

# Silver Creek Central School District Athletic Code



## Purpose/Philosophy

Your son/daughter is a candidate for the privilege of participating in the Silver Creek Central School District athletic program. Participation in interscholastic athletics is a privilege, not a right. In order to participate, the Board of Education, administration, faculty and coaching staff expect that a student will abide by the eligibility procedures outlined.

At Silver Creek we believe that athletics are an important part of the student's educational experience. As worthwhile as athletics are they must not take precedence over a student's scholastic and citizenship responsibilities. Successful participation in activities outside of the regular school day requires an extra measure of time, energy and commitment on the part of the student and his/her parents.

Students must demonstrate appropriate maturity in terms of being in control of them-selves at all times. As role models and representatives of our school community, sport participants have an extra level of responsibility. We urge parents and students to seriously discuss the impact of the extra time and energy required to participate sports activities as well as the eligibility rules athletes must follow to remain eligible for participation.

## Sportsmanship

Sportsmanship is possessing, practicing and demonstrating the skills of a sportsman; honesty, being fair-minded, having knowledge of rules, respecting rules and officials, demonstrating self-control, recognizing good play, treating others and all situations in a manner you would expect to be treated, and accepting victory with grace and defeat with dignity.

We believe that sportsmanship reflects the following ideals, attitudes and values:

- A. A genuine interest in and enjoyment of interscholastic competition.
- B. An understanding that interscholastic competition exists as a part of education.
- C. Respect for one's school and community, its reputation and traditions.
- D. Respect for one's opponents, their school and community, including its cultural and ethnic makeup.
- E. An understanding and respect for the rules of the game and for those responsible for implementing them.
- F. Readiness to participate regardless of one's role in a constructive and contributing fashion.

**\*Adopted 1992, Section VI, Athletic Council.**



# 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 on 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 NYS PHSAA 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>

Parent signature \_\_\_\_\_

# Silver Creek Central School District Code of Ethics

## Contract for Athletes and Parents



### For the Player

I, \_\_\_\_\_  
(Print Name)

#### Agree to:

Always play by the rules.

Never argue with an official. When a call is disputed, I will let the coach or team captain handle it.

winning

Remember that I am playing because I enjoy the sport. Winning is fun, but so are many other aspects of the sport.

the

Never berate my opponents by trash talking, taunting or show boating.

Show appreciation for good players and good plays, even those by my opponent.

code.

#### Understand that:

Ejection or removal from a contest will result in a minimum one game suspension, which does carry over into the next season. \_\_\_\_\_ contest.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

### For the Parent/s:

I, \_\_\_\_\_  
(Print Name)

#### Agree to:

Remember that young athletes should always play for their fun.

Teach my young athlete that an honest effort is as important as the game.

Provide plenty of encouragement to my young athlete because that's best way to help him/her learn.

Applaud the efforts of coaches and officials.

I will enforce the SCCS athletic

#### Understand that:

Removal from a contest due to my poor behavior that I will not be allowed at the next scheduled

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

## Acknowledgement, Assumption of Risks, and Release of Claims

NAME OF PARTICIPANT: \_\_\_\_\_

There are significant elements of risk in any adventure, sports or activity associated with the indoor or outdoor use of games and activities incidental thereto (referred to as “activity”). Although we have taken reasonable steps to provide you with the appropriate equipment and/or skilled staff, this activity is not without risk. Certain risks cannot be eliminated without destroying the unique character of the activity. For your safety, and that of the other participants, we think it is important for you to know in advance what is to be expected and to be informed of the inherent risks. I further understand and agree to comply with the following rules:

I understand the program offered through Silver Creek C.S.D. will take place in a dynamic environment and may include, but not limited to, the following potential hazardous activities, initiative activities, games and events, high/low ropes courses, bouldering and rock climbing.

I acknowledge that the following describes some **BUT NOT ALL** of those risks of personal injury, accidents and/or illness including sprains, torn muscles and/or ligaments, fractured or broken bones, eye damage, cuts, wounds, scrapes, abrasions and /or contusions, dehydration, oxygen shortage (anoxia), and/or exposure, head, neck, and/or spine injuries, allergic reaction, shock, paralysis or death. I/we understand the description of these risks is not complete and the unknown or unanticipated may occur in these activities. I/we elect to participate in spite of the risks.

My/our participant in these activities is purely voluntary. No one is forcing me/us to participate. I/we verify that I/we are physically fit, not under the influence of alcohol or drugs at this time, and sufficiently qualified and trained capable to participate in these activities. I/we elect to participate in spite of the risks. In consideration of services or property provided. I for myself/my employees, and/or minor children for which I am parent, legal guardian, group leader, or otherwise responsible, any heirs, personal representative or assigns, agree that Silver Creek C.S.D., its principles, directors, officers, agents, employees and volunteers, their insurers and each and every land owner, property owner, municipal and/or governmental agency upon those property and activity is conducted and their insurers, if any, shall have no liability for its sole negligence.

