OLEAN CITY SCHOOL DISTRICT

DEPARTMENT OF ATHLETICS

"HOME OF THE HUSKIES"

It Takes All the HUSKIES To Pull The Sled!!

INTERSCHOLASTIC ATHLETICS HANDBOOK 2026-27

TABLE OF CONTENTS

Welcome	Page 1
Philosophy	Page 2
Goals and Objectives	Page 3
NYSPHSAA Code of Ethics	Page 3
Philosophy by Sport Level	Page 4
Athletic Placement Process (APP)	Page 5
Risk Factor in Sports	Page 5
Athletic Rules and Regulations	Page 6-17
Student-Athlete Code of Behavior	Page 7
Guidelines for Athletic Participation	Page 8-15
Academic Eligibility for Athletics	Page 9-11
Conduct of an Athlete	Page 11
Athletic Training Rules/Violations	Page 12-15
Miscellaneous Athletic Regulations	Page 14-17
Sportsmanship Policy	Page 18-19
Disqualification Policy	Page 19
No Smoking Policy	Page 19
Athletic Award System	Page 20
OHS Sports Booster Club	Page 20
NCAA Information	Page 20
Interscholastic Athletic Offerings	Page 21
Concussion Information	Page 23-30

OLEAN CITY SCHOOL DISTRICT
Interscholastic Athletics Handbook

Dear Parents/Guardians and Student-Athletes:

Welcome to the Olean Huskies Interscholastic Athletic program. This handbook has been prepared to be used as a reference by our student-athletes and their parents/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as the guidelines for participation in our interscholastic athletics program.

Upon entering secondary school, students are exposed to many new opportunities and challenges. An important part of the educational experience at this level is the co-curricular programs available to all students, in particular, the interscholastic athletic program. Nationwide studies have shown that students involved in extra-curricular activities such as sports, achieve better grades, manage their time more effectively, have less discipline problems and stay in school.

I am very pleased that you have shown an interest in this phase of our school program. It is my belief that participation in athletics is a privilege and honor that provides an opportunity for developing life-long skills not always available in the academic classroom. Our goal at Olean is to provide a "first class" experience that promotes team and individual growth in a safe and healthy environment.

Participation in our athletic program is a privilege granted to students who maintain scholarship and citizenship in school and community. There is a great deal of responsibility and commitment attached to participation in interscholastic athletics on the part of the student-athlete and his/her family. This handbook will acquaint you with the specific policies/rules and obligations that are necessary for a well-organized program of interscholastic athletics.

The Olean City School District Interscholastic Athletic program is governed by the regulations of the New York State Commissioner of Education's basic code for extra-class athletic activities. In addition, Olean High School is a member of the New York State Public High School Athletic Association (NYSPHSAA), Section VI and competes in Division I of the Chautauqua Cattaraugus Athletic Association (CCAA).

Once again, welcome and please strive to make ***SPORTSMANSHIP*** an integral part of your experience. Please feel free to contact me if you have any questions or concerns regarding the Olean Huskies Interscholastic Athletic program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities participation in athletics can provide. **GO HUSKIES**!

Sincerely

Steve Anastasia

Steve Anastasia
Director of Athletics
716-375-8042
sanastasia@oleanschools.org

For all OHS schedules, go to:
www.arbiterlive.com

OLEAN CITY SCHOOL DISTRICT
Philosophy of Interscholastic Athletics

The Olean City School District believes that a dynamic program of student activities is important to the educational development of all students. Therefore, interscholastic athletics is an integral part of the total education process. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. A well-coordinated program is vitally important to the morale of the school and our community.

Young people learn a great deal from participation in interscholastic athletics. Athletics serve as a miniature model of life in that they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and tolerance.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining success. Developing the will to win and attaining maximum potential are the ultimate goals. To this end, the coaching staff must teach student-athletes to prepare their minds and bodies in order to reach maximum potential and then to be modest in victory and steadfast in defeat.

*It is also important to note, that at no time will our program place the educational academic curriculum secondary in emphasis to interscholastic athletics.

There's a reason the word student comes first in student-athlete:
Education comes before sports.

MISSION STATEMENT

"The Olean City School District is a student-centered community of excellence in which all members are challenged to learn, achieve, contribute, and innovate."

Guiding Principles:

A commitment to fostering:

- A respectful, safe and welcoming environment
- An acceptance of diversity
- Continuous improvement
- Academic excellence and lifelong learning
- Honesty, integrity, responsibility, and accountability
- Student potential and achievement

It Takes All the HUSKIES To Pull The Sled

GOALS AND OBJECTIVES OF THE INTERSCHOLASTIC ATHLETIC PROGRAM

Our Goal:
The experience of participation in athletic contests and activities should reflect the total educational goals of our district.

Our Specific Objectives:

1. To develop an understanding and appreciation of the place which interscholastic sports and activities occupy in the American culture and by developing sound educational attitudes toward them.
2. To educate the student body in the appreciation of sports and activities and the best way to enjoy them from the point of views of good sportsmanship.
3. To serve as a focal point for the morale, spirit and loyalty of students by providing a common meeting ground and enthusiasm which is shared by all.
4. To allow for the development of physical growth, mental alertness and emotional stability for all those who participate in athletics.
5. To provide the opportunity for a student to learn to handle winning and losing and to make decisions that affect themselves and members of their team.
6. To learn to develop through hard work and dedication a feeling of self-confidence and self-esteem in all participants.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION, INC. (NYSPHSAA) CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and host.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by players on the team.
9. To recognize that the purpose of athletics is to promote physical, mental, moral, social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game – not a matter of life or death for player, coach, school, fan or community.

