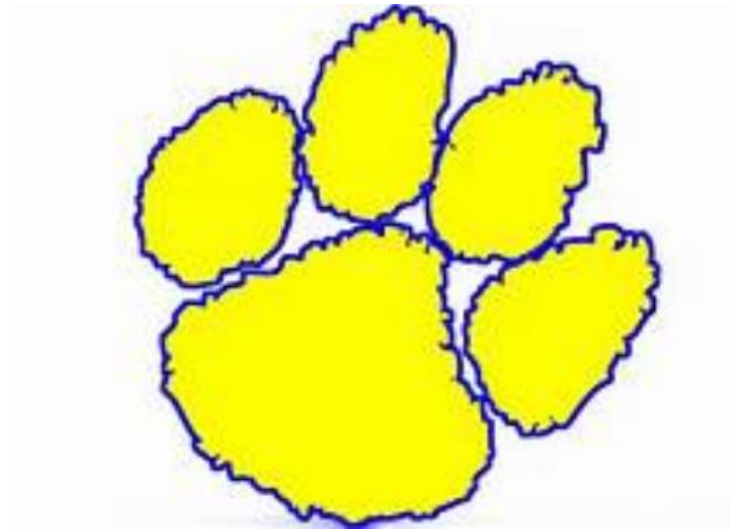


Seymour High School



Athletic Handbook

2022-2023

Table of Contents	Page
<u>Introduction – Athletic Department Philosophy</u>	3
<u>CIAC</u>	4
<u>CIAC Eligibility Requirements</u>	4
<u>Staff Directory</u>	6
<u>CIAC Sportsmanship Guidelines</u>	7
 Athletic Department Regulations and Guidelines	
<u>Academic and Team Eligibility Requirements</u>	9
<u>Attendance Policy</u>	9
<u>Awards</u>	10
<u>Captains</u>	12
<u>Captain’s Practices</u>	12
<u>Concussion Management and</u>	
<u>Head Injuries</u>	13
<u>Conditioning programs</u>	13
<u>Conflict Resolution</u>	14
<u>Directions</u>	14
<u>Dismissal from Team</u>	15
<u>Dress Code</u>	15
<u>Equipment/Uniforms</u>	15
<u>Equipment Storage</u>	14
<u>Exam Schedules</u>	14
<u>Fighting</u>	15
<u>Hazing</u>	16
<u>Injuries</u>	16
<u>Insurance Coverage</u>	17
<u>NCAA Requirements</u>	17
<u>Out of School Conduct</u>	17
<u>Participation</u>	17
<u>Physical Exam Requirements</u>	18
<u>Postponement of Athletic Events</u>	18
<u>Preseason Parent Meetings</u>	18
<u>Program Levels/JV Philosophy</u>	18
<u>Schedules</u>	19
<u>Season Start/End Dates</u>	19
<u>Sports Offered</u>	19
<u>Substance Abuse/Chemical Health</u>	20
<u>Team Rosters/Tryouts</u>	21
<u>Title IX</u>	21
<u>Travel</u>	21
<u>Weight Room/gymnasium</u>	22
<u>CIAC Chemical Health Policy (Appendix A)</u>	23
<u>CIAC Concussion Management and Return</u>	
<u>Return to Play Requirements (Appendix B)</u>	26
<u>Parents and Coaches Guide to Dehydration and Heat Illnesses</u>	27

Seymour High School
Core Values and Beliefs Statement

The mission of Seymour High School is to ensure that our students graduate as confident, independent, responsible, civic-minded citizens with a desire to continue to learn.

Core Values and Beliefs

The Seymour High School faculty and staff believe that:

- Learning is a lifelong process that is driven by the passion which intrinsically motivates each student
- Seymour High School is committed to working with our families and the community to empower students by engaging in a challenging 21st century learning experience that provides access to real world application in a safe and respectful learning environment
- Students will develop meaningful connections with teachers, while being held accountable for individual academic growth during their course of studies at Seymour High School
- Diverse learning experiences respect the unique abilities of each individual, while increasing ownership in intellectual exercise

THE WILDCAT WAY

- Respect yourself and others.
- Respect the environment and property.
- Respect learning.

