

## ATHLETICS

*It is an honor and privilege to participate in high school sports. While you are often called student/athletes, it must be remembered you are a student first. Each student/athlete is expected to act in a dignified and mature fashion, on and off the field. You must wear your school colors with pride, win with class and lose with dignity. You will come to respect your peers, coaches and officials. Remember that you not only represent yourself but also your teammates, coaches, team and school.*

### **Interscholastic Sports Programs**

*Offered at Old Rochester Regional High School*

| <b>Fall</b>                   | <b>Winter</b>            | <b>Spring</b>          |
|-------------------------------|--------------------------|------------------------|
| Varsity Football              | Varsity Ice Hockey       | Varsity Softball       |
| J.V. Football                 | J.V. Ice Hockey          | J.V. Softball          |
| Freshmen Football             | Boys Varsity Basketball  | Varsity Baseball       |
| Varsity Volleyball            | Boys J.V. Basketball     | J.V. Baseball          |
| J.V. Volleyball               | Boys Frosh Basketball    | Boys Spring Track      |
| Golf                          | Girls Varsity Basketball | Girls Spring Track     |
| Varsity Fieldhockey           | Girls J.V. Basketball    | Varsity Boys Tennis    |
| J.V. Fieldhockey              | Girls Frosh Basketball   | Varsity Girls Tennis   |
| Freshmen Fieldhockey          | Boys Indoor Track        | Varsity Boys Lacrosse  |
| Boys Varsity Soccer           | Girls Indoor Track       | J.V. Boys Lacrosse     |
| Boys J.V. Soccer              | Cheerleading             | Varsity Girls Lacrosse |
| Girls Varsity Soccer          | Swimming                 | J.V. Girls Lacrosse    |
| Girls J.V. Soccer             |                          | Sailing                |
| Boys Cross Country            |                          |                        |
| Girls Cross Country           |                          |                        |
| Cheerleading                  |                          |                        |
| Dance Team <i>fall-winter</i> |                          |                        |

*It takes great commitment to be part of an athletic team. Before a student makes that commitment, the student and their parent/guardian/caregiver(s) must read and understand this handbook. The rules listed are a combination of policies from the Massachusetts Interscholastic Athletic Association, the O.R.R. School Committee and the O.R.R. High School Administration. They have been established so that all those who choose to participate in athletics at O.R.R. will have a positive educational experience.*

**All Sport Schedules can be found at: <https://www.arbiterlive.com>**

It is the intent of our athletic program to:

- Facilitate development of a strong sense of commitment to student, team and school
- Place a premium on the values that accrue from fair play
- Teach respect and consideration for opponents as either the guests or hosts of the game
- Cultivate respect for the authority of school personnel, coaches and game officials

- Develop self-control, self-direction and sound judgment
- Demonstrate that the rules of the game are by mutual agreement and are to be honored in spirit as well as in letter
- Recognize that athletics really aim to promote the mental, social and moral welfare, as well as the physical well being, of the participant
- Promote the game for the players - and as a game only – not as a matter of life and death, of the lasting glory in victory or of the disgrace of defeat

