ATHLETIC CODE OF CONDUCT
REMSEN CENTRAL SCHOOL

Remsen Rams

TEAMWORK   LEADERSHIP   SPORTSMANSHIP

2021-2022
Timothy Jenny - Superintendent
Dale Dening - Athletic Director, Teacher, Parent
Daniel O’Bryan – Jr./Sr. High School Principal
Mary Lou Allen – Board of Education
Brian Parent – Board of Education
Jodi Richard – Teacher, Parent and Coach
Jamie Dening - Teacher, Parent and Coach
Paige Loveric - Student-Athlete
Public Hearing on July 13, 2021
Open for Public Input and Comments through August 10, 2021

Adopted by the Board of Education
August ___, 2021

Soar to Success
We Are Remsen Rams

Teamwork, Leadership, Sportsmanship

Each student athlete and coach is a direct representation of Remsen Central School District. Student athletes and coaches are expected to demonstrate outstanding sportsmanship, respect and self-control. Student-athletes that disrespect their coach, the officials, or the opposing team will lose the privilege of being part of the team.

Regardless of poor calls, frustrating plays, taunting from the opposing team, or disagreement with the coach, Remsen Central School District has zero tolerance for inappropriate conduct, on or off, the court, course, field, or track.

All Remsen student-athletes, coaches, and parents/spectators will exhibit exceptional character, teamwork, respect, sportsmanship, and self-control. Regardless of the challenges we experience, we will lead by example.

Soar to Success
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The Remsen Central School athletic program is part of our academic program. Participation in interscholastic sports is a privilege. Our wish is to use athletics to help students become more productive and responsible citizens in their school and their community. Athletics allows the student the opportunity to learn skill and character traits in a different type of classroom. We hope our athletes will further their lives by practicing good sportsmanship, self-discipline, loyalty, respect for others, responsibility, respect for a healthy lifestyle, team work, cooperation, dedication and commitment. It is the goal of the entire school community to work together to achieve these goals. The athlete and their parents must recognize that there are risks of injury in interscholastic sports. Remsen Central School athletics come under the direction of the New York State Public High School Athletic Association (NYSPHSA) and Section III. All rules established by these organizations shall be observed. You may refer to www.nysphsaa.org and www.section3.org in order to become familiar with the rules and regulations of each of these governing bodies.

Athletic teams and student-athletes are representatives of their family, their school, and their community. Therefore, it is important that the student-athlete’s conduct during any activity concerning the sport in which they are engaged be governed by a basic respect for:
- All facilities at the home school and at away games.
- Locker rooms and athletic facilities at the home school and at away games.
- Buses and any other forms of transportation.
- Equipment.
- Any individuals they may relate to as a member of a Remsen Athletic Team, including but not limited to students, spectators, coaches, officials, teachers, administrators, custodians, bus drivers, and chaperones.
- Student Athletes will conduct themselves, both in and out of school, as responsible young adults. Athletes should refrain from acts of behavior that are incompatible with the purpose and goals of the interscholastic program.

Student-athletes have the responsibility to:
- broaden themselves and develop strength of character
- maintain their class work
- practice teamwork, self-discipline, respect and hard work
- maintain good sportsmanship
- be successful and enjoy athletics
- contribute to the reputation of the school
- act as a leader
- make others proud of their efforts

When posting athletic information on social media, student athletes will avoid making derogatory or inflammatory statements about other athletes, schools, coaches, or officials associated with their team or an opposing team. Any posting or communication via social networking websites which disrupts either the educational or athletic environment or which advocates the violation of any school or team policy will be unacceptable. This would include but not limited to:
- The consumption of alcohol or the use of illicit drugs
- Inappropriate sexually-oriented material
- Activities involving bullying, hazing or harassment of any kind
Student athletes will not post digital photographs of other athletes, coaches, or officials associated with their team or an opposing team without the permission of those persons in the photographs.

A student-athlete may be subjected to dismissal from a team, or lesser penalty as may be imposed to more accurately reflect the severity of the violation.

A student will be ineligible for one week if they receive three or more detentions during the previous school week. Students that are ineligible may not participate in interscholastic competition during that time period. The coach in consultation with the Athletic Director and Principal will determine participation at practices.