As an integral part of the total educational process, Seymour athletics make significant contributions toward helping students grow in mind, body, and spirit. Sports participation is an effective way to teach students about good character, discipline, accountability, teamwork, and the benefits of a healthy, fit body. It is a privilege to be a student/athlete in the interscholastic athletic program at Seymour High School. Evidence of increased knowledge of fitness and athletic skills, growth in maturity, and motivation in the pursuit of excellence are all major factors considered in assessing the program's success.

It is the belief of the athletic department that Seymour athletics will:

- Promote self-discipline and responsibility, and teach the value of hard work ethic
- Have a competitive spirit while developing teamwork, and good sportsmanship
- Build school and community pride and unity
- Teach the lifelong benefits of sports and fitness for physical and mental well-being
- Interact with other schools and communities
- Represent Seymour High School with pride

CIAC and NVL Affiliation

Seymour is a member of the Connecticut Interscholastic Athletic Conference (CIAC), which is affiliated with the National Federation of State High School Associations. We are also members of the Naugatuck Valley League (NVL). This prestigious league comprises the following schools: Ansonia, Crosby (Waterbury), Derby, Holy Cross (Waterbury), Kennedy (Waterbury), Naugatuck, Oxford, Seymour, St. Paul Catholic (Bristol), Torrington, Waterbury Career Magnet, Watertown, Wilby (Waterbury), Wolcott and Woodland.

CIAC

The Connecticut Interscholastic Athletic Conference is the governing body for high school athletics in the state. Their website “casciac.org” can provide a wide variety of information including eligibility criteria for athletes, schedules for any team in the state (see “Schedules” in this handbook), directions to any athletic facility or high school in the state (see “Directions”), athletic contest results, tournament schedules, pairings and results.

CIAC Eligibility Requirements (as of July 1, 2021)

The CIAC spells out specific requirements to be met by athletes to be eligible to participate in interscholastic athletics. A detailed description of these requirements can be found at www.casciac.org under the banner “CIAC (Athletics Division)”. Select menu option “Athletic Handbook” and refer to appendix B. Due to the complexity and exceptions to CIAC eligibility rules, all questions regarding eligibility should be addressed to the Athletic Director. To be eligible, a student:

- Must be taking and passing at least four full time courses (see “Academic Eligibility Requirements” in this handbook).
- Must be a member of that school in grade 9, 10, 11 or 12. A graduate from any secondary school is ineligible. No student below grade 9 is allowed to practice or participate in any CIAC controlled sport.
- Must have been in membership at a secondary school for at least twelve (12) school weeks immediately preceding the time of participation, or regularly admitted from an elementary, middle, or junior high school within ten (10) school days from the opening of the succeeding school term.
- Shall not have reached his or her twentieth (20th) birthday. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
- Has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.
- Who transfers from a school to a CIAC member school during grade 10-11, or 12 without at the same time changing legal residence to another school district must complete at least one year (365 days) of approved membership before being eligible for interscholastic competition in the same sport in which he or she was a participant in the present or preceding season during grades 10, 11 or 12. (Legal residence is defined as the location of a legal guardian.) . See Athletic Director for exceptions to this rule.
- Shall not participate in or represent his or her school in more than one sport per season after the date of the school’s first contest in that sport season.
- Who is a member of a school team after the first scheduled tournament, meet or game in any season shall not practice or compete with an outside team, or participate as an individual in non-CIAC tournaments, meets, tryouts, skills assessment or games in the same branch of athletics. After the first tournament, meet or game of the CIAC seasons a student competing or practicing with a non-CIAC team or as an individual in non-team sports is not eligible to become a member of the CIAC team or squad in the same branch of athletics. Exceptions to this rule are (1) Participation in parent/child tournaments and caddy tournaments. (2) Swimming, tennis, gymnastics, golf -- a

student may practice but not compete with a non-CIAC team or as an individual during the season as long as such practices do not interfere with or replace member school practices.