I also understand that this release relates to all claims and liability resulting from unforeseen hazards. I/we hereby authorize any medical treatment deemed necessary in the event if any injury while participating in the activity.

I have read this entire “acknowledgement and assumption of risk and release of claims” and fully understand the contents. My signature indicates that I have satisfied my questions and concerns.

**I understand that this release is a contract. I expressly state that I have read, understand and am familiar with all its provisions and that I sign it of my own free will; \_\_\_\_\_ (Participant Initial)**

### **TO BE READ AND SIGNED BY PARENT/GUARDIAN OF A MINOR**

I hereby state that I am the parent or guardian of the minor whose signature appears above. I am familiar with this consent and agree to the term and provisions set forth in this release.

Participant’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant’s Printed Name: \_\_\_\_\_

**The safety and well being of each participant is of paramount importance to the professional staff and employees of Silver Creek C.S.D. All reasonable care and precautions are taken to ensure an enjoyable and enriching experience. The following “acknowledgment and assumption of risk and release of claims” is both a requirement of insurance coverage and an important reminder to you as a parent/guardian or participant to be sure that you or your child is properly prepared.**

## I. Chemical/alcohol abuse policy

Participation in athletics demands a commitment that involves sacrifice and dedication. Respect for one's health and physical development and the law, must be an integral part of daily living. Significant factual findings in health research have clearly indicated the harmful effects of using tobacco, alcohol, inhalants, steroids, marijuana, and other controlled substances. The Silver Creek C.S.D. endorses these findings.

Athletes who use and/or possess alcohol, tobacco, drugs, steroids, or have any involvement in hazing are considered to be in violation of school policy. The policy is in effect 24 hours a day, seven days a week on or off campus. If a student is found to be in violation of the chemical abuse policy the following procedures will be used to discipline and help the student.

**Signature of Athlete** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature of Parent** \_\_\_\_\_ **Date** \_\_\_\_\_

**1<sup>st</sup> Violation** – The athlete will be suspended from the team for the remainder of that sports season. The minimum suspension will be 30 days and will carry over to the following season of school year even if the next season does not occur until the following school year

**1<sup>st</sup> Violation Option** – The athlete may **ONE TIME** in his/her athletic career, choose to receive appropriate counseling (Cost of counseling program will be at the cost of the student) for the problem related to the offense. This counseling program must first be approved by the districts counseling department. The athlete will be suspended for 25% of the season games. The athletes' punishment would carry over if it took place at the end of the season into the next season. Students will be required to attend all scheduled practices and contests. The student must show proof of enrollment and completion in an approved counseling program.

**2<sup>nd</sup> Violation** – The athlete will be suspended from participation in all athletics for one calendar year. Letters/awards would not be awarded to the individual.

**3<sup>rd</sup> Violation** – The athlete will be suspended from participation in all athletics for one calendar year as well as meet with the district superintendent for further disciplinary action.

| <u>Scheduled contests</u> | <u>25% suspension</u> | <u>Scheduled contest</u> | <u>25% suspension</u> |
|---------------------------|-----------------------|--------------------------|-----------------------|
| 24                        | 6                     | 16                       | 4                     |
| 23                        | 6                     | 15                       | 4                     |
| 22                        | 5. 5                  | 14                       | 3. 5                  |
| 21                        | 5                     | 13                       | 3                     |
| 20                        | 5                     | 12                       | 3                     |
| 19                        | 5                     | 11                       | 3                     |
| 18                        | 4. 5                  | 10                       | 2. 5                  |
| 17                        | 4                     | 9                        | 2                     |
|                           |                       | 8 or less                | 2                     |

**Example: Student A is suspended during the last week of football (8 games scheduled) and serves a one game suspension. He/she would owe the remaining suspension time during the basketball season. (20 games scheduled) , suspended for 2.5 games of basketball season.**

## **II. Attending a party**

It is the belief of the Silver Creek athletic department, that at no time should a student attend a party where alcohol or drugs are present. If a student attends a party where alcohol or drugs are present that student should immediately leave the premises and find a way home immediately after discovering the presence of alcohol or drugs. Students who are found to have attended a party where alcohol was present will have the incident reported to the coach, athletic director and principal who shall upon further investigation make recommendations for possible disciplinary actions.

