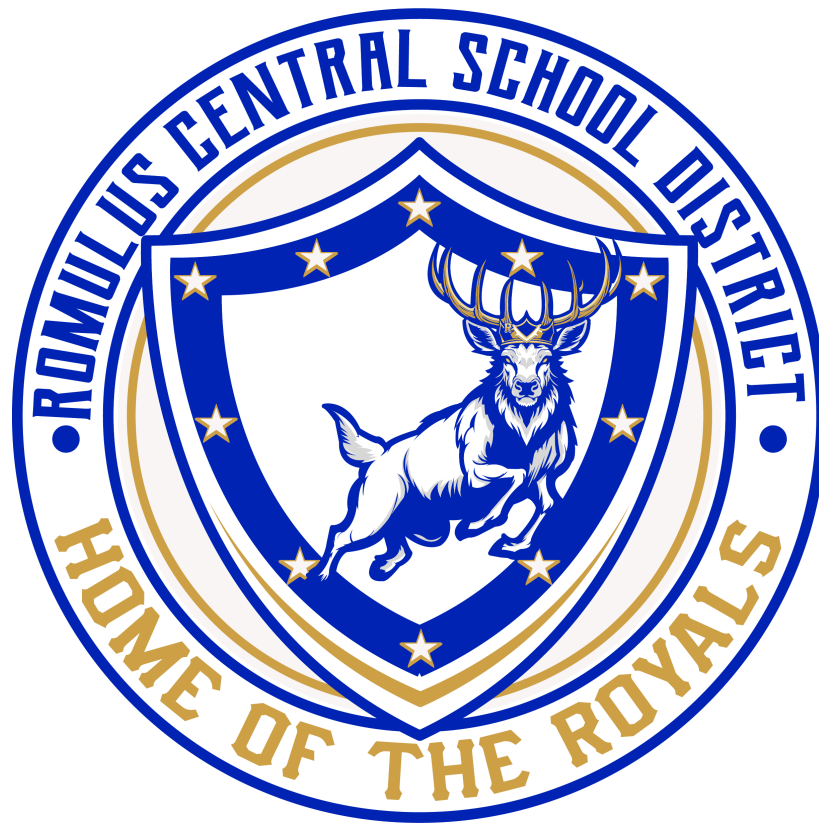


# Romulus Athletic Handbook



**ROMULUS ATHLETIC HANDBOOK  
PARENT-STUDENT**

**TABLE OF CONTENTS**

**CHAPTER 1: General Information**

- I. List of Teams
- II. Vision and Goals
- III. Role of Student Athletes
- IV. Role of Parents
- V. Parent/Coach Communication- Chain of Command
- VI. Spectator Code of Conduct

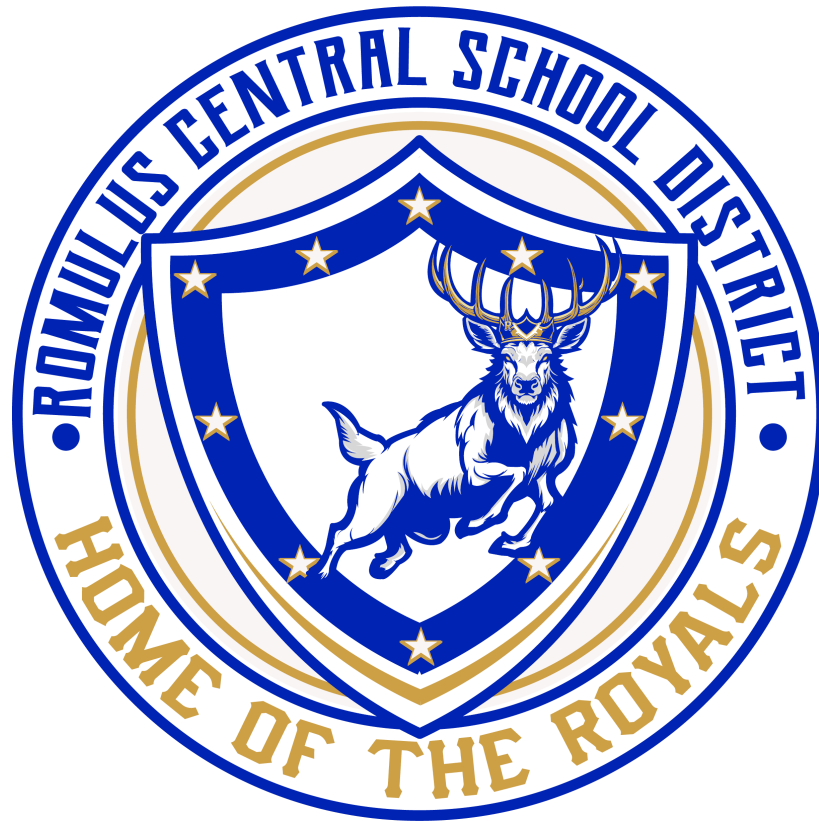
**CHAPTER 2: Sports Program Philosophy**

**CHAPTER 3: Eligibility Policy / Student-Athlete Code of Conduct**

**CHAPTER 4: Medical Treatment/ Training Rules**

**CHAPTER 5: Permission Slips**

# Romulus Athletic Handbook Chapter 1



## Athletic Teams and Levels Offered by Romulus Central Schools

Fall	
Golf Boys Soccer Girls Soccer Volleyball Football Fall Cheerleading Cross Country	Varsity, JV Varsity, Modified Varsity, Modified Varsity, JV, Volleyball Varsity, Modified Varsity, Modified Varsity, Modified
Winter	
Boys Basketball Girls Basketball Cheerleading Indoor Track Bowling Wrestling	Varsity, JV, Modified Varsity, JV, Modified Varsity, Modified Varsity, Modified Varsity Varsity, Modified
Spring	
Baseball Softball Girls Lacrosse Boys Lacrosse Outdoor Track	Varsity, JV, Modified Varsity, JV, Modified Varsity, Modified Varsity, Modified Varsity, Modified