A student-athlete who has violated the District “Code of Conduct” and been assigned to in-school suspension (ISS) or out-of-school suspension (OSS) forfeits his or her participation in athletics during the period of suspension. If the suspension (ISS or OSS) involves the last day of the school week and the first day of the subsequent week, the student-athlete will be suspended from participating in any weekend practices or games.

Student-athletes are strictly prohibited from bullying, harassment, hazing or participating in any acts of initiation or coercion that may result in humiliation or endanger the safety of other students on or off school property that interferes with a student’s safety and learning experience or causes a student to be afraid for his/her safety through the expectation of bodily or emotional harm.

Hazing is defined as the performance of any act or the coercion of another to perform any act of initiation that causes or creates a risk of humiliation or dangerous activity, or that risks inflicting mental or physical harm. Permission, consent or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in the policy.

Depending on the severity of an inappropriate behavior, a student-athlete may be disciplined. For more severe behaviors, a student-athlete may be subject to dismissal from a team.

**Automatic Team Suspension for Criminal Charges**

Any student charged with a felony will be suspended from the team they currently participate on pending an appeal.

A student who receives a criminal summons, appearance ticket, or is arrested must notify the athletic director within 48 hours. Failure to do so may result in suspension from the team.

Appeal Process:
An athlete suspended from participation, as well as the parent/legal guardian of the suspended athlete, may appeal the suspension to athletic committee.
Student-athletes will not compete in any contests during the appeal process.
The appeal must be in writing.
The appeal must be submitted to the athletic director or high school principal within five days of their notification of the suspension.
The written appeal must contain exact reasons and details why the suspension is being appealed.
The review board will consider the matter and meet with the student if deemed appropriate.
The committee’s decision on the appeal is final.
**School and Team Attendance**

Daily Attendance: In order for a student-athlete to attend or participate in a practice or game, it is necessary that the student attend classes for the full school day on the day of the activity.

- Students will not be allowed to participate in the day’s event or practice if they enter school after the start of third period (After 9:30 AM). Medical excuses/documentation (from a doctor), court requirements, and bereavement are the only exceptions to this rule. Attendance requirements include those students participating remotely. Students will be expected to attend practices or events, but will not be allowed to participate.

- Student-athletes excused early for a medical appointment must bring a medical excuse to return to school for an athletic practice or event. Medical excuses should be submitted to the office or the coach if returning outside normal school hours.

- If a student-athlete is absent from school on the last scheduled day of the week, the student-athlete will not participate in practices or games for the remainder of the week, including Saturday and/or Sunday, unless the student-athlete’s coach is presented with a legal excuse for the day’s absence at the beginning of the practice or game.

- When in attendance, and not ineligible, the student is expected to attend all team practices and contests.

- Attendance at indoor practices is closed to those not a part of that team.

- Students serving an in-school suspension will be ineligible to practice/play that day.

- Physical Education is part of the required curriculum for graduation in New York State. Therefore, students not participating in physical education class (without a legal excuse) may not participate in a practice or contest that day.

- Absent from practice – students that are absent from a practice or practices may be withheld from participation for either a portion or all of their next contest/activity. A student’s illegal absence may result in a loss of conditioning or lack of awareness of new team strategies that would place the student behind his/her teammates in these areas.

**School Vacation/Recess Participation Policy:**
For the safety of our student-athletes, students who do not participate in scheduled practices/contests during a school vacation/recess may be required to participate in a period of reconditioning upon their return. The length of the period of reconditioning before participation in an actual athletic contest will be determined at the discretion of the coach in consultation with the athletic director.

**Eligibility**

In order for a student in grades 7-12 to be eligible for interscholastic athletics, the student must meet the eligibility requirements governing interscholastic athletics as set forth by the Remsen Central School District and the New York State Public High School Athletic Association in regards to age and level of competition. Particular rules and regulations are available from the Athletic Director.

Upon entering the ninth grade a student is eligible for participation in interscholastic sports competition for eight consecutive semesters or until nineteen years of age. (If the age of nineteen is reached on or after September 1st, the student may participate during that school year.)

A junior high student may participate in varsity and junior varsity sports providing that all requirements under the NYS Athletic Placement Process are met.
**Academic Eligibility**

Because athletics serve as a part in the development of an all-round student, athletes must meet certain academic standards to remain eligible to play in interscholastic contests. Academic eligibility applies not only to athletics, but all extracurricular clubs to emphasize the focus on academics in all student school experiences.