### Athletic Policies

- All student athletes must have; a current physical on file with the school, either school insurance or personal health insurance form and an online eligibility form on file with the athletic directors office before participating in any practice or game.
- An Athletic User Fee has been established to provide the supplementary funds required to maintain the athletic programs currently provided. The fee for the current school year is \$275 per student per sport with an individual cap of \$700 and a family cap of \$975. Student athletes must have paid their user fees before the teams first practice to be eligible to participate in the program. Any athlete not making the team will have their user fee returned. A reduced fee or waiver is allowed to those who qualify for the free lunch program.
- Every student must have their most recent physical exam, performed by a physician, on file with the school nurse. Students who do not meet this standard are ineligible for participation of any type. Physicals expire after 13 months.
- A student unable to compete as a result of an illness or injury requiring treatment by a physician may not return to play until so authorized in writing by the attending physician
- Students must check into the front office no later than **8:00 a.m. and stay for the remainder of the day** in order to be eligible to participate in an athletic event that day. On a delayed start day, students must arrive at the designated start time in order to participate. A student who arrives after 8:00 a.m. (or after the designated start time on a delayed start day) or is dismissed due to extenuating circumstances may be eligible with prior administrative approval.
- A student who is absent from school may not participate or attend any extracurricular activities including practices without prior approval by administration for extenuating circumstances.
- A suspended student may not participate in or attend any athletic event during the term of their suspension
- A student who is suspended may be removed from their captaincy or leadership position
- A student may not participate or attend any athletic event on days they have been assigned to in-school suspension
- Students are excused for being late to practice if they have been receiving extra help from a teacher or are making up work. Student athletes that are late for practice or games for any reason, i.e.: extra help, meeting with athletic trainer or club meetings, will require a note to the coach. An athlete must be marked present on the school attendance sheet to be able to participate
- Serving a detention takes precedence over any practice or game
- Sub Varsity teams are developmental in nature; there is an expectation that all team members in good standing will participate in every game
- Varsity teams are competitive athletic situations. Playing times and positions are dictated by the coach
- After the tryout period and before the first contest, no student listed on a specific sport roster may switch from that athletic activity to another without the consent of the coaches and the athletic director. After the first contest, a waiver from the MIAA is necessary in order to switch sports
- The rules from each coach are in writing and approved by the athletic director. Violations of team rules, such as failure to follow the instructions or training rules of the coach, or behavior that in any manner interferes with the smooth and orderly conduct of a team, will result in the imposition of disciplinary measures by the coach. These disciplinary measures may supersede those of the school and state association and include training assignments, suspension from one or more games or, in severe cases, expulsion from the team
- Each player is required to wear the appropriate protective equipment/gear (during practice and competition) as specified by the M.I.A.A. for their particular sport. In addition, each player is required to wear the protective equipment in the proper, unaltered intended fashion
- No spikes or cleats will be worn in the building

- We do ask that you address any questions, concerns, or issues with your student/athlete's coach as soon as possible. Please do so by making an appointment in advance. If you do not have a contact phone number for the coach, please contact the athletic office at 508-758-3745 ext. 1823. Note: Approaching the coach just prior to a game, following a game or during a practice or game may be an inappropriate time.
- The use of athletic facilities for other than school purposes must be approved by a 'Use of Building' form from the front office.
- The Principal of Old Rochester Regional High School is ultimately responsible for the management, personnel and property of the athletic department. Their designated representative for such matters is the athletic director.

#### **Interscholastic Athletic Eligibility Requirements**

- To be eligible for athletics, a student must be passing six (6) courses at the end of the preceding academic term.
- To be eligible for fall athletics, a student must have passed six (6) full-year course equivalents in the prior academic year.
- Academic eligibility of all students shall be considered as official and determined only on the date when the report cards for that ranking period have been issued to all parent/guardian/caregiver(s) of all students within a particular class

#### ***The South Coast Conference***

*Old Rochester Regional is a member of the South Coast Conference (SCC). The league is governed by the MIAA and its own constitution. The league schedules most of the games played by Old Rochester Regional, at all levels of its competition. The SCC consists of:*

*Apponequet  
Dighton Rehoboth  
Old Rochester  
West Bridgewater*

*Bourne  
Fairhaven  
Seekonk*

*Case  
GNBVTHS  
Somerset Berkley*

**O.R.R. is a proud member school of the Massachusetts Interscholastic Athletic Association (hereafter referred to as the M.I.A.A.) which:**

- Is the governing body of high school athletics within the state of Massachusetts
- Board of Directors is made up of Principals from various districts throughout the state
- Board of Directors and its various sub-committees establish policies for all member schools
- "is an organization of 368 high schools, who sponsor athletic activities in 33 sports. More than 200,000 young men and women compete annually in approximately 100,000 competitions among MIAA member schools." Per MIAA