## **THE ROLE OF A ROMULUS ATHLETE**

Over the years, Romulus has developed a great athletic tradition through the hard work of many people. Being a member of a Romulus athletic team is a privilege and honor that carries with it certain traditions and responsibilities that must be fulfilled. Your actions reflect not only on those with whom you are now associated, but also on those who have contributed so much to our school in the past and those who are yet to follow you. Many of our athletes have established league, sectional and state records and others have gone on to participate collegiately. Romulus' rich athletic tradition sets a challenge for you to work hard and make sure your actions reflect the standards and expectations that are set up by the Athletic Department.

One of the most important responsibilities of a Romulus Athlete is to broaden yourself and to develop strength of character. You owe it to yourself to get the most from your high school experiences. Your studies, your participation in other school activities as well as athletics, prepare you for life as an adult. Another responsibility you assume as a team member is to your school. Romulus cannot maintain its position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of our school.

In addition to your responsibilities to yourself and your school, you also have a responsibility to your parents, to always do the best you can. When participating in athletics we sometimes feel that we have failed if we have not won. By trying the best, you can and following all the rules set by your squad, you can feel proud of yourself no matter what the win-loss record dictates. Younger students will look up to you and it is your responsibility to set a good example for them. They will imitate many things that you do just to be a member of your group. They need attention and guidance, so always take a few minutes to encourage them in whatever way possible.

## **THE ROLE OF PARENTS IN ATHLETICS**

The Romulus School District recognizes that parents can be positive and powerful role models for their children. Parents' support of their children in athletic experiences will help to assure that student-athletes have a fulfilling experience that contributes to their life-long personal growth.

- In an effort to promote a positive environment for student-athletes, the Romulus Athletic Department recommends that parents:
- Support the concept of "student-athlete" and not compromise academics for athletes.
- Understand the rules and regulations that your student-athlete has committed to by becoming a team member.
- Hold your student-athlete accountable for their actions. Help guide them to make good choices and help them learn from choices that could have been better.
- Be a knowledgeable spectator. Know the rules of the game and be a positive role model for sportsmanship. Encourage efforts, cheer success, respect opponents and understand our defeats.
- Address your questions, concerns, and suggestions regarding the team or program with the coach. If further clarification or assistance regarding an issue is needed, the parent can contact the Athletic Director.
- Be supportive and adhere to NYS Laws prohibiting smoking in school buildings and on all school grounds.

## PARENT / COACH COMMUNICATIONS

Both parenting and coaching are extremely difficult jobs. By establishing an understanding of each position, we are better to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand the expectations placed on your child. This begins with clear communication from the coach of your child's program.

Please do not attempt to confront a coach before or after a contest. These can be emotional times for both a parent and the coach.

Please ask to set up a meeting with the coach. What can a parent do if the meeting with the coach did not provide satisfactory resolution?

1. Call and set up an appointment with the Athletic Director. The parent/guardian, coach and AD will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.

**The following is communication you should expect from your child's coach:**

1. Philosophy of the coach
2. Expectations the coach has for your child, as well as all the players on the team.
3. Locations and times of all practices and contests.
4. Team requirements (i.e., rules and special equipment)
5. Procedures should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

### **Communication coaches expect from parents:**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the Romulus Athletic Program, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be times when things do not go the way your child wishes. At these times, discussion with the coach is encouraged.

### **Appropriate concerns to discuss with the coach:**

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept when your child may not be playing as much as you think is appropriate or deserved. Coaches are professionals. They make judgment decisions based on what they believe to be best for all the students involved. As you have seen from the above list, certain things should be discussed with your child's coach. The following is a list of issues that must be left to the discretion of the coach.

### **Issues not appropriate to discuss with the coach:**

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes



## **SPORTSMANSHIP & SPECTATOR CODE OF CONDUCT**

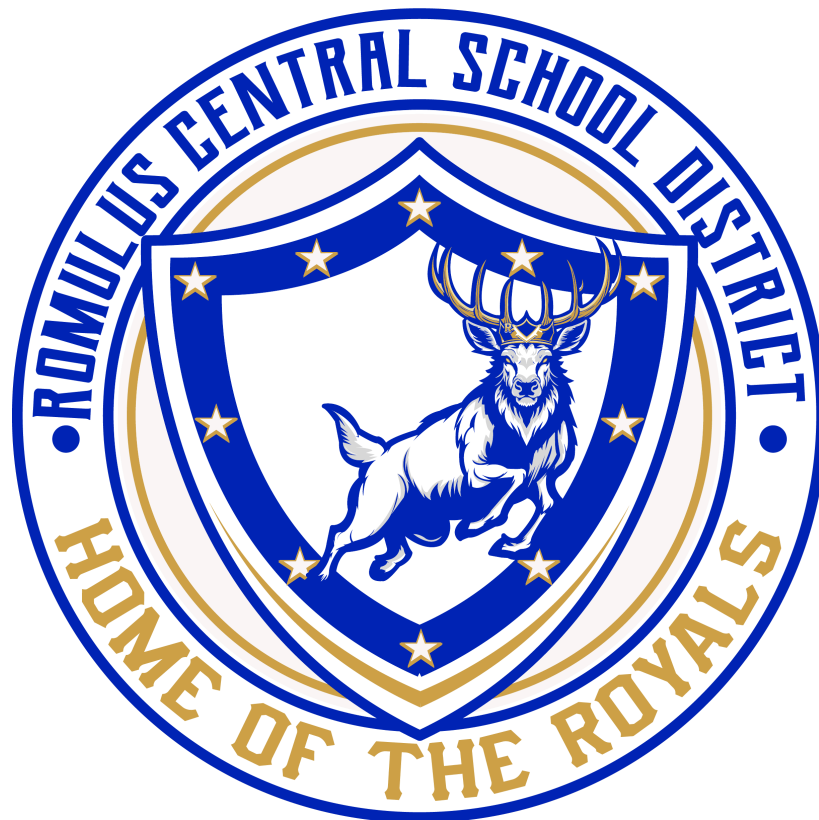
Visiting team members, student and adult spectators are guests to be accorded the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