- Shall not participate as a member of a team or as an individual in competition from which he or she receives personal economic gains because of his or her athletic skill.
- Shall always participate under his or her own name.

STAFF DIRECTORY

Seymour High School Phone: (203) 888-2561
2 Botsford Road Fax: (203) 888-7115
Seymour, CT 06483

Principal:	James Freund	e-mail: jfreund@seymourschools.org
Assistant Principal:	Paul Lucke	e-mail: plucke@seymourschools.org
Assistant Principal/Athletic Director:	Ernie DiStasi	e-mail: edistasi@seymourschools.org
Assistant Athletic Director:	Cathy Federowicz	e-mail: cfederowicz@seymourschools.org

School Nurse: Mrs. Lindsey Grailich e-mail: lgrailich@seymourschools.org

Head Coaches

	<u>Boys</u>	<u>Girls</u>	<u>Coed</u>
Baseball	Jeffrey Gilbert		
Basketball	Joseph Carrafiello	Brian Cleveland	
Cross Country	Paul O'Connor	Paul O'Connor	
Cheerleading			Amanda Michaud
Dance		Diane Lydiksen	
Football	Mike Kearns		
Indoor Track	Jamie Burns	Jamie Burns	
Golf			Paul O'Connor
Soccer	Aaron Pawluk	Thomas Cunningham	
Softball		Ken Pereiras	
Swimming	Tom Jurzynski		
Tennis		Michael Avena	
Track & Field	David Willadsen	David Willadsen	
Unified Cheerleading			Cheryl Michaud
Volleyball		Cathy Federowicz	

“Class Act” School CIAC Sportsmanship Guidelines

- The CIAC requires that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures
- The CIAC Sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school website and local media.
- The CIAC Sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC Sportsmanship standards of conduct will be prominently posted at all sports venues.
- When event programs are provided, the CIAC Sportsmanship standards will be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgment which would show that they have read the student-athlete handbook and understand the CIAC Sportsmanship standards.
- Member schools work with community officials to ensure that levels of the CIAC Sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC Sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with school-athletes, coaches and parents to review the CIAC Sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC Sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible Member schools hosting a game should assign officials to dressing facilities separated from both teams. Provide escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the player’s benches. After the contest, prevent fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

The CIAC “Class Act” Sportsmanship Standards

All Spectators:

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school referenced in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noise makers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noise makers will be used.
- Spectators will cheer positively to support their team, and will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

Game Personnel/Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

Coaches:

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgment of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

Players:

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials, and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

Academic and Team Eligibility Requirements

Student eligibility will be determined by the CIAC criteria (as of July 1, 2021) and Seymour Board of Education policies as detailed in the Seymour High School student handbook. [Academic Expectations](#) These include:

- Students entering the high school from the middle school, or any other eighth grade school, will be eligible to participate in interscholastic activities during their first marking period.
- Initial eligibility for participation in any interscholastic sport is based upon the grades from the marking period preceding the activity for the second, third and fourth quarter. Eligibility for the first quarter is based upon the final grades from the preceding year.
- All athletes must receive at least five Carnegie units of work towards graduation with a grade of 65 or above in each marking period.
- All athletes must be in accordance with the school's attendance policy
- No student below grade nine is allowed to practice or participate in any interscholastic sport.
- Students will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.
- Students cannot play or practice a sport with any other team during the high school season for that sport.
- Students must have a current physical (within 13 months) from a physician on file with the school nurse.
- Parents or guardians must have completed registration of students through FamilyID.