**The MIAA Home Page can be found at [www.miaa.net](http://www.miaa.net). It is a web site full of information pertaining to high school interscholastic athletics. The information includes the complete Blue Book which contains rules, regulations and guidelines.**

#### **Especially pertinent Student-Athlete Policies:**

- Most not miss a high school practice or competition in order to participate in a non-school activity/event in any sport recognized by the MIAA. The penalty is ineligibility for two (2) weeks or two (2) games, whichever is greater, and the athletes are ineligible for state tournament contests
- "Captain's practices" are not in any way sanctioned, encouraged or condoned. Students are not to organize or compete in them.
- Incomplete grades may not be counted towards eligibility
- A student who repeats work upon which they have already received credit cannot count that subject a second time for eligibility
- A student cannot count for eligibility any subject taken during the summer vacation unless that subject has been previously pursued and failed

**Time Allowed for Participation:**

- A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering Grade 9. This limitation shall apply without regard to actual participation or attempt to participate.
- In no case may a student be eligible to participate in more than four of each of the three annual athletic seasons. In special cases where a student has been absent from school because of an accident or illness, the executive director, or their designee, shall have the authority to extend the student's eligibility upon presentation of a doctor's certificate on the student's behalf and a letter from the Principal attesting to the inability of the student to attend school during a specific period because of an accident or illness. In instances where an extended eligibility is granted, the student may be declared eligible only for the season(s) that the student's accident/illness prevented participation.

**Age Limits:**

- A student shall be under 19 years of age, but may compete during the remainder of the school year, provided that their 19th birthday occurs on or after September 1 of that year. For Freshman competition, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year.

**Graduation:**

A student must be an undergraduate: i.e., they shall not be a graduate of any secondary school. Any student who has the credits required for a diploma shall be regarded as a graduate with the following exceptions:

- An early graduate of a high school may represent their school in athletics until the end of the sport season in which they are participating, if otherwise eligible. The diploma must be withheld until at least the season is completed, and the student may not attend classes outside of that high school during that season.
- A student who earns the credits required for a diploma prior to attending eight semesters in a four-year high school, and who is not granted a diploma may continue to participate if they continue to take at least the equivalent of four traditional year long major English courses.

**Chemical Health:**

*From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest)*, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product including e-cigarettes; marijuana; steroids; or any controlled substance. This policy includes products such as "NA or near beer". It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by their doctor.

This MIAA statewide minimum standard is not intended to render "guilt by association", e.g. many student athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

**Minimum PENALTIES:**

- **First violation:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.
- **Second and subsequent violations:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.
- If after the second or subsequent violations the student of their own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events *provided the student was fully*

*engaged in the program throughout that penalty period. The High School Principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.*

*Revised 2/13/08*

Penalties shall be cumulative each academic year, **but serving the penalty could carry over for one year. Or**, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year. *(e.g. A student plays only football: they violate the rule in winter and/or the spring of same academic year: the would serve the penalty [ies] during the fall season of the next academic year).*

#### **1st Offense - 25%**

| # of Events / Season | # of Events / Penalty |
|----------------------|-----------------------|
| 1-7                  | 1                     |
| 8-11                 | 2                     |
| 12-15                | 3                     |
| 16-19                | 4                     |
| 20 or over           | 5                     |

#### **2nd Offense - 60%**

| # of Events / Season<br>Penalty | # of Events / |
|---------------------------------|---------------|
| 1-3                             | 1             |
| 4                               | 2             |
| 5-6                             | 3             |
| 7-8                             | 4             |
| 9                               | 5             |
| 10-11                           | 6             |
| 12-13                           | 7             |
| 14                              | 8             |
| 15-16                           | 9             |
| 17-18                           | 10            |
| 19                              | 11            |
| 20 or over                      | 12            |

#### **2nd Offense w/Dependency Program - 40% if in the program throughout the penalty period.**

| # of Events / Season<br>Penalty | # of Events / |
|---------------------------------|---------------|
| 1-4                             | 1             |
| 5-7                             | 2             |
| 8-9                             | 3             |
| 10-12                           | 4             |
| 13-14                           | 5             |
| 15-17                           | 6             |
| 18-19                           | 7             |
| 20 or over                      | 8             |

- During practice or competition, a coach shall not use any tobacco product (**penalty: same as students' – see chart above**).