- Officials are the proper authorities to make decisions regarding rules and their interpretations; these decisions should be accepted.
- Spectators and student-athletes must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

The Athletic Department recognizes the role of interscholastic athletics in defining ethical behavior and developing personal character of our students. Therefore, we ask that all spectators become active participants by:

- Demonstrating a high degree of sportsmanship by modeling appropriate behaviors and also by monitoring the behavior of our crowd.
- Showing team support by making only positive comments and by using appropriate language.
- Acknowledging that fields, courts, bench area, and equipment are the players' domain during a contest. Spectators should remain within the designated area.
- Monitoring the safety of children at all times.

# Romulus Athletic Handbook Chapter 2



# **Romulus Central School**

## **Interscholastic Sports Program Philosophy**

### **Modified Program**

Sports conducted at the 7th and 8th grade level focus on acquiring basic skills, fundamentals of team play, learning game rules, and required behavior patterns, especially good sportsmanship. Some programs will be Modified A (grades 7, 8, & 9). This philosophy allows our student athletes to participate at the most age appropriate and developmental level. All participants will receive a substantial amount of playing time in all contests. Experiences and outcomes should not be lost in pursuit of winning competitions at this level. Cutting will be allowed only if the number of participants is deemed to be unmanageable.

### **Junior Varsity Program**

The predominantly 9<sup>th</sup> and 10<sup>th</sup> grade level helps to prepare athletes for the Varsity level of competition. Exceptional 7th and 8th grade students may compete at this level if the Selective Classification requirements are fulfilled. The outcome of each contest is slightly more important than at the Modified Level; however, striving for victory while allowing all team members adequate playing time during the season is considered important. More emphasis on physical conditioning, refinement of basic skills, and development of team play requires an increase time commitment at this level. Good sportsmanship will be continually stressed at all levels. It is vital for each team member to have a role and be informed of its importance.

### **Varsity Program**

This level of interscholastic competition is the culmination of a scholar-athlete's scholastic career. This level of competition is primarily for juniors and seniors. Sophomore and freshman scholars may be invited to try-out and participate, as well as any 7th and 8th grade scholar-athletes who have been selectively classified through the APP process. Varsity team members will continue the development of advanced level skills. In addition, team members will be expected to display high levels of team play, sportsmanship, self-motivation, and a positive mental attitude towards their particular sport. A commitment of six days per week will be expected. SCHOLARS ARE EXPECTED TO ATTEND ALL PRACTICES AND CONTESTS. TAKING VACATIONS DURING THE SEASON IS CONSIDERED AN ILLEGAL ABSENCE THAT WILL RESULT IN CONSEQUENCES. Through participation, scholar-athletes will learn and acquire important qualities for becoming responsible and productive adult citizens. Contest

participation will be based on athletic ability, commitment, and demonstration of fundamental and high level psychomotor skills. Similar to the junior varsity level, contest participation will not be equal for all team members. In addition, some team members may not participate in certain contests. Finally, the objective of the varsity level is to prepare to improve results in each contest. It should be noted that the ultimate measure of success for each team will not be based solely on winning or the lack thereof. Team success will also be measured by team and individual improvement, team cohesiveness, and enjoyment from participation.

## **Romulus Athletic Department Goals**

**Enjoyment & Inclusion:** Scholar-athletes will have fun, feel included, and develop a love and appreciation for their sport and teammates.

**Global Citizenship:** Scholar-athletes will strive to be productive and contributing members of our global community.

**Ethics & Sportsmanship:** Scholar-athletes will increase their understanding of ethical conduct, integrity, fair play, and good sportsmanship, learning to win and lose graciously.

**Leadership & Teamwork:** Scholar-athletes will engage in group decision-making and problem-solving, demonstrating leadership and initiative in achieving group goals.

**Personal Development:** Scholar-athletes will develop self-discipline, self-motivation, and traits such as commitment, excellence, loyalty, and cooperation.

**Health & Fitness:** Scholar-athletes will understand and practice principles of sound health, safety, and physical fitness.

**Community Image:** The athletic program will promote a positive image of the district and community, reflecting the Department's goals.

**Appropriate Competition:** The program will provide competition based on skill and development, rather than chronological age or grade.



## **VARSITY LETTER REQUIREMENTS**

- An athlete who would have earned a varsity letter but was injured and could not complete the season may be awarded a varsity letter at the coach's discretion.
- An athlete must complete the season in good standing in order to be eligible for varsity letters.