PHILOSOPHY BY SPORT LEVEL

MODIFIED (GRADE 7 & 8)

This program is available to all students in the 7th and 8th grades. One is ineligible when the 16th birthday is attained, however, if a student attains their 16th birthday during a sport season, he/she may complete that sport season. Sport activities offered are determined by existence of leagues, student interest, relationship to the high school program and board approval. At this level the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition. This program is designed to offer students the opportunity to engage in a more highly organized competitive experience than what is found in intramural or recreation programs, but not as involved as those found in varsity and junior varsity interscholastic competition. An attempt will be made to give all team members meaningful contest participation over the course of a season.

JUNIOR VARSITY (JV)

This program is intended for those who display the potential of continued development into productive varsity level performers. Team membership varies according to the structure of each sport, but sophomores and freshmen occupy the majority of the roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for JV participation. Also, 7th & 8th graders who have passed the Athletic Placement Test, may be included. At this level increased emphasis is placed upon elements and strategies of team play, physical conditioning, refinement of fundamental skills and socio-emotional development. The JV program works towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level. An attempt will be made to play all participants; however, equal playing time is never guaranteed nor is it required. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity and freshmen level.

VARSITY

The varsity level of interscholastic athletic competition is the culmination of the high school athletic program. Normally, seniors and juniors make up the majority of the roster; however, gifted sophomores and sometimes freshmen may be included. It is also possible for a 7th or 8th grader who passes the Athletic Placement Test to be included on a varsity roster. This occurs more in sports commonly classified as “individual” (track, swimming, golf, etc.). Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at this level. While contest participation over the course of the season is desirable, a specified amount of playing time is never guaranteed. It is vital that each team member have a role and know its importance. Preparing to win and striving for victory in each contest are worthy goals of a varsity level team. The varsity coach is the leader of his/her sport program and is responsible for communication and system development among each level.

Athletic Placement Process (APP)

The Athletic Placement Process is a process for screening student-athletes in grades 7 and 8 to determine their readiness to compete at a higher level of competition (Varsity, JV) than their current grade level. It is based on readiness rather than grade level. This program has been designed by the NYSPHSAA to assess a student's physical maturation, physical fitness and skill. This program is intended for the student-athlete who would be better served by playing on a higher level than age and grade might indicate. Information must be collected and evaluated by the Athletic Director before a student may try out for a team. Considerations that are taken into consideration are:

- Recommendation for inclusion in this process from a physical education teacher or coach.
- Inquiries from students and parents/guardians.
- Parental permission.
- Medical examination and approval by the school physician with the development or maturity level determined by the school physician in accordance with the established guidelines for the level of a particular sport.
- The five item athletic performance test must be administered by a physical education teacher selected by the Athletic Director. The athlete must meet or exceed the criteria established based on the age of the athlete on 4 of the 5 items.

RISK FACTOR IN SPORTS

Participation by a student in athletic activities involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity, be it a "contact" or a "non-contact" sport. Furthermore, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his/her parents/guardians assume the risks for injuries to occur.

OLEAN CITY SCHOOL DISTRICT
ATHLETIC RULES AND REGULATIONS

INTRODUCTORY STATEMENT

The purpose of these rules is to help an interscholastic athletic participant become a better citizen by seeking to demonstrate proper behavior and a good attitude at all times. The following rules and regulations have been established by the athletic department and are supported by our administration and Board of Education. These rules are designed to instill pride, discipline and team spirit in the individual to enable the individual to achieve maximum physical and/or mental performance in athletics. The individual is required to make a commitment to the community, school, team, coach and him/herself by adhering to the established rules and regulations, a condition that must be fulfilled for satisfactory participation in any sport. Obeying the rules is a matter of honor to each individual who makes this commitment. Enforcement of the rules and adjudication of any violations is the responsibility of the coach, athletic director and administration.

RESPONSIBILITIES OF AN OLEAN ATHLETE

Being a member of an Olean athletic team is a privilege and honor. To many athletes, it is the fulfillment of an early ambition. The attainment of this goal carries with it certain traditions and responsibilities that must be attained. A solid athletic tradition has been developed by the hard work of many people over the years. As a member of an athletic squad at OHS you have inherited this great tradition. Your actions will reflect not only on those who you are associated with now, but those who have contributed so much to our school in the past.

Many of our student-athletes have gone on to participate at the collegiate level. Also, many have achieved OHS, league, section and state honors. Because of this fine tradition, a challenge is set for you to work hard and make sure that your actions reflect the standards that are set up by the athletic department. FOR THE PRIVILEGE OF PARTICIPATING IN ATHLETICS, ALL STUDENT-ATHLETES MUST REALIZE THAT MORE IS EXPECTED OF THEM THAN OF OTHER STUDENTS IN OUR SCHOOL. As an athlete at OHS you will be expected to make many sacrifices. In today's society you will be asked to make sacrifices that will benefit yourself, your team and your school. Never before has the pressure of peer groups been so strong. In the long run, by saying "NO" to these pressures, you and your family will be proud of the sacrifices and dedication that you have put forth to be a member of our athletic teams. If you take this opportunity to make yourself a better individual, it will be truly a gratifying educational experience. The highs and lows of athletic competition are achieved through hard work, dedication and discipline and are rewarded with the development of fond memories and personal achievements.