**Steroid Use** - Anabolic androgenic steroid use at the high school level is of grave concern. Steroids are used by some athletes, and the seriousness of the problem has been well documented. A recent study indicates that over 3% of high school seniors have tried steroids in their lifetime (NIDA, 2004). High school coaches may not be able to

prevent the use of steroids altogether, but they can clearly and forcefully discourage their use. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes. Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most “get-rich-quick” schemes, steroid use has serious short and long term consequences. Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids. Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that their success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be. The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

*Revised 2/13/08*

### **Good Citizen Rule**

- Student-athletes may not represent their school if they are on in-house or out-of-house disciplinary suspension. A suspended student is ineligible for practice or competition for at least the number of days (or partial days) equal to the number of days of the suspension.

### **Sportsmanship: Taunting**

- Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, sex, gender identity, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics. Examples of taunting include but are not limited to: "trash talk", defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing their skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including "in the face" confrontation by one player to another, standing over/straddling a tackled or fallen player, etc.
- In all sports, officials are to consider taunting a flagrant unsportsmanlike offense that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to all existing MIAA Disqualification Rules. A review of the MIAA taunting policy and a warning shall be given to both teams by game officials prior to each contest.
- At all MIAA contest sites and tournament venues, contest management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

### **Hazing**

The practice of hazing is prohibited both by Massachusetts law and school rules. A student who is an organizer or participant in a hazing is subject to Category one sanctions as well as criminal prosecution. The Massachusetts statute, which prohibits hazing, is **Massachusetts General Law, Chapter 269, Sections 17 through 19.**

The term “hazing” shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, forced physical activity which is likely to adversely affect the physical health or extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

### **Duty to report hazing**

- Whoever knows that another person is the victim of hazing as defined in section 17 and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to themselves or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable.

## Anti-Bullying Policy

Old Rochester Regional High School Staff defines bullying as characterized by an imbalance of power between target and bully; intent to harm; the threat of further aggression, and/or the creation of a hostile environment for one or more students.

Examples of bullying include but are not limited to:

**Physical attacks:** hitting, touching, intimidating, hazing, ganging up on someone, and other unwanted physical contact in violation of one's personal space and property.

**Verbal attacks:** taunting, spreading rumors, name-calling, exclusion, hazing, lack of respect for differences and cyber bullying.

Cyber bullying can occur in blogging, instant messaging, emails, chat rooms, text messages, Facebook, Myspace or other sites of that nature.

The Old Rochester Regional High School community is committed to providing a safe environment to every student. The following is a statement of rights and responsibilities afforded to all students at ORRHS.

All students will feel free and safe

- to come to a safe school environment every day. Areas including locker rooms, hallways, bathrooms, the gymnasium, sports fields, and extracurricular events will be safe and accessible to all students.
- to report incidents of harassment or bullying safely to a staff member.
- to access the school social worker, guidance counselors, the school nurse or other trusted staff member
- to the security of person and property as well as personal space
- to explore positive, healthy relationships
- to express own opinions and be respected
- to have the responsibility to demonstrate respect towards all staff members, including teachers, paraprofessionals, custodians, librarians, nurses, secretaries, and administrators.

## DISCIPLINING BULLIES AND REHABILITATION/REMEDiation

ORRHS has implemented a three-tiered system of discipline to deal with bullying behavior.

