company for consideration.

## **Conduct**

### **In School and the Community**

Mutual respect among students, staff, and community is expected. Disrespect includes use of profanity and failure to obey reasonable requests by a staff member. Racist, sexist, derogatory, abusing, or hazing behaviors will not be tolerated.

Definition of Hazing: To annoy any student by playing abusive or ridiculous tricks, to frighten, scold, beat (or harass), or to subject him/her to personal indignity (site: [www.unca.edu/content/policies-rights.html](http://www.unca.edu/content/policies-rights.html)).

- Hazing is often grounded in drinking, humiliation and/or physical abuse.
- The best indicator of hazing is "intent". Is the primary intent to humiliate? If so, it is hazing. Such offensive behaviors toward individuals or groups of students will result in

disciplinary action and possible loss of eligibility.

Student-athletes will receive neither special privileges nor special penalties in their studies or in their school conduct.

Participants must realize that they, more than any other single group of students, are in the eye of the citizens of the school district. It follows that such representation entails responsibilities on the part of the athlete to maintain the highest possible standards of conduct at all times – IN OR OUT OF SEASON!

### **On Trips Away from Home**

Players are required to ride on the team bus to all away games and scrimmages, unless other arrangements have been approved by the administration and coach in advance.

Athletes must ride the bus back to Tamarac from contests, unless they have given to their coach a written request from their parent/guardian and the parent/guardian comes directly to the coach to sign out and take them home.

Athletes are required to follow the individual coach's standards.

Players are reminded that they are to be quiet and respectful upon arrival at the host school, and that the dressing and showering areas must receive the same consideration expected to be given those at home.

### **Bus Rules for Athletic Trips**

No glass containers can be brought on the bus.

Cleats must be taken off before entering the bus and kept in a plastic bag or cleaned outside the bus. Muddy uniforms should be changed before entering the bus.

Overall, all athletes are to follow directions given by the bus driver.

## **Tamarac High School Parent/Guardian and Spectator Code of Conduct**

The essential elements of character building and ethics in athletics are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of athletics is achieved when competition reflects these "six pillars of character".

Therefore while attending home and away events:

1. I will refrain from coaching my child or other players during games and practices.
2. I will respect the officials and their authority during games.
3. **The 24 Hour Rule:** I will never question, discuss or confront coaches at the game/practice venue, and will take time to speak to coaches at an agreed upon time and place.
4. I will remember that student athletes participate to have fun and that the game is for youth, not adults.
5. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his or her performance.
6. I will require my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex or ability.
7. I will promote the emotional and physical well being of the student athletes ahead of any personal desire I may have for my own child to win.
8. I will not encourage any behaviors or practices that would endanger the health and well being of the student athletes.
9. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice or sporting event.
10. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
11. I understand that any violation of this code of conduct may be cause for dismissal, suspension or permanent expulsion from future athletic contest(s).

**The school district will take the appropriate steps listed below if administrative consequences are necessary, (One or more of the violations may be applied)**

1. Verbal warning issued and documented by a game official, chaperone and/or school official.
2. If behavior continues suspension or immediate ejection from the sports event will be issued by a game official, chaperone and/or school official.
3. The Athletic Advisement Committee (or its designees) will meet to determine whether anyone suspended or ejected may attend future athletic events. The offender(s) will have an opportunity to meet with the Athletic Advisement Committee. The following actions may be taken by the committee:
  - a. The initial suspension or ejection is an adequate consequence. The incident is documented and any violations of the Code of Conduct in the future will have more severe consequences.
  - b. Suspension from multiple sports events (home and/or away). Any misconduct during or after the suspension may cause the Athletic Advisement Committee (or its designees) to pursue Action C.
  - c. Season suspension or multiple season suspension issued with approval from the Board of Education.

## **Sportsmanship**

### **TAMARAC BENGALS ARE A CLASS ACT!**

Good sportsmanship is a top priority for the Brunswick Central School District. Good sportsmanship is a commitment to fostering ethical behavior and integrity. It is defined as displaying generosity and concern for others. All individuals are expected to be aware of his/her influence on the behavior of others and model good sportsmanship at all times. Displaying proper conduct is a concern that includes all participants, coaches, parents/guardians, and spectators.

The guidelines listed below are expectations for appropriate behavior at all athletic contests:

- To be a good host by treating visitors as guests.
- To treat opponents with respect.
- To respect the judgment of the contest officials and coaches.
- To avoid profane and abusive language.
- To avoid inappropriate behavior.
- To place the emotional and physical well-being of everyone first and foremost.
- To encourage a positive and enjoyable experience for all.

Any individual who chooses to ignore these guidelines will be subject to removal from the contest. Please remember that these contests are only games.

## **Awards**

It is the policy of the Brittonkill School District to offer a variety of awards at the end of a sports season and at the end of the school year.

### **Team Awards**

Coaches may choose to give one or more of the following awards at the end of their sports season: Most Valuable Player, Most Improved Player, Coach's Award and Sportsmanship. Recognition to each of the athletes selected by the coach and/or team will be given.