Students who are ineligible for competition at the start of a season may become eligible during the season. In these cases, at the discretion of the coach an athlete may begin competition for a team whose season is in progress. For teams that conduct tryouts as a condition of qualifying for a roster spot, the athlete will be required to meet the same tryout conditions as other team members and may be subject to cuts. Prior to participation in any contest, previously ineligible athletes must first practice in a team setting for a minimum of 10 practices. At the discretion of the coach, and providing all other conditions for participation have been met, these 10 practices may occur before the athlete becomes eligible.

Attendance Policy – School, Class and Team:

Participation on an athletic team is a privilege granted after a student's academic responsibilities are met. Attendance in the classroom is an important requirement for a good education as is attendance at team activities. The Seymour High School Attendance/Tuant Procedure should be reviewed and accessed at the following link: [Attendance and Truancy](#)

Attendance requirements for participation in a sport are as follows:

- A student must have attended at least half of the school day to be eligible for that day's athletic activity (game or practice). This also includes attendance in school on Friday for a full day to be eligible to participate on Saturday or Sunday.
 - Exceptions to the above rule may be granted for the following: attendance at an NCAA official college visit, a mandatory college orientation for the college that an athlete will be attending, or an unusual extenuating circumstance as approved by the Athletic Director. Documentation must be provided.
 - An athlete who is dismissed from school is ineligible to participate in that day's athletic activity unless for an excused reason and appropriate documentation is provided from a parent/guardian or physician with approval by the Athletic Director.

- Students dismissed from school due to illness by the nurse are ineligible to participate in any activities that afternoon.
- Athletes will attend all classes regularly and be on time. Tardiness to class and cutting class will not be tolerated.
- Athletes will not use a sport as an excuse to not participate, miss class or portions of a class unless the team is departing early from school. In the case of an early dismissal, the Director of Athletics will notify the athlete's teacher.
- A student suspended from school (internal or external suspension) may not participate in a practice or a game during the effective date(s).
- Student athletes must attend and be punctual to all practices and games as scheduled.
- Students may not leave a practice or a scheduled game/contest until its conclusion without prior consent from the coach. A commitment to the high school program is the responsibility of the athlete.
- No unexcused absences from practices are permitted. Vacations and other out-of-school activities (that are not considered educational) are not valid reasons for missing practices and contests. With respect to family vacations, to be fair to all, especially to the athlete who may have no choice but to go with the family, and to the athlete who has to take the absent athlete's place during practice and contests that occur during the vacation period, the following regulations have been developed: If an athlete is on vacation during the season, he/she should be prepared to sit out a certain number of games depending on the level of the sport (Freshman, JV, or Varsity). The rule follows the concept of: the higher the level of competition, the higher the expected dedication. In the event of a personal conflict, the participant should share the problem with the coach in a timely manner. Student athletes are asked to establish priorities and then to live by their decisions regarding any personal conflicts.
- Absences from team activities due to medical or family obligations are acceptable when approved in advance by the team coach.
- Student-athletes are encouraged to participate in extracurricular activities, but may find themselves in a position of conflict. When a conflict arises, the advisors/coaches and student-athletes need to come up with a workable solution. Once a solution is determined it needs to be put in writing and a copy needs to be given to the athlete, coach, faculty/advisor, parent and athletic director. If a solution cannot be found, the Principal will make the decision. Once the decision has been made and the student-athlete has followed that decision, he/she will not be penalized in any way by faculty, advisor or coach.

Awards

Participation Award

A pin designating the sport will be awarded to all athletes competing on a sub-varsity level (junior varsity and freshmen). There will not be a letter award for junior varsity and freshman award winners.

Varsity Letter

A varsity letter and a pin indicating the type of sport will be awarded when an athlete earns the letter by satisfactory participation at the varsity level for the first time. If an athlete letters in more than one sport, he or she will be awarded an additional pin(s) to designate the sport, but not an additional letter. If an athlete letters in the same sport, they will receive bar pins indicating years of service at the varsity level in that sport. Varsity letters in all varsity sports shall be awarded by Seymour High School upon the recommendation of the head coach.