**Academic Probation**

Academic probation is a precautionary step to support a student before they fall behind in academic coursework. Starting at the end of the second week of any progress interval, teachers may recommend a student for academic probation. The teacher will discuss academic probation with the student, contact the student’s parent/guardian and the guidance department indicating the student is being recommended for academic probation. This will be done if a student has exhibited signs they may be academically struggling with a course, such as receiving failing scores on consecutive assessments or failing to submit consecutive assignments.

If a student is recommended for academic probation they will be required to report to Peer Tutoring, scheduled during lunch periods, to receive additional support from a student-volunteer that is exhibiting success in the course for the duration of the time they are considered to be on academic probation. The teacher recommending academic probation may also recommend a specific student-volunteer. Students on academic probation will also be encouraged to meet with their teacher(s) and support staff.

A student will be removed from academic probation by demonstrating that they are no longer struggling with course content, by either receiving passing grades on consecutive assessments, submitting consecutive assignments, or receiving passing grades at the end of any progress interval.

**Academic Ineligibility**

Every five weeks a student that is failing two or more classes will be placed upon the ineligibility list. Students on the ineligibility list will be required to schedule at least 1 academic support session per week for each subject area that they are currently not successful in. This may occur during lunch periods, during the school day if the schedule allows, or during after-school support time. Academic support sessions may be scheduled with either the ineligible student’s teacher, or another individual contingent on approval from the student’s teacher. If a student does not attend a scheduled support session, they will not be able to participate in extracurricular activities until attending another academic support session.

If a student demonstrates improvement in the course(s) that placed them on the ineligibility list, and improve their standing in the class to passing, the teacher will discuss the improvement with the student, contact the student’s parent/guardian and the guidance department, indicate the student is no longer required to attend the weekly academic support session, or recommend a shift to academic probation for that course.

A student may be removed from the academic ineligibility list prior to the next 5-week progress interval or 10-week marking period by a student’s teacher as soon as they improve their academic standing to passing in all academic courses. This will be determined by the uniform consensus of the student’s teachers, the guidance office, and building principal. This process is the responsibility of the student to contact their teachers, have the teachers “sign off”, and return the form to the guidance office and/or building principal for removal from the ineligibility list.

At the end of each five-week period every student will be re-evaluated and a new list will be developed.

**Academic Mentoring**

To help support students in their ability to initiate interventions on their behalf, a Remsen staff mentoring program may be enacted. If a student is recommended for academic probation 3 or more times, or is placed...
on the academic ineligibility list for consecutive cycles, the student may be assigned a staff mentor. A list of students that qualify for mentoring will be provided to staff and discussed during a team workshop. The staff mentor would then initiate a plan to help support the student in addition to the peer mentoring and/or academic support sessions they already receive due to academic probation or academic ineligibility.

**Medical Standards for Participation**

Health Examinations (Physicals): A student-athlete who tries out for interscholastic competition must receive and pass an adequate health examination.
- The health examination (physical) shall be conducted by the Remsen School physician.
- If a student-athlete would prefer that a private physician conduct the physical, the physical must first be approved by Remsen’s appointed physician before the student-athlete will be deemed eligible for athletic participation.

Self-Reporting Injuries and Illnesses: It is the responsibility of the student-athlete to inform the coach if the student-athlete is ill or injured before, during, or after any activity associated with the sport in which the student-athlete is participating.
- Students must also report any illnesses or injuries that cause absence from athletic participation over a weekend, scheduled vacation, or holiday.

Participation after Injury: A student-athlete who seeks and receives treatment for an injury must provide a written statement from the emergency room or other physician before returning to athletic practice or play.

Participation after Concussion/Head Injury: Remsen Central School has adopted a specific concussion protocol that shall be followed by any coach/athlete when the athlete sustains a head injury.

Medical Excuse from Participation: Student-athletes who are injured or ill may be excused from participation by their physicians.
- Student-athletes excused from participation must have releases from their physicians before they will be allowed to return to participating.

Insurance:
The school district carries insurance for students. This is non-duplicating insurance and requires parents to apply to their personal insurance carrier first. The school insurance has certain financial limits and parents may be required to pay certain balances of the medical bills.

**Athletic Placement Process**

A student is eligible for junior varsity or varsity standing and play as a freshman.