## **ATHLETE DROPPING OFF A TEAM**

Once an athlete has made the final team roster, they are expected to complete the season in good standing. This teaches the student-athlete the value of commitment. There are several circumstances that, however, can arise that prohibit their commitment. Listed below is the policy and procedure in these cases:

A. If an athlete quits a team prior to the first scheduled contest, they may try-out for another team in that current season or teams in subsequent seasons, without going to the Athletic Review Board if the following requirements are met:

- The Athlete meets with the coach and discusses the reasons for their decision.
- All equipment issued is returned.

B. If an athlete quits a team after the first scheduled contest in order to go out for any other sport in that season, or subsequent seasons, they must meet the following requirements:

- Return all equipment issued.
- Meet with the Coach to discuss the decision.

## **Romulus CSD Athletic Department Attendance Expectations**

If a scholar-athlete's personal commitments compromise team goals, or present a conflict with respect to the standards and expectations defined for all involved in the program, the scholar should be prepared to make a choice between their continued relationship with the team/program, and their commitment to other personal interests and goals. A missed practice or contest creates a disruption to the team and program. All scholars will be provided two personal days each season.

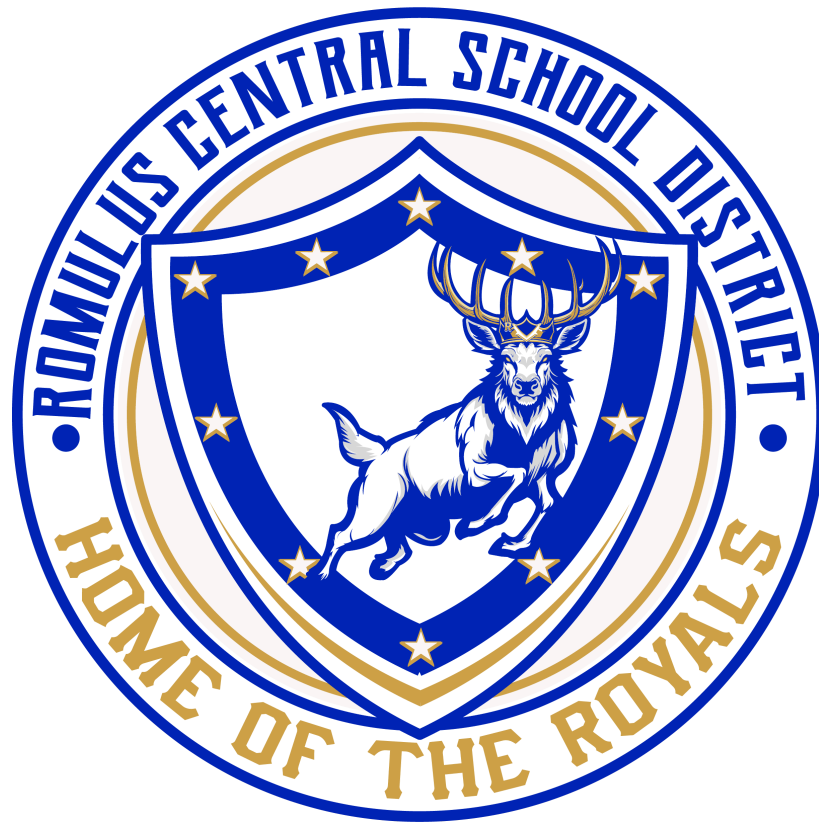
Scholar-athletes are expected to attend practices and contests during holidays and vacations. Scholar athletes are making a commitment to the team for the entire season. If for some reason the scholar athlete is absent from the teams practices and contests during a vacation, that scholar athlete needs to complete one week of practices before there will be a consideration of return to competition. At the minimum, the scholar will miss one competition upon their return. College visits and vacations should be avoided during the playing season.

- All absences need to be communicated to the coach as soon as possible. If absence is not communicated, scholars will not participate in the next practice or contest.
- If you are suspended, or have in-school suspension, you may not practice or travel with the team.
- If you are absent the day before a contest, it could result in not starting or playing.

- You need to be in attendance for half a day to practice or play in a contest. If you are out sick, you may not attend practice or the contest.
- If you are out with an injury, you are expected to be at practice and the contest unless otherwise noted due to injury.
- You need to be in school the day after a game. Without a proper excused absence, missed attendance the day after a game will result in ineligibility for your next contest.



# Romulus Athletic Handbook Chapter 3





## **ACADEMIC ELIGIBILITY - GRADES 7-12**

### **Academic Eligibility**

All students are encouraged to take part in all extracurricular and athletic activities. They are also expected to study, complete assignments on time, and learn a great many things. Individual coaches and advisors may set specific expectations for the students taking part in extracurricular and athletic activities. These will be explained in and included with the training rules and introductory materials provided to students and parents by the Athletic Department.

Teachers may require that students report for extra help from 2:30 pm to 3:15 pm each day. The additional 45 minutes is part of the regular school day.

Students who make the effort to get additional instruction regularly will be more successful. Students who have athletic practices at another site after school are still required to attend after school help if assigned by a teacher. **Coaches will not assign consequences to students who are late for practice due to attending extra help at school.**

### **Eligibility for Attendance at athletic games and/or extra-curricular activities**

A. Students who are suspended from school on a day of an athletic game or practice session, party, school dance, or other school affair scheduled after regular school hours **are not eligible** for participation or attendance at such events.