- **Tier 1** is a first-time offense of bullying. The Assistant Principal based on the nature of the offense will discipline the student based upon how falls within the student handbook guidelines. If the Assistant Principal views the situation as a case of bullying (as defined by anti-bullying policy) then the student is placed within the remediation program. The student has displayed antisocial tendencies and the ORRHS community feels that the behavior needs to be changed. The student will be referred to and participate in a mandatory remediation program. The bully's teachers and relevant school staff members will be notified of their behavior and made aware of a potential conflict with the target. The Assistant Principal will follow-up with both the bully and the target in subsequent weeks to assess the effectiveness of remediation and intervention.
- **Tier 2** is a second offense of bullying. Student will be disciplined according to the student handbook. Following an assessment of student handbook violations by the Assistant Principal, a recommendation of counseling will be made to the parent/guardian/caregiver(s) and the school committee will be notified. The Assistant Principal will also develop a behavior contract with the bully.
- **Tier 3** is a third offense and will be viewed as a category 1 offense within the student handbook.

The Assistant Principal reserves the right to elevate a first or second offense to the third tier based on the severity of the offense. Any student entering tier 2 or 3 will be mandated to participate in the school remediation program.

## ATHLETIC CONCUSSION INFORMATION

The following information will discuss and outline what a concussion is, the mechanism of injury, signs and symptoms, management and return to play requirements, as well as information on Second Impact Syndrome and past concussion syndrome. They also include instruction to coaches, volunteers, and parent/guardian/caregiver(s) in

preventing the occurrence of head injuries and concussions in extracurricular activities directed at discouraging and prohibiting a student athlete from engaging in any unreasonably dangerous athletic technique that endangers the health or safety of a student, including using a helmet or any other sports equipment as a weapon will be enforced as penalties, including but not limited to personnel sanctions, for failure to comply with the provisions of the district's policy.

### **What is a Concussion?**

A concussion is defined as a transient alteration in brain function without structural damage, but with other potentially serious long-term ramifications. In the event of a concussion, the brain sustains damage at a microscopic level in which cells and cell membranes are torn and stretched. The damage to these cells also disrupts the brain at a chemical level, as well as causing restricted blood flow to the damaged areas of the brain, thereby disrupting brain function. A concussion, therefore, is a disruption in how the brain works; it is not a structural injury.

Because concussions are difficult to detect, student athletes must obtain medical approval before returning to athletics following a concussion.

### **Mechanism of Injury:**

A concussion is caused by a bump, blow or jolt to the head or body. Any force that causes the brain to bounce around or twist within the skull can cause a concussion. A bump, blow or jolt to the head or body can be caused by either indirect or direct trauma. The two direct mechanisms of injury are coup-type and contrecoup-type.

Coup-type injury is when the head is stationary and struck by a moving object such as another player's helmet, a ball, or sport implement, causing brain injury at the location of impact. Contrecoup-type injury occurs when the head is moving and makes contact with an immovable or slowly moving object as a result of deceleration, causing brain injury away from the sight of impact. Indirect forces are transmitted through the spine and jaw or blows to the thorax that whip the head while the neck muscles are relaxed. Understanding the way in which an injury occurred is vital in understanding and having a watchful eye for athletes who may exhibit symptoms of a concussion so these student athletes can receive the appropriate care.

### **Signs and Symptoms:**

#### **Signs (what you see):**

- Confusion
- Forgets plays
- Unsure about game, score, opponent
- Altered coordination
- Balance problems
- Personality change
- Slow response to questions
- Forgets events prior to injury (retrograde amnesia)
- Forgets events after injury (anterograde amnesia)
- Loss of consciousness (any duration)

#### **Symptoms (reported by athlete):**

- Headache
- Fatigue
- Nausea or vomiting
- Double vision/ blurry vision
- Sensitivity to light (photophobia)
- Sensitivity to noise (tinnitus)
- Feels sluggish
- Feels foggy
- Problems concentrating
- Problems remembering
- Trouble with sleeping/ excess sleep
- Dizziness

- Sadness
- Seeing stars
- Vacant stare/ glassy eyed
- Nervousness
- Irritability
- Inappropriate emotions

If any of the above signs or symptoms are observed after a suspected blow to the head, jaw, spine or body, they may be indicative of a concussion and the student athlete must be removed from play immediately and not allowed to return until cleared by an appropriate health professional.

