



# Athletics

# Handbook



## **A. Responsibility to yourself**

The most important of these responsibilities is to yourself to make the most of your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for life as an adult. Take advantage of these opportunities.

## **B. Responsibility to your school**

It is true that frequently athletes are the most visible representatives of a school. By participating in athletics to the best of your ability you are contributing to a more positive regard for Waterford High School. The student body, the community and other communities may evaluate our school by your conduct and attitudes on and off the field. Because of this, you can contribute greatly to school spirit and community pride. We are sure you will make Waterford High School proud of you and make your community proud of your school by your conduct at all times.

## **C. Responsibility to others**

I. As a team member you have a responsibility to the other players on the team to uphold team rules and to attend and work hard at all practice sessions. The team's success depends on how hard each individual on that team is willing to work. If each team member takes individual responsibility for a solid work ethic, the team's success will follow.

II. You have a responsibility to your parents and family. They are your most avid supporters and fans. By your actions and conduct, you are able to repay their loyalty to you.

III. As a team member you also have a responsibility to the younger students in town. As an athlete you are held in high esteem and you serve as a role model for younger students. Always set a good example for them to follow.

# **RULES AND REGULATIONS**

## **1. Physical Examination**

A. A yearly physical examination is required. Athletes needing physicals during the current sport season must complete them prior to the start of the season. A current physical examination is required to be on file 2 weeks BEFORE participation in any try-out, practice, or contest in interscholastic athletics at Waterford High School. In accordance with the policy of the Waterford Board of Education, the physical examination for sports is valid for 13 months only. Please note, if a player does not have a current physical form on file, he/she's registration will not be approved and he/she will be ineligible to participate in sports.

A copy of the current physical exam form must be submitted to the school nurse. **DO NOT LEAVE PHYSICAL FORM WITH A COACH OR THE ATHLETIC DIRECTOR.**

B. Physicals are obtained from your own physician. A Health Assessment Record (HAR – 3) must be completed and returned to the nurse.

## **2. Illness or Injury during Sport Season**

A. All injuries or illnesses during the sport season must be reported to the coach.

B. Any athlete who becomes ill or injured during the sport season may not return to practice or participate until cleared through the nurse's office.

C. The treating physician must complete an Athlete Injury and Return to Play form. Do not return this form to your coach. The only person who can clear you is the school nurse.

D. Athletes who donate blood during a blood drive should consider the recommendations of The American Red Cross: It is not a good idea to practice vigorously or compete right after giving blood. When you give blood, you temporarily lose some body fluids. It takes several hours for your body to replenish itself. A lot of strenuous activity could cause dehydration; therefore, if you must practice after donating, take it easy, and if you are scheduled to compete the day of a blood drive, don't give blood.

## **3. Scholastic Eligibility**

A. In order to participate in athletics at Waterford High School a student must be passing four credits of work. This is assessed each marking period the day report cards are issued. All fall athletes must have passed four credits of work from the final grades the previous year.

B. Athletes cannot turn 19 years of age before July 1st of any year.

C. All other rules of eligibility are available in the school athletic office.

## **4. Uniforms and Equipment**

Athletes are responsible for all school owned uniforms and equipment issued to them. We expect that you will treat these items with the appropriate respect. Any uniform or equipment not returned must be paid for at a replacement cost.

## **5. Disqualification Rule**

When an athlete is disqualified during a contest for flagrant misconduct or unsportsmanlike conduct, that athlete is ineligible to participate in any contest until withheld from the next contest at the same level.

## **6. Insurance**

Please refer to the Parental Permission Slip which has an explanation of Waterford High School's status as a "Secondary Insurer."

## **7. Missing Practice**

Attending practice is an important responsibility of the athlete. If it becomes necessary for an athlete to miss a practice it is the responsibility of the athlete to get the coach's permission prior to missing practice. Failure to do this may result in disciplinary action.

## **8. Travel**

We expect that all athletes will travel to and from athletic contests in transportation provided by the athletic department. The only exception to this rule is the Principal granting prior permission for a student to be transported by a parent/guardian.

## **9. Attendance Policy**

Athletes will be allowed to participate in practice/contest only if they are in school for four hours that day. The Principal may approve individual exceptions when arranged in advance.

## **10. Early Dismissal**

It is the responsibility of the athlete to see their teachers in the classes they will miss because of an athletic contest. All work missed will be made up at the convenience of the teacher.

## **11. Vacation Policy**

Part of the commitment you make as an athlete is the commitment of time, practice time and game time. Vacations during the season should be avoided if at all possible. Missing practice or games is disruptive to the entire team and to the team goals. Parents/athletes wishing to do so should



reassess their commitment to being an athlete. In the event absence due to a vacation occurs, parents/athletes should be willing to assume the consequences related to their absence.