B. Students are expected to attend all scheduled classes to be present for extracurricular events that evening. This includes participants and spectators. If a student is tardy to school for three days in a month they will not be allowed to participate in ANY extra-curricular activity the day of their third tardy and any subsequent days that they are tardy that month. This includes games, practices, dances, theatrical performances, or other extra-curricular activities. This does not include band/chorus concerts as these are a graded part of the curriculum. If a student is tardy to school two days in a month they will not be allowed to participate in open gym for the rest of the quarter. A student is considered tardy if they arrive to school late. The only exceptions to this will be a doctor's note, a funeral, or a previously cleared college visit/job shadow. The days reset at the beginning of each month.

### **Eligibility for Participation**

All students in grades 7-12 will receive progress reports at 5 weeks and 10 weeks. At each pre-selected date, teachers will have students log into their SchoolTool account to check their grades. Teachers will communicate with students that if they are failing they will need to meet the obligations set forth below. The office will mail home mid-term report cards at the 5 week mark.

#### **At 5 weeks:**

The 5 week report will determine extra-curricular eligibility. Students who are failing a subject (64% or below) will be removed from unstructured study hall and placed in a structured study hall during the

school day. They will also be required to stay after school. The number of nights they need to stay after school is equal to the number of courses that they are failing. This will occur Monday through Thursday. If a student doesn't stay after school the required nights, they will be given a detention to be served in addition to their required nights the next week.

Administration may decide to have a student serve ISS, if no effort was made to stay after school. Students who are failing 2 or less subjects will be allowed to fully participate in after school activities. A student who is failing a course will remain on the eligibility list and will need to comply with all requirements of being on said list until their grades are brought up to passing.

Students who are failing 3 or more subjects (64% or below) will have to meet the same criterion above, however, until their grades are brought up to passing. If a student who was failing 3 or more subjects (64% or below) brings one of their subjects up to passing when a new list is generated will be allowed to participate under the same conditions as those students who were failing 2 or less subjects (64% or below). If a student who was failing 2 subjects or less (64% or below) ends up failing a third subject when a new list is generated, they will follow the same criterion above for student passing 2 or more subjects.

Students in 7<sup>th</sup> and 8<sup>th</sup> grade who are participating in a Modified, JV or Varsity level activity, or who are taking high school level courses in middle school, will also be held to these standards. 9<sup>th</sup> grade students who are playing on a modified team will be subjected to the ineligibility policy.

## **Transportation Policy for Scholar-Athletes**

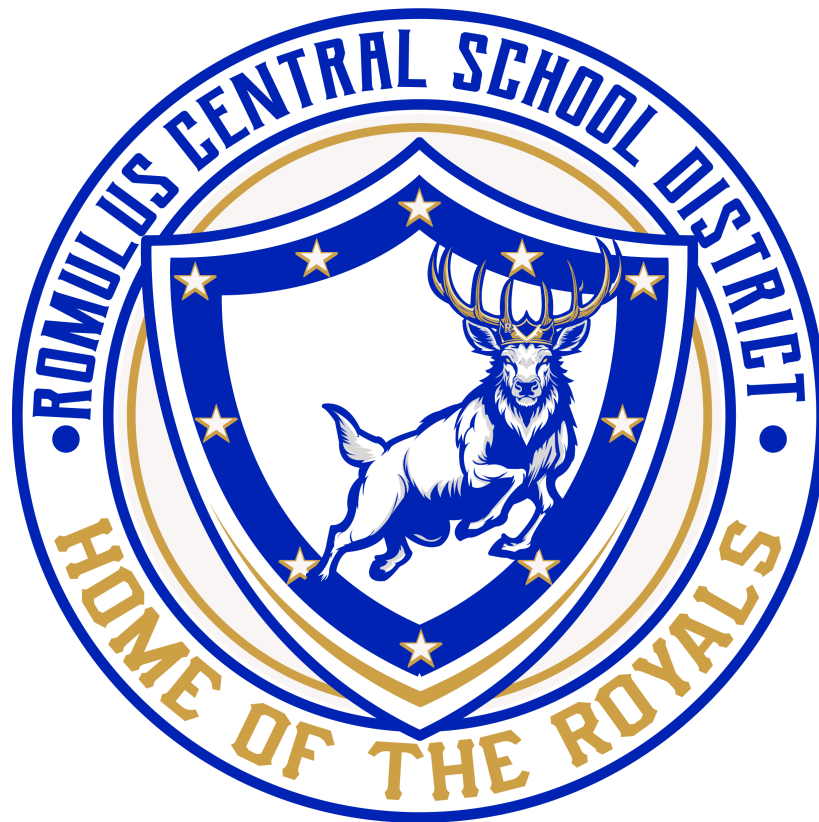
The district is responsible for transporting scholar-athletes to and from athletic contests. Scholar-athletes are expected to ride school transportation to events unless special permission has been granted prior to the trip. School transportation will return scholar-athletes to the facility from which they departed.

While it is encouraged that scholar-athletes ride home with their team after contests, if they must ride home with a parent, guardian, or caregiver, the parent/guardian/caregiver must have filled out a permission slip with the Athletic Director in advance.

Scholar-athletes represent the district when traveling to and from contests. Proper dress, decorum, and behavior are expected at all times.

Families should ensure that arrangements are made to pick up scholar-athletes promptly after practices, home games, and upon returning from away games. If you are unsure about when a team might return from an away contest, please check with your scholar-athlete's coach.

# Romulus Athletic Handbook Chapter 4



**CLEARANCE PROCEDURE TO PARTICIPATE IN  
INTERSCHOLASTIC SPORTS**

In order to ensure that all prospective student-athletes are eligible for participation on an interscholastic athletic team, the following procedures are required.

**A. Sign- ups:**

Student-athletes will have the opportunity to sign-up for an interscholastic team on Family ID for the Fall, Winter and Spring season.

