

Rensselaer Junior Senior High School

Athletic Eligibility Requirements

Team Rules

In general, any student may try out for any sport in the program provided that he/she meets all of the State, Section, and School regulations. A student may not try out for a team or attend practice sessions until:

- A. He/she passes a physical examination within the appropriate time period for the sport he/she wishes to participate in.
- B. A sports questionnaire is filled out and signed by both the student and his/her parent/guardian.
- C. The eligibility and permission form is read and signed by both the student and his/her parent/guardian.

A student may not participate in an athletic contest until he/she meets all of the above and the required number of practice sessions established for each sport by the NYSPHSAA.

Students must take responsibility for taking care of uniforms and equipment issued to them. Any equipment misused and/or lost will result in the student repaying the District the cost of replacing the equipment. Students must return all equipment and uniforms to their coach at the end of that sport season, or they will not be issued equipment for the next sport season that they participate in.

Any other rules and discipline regarding tryouts, practices, and games will be left up to the discretion of the coach.

Any athlete suspended out of school for any reason is ineligible for any contests that occur during the duration of the suspension.

Training Rules

Athletes are expected to conform to the rules of fitness training. Use and possession of cigarettes, alcohol, and illegal drugs are INAPPROPRIATE and UNACCEPTABLE.

- A. The 1st violation in the use and/or possession of alcohol and/or illegal drugs will result in the immediate dismissal from the team for the remainder of the season.
- B. The 1st violation of the use of cigarettes will result in a suspension from the next contest; the 2nd violation will result in dismissal from the team for the remainder of the season.

Citizenship

Good citizenship at all times indicates that the student, as a representative of the School, must show an exemplary attitude in school and in his/her relations with other schools as well as the community in which he/she lives. Any incident such as fighting, vandalism, forgery, stealing, insubordination, etc. will not be allowed.

- A. Violations resulting in out of school suspension given by the building administrator will result in the student being ineligible for any contests that take place during the duration of the suspension. The 2nd occurrence of a student being suspended from school by the building administrator during the same sport season will result in that student being dismissed from the squad for the remainder of the season.
- B. Any time a student is removed from an athletic contest by an official (referee, umpire, etc.), that student will be ineligible to play in the next contest in accordance with the sportsmanship policy set forth by Section 2.
- C. Any violation of any other school and/or team rules not resulting in out of school suspension by the building administrator will be handled by each individual coach at their discretion.

Violation of Rules and Appeal Procedure

Violation of any rules regarding team rules, training rules, academics, attendance, citizenship, etc. will be disciplined according to the appropriate measures.

Any violation of a rule resulting in immediate dismissal from a team removes that student from all interscholastic athletics for the remainder of that sport season or 30 calendar days, whichever is longer.

Any athlete quitting a team after final cuts without permission from the coach, will be declared ineligible for the next sport season. (parent's rules, injury, academic rules,

hardship-acceptable excluded). Anyone quitting a team during an event, will be declared ineligible for 1 year.

Any training rule violation that occurs on Rensselaer school property or at any other school event will result in:

- A. 1st violation – team dismissal and removal from all sports for the next sport season
- B. 2nd violation – ineligible for 1 calendar year

Insurance

All athletes are covered by the school district's insurance policy when accidents occur during practice and/or interscholastic contests. There is a \$25 deductible amount and a blanket medical expense amount of \$1,000.

WARNING

THE PLAYING OR PRACTICING IN ANY SPORT CAN BE DANGEROUS, INVOLVING MANY RISKS OF INJURY. THE DANGERS AND REISKS OF PLAYING OR PRACTICING IN SPORTS INCLUDE, BUT ARE NOT LIMITED TO; DEATH, PERMANENT PARALYSIS, BRAIN DAMAGE, INJURIES TO THE MUSCULAR SKELETAL SYSTEM. THESE INJURIES COULD BE SEVERE ENOUGH WHERE THEY MAY CAUSE SERIOUS IMPAIRMENT OF ONE'S FUTURE ABILITIES TO EARN A LIVING AND GENERALLY ENJOY LIFE. BECAUSE OF THESE POTENTIAL DANGERS, PLEASE RECOGNIZE THE IMPORTANCE OF FOLLOWING YOUR COACH'S INSTRUCTIONS AND RULES, AND OBEYING SUCH INSTRUCTIONS.

Attendance

Regular attendance as set by the Rensselaer City School District is required unless an appropriate written excuse is presented to the Principal and/or Coach. Students must have a good attendance record for the semester prior to the sport season to be eligible to play. On the day of a contest, a student must be in attendance for the entire school day, unless the student has a medical or legal excuse.

Tardiness to school is not allowed. Students will be disciplined according to the District's present discipline policy. *A student may not skip a detention what was brought on by school tardiness, in order to participate in an afternoon sport contest.

Class cutting is not permitted. A cut occurs when a student illegally does not attend an assigned class. Chronic cutting may lead the coach to discipline the student,

and possibly dismissing the student from the team. Additional district penalties, as set forth by the present district's discipline policy, may also occur.

Injuries

All injuries must be reported to the coach immediately. The insurance company may not honor medical bills if the injury is not reported to the coach prior to seeking medical attention. In case of an emergency where the coach cannot be reached, report all information to your coach within the next 48 hours after the injury occurred. Students may go to any doctor to receive the appropriate care.

If a player misses 5 or more days of practice due to an injury, he/she must receive written permission to return to practice from the physician that treated him/her along with written permission from his/her parent/guardian. Any time a physician recommends that a student not participate because of an injury, that physician will have to sign a release form for that student to be eligible to play again.

