

INTERSCHOLASTIC ATHLETIC CODE

I. TRAINING RULES

A. PHILOSOPHY AND PURPOSE

The Jamestown Public School District recognizes that the use of certain substances such as tobacco, including chewing tobacco and snuff, alcohol, and other drugs (including performance enhancing drugs) is a significant health problem and illegal for many adolescents. This can have negative effects on behavior, learning, and the total development of each individual, which includes one's athletic abilities. Therefore, it is the philosophy of the Jamestown Public School District to absolutely forbid any athlete to use, possess, sell, or otherwise distribute these substances, or related paraphernalia. The Jamestown Athletic Code is in effect each sports season-24 hours per day, seven days a week, on and off school property.

B. RULES:

During the season of practice, a student-athlete shall not:

1. use, possess, or sell tobacco (which includes chewing tobacco and snuff or e-cigs).
2. use, possess, or sell a beverage containing alcohol.
3. use, possess, or sell marijuana or any other controlled substance.

C. REPORTING OF VIOLATIONS AND PROCEDURES TO BE FOLLOWED

During the period of an alleged violation and the subsequent investigation, the athlete will continue to participate as a member of the team, at the discretion of the principal and athletic director.

1. Witness credibility in this process is highly valued. Reports of alleged violations coming from the individuals listed a-d below having personally witnessed the violation will be investigated. The witness must submit to the principal a signed report outlining the alleged violations within three school days of the incident in question.
 - (a). Any district employee or school board member
 - (b). Any adult acting as a chaperone or assisting with a school activity at the request of a district employee
 - (c). Any law enforcement officer*, or agency*, or
 - (d). A parent/legal guardian of the student involved

*The school will take action within 3 days of the receipt of such information.

Upon report of an alleged violation of the rules, the principal shall immediately provide verbal notice, to the student and his/her parents/guardians that an investigation of the alleged incident is taking place. The reasons for the investigation and the possibility of suspension from the sport will be included in the notice.

The student and his/her parents will meet with the principal and other staff, as appropriate, within two (2) school days following the initial notification of the alleged violation. Those attending the meeting will be given the opportunity to question the information upon which the alleged violation is based, and to submit additional information or explanations. Once the principal and other staff, as appropriate, make a final determination in the matter, verbal and written notice will be given promptly to both student and parents/guardians.

2. If a student or other person not mentioned above who witnessed the incident brings accusations against a student, the Athletic Code will address the situation in the following manner:
 - (a). These reports will be considered by the principal, athletic director, and coach.
 - (b). They will determine if the alleged violation has validity.
 - (c). The report must come from a primary witness to the incident. Anonymous tips will not be considered.
 - (d). The coach, athletic director, and/or principal will confront the student-athlete on the alleged violation. If the student athlete agrees with the alleged violation, the Athletic Code will apply. If the student-athlete states that the alleged violation is false, the principal and athletic director will determine if the accusation has enough credibility to be brought before the "Athletic Code Committee/Athletic Appeal Board."

3. The Athletic Code Committee/Athletic Appeal Board will consist of three individuals: a principal or designee, a school counselor, and a coach appointed by the principal. The purpose of this committee is to investigate the alleged violation (interviews, statements, testimony, etc). All parties are entitled to be present and address the committee. The individual accused has the right to present witnesses, testimony, etc. The committee will then vote on the matter. At least two members of the committee must find the student-athlete guilty to apply the suspension. The individual votes of each member will be kept confidential.
4. Cooperation during investigation- The student-athlete shall be truthful, cooperative, and forthcoming with information. If the student-athlete does not cooperate, the principal and/or athletic director has within his/her authority to impose a greater level of consequence if it is determined that the student-athlete has lied, been deceptive or untruthful, prior to, or after the determination of guilt and/or consequences. A student-athlete who is uncooperative during an investigation may be suspended from play.

D. ENFORCEMENT

During a suspension, the athlete will continue to practice with the team. Attendance at games will be at the coach's discretion. Consequences for violating these training rules are as follows:

1. First offense – Suspension from competition will break down in the following manner and not carry over to the next sports season:

<u>Scheduled Contests</u>	<u>Games Suspended</u>
19 and above	3
11-18	2
10 or less	1

2. Second offense in the same school year – Suspension for the remainder of that season in which the athlete is currently participating and ½ of the next sports season in which he/she participates, which may go into a new school year.
3. Third offense in a school year – Suspension from all athletic teams for one calendar year beginning with the date of the infraction. During this suspension, the student will be involved in a program of Education and Awareness to include a minimum of three counseling and support sessions by the school psychologist or his or her designee. A written report will be sent to the principal assessing the depth of involvement with the abused substance and a determination of need for further counseling or rehabilitation.

E. SELF-REFERRAL

If a student-athlete seeks assistance, the coach and athletic director will assist the student-athlete 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. Self-referral cannot be used by the student-athlete to avoid the penalties of the Athletic Code.