RESPONSIBILITIES TO YOURSELF

The most important of these responsibilities is to broaden you and develop strength of character. You owe it to yourself to strive for the greatest possible good from your high school experiences. Your studies and your participation in other school activities, as well as in athletics, prepare you for life as an adult.

In and out of school…
~ CHARACTER COUNTS ~

RESPONSIBILITIES TO YOUR SCHOOL

Another responsibility you assume as a squad member is to your school. Olean 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 and displaying good sportsmanship, you are contributing to the reputation of the school.

RESPONSIBILITIES TO OTHERS

You have a responsibility to you parents/guardians 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 that you can and following all rules set up by your squad, you can feel justifiably proud of yourself no matter what the win/loss record dictates. Younger students look up to you and it is your responsibility to set a good example for them. They will copy a lot of 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.

STUDENT-ATHLETE CODE OF BEHAVIOR

It is the responsibility of the student-athlete to:

1. Demonstrate self-control and respect for others at all times, be they officials, spectators or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform, in school or in our community, reflects poorly upon yourself, your family, your school and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace/modesty and accept defeat with dignity/class.
8. Remember that the use, abuse and resulting negative influence of drugs, including alcohol, tobacco and performance enhancing supplements is detrimental to the game and its participants.

OLEAN CITY SCHOOL DISTRICT
GUIDELINES FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION

ELIGIBILITY

Each athlete will participate under the eligibility requirements, rules and regulations set forth by the New York State Commissioner of Education and the New York State Public High School Athletic Association, as well as the Olean City School District Board of Education. Each student-athlete and his/her parent/guardian will be required to sign and submit to the respective coach a “Guidelines for Athletic Participation Authorization Form”. The coach will then forward this form on to the athletic office. A student-athlete will not be permitted to participate until this requirement is completed. This should be done at the preseason meeting scheduled for student-athletes and parents/guardians.

HEALTH AND MEDICAL

1. **WARNING: Participation in athletics does involve some risks. Physical injury can occur in any type of sports activity. By volunteering to participate in a school sponsored athletic activity, a student and his/her parents/guardians acknowledge the potential risk for physical injury to occur.**
2. Sports physicals are scheduled at various times during the school year. Every student-athlete must pass a physical exam and be approved by the school district physician prior to practice or participation in any interscholastic sport. The student is responsible for reporting for the physical examination at the scheduled time.
3. The athlete is to report all injuries, no matter how minor, to the coach. The coach will complete an incident report to be filed with the school nurse.
4. If a student-athlete has a physician-attended injury or is absent from attendance in school or at practice sessions due to illness for five or more consecutive days, he/she must have the approval of the school physician or a medical release from the attending physician, before participating in practice, scrimmage or a game. This release must be filed with our school nurse. If a student-athlete goes to an emergency room for care, he/she must obtain a written release statement from the attending physician before leaving the hospital.
5. **Medical expenses resulting from any athletic injury must first be submitted to the parents/guardians insurance carrier. Any remaining balance may then be submitted to the school district’s insurance carrier by processing a claim form that can be obtained from the school medical office. The school district’s insurance provides only supplemental coverage according to a schedule of benefits.**
6. A health history update, done by the school nurse, is required for each sport season of participation.
7. Our athletic trainer will be available on a limited basis for student-athletes after school on designated days in the training room at OHS. Our athletic trainer will also be at a limited number of home athletic contests during each sport season.

ACADEMIC ELIGIBILITY FOR INTERSCHOLASTIC ATHLETICS

In the Olean City School District Board Policy 6131.1, the board of education encourages participation in interscholastic athletics, but also affirms that attaining acceptable academic standards is a student's primary responsibility. The policy states that academic achievement will be given consideration in determining interscholastic athletic participation eligibility.

1. At the beginning of each sport season, the coach/advisor shall formally counsel student participants on the academic expectations required for participation in interscholastic athletics.

2. At the beginning of each sport season, all faculty/staff members will receive, from the athletic department, a list of students participating in the interscholastic athletic program for that season. Student-athletes will have their academic performance evaluated by staff members on a weekly basis. Every Monday, unless otherwise designated, by 9:30 am, all staff members shall submit to the athletic office, the names of all student-athletes in their class who are failing to maintain a minimum average of 65%. A standardized form will be provided by the athletic department and be used by all faculty/staff members when submitting class failures.

3. A student-athlete who is failing two or more subjects will be placed on an Interscholastic Athletic Ineligibility List.
    - A student-athlete who appears on the Ineligibility List during a sport season will be notified in person by the athletic director or his/her designee each Monday, unless otherwise designated.
    - The first time, during a sport season, a student-athlete appears on the Ineligibility List, he/she will be placed on probation and will have one week to get his/her name removed from the list or suspension will follow. This is a warning. Only one probationary period (warning) will be granted a student-athlete per sport season.
    - While on probation, the student-athlete will be allowed to participate in all practices and contests.
    - The parent/guardian and coach of the student-athlete on the Ineligibility List will be notified via phone call and/or written notice from the athletic department.

4. A student-athlete who continues to appear on the Interscholastic Athletic Ineligibility List, after a probationary (warning) period has been granted, will begin serving a 1-week suspension period from the Monday, unless otherwise designated, of notification by the athletic director, until the following Monday, unless otherwise designated, following the notification.
    - A student-athlete required to serve the 1-week suspension period will be notified in person by the athletic director or his/her designee each Monday, unless otherwise designated.
    - While serving the 1-week suspension, the student-athlete may continue to attend and participate in practice but will not be eligible to participate in any interscholastic athletic contest. Travel with the team to any away contests during the 1-week suspension period is up to the coach.