An athlete must meet the following minimum criteria:

- Attend and substantially contribute to practice and games on a consistent basis
- Display a cooperative spirit with the coach, teammates and opponents
- Display respect for others on and off the field
- Represent Seymour with class, dignity, and honor
- Observe all rules and regulations as outlined in this handbook
- Any player placing the team in jeopardy due to unsportsmanlike behavior or poor school standing will be evaluated at the conclusion of the season to determine if a varsity letter is deserved and will be awarded

The following sports will be awarded varsity letters based upon:

- A. Baseball & Softball: 50 % varsity playing
- B. Boys & Girls Basketball: participation in 50% of the quarters of varsity contests played
- C. Boys & Girls Soccer: must participate in 50% of schedule varsity games including post season play
- D. Boys & Girls Swimming: must achieve an average of scoring three or more points in all varsity swim events, or have qualified for NVL finals or Class State meet finals
- E. Boys' & Girls' Track: Meet qualifying standards as stated by CIAC.
- F. Cheerleading: listed on the varsity competition roster, or take part in three seasons of game cheerleading (fall, winter, fall as an example of any combination that is similar)
- G. Cross Country: competing as a varsity member (top seven) at either league or state championship meets
- H. Dance: 85% participation of the games per season and other post season competitions
- I. Football: participating in at least half of the varsity games or an average of two quarters
- J. Girls' Tennis: must earn 25 pts throughout the season. Points can be earned through the following opportunities – one point for playing, one point for winning a game, and one point for winning a match.
- K. Girls' Volleyball: 50 % participation at the varsity level
- L. Wrestling: must make the varsity line-up and hold his or her position in inter-squad challenges for 50% of scheduled matches while contributing to overall team points.

A coach will have the **prerogative** to award varsity status to a senior who has not met the seasonal requirements. Under extenuating circumstances, a coach may recommend a student to the Athletic Director for a varsity letter who has not fulfilled the varsity letter criteria. Such a recommendation must include a written statement describing the reasons that warrant consideration for an exception.

Team managers are awarded a varsity letter if the individual manages for the entire season.

First team All NVL athletes will receive a medal and certificate from the Naugatuck Valley League.

Captains

All Seymour High School team captains are expected to be leaders on their teams and in the school community, foster team and athletic program spirit and pride, set examples of academic integrity in the classroom, and follow the policy and procedures outlined in this handbook. In addition, they must serve as positive role models to the youth of the community. The role of the team captain for a Seymour High School athlete is a prestigious honor and a privilege. The captain is viewed as a mature leader who is looked upon by students, athletes, coaches and administrators to set a positive example of team pride, fair play, dedication and school spirit.

To be eligible for a team captaincy, an athlete must:

- Have varsity experience.

- Have completed the previous season in good standing.

- Have demonstrated leadership potential, dependability, commitment to the team, and good sportsmanship.

- Have no failing grades on the most recent report card.

- Be a positive role model.

- Have no violation of a school rule that resulted in a suspension from school during the current school year.

Captains who do not hold to the above standards may be removed as team captain after an informal hearing with the coach and Athletic Director. Each head coach is responsible for the selection of team captains, the duration of the assignment, and the number of captains for each team. A coach may choose not to have captains for a given season or sport. In some instances, a captain may be named in advance of the start of a season. In these cases, the individual named must meet all the captain eligibility requirements as listed above at the inception of the season in order to assume the role of captain for that season. An athlete who is academically ineligible to be named captain at the start of a season may become eligible midseason based on quarterly report card grades or mid-quarter progress reports. At the discretion of the coach and athletic director, such athletes may be named captain at that time.

Captain's Practices

Captain's practices are strictly prohibited. A captain's practice is defined as any member of the team organizing and conducting practice sessions for a sport without adult supervision. This applies to teams in-season or out-of-season.