F. SEVERITY OF THE VIOLATION

There is no distinction in the severity of the offense (example: one sip of alcohol is treated the same as intoxication). If the rules are broken in any manner the Athletic Code will be applied fairly and consistently.

II. ACADEMIC ELIGIBILITY

Coaches will regularly monitor the academic progress of their student-athletes in order to identify those who need extra help or intervention (see extra help policy below). At JHS, formal eligibility will be checked at the 1/3 point of the game schedule, 2/3 point of the game schedule, and end of the regular season to assess grades. Current marking period grades and overall course grades will be assessed. Student-athletes need to be at a passing mark for either grade to be considered passing. For modified athletics, formal eligibility checks takes place weekly.

A. EXTRA HELP POLICY

Coaches will check student-athlete grades weekly. Student-athletes who are failing a class are required to get extra help weekly. Student athlete will go for extra help for each course failed per marking period until passing. Any extra help received will be verified using the “Academic Eligibility Update Form.” Examples of extra help are: seeing a teacher before or after school, Safari tutors during or after school, School Island, private tutor). When parents and students obtain qualified private tutors for extra help, both the private source and the teacher should sign the update form (teacher’s signature indicates knowledge of the extra help obtained).

B. STUDENT-ATHLETES FAILING 1 CLASS

If the student is failing one subject, he/she must take measures to raise the grade to standard. If the student fails to receive extra help, he/she will be deemed ineligible. It is understood that failing one subject does not make an athlete ineligible as long as they are receiving extra help. If a student-athlete is failing only one class, they must get extra help weekly to remain eligible to compete. In addition, teachers should take the opportunity to keep parents apprised of student failure and efforts to improve.

C. STUDENT-ATHLETES FAILING 2 OR MORE CLASSES AT J.H.S.

If a student-athlete receives two or more failing grades (at a formal eligibility check), he/she will have two weeks to reduce the number of failing courses to one or less. If not, the student athlete will be ineligible to participate in any contest until such time that the coach receives written documentation from the teacher(s) that the student athlete is no longer failing more than one course. The coach will notify parents that students could be ineligible to play if their grades are not brought up to standard.

D. STUDENT-ATHLETES FAILING 2 OR MORE CLASSES IN MIDDLE SCHOOL

If a modified student-athlete receives is failing two or more classes, he/she is ineligible to compete in any games until such time that the coach receives written documentation from his/her teachers that the student-athlete is no longer failing more than one course.

E. STUDENTS WITH AN IEP OR 504 PLAN

Students with disabilities, pursuant to the Individuals with Disabilities Education Act, and/or Section 504 of the Rehabilitation Act, shall be afforded an equal opportunity to participate in interscholastic athletics. All of the eligibility requirements shall apply to students with disabilities in a manner equal to their non-disabled peers. To the extent required under law, the district is not required to offer any accommodations that would fundamentally alter the nature of an interscholastic athletic activity or pose an undue financial burden. Requests for accommodations shall be considered on a case-by-case basis (i.e.- a student who is adequately meeting their IEP goals may be determined to be eligible to participate in interschool athletics, which will be reviewed by district administrators).

III. STUDENT CITIZENSHIP

A. MAJOR FORMS OF DISCIPLINE

Every participant must be a good school and community citizen. Participants who are arrested or violate the rules of the Student/Parent Handbook of Jamestown Public Schools will be subject to consequences. NOTE: Student-athletes and their parents are under obligation to report an incident that they were involved in that resulted in their arrest. When a student-athlete is arrested during *or out-of-season*, the principal, athletic director, and coach will decide on consequences not specifically outlined in the athletic code.

B. MINOR FORMS OF DISCIPLINE

Coaches have the authority to discipline a student-athlete for violations of team rules (example: coming late to practice) or for other incidents not specifically covered by the training rules agreement. This necessary discipline is not to be taken lightly by either coach or student-athlete. Our philosophy is that student-athletes are an integral part of the total education program and every effort will be made to make each situation a learning one.

C. RESERVE CLAUSE

Building administrators reserve the right to rule on any other infraction not covered above that is related to athletic participation. If a student-athlete conducts himself or herself in a manner that is unbecoming of a team member, coaches and administrators reserve the right to suspend or remove an athlete from the team.

IV. ATHLETIC APPEAL PROCESS

The student-athlete and/or parent have the right to appeal any determination made by the principal, athletic director, and coach to an appeal board. Such an appeal must be made in writing to the athletic director or principal within three (3) school days of the suspension or dismissal. The appeal must state reasons for the appeal with emphasis given to due process violations or the availability of new evidence. Athletes who decide to appeal can continue to practice and/or participate in all games during the time period that the appeals process takes place.