    - The parent/guardian and coach of the student-athlete on the Ineligibility List will be notified via phone call and/or written notice from the athletic department.
    - At the end of the 1-week suspension period the student-athlete will regain eligibility provided his/her name does not continue to appear on the Interscholastic Athletic Ineligibility List.

5. A student-athlete who continues to appear on the Interscholastic Athletic Ineligibility List, after the initial 1-week suspension period, will receive a second 1-week suspension period from the Monday, unless otherwise designated, of notification by the athletic director, until the following Monday, unless otherwise designated, following the notification. Bullets same as previous suspension.

6. A student-athlete who continues to appear on the Interscholastic Athletic Ineligibility List, after the second 1-week suspension period, will receive a final 1-week suspension period from the Monday, unless otherwise designated, of notification by the athletic director, until the following Monday, unless otherwise designated, following the notification.
    - While serving the 1-week final suspension, the student-athlete will not be allowed to attend or participate in any interscholastic athletic practice or any contest during the 1-week final suspension period.
    - At the end of the 1-week final suspension period the student-athlete will regain eligibility provided his/her name does not continue to appear on the Interscholastic Athletic Ineligibility List.

7. A student-athlete who continues to appear on the Interscholastic Athletic Ineligibility List after the final 1-week suspension period will be dismissed from his/her respective athletic team for the remainder of the season, due to academic needs.
    - A student-athlete being dismissed for academic needs from his/her respective athletic team will be notified in person by the athletic director or his/her designee each Monday, unless otherwise designated.
    - The parent/guardian and coach of the student-athlete will be notified of the dismissal via phone call and/or written notice from the athletic department.
    - The student-athlete will be removed from the team roster and will be ineligible for any athletic awards for the respective sport season.

8. A student-athlete will regain eligibility to participate in interscholastic athletics at the beginning of each new sport sea

INTERSCHOLASTIC ATHLETICS INELIGIBILITY LIST PROCEDURES			
Step 1	1st time on list	1-week probation period (Warning)	Continue practice & contests
Step 2	2nd time on list	1-week suspension period	Continue practice-No contests
Step 3	3rd time on list	1-week suspension period	Continue practice-No contests
Step 4	4th time on list	Final 1-week suspension period	No practice & No contests
Step 5	5th time on list	Dismissed from team	Removed from roster

CONDUCT OF AN ATHLETE

The conduct of an athlete is closely observed in many areas of life, in particular, on the field, in the classroom and in the community. Take pride in yourself, your team and your school. You should always project a positive image. Winning or Losing is not as important as your reaction to winning or losing. Your reaction is what people will remember, not the score.

Unsatisfactory citizenship on the part of an OHS student-athlete (in or out of season) could result in the student-athlete being dismissed from a team or being deemed ineligible for participation in all interscholastic athletic competition for the school. Good sportsmanship and citizenship are required of all student-athletes. A student-athlete's conduct is to be guided by the following principles:

- To have respect for the rights and feelings of others.
- To behave in a manner that reflects positively on yourself, your family, your team, your school and your community.

ON THE FIELD/COURT

In the area of athletic competition, a "class" student-athlete does not use profanity or illegal tactics and learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well played game after the contest whether in defeat or victory. Game officials will always be treated with respect and a sense of understanding the critical role they play.

~ Win or Lose – Do it with "CLASS" ~

OFF THE FIELD/COURT

Student-athletes are expected to conduct themselves at all times in a manner which will reflect positively on their team, our school and themselves. Any inappropriate behavior (including accusations, involvement with police and/or arrests) will result in a disciplinary review and be subject to suspension or dismissal from the team.

~ Character is who you are when no one is watching ~

IN THE CLASSROOM

In the academic area, a good athlete becomes a good student. A person cannot be a classroom laggard and think he/she can be an outstanding athlete. If you are lazy in class, you will be lazy on the practice field or court and never reach your full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades. Plan ahead and be organized. In addition to maintaining good scholarship, an athlete should give respectable attention to classroom activities and show respect for other students and faculty/staff at all times. Horseplay and disrespect are not approved habits of behavior.

~ Academics + Athletics = Success ~

TRAINING RULES

As a candidate for participation in the interscholastic athletic program of the Olean City School District, it is our hope that you will soon be a member of our solid program. It is very important that the student-athlete and the parents/guardians understand, agree to, abide by and reinforce the essential policies in regards to athletic training rules. These regulations have been established for the benefit of those who participate as players, students and representatives of our school and community.

IT IS THE overwhelming opinion of health educators and teachers/coaches that athletes perform best when they follow intelligent training rules which include abstinence from tobacco, alcohol and drugs. Medical research clearly substantiates the fact that the use of tobacco, alcohol and any mood modifying substances produce harmful effects on the human body. Additionally, significant findings along with publicity surrounding deaths and arrests of professional, college and high school athletes, have most certainly pointed out the undesirability of using chemicals (tobacco, alcohol, marijuana, cocaine, steroids, any performance enhancing food supplement – i.e., creatine – and any other controlled substance), especially at the teenage level. Our athletic program and staff as well as the National Federation of State High School Associations wholeheartedly endorse these findings. Unfortunately, education and reasoning alone are not always sufficient to deter the use of experimentation of these chemicals and controlled substances. Therefore, in an attempt to fight this battle, the Olean City School District Athletic Department will require all of its participants to agree to and abide by the student-athlete training code. In order to participate each season, a "Guidelines For Athletic Participation Authorization Form" must be signed by both the student-athlete and the parents/guardians and submitted to the respective coach. The forms will then be forwarded to the athletic office by the coach.