### **Post Concussion Syndrome:**

Post Concussion Syndrome is a poorly understood condition that occurs after a student athlete receives a concussion. Student athletes who receive concussions can have symptoms that last a few days to a few months, and even up to a full year, until their neurocognitive function returns to normal. Therefore, all school personnel must pay attention to and closely observe all student athletes for post concussion syndrome and its symptoms.

Student athletes who are still suffering from concussion symptoms are not ready to return to play. The signs and symptoms of post concussion syndrome are:

- Dizziness
- Headache with exertion
- Tinnitus (ringing in the ears)
- Fatigue
- Irritability
- Frustration
- Difficulty in coping with daily stress
- Impaired memory or concentration
- Eating and sleeping disorders
- Behavioral changes
- Alcohol intolerance
- Decreases in academic performance
- Depression
- Visual disturbances

### **Second Impact Syndrome:**

Second impact syndrome is a serious medical emergency and a result of an athlete returning to play and competition too soon following a concussion. Second impact syndrome occurs because of rapid brain swelling and herniation of the brain after a second head injury that occurs before the symptoms of a previous head injury have been resolved. The second impact that a student athlete may receive may only be a minor blow to the head or it may not even involve a hit to the head. A blow to the chest or back may create enough force to snap the athlete's head and send acceleration/deceleration forces to an already compromised brain. The resulting symptoms occur because of a disruption of the brain's blood autoregulatory system which leads to swelling of the brain, increasing intracranial pressure and herniation.

After a second impact a student athlete usually does not become unconscious, but appears to be dazed. The student athlete may remain standing and be able to leave the field under their own power. Within fifteen seconds to several minutes, the athlete's condition worsens rapidly, with dilated pupils, loss of eye movement, loss of consciousness leading to coma and respiratory failure. The best way to handle second impact syndrome is to prevent it from occurring altogether. All student athletes who incur a concussion must not return to play until they are asymptomatic and cleared by an appropriate health care professional.

## **ATHLETIC CONCUSSION PROCEDURES**

Any suspected or incurred head injury during a practice, game or school related extracurricular activity must be immediately reported to school medical personnel, Nurse, Certified athletic trainer or school/team physician. The

parent/guardian/caregiver of the injured student **must** be notified and advised to seek out necessary medical care for appropriate evaluation and treatment.

Any student athlete sustaining a concussion or head injury, under referral from the student's primary care physician and request of parent/guardian/ caregiver(s), may seek out assistance of a school based care team consisting of athletic and academic personnel, for purpose of a graduated re- entry accommodation plan to school activities and academic course work as indicated. The school based care team should include all personnel who are responsible for the successful return to academic requirements and provide a safe return to athletic activities.

#### Pre-Participation Requirements for Students and Parent/Guardian/Caregiver(s)

##### A. Education and Training

1. Each year at the pre-season meeting for every season, a school shall provide current approved materials to all students who plan to participate in extracurricular athletic activities and their parent/guardian/caregiver(s) in advance of the student's participation. Such materials shall be posted on the district's website and shall at minimum include a summary of the department's rules relative to safety including but not limited to recognition of symptoms of head injury, the biology and short-term and long-term consequences of a concussion, second impact syndrome and rules for return to play after a head injury or concussion.
2. The student and parent/guardian/caregiver shall submit to the Athletic Director as a pre-requisite to participation in extracurricular athletic activities either (a) a certification of completion for an approved on-line course or (b) a signed acknowledgment as to their receipt of approved written material required by 105 CMR 201.009(A)(1).
3. The training and education required by 105 CMR 201.009(A)(2) applies to one school year and must be repeated for every subsequent year.