Under some circumstances, some students may be eligible for junior varsity or varsity standing and play prior to their freshman year if,
- The coach of a specific sport requests that a student-athlete be considered to move up in classification. In making this request, the coach will take into consideration the following criteria:
  - The student is in good academic standing.
  - The student has a record of good attendance.
The student has a record of good conduct.
- The student has previous play and demonstrates exceptional performance in the sport.
- The athletic director or athletic administrator approves the athlete to begin the Athletic Placement Process.
- The student-athlete’s parent(s) give(s) permission for the student to move up in classification.
- The student-athlete passes a maturity physical administered by the school’s designated school physician. (Other physicals will not be accepted.)
- The student-athlete passes a physical fitness test as per New York State regulations.

An Athletic Placement Process form shall be submitted to Section III for any student-athlete who meets all criteria listed above.

Parent and Spectator Behavior, Ethics, and Consequences

“Student-athletes compete with honor and integrity, and play for the love of the game, so let’s all cheer for our team, have fun and support the spirit of Section III Athletics.”

~ New York State Public High School Athletic Association

General Guidelines: The following are guidelines for parent and spectator behavior and ethics which are promoted by the New York State Public High School Athletic Association.

Direct all energies to encouraging your team.
Avoid actions which offend visiting teams or individual players.
Show appreciation of good play by both teams.
Learn the rules of the game in order to be a more intelligent spectator.
Treat all visiting teams in a manner in which you would expect to be treated.
Accept the judgment of coaches and officials.
Encourage other spectators to participate in the spirit of good sportsmanship.
Be positive.

Parent Conflicts with Coaches or Officials: From time to time, conflicts arise between parents and their children’s coaches or the officials. At no time is it appropriate to go onto a field or court of play to approach a coach or official whether before, during, or after an athletic contest, regardless of the venue. Additionally, it is inappropriate for a parent to verbally confront a coach or official at any time before, during, or after an athletic contest. If a parent has a conflict with a coach or official, it is expected that the parent will contact the coach or the athletic director via phone the day after the athletic contest to discuss the conflict or ask to set up a meeting to address the conflict in person. The athletic director, building principal, and/or superintendent will be in attendance at the meeting.

Consequences for Unacceptable Parent/Spectator Behavior

Parents or spectators who engage in unacceptable behaviors before, during, or after athletic contests – regardless of the venue – will be warned and requested by school staff (principals, superintendent, athletic director, coaches, chaperones) or officials to stop the said behaviors. Parents or spectators who do not comply with said requests will be directed to leave school premises. Parents or spectators who refuse to leave shall be subject to ejection and/or arrest. Depending on the severity of the behavior or repeated violations over time, the parent/spectator may be immediately ejected and/or banned from attending athletic events in the future.
Goals for Athletic Teams

Modified Athletics: The goals of modified athletics are the development of sport-specific skills and an understanding of rules of play, team unity, and sportsmanship. The New York State Athletic Association dictates playing time for some, but not all, student-athletes participating in modified athletics.

Junior Varsity Athletics: The goal of junior varsity athletics is to build on the development of sport-specific skills and an understanding of rules of play, team unity, and sportsmanship, with an emphasis on preparing student-athletes for competitive varsity play.

Varsity Athletics: The goals of varsity play are to win the season and progress to post-season competition without losing sight of the development of sport-specific skills and an understanding of rules of play, team unity, and sportsmanship.

Team Travel Rules

On team trips, student-athletes will ride to and from the event on district transportation unless otherwise determined by the athletic director or administrator.

All players must ride to and from games with the team. Players may ride home with their parent or the parent of another player by giving the coach a note signed by their parents stating that fact.

Failure to adhere to these rules may result in disciplinary action.

Uniforms, Equipment and Property

Uniforms are only to be worn for school athletic contests, to demonstrate team unity on days of competition, and/or designated school spirit events. Remsen uniforms are not to be worn for regular school attendance, physical education classes, or outside of school at any other time.

All student-athletes are held personally and financially responsible for the uniforms/equipment issued to them. If school uniforms/equipment are lost, returned in poor condition (given consideration for normal wear and use), or not paid for, the student-athlete will forfeit any honors/awards for that sport and will be ineligible to participate on an athletic team until the uniform/equipment is returned or paid for. A senior athlete who fails to return their uniform/equipment, replace it, or pay for it prior to graduation will forfeit participation in the graduation ceremony.