It is Olean City School District and the Athletic Department policy to prevent and prohibit the possession of and/or use of any amounts of alcoholic beverage, tobacco products, or unauthorized use of drugs (controlled chemicals or substances) by all student-athletes during the school year. This training rule policy will be in effect in school and out of school for the entire sport season of participation (from the first legal practice of the season until the final contest of the season). Ideally, student-athletes are athletes the whole year and are encouraged to abide by training rules both in and out of season.
***PLEASE NOTE: The Code of Conduct found in the Olean High School Student-Parent Handbook is in effect all year and any suspensions, detentions, or other disciplinary action resulting from this policy will take precedence over Athletic Department Policy.**

VIOLATION REPORTS

Reports of alleged student-athlete violations of the above mentioned training rule policy coming from: a district employee or those directly involved with the district, an adult acting as a chaperone, a law enforcement officer or agency, or a parent/guardian of a student involved in an alleged violation, will be investigated. Reports of alleged violations from persons other than those mentioned above must be submitted in writing by the person witnessing the incident. Such report will then be given consideration by the athletic director, principal and/or assistant principal.

PROCEDURE FOLLOWING REPORT OF TRAINING RULE VIOLATION

Upon report and after investigation of an alleged violation, the athletic director shall provide verbal notice, followed by written notice, to the student-athlete and his/her parents/guardians regarding the necessary disciplinary action to be administered. The respective coach will be informed as well. If requested, a conference will be held between the student-athlete, his/her parents/guardians, the coach and the athletic director.

1ST OFFENSE *Counseling at the expense of parent/guardian – Athletic Director must receive weekly notification of treatment and/or completion

Suspended 50% of team's scheduled contests. (ex. 20 game schedule = 10 game suspension) If the student-athlete agrees to attend counseling with a counselor approved by the school, the student-athlete may participate in athletics after 25% of team's scheduled contests. (ex. 20 game schedule = 5 game suspension) The student-athlete will continue the counseling until the counselor feels the student-athlete no longer needs the sessions. The student-athlete must be in attendance at all practices and contests during the suspension, **but may not participate**. If a student-athlete chooses not to attend counseling or does not attend all practices and games after agreeing to counseling, he/she will be dropped from the team roster and **will not** be eligible for any athletic awards, letters and the banquet for that sport season.

2ND OFFENSE *Counseling at the expense of parent/guardian – Athletic Director must receive weekly notification of treatment and/or completion

Suspended 75% of team's scheduled contests. (ex. 20 game schedule = 15 game suspension) If the student-athlete agrees to attend counseling with a counselor approved by the school, the student-athlete may participate in athletics after 50% of team's scheduled contests. The student-athlete will continue the counseling until the counselor feels the student-athlete no longer needs the sessions.

3rd OFFENSE *Counseling at the expense of parent/guardian – Athletic Director must receive weekly notification of treatment and/or completion
Removal from the team.

*Suspension begins from the date a determination of guilt is made and inclusive of all days beginning with the first day of practice of the fall season through the official end of the school year (graduation). Student-athletes whose suspension carries over into a subsequent sport season, and **have agreed to attend counseling**, may try-out for a sport in this new season, but are ineligible to participate in any contest until their suspension period is complete. Summer weeks **do not count** in the suspension should there be a carryover in the event the school year ends before the suspension is completed.

VAPING

If a student athlete is caught vaping during the season, the consequences are:

1st Offense – Completion of the 4-day counseling program.
Athlete remains eligible for practice and contests.

2nd Offense - Completion of the 4-day counseling program for a second time.
Athlete is NOT eligible for practice and contests until the counseling program is completed.

3rd Offense - Discipline will be decided by the Principal, Assistant Principal, Athletic Director, and Coach

*Any refusal to attend the counseling course will result in an ISS/OSS and suspension of eligibility to the student athlete.

RIGHT OF DUE PROCESS

All appeals regarding a student-athlete violation must be made in writing to the athletic director within 3 school days after the violation decision has been rendered. The appeal committee will consist of the athletic director, principal, assistant principal, guidance director and one faculty member selected by the committee. The appeal committee will conduct a private hearing, allowing attendance only by those directly involved in the case. A majority vote of the committee will render a decision within 3 school days of the hearing. The committee's decision is final. A written notice of the committee's decision will be sent by the athletic director to the student-athlete and his/her parents/guardians.
*PLEASE NOTE: Individual coaches may establish additional rules and regulations for their respective sport. It is the responsibility of the coach to clearly inform team members and parents/guardians of these rules. Penalties for violation of these established team rules will be administered by the coach.

PHYSICAL EDUCATION REQUIREMENT

Athletics is an outgrowth of the Physical Education Program. Those students demonstrating outstanding skills, attitude and effort are those encouraged to participate in athletics. The wide range of activities in physical education gives the students an excellent background in physical fitness, lifetime sports and team sports. Because of the importance of physical education, all athletes will be required to participate in physical education throughout the year. Athletes who are illegally absent from or do not participate in physical education classes will not be permitted to

attend practices or contests on the day of the absence. The NYSPHSAA regulations state that a student must be enrolled in physical education to participate in athletics.