**B. Physical/ Medical Approval:**

1. Physicals will be done at an announced time for students in grades 7-12.
2. If a physical is dated later than 30 days from the start of the sports season, the parent must fill out an Interval Health History for Sports Participation Form.
3. If a 7th and 8th grade student receives a physical for a modified sport, then is asked to move up to a Junior Varsity Sport, they will have to be examined by a physician under selective/classification guidelines.
4. Medical eligibility sheets will be filled out by the nurse and then forwarded to the Athletic Director's office who will make sure the Coach receives the sheets before the first practice. No student will participate in a sport without being on the Nurse's medical eligibility List.
5. The Director of Athletics will provide a double check to see if students have received a physical by submitting squad eligibility sheets of all teams to the respective building nurse.
6. If a student wishes to go to their own physician, they must have the physician submit a copy of the form to the nurse's office before the first day of practice.

**C. Permission/ Insurance Eligibility:**

The Authorization to Consent to Medical Treatment/interscholastic Athletic Contract/Consent Form must be signed by the student and parent within the first week of participation, then return completed form to the coach.

**D. Injuries:**

1. It is the student athlete's responsibility to immediately report any injury to their coach as soon as possible. The Coach will then complete an accident report. If a student athlete has been removed from a practice or contest because of an injury requiring medical attention, the student athlete cannot return to practice or competition without a physician's release.
2. A copy of the doctor's release form will be given to the school nurse who will, in turn, send a copy to the Athletic Director. The Athletic Director is responsible for getting a copy of the release to the appropriate coach.

**INSURANCE**

Medical expenses resulting from an athletic injury must first be submitted to the parents' insurance carrier. Any remaining balance may then be submitted to the school district's insurance carrier, which supplements the parents' coverage in limited ways. Contact the health office for more information.

**IN SEASON MEETING/MEET THE COACHES NIGHT**

One of the most important ingredients for a successful sport season is effective, open, and appropriate communication between the coach, parents and student-athletes. In order to ensure that this communication takes place, in season meetings are scheduled by the athletic department and coaches. Topics of these meetings include Athletic Department policies, individual team expectations and rules, the health and safety of the student-athlete and a variety of other subjects. Student athletes and parents are required to attend these meetings. Dates for these meetings will be

August, November, and March. Athletes will be notified at the start of their season on specific dates.

**ATHLETIC DEPARTMENT POLICIES**  
**EQUIPMENT**

School equipment checked out by the student athlete is their responsibility. They are expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation. Failure to replace or return the items will result in the student being placed on the stop list, and the student will be ineligible for any future athletic participation or awards until the equipment is returned or the athlete has made compensation for the lost items.

**TRAINING RULES AND POLICIES FOR ATHLETES**

Participation in Romulus' Athletic program is a privilege, not a right that is earned by proper, expected behaviors. It demands our student athletes be responsible and make commitments which imply sacrifices and dedication to physical fitness and a healthy lifestyle as well as sportsmanship and academics.

Athletes at Romulus are required to abide by training rules. Use and abuse of chemical substances will prevent athletes from being in top physical condition, decrease commitment to sport performance, and delay the development of skills. In addition, this behavior causes a change in attitude, develops tension and distrust between teammates and prevents the attainment of individual and team goals.

Student athletes on interscholastic teams at Romulus Central School will refrain from the use or possession of alcohol, tobacco products, and other illegal non-prescription drugs as well as substances being misused as a drug (an example but not exclusive: inhalants). The following sanctions will be



invoked when the Athletic Director is informed by faculty member, administrator, or police. Law enforcement officials will be involved if any laws are violated.

**First Offense:**

- Phone call and letter from Athletic Director and coach to parent.
- The student-athlete will be suspended from competition for the equivalent of 20% of the scheduled contests for that season. Any suspension not completed by season's end will be carried over to the start of the next season during which the student participates. The number of contests the student-athlete will miss during the next season will be based on the portion of the suspension not yet completed.

**Second Offense:**

- Conference with Athletic Director and coach; phone call and letter to parents.
- The student-athlete will be suspended from competition for the equivalent of 50% of the scheduled contests for that season. Any suspension not completed by season's end will be carried over to the start of the next season during which the student participates. The number of contests the student-athlete will miss during the next season will be based on the portion of the suspension not yet completed. The student-athlete will be strongly encouraged to seek substance counseling. The district will guide the student-athlete in securing these services.
- Forfeiture of letter or end of the season rewards.

**Third Offense:**

Forfeiture of the right to participate on athletic teams at Romulus Central School for the remainder of the student's tenure at the school. The superintendent will be consulted before the consequence is imposed. The consequence recommended by the Athletic Director may be adjusted by the

superintendent, based upon a review of the evidence and circumstances associated with the conduct of the student-athlete.

### **Absent From or Tardy to Practice Sessions:**

If an athlete is absent from a practice session, the penalty for such a violation will be left up to the discretion of the head coach.

If an athlete is tardy for a practice session without the coach's prior knowledge, the penalty for such violation will be left to the discretion of the head coach.

### **Stipulations on Attending Practices:**

A person suspended from a team for breaking rules or resigning after uniforms are issued, is ineligible to participate in intramurals and interscholastic sports during the season.

A person suspended from school may not participate in extra-curricular activities from the point the suspension is assigned through the last suspension day.