Training Rules and Team Discipline

A. Training Rules:

In order for athletes to perform at their maximum ability without compromise to their personal health and team integrity, training rules are in effect from the first day of the official athletic season and conclude at the end of the day of the final contest of the season. All team rules and regulations relating to practices, individual conditioning, curfew hours, proper nutrition and game conduct are set forth by the coach of each sport, clearly establishing expectations for that sport.
B. Team Cuts:
Should a student-athlete be cut from a team prior to a final roster and wish to try out for another team, they may be eligible to do so. This can only be done if the student-athlete requests approval from the coaches of the sports involved, as well as the Athletic Director.

C. Season Completion:
Grace Period: A player may voluntarily leave the team at any point before the first contest after consulting with the coach. If an athlete chooses to leave a team, they must inform the coach of his/her decision and may leave the team without penalty.

Any player that leaves a team after the start of the first contest shall be ineligible for the next sport season. A conference among the player, their parents, the Athletic Director and the principal may allow a student to leave the team for certain extenuating circumstances without penalty after submitting a completed “Permission Form to Discontinue Athletic Participation” (Appendix A).

D. Tobacco, Alcohol, and Drug Use Infractions
It is clearly understood that the use of tobacco products, any nicotine-containing products, and vaping of any substance; the consumption of alcoholic beverages; and the use of illegal drugs or misuse of prescription drugs is dangerous to the health and general maturation of the adolescent and impacts negatively a student-athlete’s ability to perform. Therefore:

- The possession, sale or use of alcohol, tobacco products, any nicotine-containing products, and vaping of any substance, illegal drugs (including but not limited to marijuana, cocaine, synthetic marijuana, bath salts, heroine, LSD, steroids or any other drug with the potential to cause impairment to the student-athletes’ health and performance) or the unauthorized use of prescription or nonprescription drugs/inhalants is strictly prohibited on or off school grounds.

- Under no circumstances, is a student-athlete of the Remsen Central School District allowed to consume alcohol or use/abuse drugs at any time.

- Student-athletes who violate this regulation are subject to consequences including the potential to lose all honors, privileges and awards.

- Any student athletes who are in attendance at a gathering/party where there is underage alcohol use, tobacco use, or drug use shall physically leave and report any safety concerns to an adult. Student athletes who fail to leave or report safety concerns will face a minimum of a one-game suspension and/or be subject to the “Penalties for Athletic Code Infractions”.

E. Additional Infractions
Additional Infractions shall include, but not be limited to, the following:

- Destroying or defacing school property (home & away).
- The stealing of school property.
- Disrespect to the coach, game officials or spectators which constitute immediate attention to disciplinary action.
- Fights that are a result of the student's action, during a game or practice.
- Members of District athletic teams are, in fact, representatives of the District and are expected to conduct themselves properly at all times, whether or not they are engaging in
school-related activities and whether or not they are on school grounds. Team members who engage in violent or disruptive acts or engage in destruction of private property which occur off school grounds may be subject to disciplinary action up to and including dismissal from the team in accordance with the Athletic Code and the Code of Conduct.

**Penalties for Athletic Code Infractions**

Should an infraction take place during school hours or at any school sponsored event, the penalties outline below will be applied concurrently with and/or in addition to any school or district penalties prescribed by the District Code of Conduct.

The following three levels of consequences for infractions of the athletic code will apply to student-athletes in grades 7-12:

**The penalty for a first infraction shall be removal from athletics for a full season. If less than 50% of the season remains, then the starting date will be after the first half of the next sports season. A second infraction during any future sport season shall result in removal from athletics for two seasons. A third infraction will result in dismissal from extracurricular athletics for the remainder of the student’s high school career.**

**Appeal**

A student-athlete may appeal a disciplinary action caused by an infraction that may result in temporary or permanent suspension from athletics by appealing first to the Coach/Athletic Director, second to the Principal, third to the Superintendent of Schools and lastly to the Board of Education.