ATTENDANCE

A student-athlete shall be in attendance and on time in his/her regular classes in order to practice or participate in an athletic contest unless excused for a legal reason. Habitual absences and/or tardiness will affect eligibility as determined by the coach, athletic director and/or administration. Please refer to page 21 of the OHS Student-Parent Handbook for specifics regarding unexcused absences**. Level 3** (15-19 absences) will result in the student-athlete being allowed to practice, but cannot go to or participate in any contests for 5 weeks. **Level 4** (20+ absences) will result in the student-athlete not being able to participate in any practice or contest for the remainder of the year. If you are healthy, get to school on time. If you are to be excused, be sure the excuse is for a valid and acceptable reason. Communication with your coach and the attendance office is imperative. Attendance on the day of an event/practice is mandatory and the student-athlete must be in school for the entire day, or have a legal excuse. If a student-athlete is continuously absent from classes on the day of an event, eligibility for participation will be determined by the coach, athletic director, or administration.

SUSPENSIONS/DETENTIONS

The principal or assistant principal will notify the athletic director, who will notify the coach of the suspension. An **in-school suspension** will result in the student-athlete being ineligible for participation in any interscholastic athletic contest for five days from the date of the in-school suspension. During this time the student athlete is able to participate in practice but cannot travel to any away contest with the team. Attending home contests will be up to the coach/athletic director. An **out-of-school suspension** will result in the student- athlete being ineligible to do anything (practice or contests) for the duration of the athlete's suspension. After the out-of-school suspension, the student athlete may practice but will remain out of interscholastic athletic contests for 7 days after the last day of OSS. If a student-athlete has multiple offenses in a season, the punishment can be increased or more severe. This will be determined by the administration, Athletic Director, and the coach. Sundays and days that school is not in session will not be counted towards the suspension.

PRACTICES AND CONTESTS

Each athlete is required to attend all practices and/or contests unless excused by the coach. An athlete who is injured or ill but still able to attend school is also required to attend practice even though they will not be actively participating. Any student-athlete failing to abide by this policy will be subject to appropriate disciplinary action. Disciplinary action could range from a warning, to suspension, to dismissal from the team. Remember, once you have been placed on a team roster, you are making a commitment to that team for the full season. Any student-athlete who considers quitting a team is encouraged to first talk with the respective coach and communicate his/her concerns and/or reasons for wanting to leave the team.

TRANSPORTATION TO AWAY CONTESTS

All players, cheerleaders and team personnel will ride to and from all athletic contests on transportation approved and provided by the school district. A student-athlete may ride home with his/her parent/guardian with the approval of the coach and the parent/guardian signing the transportation release form provided by the coach.

Permission for a student-athlete to leave with any other individual(s), other than another parent/guardian will not be given. Please note, a student-athlete may receive permission to ride home with another team parent/guardian provided he/she presents a written permission slip from his/her respective parent/guardian and gets this approved by the Athletic Director in advance before leaving for the away contest. The student-athlete will present this permission slip with the Athletic Director's signature of approval to his/her respective coach. In special cases, parents/guardians may request to provide transportation to a contest for their child only. In such cases, the request must be made in writing in advance to the Athletic Director. A student is prohibited to transport themselves, ride with another student, or ride with anyone under the age of 21 to or from an event.

CHANGING SPORTS

It is important that the student-athlete try to go out for the right sport, particularly at the varsity and junior varsity levels. A student-athlete may not change from one sport to another once a team has been selected, without permission from the coaches involved and the athletic director. If he/she has been cut from one team, it is legitimate to try out for another sport. The athlete must understand that practices are sport specific and cannot count from one sport to another.

HAZING

Hazing in any form, including initiation which is degrading, is strictly forbidden by New York State law and the Olean City School District. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or other person. It is understood that hazing of any kind is not allowed at OHS or in our athletic program. It is further understood that we have a duty to report any acts of hazing we see or know of to a coach or administrator. Participation in or failure to report any hazing will result in a disciplinary review and possible suspension and/or dismissal from the athletic program.

CONFLICTS

An individual student who attempts to participate in too many activities will undoubtedly be in a position of a conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in school activities and, to this end, will attempt to schedule events in a manner so as to minimize conflict. The student-athletes and parents/guardians must realize that many times schedules cannot be changed because of league or section regulations or facility usage. Students have the responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the coaches involved immediately when a conflict arises, not the day of the conflict.

SPECIALIZATION/RECRUITMENT

The Olean City School District encourages students to participate in a variety of sports. As such, the athletic department does not endorse in principle or practice the concepts of specialization or recruitment. Specialization occurs when a student-athlete involves him/herself in one athletic activity over a period of time, forsaking other athletic endeavors of interest. Recruitment occurs when a student-athlete who is involved in more than one sport is encouraged by a coach that it is in his/her best interest to compete in only one sport.

EQUIPMENT

All athletic equipment must be returned at the end of the season to the coach or athletic office. A student-athlete will not be eligible to participate in another sport until all equipment is returned. In addition, the student-athlete will be financially responsible for any unreturned equipment.

CHAIN OF COMMUNICATION

From time to time during the course of an athletic career in our school, parents/guardians and student-athletes may have questions or concerns that need to be addressed. The team coach is the best source of information. The student-athlete should address concerns directly with his/her team coach. If, after speaking with the coach you are not satisfied, the next step would be for the parent/guardian to speak to the coach and then, if necessary, the varsity coach. The final step if you are still not satisfied would be for the parent/guardian and/or student-athlete to communicate with the athletic director. Please be advised that anonymous concerns will not be addressed.