Students must attend all scheduled classes to be present for extra-curricular events that evening. This includes participants and spectators. The exception to this requirement is evidence of a scheduled appointment (medical doctor, dentist, therapist, etc.) during the school day. In this case, students are expected to miss only the portion of the school day needed for the appointment and travel time. Evidence of such an appointment may include a confirmation form or a signed excuse from a parent or guardian. Students arriving late to school are expected no later than 11:00 AM. **This includes participants and spectators.**

If a student is tardy to school for three days in a month, they will not be allowed to participate in ANY extra-curricular activity the day of their third tardy and any subsequent days that they are tardy that month. This includes games, practices, dances, theatrical performances, or other extra-curricular activities. If a student is tardy to school three days in a month they will not be allowed to participate in open gym for the rest of the quarter. A student is considered tardy if they arrive late to school. The only exceptions to this will be a doctor's note, funeral, or a previously cleared college visit/ job shadow. The days reset at the beginning of each month.

### **CONCUSSION AND HEAD INJURIES**

Any student who participates in contact sports is at a risk of sustaining a concussion. We take this risk very seriously along with the risk of second concussion syndrome and trust that you do as well. A second concussion which occurs soon after the first can lead to serious and permanent damage. The information provided below is designed to help you understand some key concepts of a concussion. We here at Romulus have developed a program that is meant to protect your child from potentially serious and permanent brain injury. We appreciate your cooperation.

The Romulus School Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death are significant when a concussion or head injury is not properly evaluated and managed. Therefore, all competitive sport activities in the district will be identified by the administration.

Consistent with the New York State Public High School Athletic Association (NYSPHSAA) the district will utilize the guidelines for management of head trauma in sports by adopting the IMPACT testing module and follow the mandatory graduated return to full activity program. Coaches, youth athletes and their parents and/or guardians will receive pertinent information and forms to inform and educate of the nature and risk of concussions or head

injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the district's athletic director will distribute a head injury and concussion information sheet to all parents and guardians of the student participants in competitive sport activities. The parent/guardian and student must return the signed acknowledgement indicating that they have reviewed and understand the information provided before the student participates in any covered activity. Until acknowledgement form is returned and on file with the district's athletic director and coach, the student may not practice or compete.

All students will be mandated to complete the IMPACT testing module. Appointments will be arranged through the school nurse. This data will serve as a baseline neurologic evaluation on each student that is involved in competitive sports.

All district coaches, including volunteers, will complete yearly training as required through the coaches meeting with the district's athletic director and school nurse. Additionally, all coaches of competitive sport activities will comply with the NYSPHSAA guidelines for management of head trauma in sports.

**Dear Parent/Guardian:**

We are proud to introduce our school's involvement in the IMPACT concussion management program. A concussion is a type of brain injury following head trauma. Usually, the student totally recovers. However, second concussions which occur soon after the first can lead to serious and permanent damage. The most common factor involved is returning to sports or activity too soon.

To help prevent second concussion syndrome, the NYSPHSAA State Association has recommended that all middle/high schools develop a concussion management program. They presently endorse the IMPACT program which is well respected nationwide. In partnership with the school Physician, the district's athletic director, Paul Matthey and registered nurse, Babette Bennett, we will be instituting the following:

1. The IMPACT program has a pretesting neurologic baseline that is completed by a computer program. Each student in grades 9-12 will be tested in the school's computer room per appointment. The testing will take approximately 30 minutes.
2. If the student sustains a concussion at any time, she/he will be immediately removed from sports activity. There will be no return to the present event. You as parents will be asked to have your child medically evaluated. You may use the physician of your choice. When deemed fit to return to activity, the student will be retested to assure that he/she has returned to pre-participation neuro testing levels by repeating the IMPACT testing. When the student has no symptoms and their testing is normal or returning to baseline, a decision will then be made.
3. There will be a mandatory 7-day gradual return to full sports activity program started and monitored by the health team. If no symptoms recur, the student athlete will then be allowed to return to full participation.

## CONCUSSION MANAGEMENT PROTOCOL

A concussion is defined as —

1. Mild traumatic brain injury
2. A disruption in normal brain function due to a blow or jolt to the head
3. A trauma induced alteration in mental status that may or may not involve loss of consciousness

### **Symptoms of a concussion:**

- Dazed or confused
- Lack of coordination
- Slurred speech
- Visual problems
- Severe headache
- Headache with nausea or vomiting
- Lethargy
- Confusion or agitation
- Loss of consciousness
- Seizure activity

**The student may have only a few symptoms or progress to have worsening of symptoms**

The diagnosis of a concussion is a clinical one. Evaluation of the student to declare a concussion may include:

1. Witnessed blow to the head
2. Loss of consciousness
3. Post traumatic amnesia
4. Dazed or confused state is present
5. Focal neurological deficit
6. Lack of coordination
7. Slurred speech
8. Presence of headache and/or nausea
9. Impairment of memory and/or cognitive function

If the student is deemed to have suffered a concussion by the presiding coach, athletic director, school personnel, referee, teacher, trainer, or other school designee in command, the student should be removed from that activity immediately. There be no return to activity until a complete medical evaluation is completed.

The student should be evaluated by the school personnel on hand using the above guidelines. The parents will be notified. The student must be referred for medical evaluation by the physician of choice of the parents.

Emergency room referral should be recommended when there is:

1. Loss of consciousness
2. Severe headache
3. Headache with nausea/vomiting
4. Lethargy
5. Visual problems
6. Confusion or agitation
7. Worsening symptoms
8. "Something is just not right"

Ambulance transport should occur when there is:

1. Loss of consciousness
2. A focal neurological deficit
3. Seizure activity
4. Worsening status or unstable vital signs

**\*\* Precautions for a possible neck injury should be used \*\***

After notification, the parents will be responsible to arrange for a medical evaluation by a physician of their choice, unless emergency transport to ER. Once the student is symptom free at rest and after physical or mental exertion, and the physician of record deems that the student may return to activity, the student will be placed on a gradual return to play.