##### B. Documentation of Head Injury and Concussion History

1. At or before the start of each sport or band season, all students who plan to participate in extracurricular athletic activities shall complete and submit to the Athletic Director a current Pre-participation Form, signed by both the student and the parent/guardian/caregiver, that provides comprehensive history with up-to-date information relative to concussion history; any head, face or cervical spine injury history; and any history of co-existent concussive injuries.
2. The Athletic Director shall ensure that all forms that are required by 105 CMR 201.009(B)(1) are completed and reviewed, and shall:
  - Provide each coach or band director with copies of forms from all students participating on that coach's team or band director's band;
  - Distribute copies of forms which indicate a history of head injury to the athletic trainer, school nurse and/or school physician.
3. If a student sustains a head injury or concussion during the season, the Head Injury During Sports Season Form must be completed (a) by the athletic trainer, coach or band director, if the injury or suspected concussion occurs during a game or practice, or (b) by a parent/guardian/caregiver if the injury occurs outside of those settings, and forwarded to the coach or band director. The Athletic Director shall ensure that these forms are reviewed and provided to the persons specified in 105 CMR 201.009(B)(2).

#### Suspected Concussion Exclusion from Play

1. Any student, who during a practice or competition, sustains a head injury or suspected concussion, or exhibits signs and symptoms of a concussion, shall be removed from the practice or competition immediately and may not return to the practice or competition that day.
2. The student shall not return to play unless and until the student provides medical clearance and authorization as specified in 105 CMR 201.011.
3. The coach or certified athletic trainer shall communicate the nature of the injury directly to the parent/guardian/caregiver in person or by phone immediately after the game or practice in which a student has been removed from play for a head injury or suspected concussion. The certified athletic trainer or coach also must provide this information to the parent/guardian/caregiver in writing in a timely manner.

4. The certified athletic trainer, coach or their designee shall communicate, by the end of the next business day, with the Athletic Director that the student has been removed from play for a head injury or suspected concussion.
5. Each student who is removed from play and subsequently diagnosed with a concussion shall have a written graduated reentry plan for return to full academic and extracurricular activities.
  - The academic plan shall be developed by the student's teachers, school nurse, parent/guardian/caregiver, members of the building-based student support and assistance team or individualized education program team as appropriate and in consultation with the student's physician.
  - The return to athletic participation plan will be developed by the certified athletic trainer and /or coach in consultation with the student's directing physician. The plan will be administered and documented by the certified athletic trainer or coach until completed and a full return to extracurricular athletic activities is possible.
  - The written plan shall include but not be limited to:
    - Physical and cognitive rest as appropriate;
    - Graduated return to classroom studies as appropriate;
    - Estimated time intervals for resumption of activities;
    - Frequent assessments by the school nurse as appropriate; and
    - Periodic medical assessments until full return to classroom activities and extracurricular athletic activities are authorized.
  - The student must be completely symptom free and medically cleared in order to begin graduated reentry to extracurricular athletic activities.

#### Medical Clearance and Authorization to Return to Play

Each student who is removed from play for a head injury or suspected concussion shall obtain and present to the Athletic Director a Post Sports-Related Head Injury Medical Clearance and Authorization Form prior to resuming the extracurricular athletic activity. This form must be completed by a physician or one of the individuals as authorized by 105 CMR 201.011(A). The ultimate return to play decision is a medical decision that may involve a multidisciplinary approach, including consultation with parent/guardian/ caregiver(s), the school nurse and teachers as appropriate.

Only the following individuals may authorize a student to return to play:

- A duly licensed physician;
- A certified athletic trainer in consultation with a licensed physician;
- A duly licensed nurse practitioner in consultation with a licensed physician; or
- A neuropsychologist after the student has been examined and cleared by a licensed physician.