**Self-Reporting of Alcohol or Substance Use/Abuse**

When a student who confidentially self-reports to a Remsen Central School staff member, coach, or administrator that they violated the Athletic Code by being involved in alcohol or substance use/abuse will be:

- Granted a one-time confidential waiver of athletic consequences provided that the student does not attempt to abuse or manipulate this support to avoid immediate consequences.
- Recommended to attend substance abuse counseling.
- Allowed to continue participating as a student-athlete, provided that the determination is made that continued participation is not a health risk to the individual or a safety risk to other athletes or to coaches.
- Should the violation of alcohol or substance use/abuse be repeated, the student shall be subject to disciplinary action as outlined in Penalties for Athletic Code Infractions.

**Reporting Student Athlete Violations**

The following persons are required to report alleged athletic code violations that they have personally witnessed to the student-athlete’s coach, athletic director, or principal.

- Any RCS employee or School Board member.
- Any adult acting as a chaperone.
- Any adult assisting with a school activity at the request of a district employee.
- Any law enforcement agency or officer.
- Any parent or legal guardian of the student-athlete involved.
Athletic code violations personally witnessed by the aforementioned shall be investigated by the student-athlete’s principal and the athletic director.

Reports of alleged violations by persons other than the aforementioned may be investigated by school administration, provided the administration believes that the evidence warrants such an investigation.

**Athletic Committee**

All alleged violations shall be reported to the Athletic Director or Principal who will report the violation to the Athletic Committee for review of eligibility. The Athletic Committee shall consist of the Athletic Director, 2 teachers/coaches, appointed annually by the Athletic Director or Principal, and 2 teachers, selected annually by the Principal. In the event the student’s coach is a member of the committee, the Athletic Director will designate an alternate coach to serve for that particular review.

**Dual Participation**

Remsen Central School recognizes that talented athletes, providing they have parental consent, may request to participate in more than one sport during a respective sport season. This is most likely to occur during the fall season involving such sports as soccer and cross-country; and during the spring season involving track, softball and baseball. It is the philosophy of the Remsen Central School District, as well as the philosophy of similar size local school districts, to allow an exceptional athlete participation in more than one sport activity.

In order to allow for adequate preparation and conditioning, the following guidelines must be met during participation.
1. At the beginning of each sport season the athlete must declare his/her primary sport of participation. The athlete must be committed to attend all practices and contests of such declared sport.
2. If scheduling of practices and contests allows such athlete to practice and meet the commitments of the declared sport then the athlete may also be allowed to participate in additional contests for a second declared sport.
3. The athlete must notify the respective coaches in advance of any scheduling conflicts.
4. The athlete must remain off the ineligibility list for the period of his/her sports season(s). If a student who participates in two sports is on the ineligibility list, they will need to reduce their participation to just their primary sport for the duration of the ineligibility period.

**Combination Participation**

Combination/Participation in Athletics with Surrounding Districts

In the past, there have been student-athletes who have participated in activities that are not offered through Remsen Central School. Combinations between school districts fall under the guidelines of Section 3 and the NYSPHSAA. If a student-athlete has interest in participating in these sanctioned sports, they must make the Athletic Director aware of their intention to participate in a sport where a combination is necessary with another school district by the following dates:

- Fall Sports – May 15
- Winter Sports – September 30
- Spring Sports – January 15
Pre-Requisites for Participation in Athletics

PRIOR TO THE FIRST PRACTICE ALL ATHLETES MUST:

Submit the Athletic Participation Permission Form to the athletic director, signed by the athlete and a parent/guardian.

Submit the Emergency Form to the school nurse, signed by the student’s parent/guardian.

Have on record a current physical exam on file in the nurse’s office. “Current” means within the past calendar year of the first practice date for that sports season.

Submit the Interval Health History form to the school nurse, signed by the student’s parent/guardian.

***IMPORTANT***
ALL FORMS LISTED ABOVE ARE MANDATORY AND MUST BE TURNED IN BEFORE THE SEASON BEGINS. STUDENT-ATHLETES WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICES OR CONTESTS UNTIL ALL FORMS ARE COMPLETED, SIGNED, AND RETURNED.
THANK YOU!

Soar to Success
APPENDIX A
PERMISSION FORM TO DISCONTINUE ATHLETIC PARTICIPATION

INSTRUCTIONS: It is understood that the coach’s signature below indicates that a coach/student-athlete discussion regarding the decision to discontinue the program has taken place prior to the parent and Athletic Director signatures. Signatures are to be obtained in the order requested on this form. Student athletes are required to continue to attend their scheduled practices until instructed by the coach or Athletic Director.