## 12. Athletic Awards

A. Each athlete who completes a season in a sport as a Freshman and who has met the criteria as outlined by the Head Coach shall receive Freshman numerals signifying his/her year of graduation.

B. Each athlete who completes a season in a Junior Varsity sport and who has met the criteria as outlined by the Head Coach shall receive a Junior Varsity letter. Each athlete may receive only one Junior Varsity Letter during his/her career at Waterford High School.

C. Each athlete who completes a season in a Varsity sport and who has met the criteria as outlined by the Head Coach shall receive a Varsity letter. Each athlete may receive only one Varsity letter during his/her career at Waterford High School.

D. Each athlete who completes a season in any sport and who has met the criteria as outlined by the Head Coach shall receive a certificate signifying participation in that sport.

E. Seniors who have participated in a sport and who have met the criteria as outlined by the Head Coach shall receive team photos in that sport.

F. Athletes designated as team Captains by the Head Coach of that sport shall receive a Captain pin to designate leadership in that sport.

G. Each sport may make available a Most Valuable Player Plaque given to that athlete, chosen by a method determined by the Head Coach, who was most valuable to the team's performance that year.

H. Each sport may make available a Coach's Award Plaque to that athlete whom the Head Coach deems most deserving of being recognized for outstanding contribution to the team.

### Additional Awards

I. Members of an ECC Championship team shall receive appropriate patches to signify that achievement. The Head Coach shall determine the designation of those to be awarded.

II. Members of a CIAC State Championship team shall receive appropriate picture plaques signifying that achievement. The Head Coach shall determine the designation of those to be awarded.

III. Athletes who attain All-State status by the CHSCA or by a media outlet recognized as official by the Waterford High School Athletic Department shall receive All-State photographs as well as attendance to the official awards presentation of that group's awards. Waterford High School shall pay for the athletes and coaches attendance at that presentation. The exceptions will be the National Football Foundation Hall of Fame Scholar-Athlete Presentation and the CIAC Scholar-Athlete dinner at which Waterford High School will pay for one table of participants as outlined by

Waterford High School Athletic Department practice. IV. It is further recognized that there is an array of additional awards available to Waterford High School athletes through a variety of recognized award-giving organizations and special interest groups.

## **DISCIPLINE**

### **Major Offenses**

Waterford High School athletes are students first: therefore, all Level II and Level III violations of the school discipline code (listed in the student handbook) will be referred by the coach to the Athletic Director. The Athletic Director will notify a school administrator. The administrator will determine the necessary discipline. When the athlete is reinstated he/she may return to athletics the same day. The athlete may practice, but the coach will determine when the athlete is fit for competition. Serious offenses will be dealt with on a per case basis by the administration and Athletic Director. Participation in interscholastic athletics is a privilege not a right. Inappropriate behavior may result in the loss of that privilege.

If found using, selling, or possessing drugs, drug paraphernalia, alcohol, tobacco (including "smokeless" or "chewing"), or arrested in any event where drugs or alcohol are involved, he/she will be suspended from the team and will be referred to the school administrator for further action.

### **Team Rules**

The coach for each sport will be responsible for establishing team rules (i.e. missing practice, tardiness, inappropriate behavior during a practice or competition etc.). Each coach should provide his/her athletes with a copy of the team rules.

# **PLAYER/PARTICIPANT**

## **CODE OF CONDUCT PLEDGE**

*Upon registration on FamilyID, this pledge is required of all participants in Waterford Athletics*

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect and I will expect to be treated accordingly.
- I will remember that sports are an opportunity to learn and have fun.
- I will not use tobacco, alcohol or drugs. If found using, selling, or possessing drugs, drug paraphernalia, alcohol, tobacco (including "smokeless" or chewing), or arrested in any event where drugs or alcohol are involved, I will be suspended from the team and will be referred to the school administrator for further action.



# **PARENT/GUARDIAN**

## **CODE OF CONDUCT PLEDGE**

*Upon registration on FamilyID, this pledge is required of all participants in Waterford Athletics*

- Respect decisions made by contest and school officials.
- Refrain from taunting, booing, heckling and the use of inappropriate language.
- Recognize and acknowledge outstanding performances by athletes on both teams.
- Attendance at this contest is not a license to verbally assault others or to be generally offensive.
- Respect athletes, coaches, officials, and fans.
- I understand that by not following the Waterford High School team rules, coaches' rules, and code of conduct explained in the Waterford High School Student Handbook and Athletic Handbook, I could be suspended and/or removed from a sport team.