FAMILY VACATIONS

When parents/guardians and student-athletes choose to take their family vacation during sport seasons, it must be understood that the time missed by the student-athlete can affect team chemistry and personal conditioning. Student-athletes who miss practices or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents/guardians and student-athletes of the season's schedule as far in advance as possible.

OUTSIDE PARTICIPATION

The NYSPHSAA allows outside participation (AAU, Travel, Club, etc.). OHS athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to an OHS team. There will be many circumstances where a student should not participate in an outside activity due to the possible effect on the team. Always check with your coach and/or the athletic director.

DRESS AND GROOMING

A member of an athletic team is expected to be well-groomed. "You look good – You feel good – You do good." Appearance, expression and actions always influence people's opinions of athletes, the team and the school. OHS team members are expected to dress presentably at all times and especially on away trips. Sloppy dress and sloppy grooming leads to sloppy attitudes, which leads to sloppy play. Only uniforms issued by the athletic department should be worn for contests.

SQUAD SELECTION

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible, we encourage coaches to keep as many athletes as they can without unbalancing the integrity of their sport. The final decision on squad size will be left up to the varsity coach.

24 HOUR RULE

Parents/guardians are not allowed to confront a coach, team or league official to discuss any "negative" game or practice situation until at least 24 hours has passed from the completion of the game or practice. A confrontation shall consist of any conversation, which elevated from a normal speaking tone and demeanor to one

which involves yelling, profanity or derogatory comments toward said coach, team or league official. Any violations of the 24 hour rule will result in discipline by school administration.

OLEAN CITY SCHOOL DISTRICT
SPORTSMANSHIP POLICY

SPORTSMANSHIP GUIDE

The Olean City School District Interscholastic Athletic program is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all sports activities. Good sportsmanship is defined as those qualities of behavior which are characterized by generosity and genuine concern for others. The concept of "sportsmanship" must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Sportsmanship is good citizenship in action. Perhaps a quote from Knute Rockne says it best:

"One man practicing good sportsmanship is better than fifty others preaching it."

We are further committed to the belief that schools participating in interscholastic athletic activities should be held responsible for the conduct of their players, coaches, staff members and spectators. Conduct, which is detrimental to the educational value of athletic activities, could result in appropriate disciplinary action by the school.

PARENT/GUARDIAN/SPECTATOR CODE OF BEHAVIOR/ETHICS

It is the responsibility of the parent/guardian/spectator to:

1. Keep cheering positive. No profanity or degrading language/gestures
2. Avoid actions which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams and spectators as guests and show respect.
6. Accept the judgment of contest officials and coaches.
7. Encourage all spectators to participate in the spirit of good sportsmanship.
8. Avoid the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.

STUDENT-ATHLETE CODE OF BEHAVIOR/ETHICS

It is the responsibility of the student-athlete to:

1. Demonstrate self-control and respect for others at all times, be they officials, spectators or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform, in school or in our community, reflects poorly upon yourself, your family, your school and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace/modesty and accept defeat with dignity/class.
8. Remember that the use, abuse and resulting negative influence of drugs,

including alcohol, tobacco and performance enhancing supplements is detrimental to the game and its participants.

COACHES CODE OF BEHAVIOR/ETHICS

It is the responsibility of the coach to:

1. Promote good sportsmanship by setting a positive example while coaching.
2. Respect the integrity and judgment of the sports officials.
3. Approach competition as a healthy and constructive exercise, not as a life or death struggle that requires victory at any price.
4. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations, who are capable of making mistakes.
5. Refrain from the use of crude or abusive language with players, opponents, officials or spectators.
6. Instruct the players in the elements of good sportsmanship, and remove players from competition who demonstrate unsportsmanlike behavior.
7. Avoid behavior that will incite players, opponents or spectators.
8. Avoid and eliminate negative comments to radio, TV and newspaper reporters.
9. Remember that the use, abuse and resulting negative influence of drugs, including alcohol, tobacco and performance enhancing supplements is detrimental to the game and its participants.

SECTION VI & OLEAN CITY SCHOOL DISTRICT DISQUALIFICATION POLICY

Sportsmanship is an integral and vital ingredient of any interscholastic athletic program. The National Federation of High School Athletics, the New York State Public High School Athletic Association, Section VI, and the Cattaraugus/Chautauqua County Athletic Association have targeted the area of sportsmanship for a major emphasis. Section VI and OHS have instituted the following policy to ensure the development of and the understanding of the importance of proper sportsmanship and fair play.

Any Olean student-athlete, coach, parent or spectator who is ejected/disqualified from a contest will be automatically suspended for a minimum of one game. The game(s) is to be the next regularly scheduled contest(s) and may be carried over to the next season. Ejection/disqualification incident reports must be submitted to the Athletic Director, the Section VI office and the League Sportsmanship Chairperson. If necessary, a conference between the player, coach, parent or spectator and the athletic director will take place before the individual(s) is eligible to return.

NO SMOKING POLICY

To comply with Federal and State law and to acknowledge the health hazards associated with smoking, particularly in an environment where children are present, the Olean City School District Board of Education prohibits the use of tobacco products, including but not limited to smoking, using e-cigarettes and chewing tobacco, in all school facilities, on all school grounds and in any vehicle used to transport children or school personnel.