Step 1 - STUDENT INPUT: Please state the reason for discontinuation of the current sport being played
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

________________________________________ Student-Athlete’s Name
________________________________________ Student-Athlete’s Signature
________________________________________ Date

________________________________________ Sport & Level

Step 2 - COACH INPUT: Please place a check beside one of the statements and add comments

______ I approve ______ I disapprove - of the athlete’s request to discontinue playing the sport.

COMMENTS:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

________________________________________ Coach’s Printed Name
________________________________________ Coach’s Signature
________________________________________ Date

Step 3: PARENT INPUT: Please place a check beside one of the statements and add comments.

______ I approve ______ I disapprove – of the athlete’s request to discontinue playing the sport.

COMMENTS:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

________________________________________ Parent’s Printed Name
________________________________________ Parent’s Signature
________________________________________ Date

Step 4: ATHLETIC DIRECTOR INPUT

______ I approve ______ I disapprove – of the athlete’s request to discontinue playing the sport

______ Student’s uniform and equipment have been turned in

________________________________________ Athletic Director’s Signature
**Interval Health History Sheet**

Prior to the start of the athletic season, all student-athlete’s parents must complete the required NYSED Interval Health History Form.

<table>
<thead>
<tr>
<th>General Health Concerns</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ever been restricted by a health care provider from sports participation for any reason?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Have an ongoing medical condition?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Asthma</td>
<td>□ Diabetes</td>
<td>□ Seizures</td>
</tr>
<tr>
<td>3. Ever had surgery?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Ever spent the night in a hospital?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Been diagnosed with Mononucleosis within the last month?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Have only one functioning kidney?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Have a bleeding disorder?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Have any problems with his/her hearing or wears hearing aid(s)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Have any problems with his/her vision or has vision in only one eye?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Wear glasses or contacts?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allergies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Have a life-threatening allergy?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check any that apply: □ Food</td>
<td>□ Insect Bite</td>
<td>□ Latex</td>
</tr>
<tr>
<td>12. Carry an epinephrine auto-injector?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Concussion/ Head Injury History</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>17. Ever had a hit to the head that caused headache, dizziness, nausea, confusion, or been told he/she had a concussion?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Ever had a head injury or concussion?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. Ever had headaches with exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. Ever had any unexplained seizures?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21. Currently receive treatment for a seizure disorder or epilepsy?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Devices/Accommodations</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>22. Use a brace, orthotic, or other device?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23. Have any special devices or prostheses (insulin pump, glucose sensor, ostomy bag, etc.)? If yes, there may be need for another required form to be filled out.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24. Wear protective eyewear, such as goggles or a face shield?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family History</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>25. Have any relative who’s been diagnosed with a heart condition, such as a murmur, developed hypertrophic cardiomyopathy, Marfan Syndrome, Brugada Syndrome, right ventricular cardiomyopathy, long QT or short QT syndrome, or catecholaminergic polymorphic ventricular tachycardia?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Females Only</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>26. Begun having her period?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27. Age periods began:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28. Have regular periods?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29. Date of last menstrual period:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Males Only</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>30. Have only one testicle?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31. Have groin pain or a bulge or hernia in the groin?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has/Does your child:</td>
<td>Has/Does your child:</td>
<td></td>
</tr>
<tr>
<td>------------------------------</td>
<td>------------------------------</td>
<td></td>
</tr>
<tr>
<td>Heart Health</td>
<td>Injury History continued</td>
<td></td>
</tr>
<tr>
<td>32. Ever passed out during or after exercise?</td>
<td>39. Ever been unable to move his/her arms and legs, or had tingling, numbness, or weakness after being hit or falling?</td>
<td></td>
</tr>
<tr>
<td>33. Ever complained of light headedness or dizziness during or after exercise?</td>
<td>40. Ever had an injury, pain, or swelling of joint that caused him/her to miss practice or a game?</td>
<td></td>
</tr>
<tr>
<td>34. Ever complained of chest pain, tightness or pressure during or after exercise?</td>
<td>41. Have a bone, muscle, or joint injury that bothers him/her?</td>
<td></td>
</tr>
<tr>
<td>35. Ever complained of fluttering in their chest, skipped beats, or their heart racing, or does he/she have a pacemaker?</td>
<td>42. Have joints become painful, swollen, warm, or red with use?</td>
<td></td>
</tr>
<tr>
<td>36. Ever had a test by a health care provider for his/her heart (e.g. EKG, echocardiogram stress test)?</td>
<td>43. Currently have any rashes, pressure sores, or other skin problems?</td>
<td></td>
</tr>
<tr>
<td>37. Ever been told they have a heart condition or problem by a health care provider? If so, check all that apply:</td>
<td>44. Have had a herpes or MRSA skin infections?</td>
<td></td>
</tr>
<tr>
<td>[ ] Heart infection</td>
<td>[ ] Heart Murmur</td>
<td></td>
</tr>
<tr>
<td>[ ] High Blood Pressure</td>
<td>[ ] Low Blood Pressure</td>
<td></td>
</tr>
<tr>
<td>[ ] High Cholesterol</td>
<td>[ ] Kawasaki Disease</td>
<td></td>
</tr>
<tr>
<td>[ ] Other:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Injury History</td>
<td>Stomach Health</td>
<td></td>
</tr>
<tr>
<td>38. Ever been diagnosed with a stress fracture?</td>
<td>45. Ever become ill while exercising in hot weather?</td>
<td></td>
</tr>
<tr>
<td>COVID-19 Information</td>
<td>46. Have a special diet or need to avoid certain foods?</td>
<td></td>
</tr>
<tr>
<td>50. Has your child ever tested positive for COVID-19?</td>
<td>47. Have to worry about his/her weight</td>
<td></td>
</tr>
<tr>
<td>51. Was your child symptomatic?</td>
<td>48. Have stomach problems?</td>
<td></td>
</tr>
<tr>
<td>52. Did your child see a healthcare provider (HCP) for their COVID-19 symptoms?</td>
<td>49. Ever had an eating disorder?</td>
<td></td>
</tr>
<tr>
<td>53. Did your child have any cardiac symptoms (new fast or slow heart rate, chest tightness or pain, blood pressure changes, or HCP diagnosed cardiac condition)? If yes, please provide additional information.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>54. Was your child hospitalized? If yes, provide date(s)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If yes, was your child diagnosed with Multisystem Inflammatory syndrome (MISC)?</td>
<td></td>
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<tr>
<td>If yes, is your child under a HCP’s care for this?</td>
<td></td>
<td></td>
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</tbody>
</table>