## **III. Student Conduct**

It is expected that every member of an athletic team must be a good community and school citizen. Student's behavior has a direct affect on the team, the school, their parents, and the community. Students enter the athletic program with the knowledge of acceptable behavior. Students should support each other in developing appropriate citizenship and behavior. Participants who violate civil law will be subject to consequences. This may include suspension or removal from the team. Any student athlete accused of or convicted of a civil violation will come before the athletic review committee consisting of the principal, A.D., and the coach. The review committee finding will be final and can be appealed to the superintendent of schools.

## **IV. Reporting of Violation**

Witness credibility in this process is highly valued. Reports of alleged violations coming from the individuals listed below, having personally witnessed the alleged violation, must be investigated. The witness must submit to the principal a signed report outlining the alleged violation within three (3) school days or three days returning from a break.

1. Any district employee or school board member.
2. Any adult acting as a chaperone or assisting with a school activity at the request of a district employee.
3. Any law enforcement officer or agency.
4. A parent or legal guardian.

5. If a student or other person, not mentioned above, who witnessed the incident brings accusations against a student, the code of ethics will address the situation in the following manner:
  - a. These reports must be considered by the principal.
  - b. If the principal determines that the alleged violation is valid, the witness should remain confidential.
  - c. The principal would notify the immediate coach of that student-athlete and the Athletic Director.
  - d. The coach and AD will discuss the alleged violation with the student athlete. If the student-athlete agreed with the violation, then the code of ethics would be applied. If the student-athlete denied the alleged violation, then the code of Ethics would not be applied.
  - e. In both situations the parents will be notified.
  - f. If it was determined later that an athlete did not tell the truth during the meeting they would be removed from current team or denied participation in the following sports season.

## **V. Self Referral**

If a student seeks assistance prior to the first practice, the coach and athletic director will assist in obtaining the professional help they need. Self-referral shall be viewed as a non-punitive offense. Confidentiality will be maintained unless the situation is life threatening. Counseling or medical treatment must continue throughout the season unless released from professional care.

## **VI. General Participation Rules**

1. An athlete's first priority is to maintain good physical condition, academic, attendance and civic standing in the school and community.
2. It is expected that upon joining an athletic team the athlete will complete the entire season including all practices, scrimmages, games and sectional play. Athletes who do not complete the season are not eligible for letters/awards.
3. Students must be in attendance for a complete school day. Students who are tardy past the start of second period or who have an early dismissal must obtain permission from the principal or athletic director. Students who are chronically tardy prior to 7:46 will be dealt with according to district code of conduct outlined in the Student Handbook. Students with medical appointments must supply the nurse's office with a medical note signed by the physician that day. Penalties may range from permission to dismissal from the team.
4. Students are expected to adhere to all training rules set by this policy and the individual team policy.
5. Students must maintain proper conduct at all school functions, practices, games and on the bus. All behavior problems will be dealt with individually after consultation with the coach, athletic director and parent.
6. Students are responsible for all school issued equipment. Any missing equipment or uniform must be paid for by the student at its replacement cost. Students who
7. owe money to the athletic department or the school cannot participate in practices or games.



8. In addition to the above general participation rules a coach may have specific training rules which players will be expected to follow during a sports season. These rules will be supplied in writing prior to first official practice. Coaches have the authority to discipline an athlete for incidents not specifically covered in the training rules agreement. Such incidents could be failure to cooperate as required or jeopardizing the athlete's safety or safety of others.
8. Students should dress appropriately for travel to away contests. Dress code should be decided by the sport coach.

## **VII. Participation in Physical Education**

Athletics are an extension of physical education. Students who are not physically well enough or are medically excused from participation in PE will not be allowed to participate in athletic competition that day. Students who do not participate in PE for their own reasons will be referred to the principal and athletic director by the PE teacher.

## **VIII. Suspension**

Any student placed on Out of School Suspension (OSS) or In School Suspension (ISS) will be suspended from practice and competition for the duration of the suspension. A student who is placed on OSS or ISS for the second time will have his issue reviewed by the coach, athletic director and the building principal. The student will be subject to further disciplinary action.

## **IX. Quitting a team**

Students being cut from a team will be allowed to try-out for another team while students who quit a team will not be allowed to join another team without the consent of both coaches involved and the athletic director.

## **X. Appeal Process**

The student and/or parent/guardian have the right to appeal any determination made by the athletic department in writing to the athletic director. A second appeal may then be made to the building principal. The third appeal would be made to the district superintendent. The fourth appeal would be made to the Board of Education. Lastly, an appeal may be made to the State Education Department.

*School Board Policy #3230*

## **XI. Due Process**

All student athletes will be afforded due process in any proceedings. This pertains to the formal proceedings named above to be carried out regularly, fairly, and in accordance with established rules and principles.

**Signature of Athlete** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature of Parent** \_\_\_\_\_ **Date** \_\_\_\_\_