## **Waterford High School: Concussion Education: Student and Parent Concussion Informed Consent**

*Upon registration on FamilyID, this pledge is required of all participants in Waterford Athletics*

### **School Name: Waterford High School Student and Parent Concussion Informed Consent Form**

This consent form was developed to provide students and parents with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education and Section 10-149c: Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.

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

National Athletic Trainers Association (NATA) - A concussion is a “trauma induced alteration in mental status that may or may not involve loss of consciousness.”

Centers for Disease Control and Prevention (CDC) - “A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.” -CDC, Heads Up: Concussion

[http://www.cdc.gov/headsup/basics/concussion\\_what.html](http://www.cdc.gov/headsup/basics/concussion_what.html)

Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious” -CDC, Heads Up: Concussion Fact Sheet for Coaches

[p://www.cdc.gov/concussion/HeadsUp/pdf/Fact\\_Sheet\\_Coaches-a.pdf](p://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf)

#### **Section 1. Concussion Education Plan Summary**

The Concussion Education Plan and Guidelines for Connecticut Schools was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.

3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

## **Section 2. Signs and Symptoms of a Concussion: Overview**

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.

### **Section 3. Return to Play (RTP) Protocol Overview**

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

#### **Concussion Management Requirements:**

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity\*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (Recommended one full day between steps)

Rehabilitation stage

Functional exercise at each stage of rehabilitation

Objective of each stage

1. No activity

Complete physical and cognitive rest until asymptomatic. School may need to be modified.

## Recovery

### 2. Light aerobic exercise

Walking, swimming or stationary cycling maintaining intensity, <70% of maximal exertion; no resistance training

Increase Heart Rate

### 3. Sport specific exercise No contact

Skating drills in ice hockey, running drills in soccer; no head impact activities

Add Movement

### 4. Non-contact sport drills

Progression to more complex training drills, i.e. passing drills in football and ice hockey; may start progressive resistance training

Exercise, coordination and cognitive load

### 5. Full contact sport drills

Following final medical clearance, participate in normal training activities

Restore confidence and assess functional skills by coaching staff

### 6. Full activity

No restrictions

Return to full athletic participation

\* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to her/his medical provider.

## **Waterford High School: Sudden Cardiac Arrest (SCA) Education: Student & Parent Informed Consent Form**

*Upon registration on FamilyID, this consent is required of all participants in Waterford Athletics*

NOTE: This document was developed to provide student-athletes and parents/guardians with current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept on file by the student-athlete's associated school district annually to comply with Connecticut General Statutes Chapter 163, Section 10-149f: SUDDEN CARDIAC ARREST AWARENESS EDUCATION PROGRAM.

### **Part I – SUDDEN CARDIAC ARREST - What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

### **PART II - HOW COMMON IS SUDDEN CARDIAC ARREST IN THE UNITED STATES?**

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. It is a leading cause of death for student athletes.

According to an April 2014 study for PubMed the incidence was

- 0.63 per 100,000 in all students (6 in one million)
- 1.14 per 100,000 athletes (10 in one million)
- 0.31 per student non-athletes (3 in one million)
- The relative risk of SCA in student athletes vs non-athletes was 0.65
- There is a significantly higher risk of SCA for boys than girls

Leading causes of sudden death among high school and college athletes, according to the NCAA (on CBS News, June 28, 2012)\* are heat stroke, heart disease and traits associated with sickle cell anemia. Prevention of sudden death, the same study concludes, is associated with more advanced cardiac screening with attention to medical histories and birth records, improved emergency procedures, and good coaching and conditioning practices.



### **PART III - WHAT ARE THE WARNING SIGNS AND SYMPTOMS?**

Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes sudden cardiac death. With fast, appropriate medical care, survival is possible. Administering cardiopulmonary resuscitation (CPR) — or even just compressions to the chest — can improve the chances of survival until emergency personnel arrive. (<http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/>)

### **WHAT ARE THE RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING THESE SYMPTOMS?**

There are risks associated with continuing to practice/play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just minutes. Most people who experience SCA die from it.

### **REMOVAL FROM PLAY**

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed health care professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity.

### **RETURN TO PLAY**

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

To summarize:

- SCA is, by definition, sudden and unexpected.
- SCA can happen in individuals who appear healthy and have no known heart disease.
- Most people who have SCA die from it, usually within minutes.
- Rapid treatment of SCA with a defibrillator can be lifesaving.
- Training in recognition of signs of cardiac arrest and SCA, and the availability of AEDs and personnel who possess the skills to use one, may save the life of someone who has had an SCA.

*(National Heart, Lung, and Blood Institute)*