The student athlete will be retested for the "IMPACT" neurologic status and a physical examination.

**If “symptom free” for 24 hours and the IMPACT baseline is achieved, there will be a mandatory graduated return to full activity program initiated as followed:**

1. Physical and mental rest until no symptoms
2. Light aerobic exercise
3. Sport specific exercise
4. Non-contact training drills
5. Repeat medical evaluation to allow full contact
6. Full contact training
7. Return to normal activity

Any return of symptoms may require that the program be suspended until further medical evaluation. The graduated return to activity program will be under the supervision of the coach, school nurse, or a suitable designee if the school has no trainer. It is anticipated that the time from injury to return to play would be a minimum of 10 days.

**\*\* There will be no exceptions to the above policy\*\***

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Parent Signature/ Date

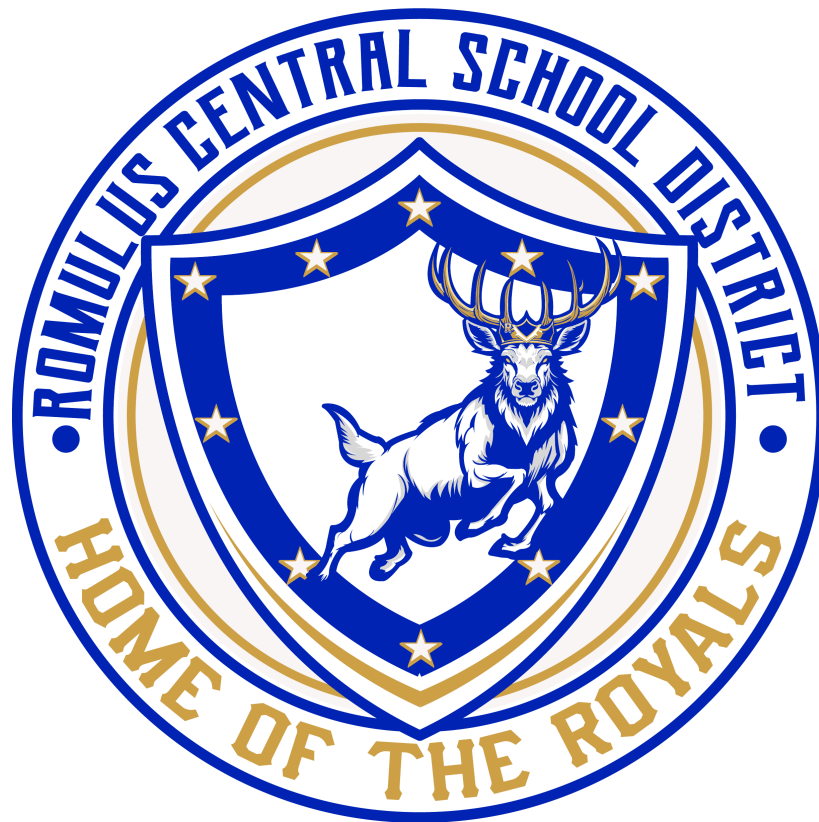
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Student Signature/ Date

Please return this form back to Mrs. Bennett, School Nurse



# Romulus Athletic Handbook Chapter 5



## **Athletic Training Rules & Permission to Play Agreement**

### **Important Consideration for the Student-Athlete and Their Parent(s)/Guardian(s):**

When a coach suspends a student-athlete for violating rules related to alcohol, tobacco, or drugs, it might seem like a tough decision. But is it really?

The truth is, the student-athlete makes the tough decision when they choose to violate the rules. These rules and their consequences are clearly communicated, and by choosing to break them, the student-athlete is, in effect, agreeing to accept the penalties. The real tough decision occurs at that moment—choosing to disregard the rules and their own commitment.

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### **Permission to Participate**

In signing this agreement, I acknowledge the potential risks associated with participating in this sport, including the possibility of injury. My child and I are both aware of these risks. We have read and understood the attached training rules, and we accept our responsibility to adhere to them.

### **PARENT AND STUDENT-ATHLETE MUST SIGN BELOW:**

**Student-Athlete's Name:** \_\_\_\_\_ has  
permission to participate in **(Sport):** \_\_\_\_\_ during the 2024  
- 2025 school year.

### **Signatures:**

- **Parent/Guardian:** \_\_\_\_\_
- **Student-Athlete:** \_\_\_\_\_

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

## Permission Slip for Alternative Transportation

### Permission Slip for Alternative Transportation

#### Student-Athlete Information:

- Name: \_\_\_\_\_
- Sport: \_\_\_\_\_
- Date of Event: \_\_\_\_\_

#### Parent/Guardian Information:

- Name: \_\_\_\_\_
- Phone Number: \_\_\_\_\_

#### Alternative Transportation Request:

I hereby request permission for my child, named above, to be transported home from the event listed above by me, their parent/guardian. I understand that my child will not be traveling back to the school facility with the team.

#### Acknowledgment and Responsibility:

I understand that by allowing my child to leave with me, I am accepting full responsibility for their transportation and safety.

#### Signature:

- Parent/Guardian Signature: \_\_\_\_\_
- Date: \_\_\_\_\_

#### For Office Use Only:

- Received by Athletic Director: \_\_\_\_\_
- Date: \_\_\_\_\_