Hazing

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, or organization. Hazing includes, but is not limited to:

- A. Any activity involving an unreasonable risk of physical harm, including paddling, beating, electric shock, sleep deprivation, whipping, branding, exposure to weather, placement of harmful substances in the body, and participation in physically dangerous activities.
- B. Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the students to an unreasonable risk of physical harm.
- C. Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- D. Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation, or which creates a hostile, abusive, and intimidating environment for the student.
- E. Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.

Any student athletes involved in conducting and/or participating in any hazing type activities, will be automatically and immediately dismissed from that sport team for the remainder of the season.

Athletic and Team Program Support

If a student is the member of a Rensselaer team sport, they are a part of that entire sport program. (e.g. Junior Varsity basketball player are part of the Varsity Basketball Program.) This is similar to Minor league baseball player at Columbus as being part of the New York Yankee organization. If the varsity coach needs a JV player to play with the varsity for a game or more, the JV player should see this as an honor and a privilege, and do so without question, for you are doing what the varsity coach feels is best for the program. And if the coach feels a varsity player needs to go down to the JV for a game to work on their skills or rehab, the player should do so also. Refusal to comply is "Insubordination" which on the first offense will result in team suspension, and the 2nd offense will result in team dismissal for the remainder of the season.

Academic Eligibility Policy For Extracurricular Activities

Rensselaer High School has the expectation for our students to be good citizens as they engage in activities where they represent our school. The academic eligibility policy for extracurricular activities was revised with input from faculty, staff, parents, and students. The following guidelines will be followed:

1. A student who expects to participate must be a full-time student. Full-time student status is defined as being enrolled in a minimum of five (5) credit bearing courses, plus physical education. (Seniors will be given consideration regarding credit courses).
2. A student will need an academic appeal if he/she has a class average below 65, this includes the ratings "U"/"F", in more than 1 class for the quarter.
3. If a student earns an incomplete, he/she will be ineligible for two weeks while work for the incomplete grade is submitted. At the end of the two weeks, the class average will be recalculated to determine eligibility for the remainder of the quarter.
4. A student will need an academic appeal if he/she has more than 5 illegal absences and/or tardies for the quarter.*
5. A student will need an academic appeal if he/she has more than 2 discipline office referrals for the quarter.*
6. As often as possible, the class or club advisor or coach will participate in academic appeal meetings.
7. A student will be allowed 2 appeals a year; once in the first semester (September 1- January 30) and once in the second semester (February 1 – June 30).
8. Students who are ineligible due to attendance and/or discipline only may sign a contract and demonstrate improved attendance and/or discipline.

Students have the right to appeal their ineligibility status. Students interested in an appeal will file a request for an appeal with the high school team leader. Appeals will be heard by members of Student Council, the high school team leader, and administration. If a student is denied an appeal, he/she may request another appeal during the school year.

As with all aspects of the Academic Eligibility Policy, student progress will be monitored by Student Council, the high school team leader and/or the principal. Students will be deemed eligible if all grades are passing (above a 65), attendance improves and is maintained, and conduct improves (no disciplinary referrals).

**Absent and tardy notes must be submitted in a timely manner (within 1-2 days of the absence or tardy). A legal absence or tardy may be due to a doctor, dentist, counseling, court, or legal appointment and sickness.*

Adopted: February 24, 2004

Revised: July 3, 2007

Revised: September 14, 2011



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)
 - * 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 NYS PHSAA 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 NYSPHSAA web site at 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
- New York State Public High School Athletic Association
www.nysphsaa.org/safety/
- Center for Disease Control and Prevention
<http://cdc.gov/concussions>
- National Federation of High Schools
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
- Local Department of Social Services – New York State Department of Health
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>

Rensselaer Junior/Senior High School

Student & Parent Concussion Information Form

My child, a participating athlete at Rensselaer Junior/Senior High School, and I have read the information sheet regarding concussions that was sent out by the NYSPHSAA. We are now familiar with the requirements of school districts regarding concussions. We have read what symptoms may occur from a concussion, and the return to play protocols for my child should a concussion occur. I give my child permission to participate in interscholastic sports this sports season.

Student Signature

Date

Parent Signature

Date

SPORTS QUESTIONNAIRE

Rensselaer Middle/High School
 25 Van Rensselaer Drive, Rensselaer, NY 12144
 Phone#: 436-8561 Fax#: 436-8566

Name:			
Date of Birth:			
Grade:			
Athletic activity that you wish to participate in:			
HISTORY SINCE LAST MEDICAL EXAM		YES	NO
1. Do you have any injuries requiring medical attention?			
2. Have you had any illness lasting more than five (5) days?			
3. Are you taking any medication or under a physician's care at this time?			
4. Any feeling of faintness, dizziness or fatigue after heavy exertion?			
5. Do you wear glasses or contact lenses while playing this sport?			
6. Any surgical operation or fracture?			
7. Have you been treated in a hospital or emergency room?			
8. Any reason why this person cannot participate in any sport?			
9. Any known allergies?			
10. Does the student have a history of a chronic disease?			
11. Has there ever been a <u>SUDDEN</u> death in a family member <u>under 50</u> years old?			
12) Have you ever been diagnosed with a concussion?			
If YES to any of the above questions, please describe below:			
Please note that <u>YES</u> to any questions, <u>DOES NOT</u> mean automatic disqualification from the athletic activity indicated. They will review a medical exam by either their private physician or our school physician.			
Parental/Guardian Permission			
We clearly understand that the questions are asked in order to decide if this student is in a proper condition to participate in the athletic activity named at the top of this form. The answers are correct as of the date this form is signed. All answers will be kept confidentially in his/her health record in the school office.			
Parent/Guardian Signature:	Date:		
Student Signature:	Date:		
Nurse's Signature:	Date:		