Concussion Management and Head Injuries

A head injury and/or a concussion can be a serious or even life-threatening situation. Much more is understood now about concussions than in the past. It is no longer acceptable to “shake it off” and return to play. Research has shown that the brain requires significant physical and cognitive rest to recover from a concussion. Without this, the likelihood of repeat concussions with amplified consequences is greatly increased.

Management of concussions and head injuries at Seymour High School will be in accordance with CIAC Concussion Management and Return to Play Requirements (see Appendix B) and Connecticut Public Act 10-62 “***AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS.***”

Connecticut Public Act 10-62 - AN ACT CONCERNING STUDENT ATHLETES AND CONCUSSIONS

(1) The coach of any intramural or interscholastic athletics shall 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 an observed or 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.

(2) The coach shall not permit such student athlete to participate in any supervised team activities involving physical exertion, including, but not limited to, practices, games or competitions, until such student athlete receives written clearance to participate in such supervised team activities involving physical exertion from a licensed healthcare professional trained in the evaluation and management of concussions.

(3) Following clearance pursuant to subdivision (2) of this subsection, the coach shall not permit such student athlete to participate in any full, unrestricted supervised team activities without limitations on contact or physical exertion, including, but not limited to, practices, games or competitions, until such student athlete (A) no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion, and (B) receives written clearance to participate in such full, unrestricted supervised team activities from a licensed healthcare professional trained in the evaluation and management of concussions.

An Athlete who has been removed from athletic activity under the conditions stated above shall not be permitted to return to any level of athletic participation until successful completion of a return-to-participation (RTP) protocol and obtaining written clearance by a doctor. After the protocol has been successfully completed, the athlete will be permitted to return to play upon completion and submission of a signed “Return to Play Following Concussion” form and a note from a doctor clearing the athlete for unrestricted participation. The Return to Play Following Concussion form must be signed by a **licensed healthcare professional trained in the evaluation and management of concussions**. This can be a doctor selected by the athlete/parent or the school athletic trainer. A family doctor who has not been trained in the evaluation and management of concussions will NOT satisfy the conditions of the law for clearing the RTP protocol.

****Please be aware that recovery from a concussion cannot be and will not be rushed. Complete recovery and evaluation will vary greatly under different circumstances. The RTP protocol takes a **minimum** of five (5) days to complete under optimal conditions and results, and may take significantly longer.****

Conditioning Programs

In accordance with CIAC rules, athletes may participate in a school-run conditioning program out of season. These programs are not mandatory and cannot be sport specific. Athletes may participate in private conditioning programs at their own expense.

Conflict Resolution

Should a conflict arise between an athlete or parent and a coach, it is expected that they will work together to resolve the issue. It is strongly encouraged that athletes first attempt to resolve issues on their own, as this is an important part of the growth and maturation of students. If the athlete is not able to resolve the issue, parents are then encouraged to contact the appropriate coach. If a resolution still cannot be reached, the coach, athlete or parent should bring the issue to the attention of the Athletic Director who will mediate the problem. If necessary, the Athletic Director will refer any further problems to the high school principal.

It is not appropriate for a parent to attempt to speak with or approach a coach prior to or after a contest to resolve an issue. These are often emotional times for both the coach and parent and meetings of this nature seldom promote resolution.

The student-athlete may appeal the decision of the Athletic Department to the Discipline Board. The Discipline Board shall be made up of the Principal (or designee), the Athletic Director, and a member of the Seymour Board of Education. The appeal will require the following:

1. The written appeal must be presented to the Athletic Director within five (5) days of the initial ruling.
2. The student shall have the privilege of representation even though it is not a legal process.
3. The appeals committee shall render a decision within five (5) days.

Directions

Directions to all athletic contests can be found on line at casciac.org. Select the "Directions" tab at the top of the page. The first choice on the screen will allow you to type in a school name and get driving directions to that school through mapquest.com. Below that, you may select any school from the pull-down menu and get a list of where that school holds its athletic contests, and directions to those facilities. These directions are provided by the school itself.