### **Special Senior Awards**

Senior Trophy/Plaque – A trophy/plaque will be awarded to any athlete who has earned at least six varsity letters throughout their high school career.

Scholarship Award – A trophy/plaque will be awarded to the boy and girl (chosen from the top five academic students) who has played either two sports or two varsity seasons during their high school career.

Sportsmanship – A trophy/plaque will be awarded to the boy and girl who have displayed outstanding Sportsmanship while participating in the Tamarac Athletic Program. (Coachability,

willingness to help, team/school spirit and effort will be taken into consideration for this award.)

**Most Improved Senior Athlete** – A trophy/plaque will be awarded to the boy and girl who participated in at least two varsity sports while a senior, and who, in the eyes of the varsity coaches of each gender, have shown the greatest amount of overall improvement in their ability to play a given sport or sports.

**Outstanding Senior Athlete** – a trophy/plaque will be awarded to the boy and girl who participated in at least two varsity sports while a senior, and who, in the eyes of the varsity coaches of each gender, have displayed outstanding athletic skills, contributed greatly to the success of a team or teams, and have exhibited characteristics that one would consider model for any athletic program. (In exceptional circumstances a one-sport athlete may be considered.)

## **WASAREN League Statement on Coach and Player Conduct Code**

### **Coaches**

Coaching is by nature an intense and emotional situation. It frequently places coaches in a position of making choices between the pressures of achieving short-term success, and the long-range educational goals of character development and exemplary behavior expected of all our athletes.

The coach's behavior and attitude toward the game, its participants, and officials sets the tone for players. It is inconsistent for coaches to be abusive or intolerant of officials and expect students to treat the officials with respect. There are well-defined procedures and channels to follow when there is dissatisfaction with an official's performance. Each coach has the prerogative of rejecting a limited number of officials on a seasonal basis.

Each sport is governed by many sets of rules and regulations. It is incumbent on each coach to be thoroughly familiar with all phases including National Federation or NAGWS Rules, the Handbook of the N.Y.S.P.H.S.A.A., Section II and WASAREN League Regulations. It is not sufficient to follow just the framework of these rules. The spirit and intent should be of equal concern and complied with fully. We cannot expect the students to have respect for, and follow rules, if the coaches are not meticulous in following the rules themselves.

### **Players**

Participating in an interscholastic sport is an honor and a privilege. It is also a responsibility which demands extra commitment. Standards of behavior are high and a willingness to live up to them is part of being a member of a team. A player's attitude and behavior can directly influence the crowd's behavior. Unsportsmanlike conduct will not be tolerated at any time.

The coach of a team is expected to control his/her team and reprimand his/her players for inappropriate conduct. The administrator in charge must deal with any case that the coach cannot or will not handle.

League action will be taken on extreme cases. It is expected that this will be rarely necessary.

## **Section II Code of Conduct for Spectators**

Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.

Spectators should at all times respect officials, visiting coaches, players, and cheerleaders as guests in the community and extend all courtesies to them.

Enthusiastic cheering for one's own team is encouraged.

Booing, whistling, stamping of feet and disrespectful remarks shall be avoided.

There will be no ringing of bells, sounding of horns, or other noisemakers at indoor contests during play. Anyone who does not abide by this rule will be asked to leave the premises.

Pep bands or school bands, under the supervision of school personnel, may play during timeouts, between periods, or at halftime. Bands must coordinate their play so as not to interfere with a cheerleading squad on the floor or field.

The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.

During a free throw in basketball, all standard courtesies should be extended.

Spectators should encourage each other to practice courteous behavior. Improper behavior should be reported to school authorities.

Spectators will observe the rules of the local school concerning smoking, food & drink consumption, littering, and parking procedures.

Spectators will respect and obey all school officials and supervisors at athletic contests.  
(Adopted by Section II Athletic Council, June 1990)



# **New York State Public High School (NYSPHSAA) Sportsmanship Expectations**

## **Spectators**

Expectation Statement: Officials, just like student athletes and coaches, are critical to interscholastic sports programs. Without officials, NYSPHSAA and its member schools would not be able to provide interscholastic sports in the manner that is desired and expected by student athletes, coaches, and parents. Spectators are expected to “Be Loud, Be Proud, and Be Positive.” Negative comments and inappropriate behaviors by spectators are required to be addressed by all and any school supervisors and administrators, as a member of NYSPHSAA. Spectators may be prohibited from attending current and future interscholastic contests based on their behavior. (Oct. 2022)

Spectator Regulation: Any negative, inappropriate, derogatory comments or actions that draw the direct attention of a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school, Sectional or NYSPHSAA representative in the following non-sequential order depending on the comments or behavior:

- First warning – Directing the spectator or group of spectators to refrain from any negative comments or actions.
- Second warning – A personal discussion with the spectators or group of spectators on the above NYSPHSAA expectations and reminding the spectators or group of spectators of the next step, removal of the game or event, will be utilized if the behavior continues.
- Removal from the contest – The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If spectators or a group of spectators refuse to leave the game or event, play will be stopped until they vacate the premises.