The Athletic Code Committee/Athletic Appeal Board will consist of three individuals: a principal or designee, a school counselor appointed by the principal, and a coach appointed by the principal. All parties are entitled to be present and address the Athletic Code Committee/Athletic Appeal Board. The decision of the board will be made known to all parties. The penalty then could be increased, decreased, or remain the same. The decision will be made according to majority rule. However, the individual votes of each member will be kept confidential. No one who determined the initial guilt will be on the Athletic Code Committee/Athletic Appeal Board

V. ATHLETIC ATTENDANCE EXPECTATIONS

The school and the coaching staff feel it is vital for students to have excellent school attendance. Therefore, a student will not be allowed to participate in that day's practice or game if he/she:

- A. Is absent all day from school (with the exception of verified full day medical appointments, court appointments, funerals, college visits, or situations previously agreed upon, consistent with the attendance policy).
- B. Comes to school after 11:30 a.m. (with the exception of the above).
- C. Leaves school during the day (with the exception of the above).

VI. ATHLETIC TEAM TRANSPORTATION

Players are expected to ride the bus to and from athletic events. Please note the following regulations pertaining to transportation of students to and from away athletic events:

A. PARENTAL TRANSPORTATION CONSENT

If there are extenuating circumstances that necessitate an athlete riding home with his/her parent, the request must be approved by the proper authority in advance of the road trip. A note should be put on file explaining the problem and with whom the athlete will be traveling. Driving one's own car or riding with another student is never an option. It is understood that situations may occur during an athletic contest that allow the coach to excuse a player from accompanying the team home on the bus.

B. VIOLATIONS

If a student violates the rules as stated above, he/she may be suspended from upcoming games.

VII. ATHLETIC EQUIPMENT POLICY

Players are responsible for the equipment and uniform they have been issued. Players will be financially responsible for any item that they fail to turn in at the end of the season or return items in a condition unsuitable for future use. Players will not be allowed to participate in upcoming sports until uniform and equipment have been turned in or paid for by the student.

VIII. ATHLETE'S SUSPENSION FROM SCHOOL

An athlete who is placed on in-school suspension or out-of-school suspension will be considered suspended from all activities, including athletics, until reinstated. A student-athlete may resume participation when they have successfully completed their suspension.

IX. NCAA INITIAL-ELIGIBILITY CLEARINGHOUSE

Student-athletes who feel they may be eligible for an NCAA Division I or II scholarship can register for the clearinghouse online at http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp. The JHS school code is 332605. Our guidance department constantly updates our approved courses. A "Guide for the College-Bound Student-Athlete" can be picked up in the guidance office as well.



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 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
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- 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/TraumaticBrainInjury>
- 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>

JAMESTOWN ATHLETIC DEPARTMENT

ACADEMIC ELIGIBILITY UPDATE FORM

STUDENT NAME _____ GRADE _____

SPORT/ LEVEL _____ COACH _____

In an attempt to better monitor my student-athletes that are failing and/or having difficulty in your class, we ask that you please provide us information about their academic status. If necessary, do not hesitate to contact the coach regarding this student-athlete. Thank you for your support and cooperation.

SUBJECT	PASSING/FAILING CURRENT SEMESTER?	PASSING/ FAILING COURSE?	RECEIVED EXTRA HELP THIS WEEK?	TEACHER SIGNATURE	DATE
	P F	P F	Y N		
	P F	P F	Y N		
	P F	P F	Y N		
	P F	P F	Y N		

Teacher's Comments (please comment if student is failing):

JAMESTOWN PUBLIC SCHOOLS' ATHLETE/PARENT CONTRACT

PLEASE DETACH THIS AGREEMENT FROM OTHER PAGES

TO BE COMPLETED BY ATHLETE AND PARENT/GUARDIAN & RETURNED TO COACH AT THE BEGINNING OF EACH SEASON.

SPORT: _____ **COACH** _____

Absence from School

"I understand if my son/daughter is absent from school for 5 or more days consecutively due to illness/injury, he/she must have a medical certification to return to play as the original medical certificate is void. I also understand that for my son or daughter to be eligible to play on the day of a game, he/she must be in school for at least a half a day and must not have been sent home ill."

Travel

"I give my consent for my son/daughter to represent this school in interscholastic athletic activities and to accompany any school team of which he/she is a member on any of its local or out of town trips. I understand that my son/daughter must go and return on the bus for away games if one is provided. If there is an extraordinary circumstance, a written note explaining the situation must accompany my request. The coach will release my child directly to me."

School Suspension

"I understand that if my son/daughter is suspended from school (ISS, OSS, OSS/APP), he/she will not be able to participate or practice until his/her suspension is successfully completed."

NCAA Clearinghouse

"I have read the information provided regarding the NCAA Clearinghouse. I understand it is my responsibility to register my son/daughter to be eligible to receive an NCAA Division I/ II scholarship."

Interscholastic Athletic Code

"I have read and understand the Jamestown Public School Athletic Code for student-athletes and agree to follow the rules and regulations as well as other rules set forth by the coach. Failure to follow these rules may result in my suspension or dismissal from the team. I consent to, with the right of appeal, any disciplinary action as stipulated for the violation of any of these regulations."

Athlete's Name: _____

Athlete's Signature: _____

Date: _____

Parent's Name: _____

Parent's Signature: _____

Date: _____

Parent's Home Phone(s): _____

Parent's Work Phone(s): _____

Parent's Cell Phone(s): _____