#### Parent/Guardian/Caregiver Responsibilities:

- Complete and return concussion history form to the athletic department.
- Inform school if student sustains a concussion outside of school hours. Complete new concussion history form following new injury.
- If student suffers a concussion outside of school, complete head injury form and return it to the school nurse.
- Complete a training provided by the school on concussions and return certificate of completion to the athletic department.
- Watch for changes in your student/athlete that may indicate that your student/athlete does have a concussion or that your student/athlete's concussion may be worsening. Report to a physician:
  - Loss of consciousness
  - Headache
  - Dizziness
  - Lethargy
  - Difficulty concentrating
  - Balance problems
  - Answering questions slowly
  - Difficulty recalling events
  - Repeating questions

Irritability  
Sadness  
Emotionality  
Nervousness  
Difficulty with sleeping

- Encourage your student/athlete to follow concussion protocol.
- Enforce restrictions on rest, electronics and screen time.
- Reinforce recovery plan.
- Observe and monitor your student/athlete for any physical or emotional changes.
- Recognize that your student/athlete will be excluded from participation in any extracurricular athletic event if all forms are not completed and on file with the athletic department.

#### Student and Student Athlete Responsibilities:

- Report all symptoms to athletic trainer and/ or school nurse.
- Follow recovery plan.
- **REST.**
- **NO ATHLETICS.**
- **BE HONEST!**
- Keep strict limits on screen time and electronics.
- Don't carry books or backpacks that are too heavy.
- Tell your teachers if you are having difficulty with your classwork.
- See the athletic trainer and/or school nurse for pain management.
- Return to sports only when cleared by physician and the athletic trainer.
- Follow Gradual Return to Play Guidelines.
- Report any symptoms to the athletic trainer and/or school nurse and parent/guardian/caregiver(s) if any occur after return to play.
- Return medical clearance form to athletic trainer prior to return to play.
- Students who do not complete and return all required trainings, testing and forms will not be allowed to participate in sports.

#### **Use and Care of Athletic Uniforms and Equipment**

Each student is responsible for the care of any uniforms and equipment issued to them. The student must reimburse the school for the cost of any item that is lost, stolen or broken. Failure to do so may result in disciplinary action as well as loss of athletic eligibility.

#### **Athletic Awards Policy**

The first year an athlete earns their letter in any varsity sport at Old Rochester Regional High School, they will receive the standard ORR letter award. A letter award will be given on each occasion than an athlete first letters in any sport. In the event that an athlete qualifies more than once in a sport, they will receive a certificate and service bar for each additional year of qualification.

Eligibility for athletic awards, i.e. letter awards, is determined by the head coach of each sport. These guidelines will be distributed at the preseason meetings.

- Eligibility for athletic awards is contingent upon the successful completion of the season. (i.e. A student who becomes academically ineligible prior to the end of the season would not be eligible for an award)
- An athlete who would normally qualify for an award but is prevented from doing so by accident, illness or other extenuating circumstances may receive an award
- No privately funded awards may be given in the name of the school without the express written consent of the school committee

#### **Fundraising**

All fundraising must have prior approval of the Principal. Fundraising (selling an item for a profit) without authorization of the Principal will be subject to Category One of the discipline code.

The ORR Athletic Booster Club (ORRABC) is the official fundraising vehicle for ORR athletics. No gifts of any kind may be given to ORR students, coaches or teams without the written approval of the Principal, working in conjunction with the athletic director and ORR ABC.

#### **Captains Duties**

- Serve as a role model for all to follow both in and out of the athletic program
- Assist the coach as required
- Encourage team members to live up to the athletic code
- Serve as a spokesperson for the team
- Keep the team informed of practices
- Conduct practice duties under the supervision of the coach
- Assist in the season ending banquet

#### **Contact info:**

Christopher Carrig  
Athletic Director ORRHS  
508-758-3745 ext 1825  
christophercarrig@oldrochester.org

Lynette Lord  
Athletic Director Secretary ORRHS  
508-758-3745 ext 1823  
lynettelord@oldrochester.org

**schedule website:** <https://www.arbiterlive.com>

---