ATHLETIC AWARD SYSTEM

Each coach will establish the criteria for earning a Varsity Letter in his/her sport. This award is not given for participation and attendance alone. Student-athletes unable to complete a season due to injury, illness or other such circumstances, may earn a letter if the coach feels it is justified. Athletes must finish the season to be eligible for an award. The following awards are provided by the Athletic Department:

- Participation Certificate (all athletes – each season)
- Letters – Varsity, JV, Modified (one per athlete for high school career)
- Pins – Varsity only (one per athlete per varsity sport)
- Individual Team Awards (as per coach request)
- OHS Athlete of the Season (presented each sport season)
- OHS All-Sportsmanship Team (presented each sport season)
- NYSPHSAA Scholar/Athlete Team Award Program (varsity only)
- League and Section Awards (presented each sport season)
- Senior Tri-Athlete Award (participation in 3 sports in senior year)
- Outstanding Male & Female Senior Athlete (presented at graduation)

***Many other athletic awards are provided by the Olean Sports Booster Club at each sport season banquet.**

OLEAN HIGH SCHOOL SPORTS BOOSTER CLUB

The purpose of the Olean High School Sports Booster Club is to promote, sponsor and carry out projects to aid and assist the OHS athletic program and to show recognition to participants in all OHS sports. Any projects will be carried out by the members the Booster Club with the approval of the Olean City School District and the benefits of these projects will be administered fairly and equitably among all student-athletes. Membership is open to any and all individuals interested in promoting the athletic program at Olean High School.

The fiscal year will begin on July 1 each year and end on June 30 of the following year. Twelve (12) regular meetings will be scheduled each year. For more information or to receive an e-mail notice of each meeting contact the athletic office at 375-8042 or sanastasia@oleanschools.org.

2026-27 Booster Club Officers

President	Mr. Jeff Spears
Vice President	Mr. Mike DeCerbo
Secretary	Ms. Katie Aloi
Treasurer	Ms. Meme Yanetsko

NCAA INFORMATION

If a student-athlete is planning to enroll in college and wants to participate in intercollegiate athletics at the Division I or Division II level, he/she must be certified by the NCAA Eligibility Center. Applications may be obtained in the high school guidance office. For more information, contact the athletic director or call the NCAA Hotline at 1-800-638-3731 or visit their website at www.ncaa.org.

INTERSCHOLASTIC ATHLETIC OFFERINGS

Fall

Football	Varsity, Modified
Football Cheerleading	Varsity, JV, Modified
Boys Soccer	Varsity, Modified
Girls Soccer	Varsity, Modified
Cross Country	Varsity, Modified
Volleyball	Varsity, JV, Modified
Girls Swimming	Varsity
Girls Tennis	Varsity

Winter

Boys Basketball	Varsity, JV, Modified
Girls Basketball	Varsity, JV, Modified
Competitive Cheerleading	Varsity
Boys Wrestling	Varsity, JV, Modified
Girls Wrestling	Varsity
Bowling/Allegany	Varsity
Boys Swimming	Varsity
Boys/Girls Indoor Track/Allegany	Varsity

Spring

Baseball	Varsity, JV, Modified
Softball	Varsity, JV, Modified
Boys Track & Field	Varsity, JV, Modified
Girls Track & Field	Varsity, JV, Modified
Boys Tennis	Varsity
Boys Golf	Varsity
Girls Golf	Varsity

For all OHS schedules go to: www.arbiterlive

Alma Mater

Oh, Alma Mater, fair and true,
Thy honor we acclaim;
We rally ‘round the Red and Gold
To laud thy noble name.

In thee we students shall renew
Our faith of days gone by,
Across the years we’ll live anew
Thy Spirit Olean High.

Dear Olean, Thy loving ways
And charms will ever be,
Those memories of golden days,
Those friends and hearts so free.

To thee we pledge thy honor due,
And parting, sound thy cheers
Our thought of you, so staunch, so true,
Will live through all the years.

Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports *one or more* symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness *(even briefly)*	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events *prior* to hit or fall	Confusion
Can't recall events *after* hit or fall	Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness *(even a brief loss of consciousness should be taken seriously)*

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: **www.cdc.gov/Concussion**.

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.
  - 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 NYSPHSAA will provide a pamphlet to member schools on the concussion management information for parents.**

- The concussion management and awareness information or 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 heath 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 experience worsening of signs and symptoms, 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 website 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 – The following is the protocol that must be followed BEFORE an athlete can begin the Return to Play Process:

- Rest for a full 24 hour period *and* must have NO symptoms
- Return to sport permission from their physician
- ImPact Post-Injury Assessment
  - * Must be within normal range of student's baseline in order to proceed
  - * If NOT within normal range, student will be referred to their doctor for another follow-up along with test results

The following is the Return to Play Steps that every athlete is required to follow before returning to competition. If at any time the student becomes symptomatic during the process, they must rest for a full 24 hours, and then begin at the previous step.

- No activity - complete rest
- Light aerobic exercise such as walking or stationary bike, etc. NO resistance training
- Sport specific exercise such as skating, running, etc. Progressive addition of resistance training may begin
- Non-contact training/skill drills
- Full contact training in practice setting
- Return to competition

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department
- New York State Department of Health
  http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association
  www.nysphsaa.org/safety/
- Center for Disease Control and Prevention
  http://cdc.gov/concussions
- National Federation of High Schools
  www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus
  http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health
  http://www.health.ny.gov/health_care/medicaid/ldss/htm
- Brain Injury Association of New York State
  http://www.bianys.org
- Nationwide Children's Hospital – Concussions in the Classroom
  http://www.nationwidechildrens.org/concussions-in-theclassroom
- 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

KNOW WHAT'S RIGHT

DO WHAT'S RIGHT

Winning is for a day:
Sportsmanship & Ethics
are for a Lifetime!