Penalty for being removed from a game or event:

Any spectator removed from a game or event will have a minimum penalty of completing the NFHS Parent Credential course or a one game suspension before they are allowed to attend any interscholastic event. Once the course is completed the spectator will provide a certificate of completion to the athletic department office. Schools are required to communicate with the offending spectator on the NYSPHSAA Sportsmanship Spectator Expectations.

- Depending on the severity of the behavior/comments or future disqualifications by the offending spectator NYSPHSAA and the Section may get directly involved in the situation. (May 2023)

## **Safety Information**

### **Concussion Management**

The Concussion Management and Awareness Act went into effect on July 1, 2012 for public schools and charter schools in New York State.

Although the district will take reasonable care to protect student athletes, students may still sustain injuries. In order to most effectively ensure student safety, open communication between students, parents and coaches about the child's medical condition is critical. Coaches, and other appropriate staff, will receive guidance and training regarding recognition of injury and removal of the student athlete from play in the event of injury. Parents and/or students are expected to report injuries so that the students' health can be protected.

In the case of a suspected or actual head injury, a student **MUST** be removed from play immediately. In order to resume participation following a head injury, the student needs to receive medical clearance from the school's medical doctor.

You are asked to review the enclosed information:

- A Fact Sheet For High School Parents
- Parent & Athlete Concussion Information sheet

# A FACT SHEET FOR High School Parents



This sheet has information to help protect your teens from concussion or other serious brain injury.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

**Talk with your teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

## How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to or after a hit or fall

### Symptoms Reported by Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**GOOD TEAMMATES KNOW:  
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



[cdc.gov/HEADSUP](https://cdc.gov/HEADSUP)

## CONCUSSIONS AFFECT EACH TEEN DIFFERENTLY.

While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



**Plan ahead.** What do you want your teen to know about concussion?

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

**Teens** who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a teen for a lifetime. It can even be fatal.



### What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your teen's healthcare provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

*Revised January 2019*

To learn more,  
go to [cdc.gov/HEADSUP](https://cdc.gov/HEADSUP)



CDC HEADS UP



## PARENT & ATHLETE CONCUSSION INFORMATION SHEET



### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

### DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

[ INSERT YOUR LOGO ]



### SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall



**"IT'S BETTER TO MISS ONE GAME  
THAN THE WHOLE SEASON"**



## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

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STUDENT-ATHLETE NAME PRINTED

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STUDENT-ATHLETE NAME SIGNED

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DATE

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PARENT OR GUARDIAN NAME PRINTED

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PARENT OR GUARDIAN NAME SIGNED

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DATE

JOIN THE CONVERSATION  [www.facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)



TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](https://www.cdc.gov/concussion)

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# Sudden Cardiac Arrest Prevention

## BRUNSWICK CENTRAL SCHOOLS

### =====BRITTONKILL=====

#### TAMARAC SECONDARY SCHOOL

Kenneth Rizzo  
Secondary Principal

Jaymes White  
Assistant Principal

Dear Parents/Guardians,

The [Dominic Murray Sudden Cardiac Arrest Prevention Act](#) is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000.<sup>1</sup>

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life<sup>1</sup>. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

**The signs or symptoms are:**

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

**Student's Personal Risk Factors are:**

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.<sup>2</sup>
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues

<sup>1</sup> Maron BJ, Doerer JJ, Haas TS, et al. Sudden deaths in young competitive athletes: analysis of 1866 deaths in the United States, 1980-2006. *Circulation* 2009;119:1085-92. 10.1161/CIRCULATIONAHA.108.804617

<sup>2</sup> SCA Prevention Toolkit – Eric Paredes Save A Life Foundation ([epsavealife.org](https://epsavealife.org))

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### -----BRITTONKILL-----

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Assistant Principal

**Student's Family History Risk Factors are:**

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:
  - Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
  - Arrhythmogenic Right Ventricular Cardiomyopathy
  - Heart rhythm problems, long or short QT interval
  - Brugada Syndrome
  - Catecholaminergic Ventricular Tachycardia
  - Marfan Syndrome- aortic rupture
  - Heart attack at 50 years or younger
  - Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the [Interval Health History for Athletics](#) must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at [studentsupportservices@nysed.gov](mailto:studentsupportservices@nysed.gov) or 518-486-6090.



## Heat Index & Wind Chill Procedures



### HEAT INDEX PROCEDURES

#### Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com). Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Approved May 1, 2010  
Updated July 27, 2016



## WIND CHILL PROCEDURES

### Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com).
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

**Special Note:** Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Approved May 1, 2010  
Updated July 27, 2016

## **Thunder & Lightning Policy**

### **NYSPHSAA THUNDER & LIGHTNING POLICY**

*(Effective 10/25/04)  
(Revised October 20, 2008)*

Applies to regular season through NYSPHSAA Finals:

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

- a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

- a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
- b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
- c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.