Please explain fully any question you answered yes to in the space below, include dates if known. Use additional pages if necessary.

Parent/Guardian Signature: ________________________ Date: ________________
ATHLETIC PARTICIPATION PERMISSION FORM

To the Remsen Athletic Director:

I have read the Athletic Code of Conduct of the Remsen Central School District. I understand the provisions as stated, and agree to abide by these provisions while a member of any team.

_______________________           __________________________
Student’s Name                          Student’s Signature

I have read the Athletic Code of Conduct of Remsen Central School District. I have reviewed it with my son/daughter. I agree to cooperate with Remsen Central School in enforcing this code as it applies to him/her and to myself and our family as responsible spectators. I give my permission for him/her to participate in the stated sport, subject to the standards and provisions stated.

Primary Sport:  ________________________________

Secondary Sport: ____________________________ (if played during same season)

__________________________           __________________________
Parent or Legal Guardian Signature                          Date
EMERGENCY FORM

Name of Student: ______________________________________

Age: _______  Grade: _______  Date of Birth: ________________

Home Address: ____________________________________________

Parent(s) Name: __________________________________________

Time of this activity: ________________________________________

Phone Number(s): __________________ __________________________

If a parent is not available, name of alternate person to contact in case of an emergency?

____________________________________________________________________________________

Phone Number(s): __________________ __________________________

Does your child have any allergies? _____________________________

Does your child have any history of medical problems in which a teacher, ambulance attendant or hospital personnel should be aware of during an emergency?

____________________________________________________________________________________

____________________________________________________________________________________

Has your child been seen by a Dr. or under Dr.’s care for any medical reason (injury, etc.) since the end of the last sport season? __________

If so, when_____________________;  For what reason? ________________________________

____________________________________________________________________________________

Has he / she been released by the Dr. to play sports? ____Yes  ____No

I authorize the coach in charge of this activity to have my child transported to the nearest hospital, if not in the Utica area. If in the Utica area, I would like my child transported to

____________________________________________________________________________________

Signature of Parent: ____________________________ Date: _____________