Further down on the same page is a list of facilities (with directions) often used by the CIAC as neutral sites, banquet facilities, state tournament sites, or special events.

Dismissal from Team

At any point in a season, an athlete who fails to abide by the Athletic Department policy may be dismissed from the team. The coach or the school administration may implement the process of dismissing a player. For a coach to dismiss a player, the coach must first conduct a meeting with the athlete and notify the athlete's parents about the pending dismissal. The coach will then submit a written request to have the athlete removed from the team roster to the Athletic Director. If warranted, the Athletic Director will then remove the athlete from the team. The athlete and/or the athlete's parents may request a hearing with the Athletic Director and/or the Principal to contest the dismissal.

Dress Code

As representatives of Seymour High School, athletes and coaches are expected to dress appropriately. On the day of a contest, athletes are expected to dress in a manner deemed appropriate by the coach both in school and at the contest. This may include shirt and tie for males and skirts or pants/blouse for females. Team uniform days may also be permitted at the discretion of the coach.

Equipment/Uniforms

All athletic equipment and uniforms issued to athletes must be turned in to the coach promptly upon the conclusion of the athletic season. Uniforms should be cleaned in accordance with the instructions on the label. Any missing or damaged equipment/uniform is the responsibility of the athlete. The replacement cost of the missing/damaged item will be assessed to the athlete. Until the athlete has returned or paid for missing/damaged items, the school will withhold athletic awards, report cards, and transcripts. In addition, the athlete will get no other equipment issued to them, including uniforms for other sports.

Equipment Storage

During the school day and during practices/contests, students may lock their gym bags and athletic equipment in athletic lockers or designated areas. Athletes may select any available locker in the area directed by their coach. Athletes must supply their own locks. All lockers must be cleaned out and locks must be removed at the end of the sport season. Any locks remaining after that date will be removed by custodians. It is recommended that students do not leave gym bags, athletic equipment, or any items of value in any location other than their locked locker. This includes the locker room, gym, weight room or hallways. Seymour High School will not be responsible for lost or stolen items.

Exam Schedules

It is understood that exam week is a stressful time for all students. Due to scheduling constraints, it is not possible to eliminate contests or practices from the schedule during exam week. Athletes are expected to meet their academic and athletic requirements through careful planning and preparation. Team practices will still be held but may be shortened at the discretion of the coach. With advance notice to the coach, consideration will be given to an athlete who has academic responsibilities that may require them to miss an athletic activity.

Fighting prior to, during, or after an athletic contest

Fighting will not be tolerated for any reason. It does not matter if the athlete is the victim of an unsportsmanlike act, is provoked or taunted, verbally or physically abused, or is subjected to any other set of circumstances. The relevant question is, did the Seymour athlete actively participate in a fight, retaliate in a fight, or leave the bench or discipline to join a fight in progress? If the answer is "YES" to any part of this question, the athlete will be subject to serious sanctions such as, but not limited to, suspension or dismissal from the team. Seymour High School's Athletic Department holds a ZERO TOLERANCE policy when it comes to fighting while an athlete is representing Seymour Public Schools. If an official ejects a student athlete for fighting from an athletic contest, as a minimum he/she will not be eligible to participate in the next scheduled or unscheduled contest. Any further ejections for fighting can result in a more significant suspension and/or dismissal from the team.

Hazing

Hazing is any reckless or intentional act that humiliates, degrades, abuses, or endangers a person's physical or mental health for the purpose of initiation in or affiliation with an organization, regardless of that person's willingness to participate. Hazing by an individual or team is not permitted in any form and will not be tolerated. Athletes who participate in hazing will be punished by penalties including, but not limited to, dismissal from the team as well as possible suspension or expulsion from school. Instances of hazing may also be deemed to be illegal and may be reported to local police for investigation. This policy applies to all situations whether school is in session or not, and whether done in a team setting or not.

Injuries

Athletic activity involves the potential for injury that is inherent in all sports. Even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

Athletes who are injured during a practice or contest must report their injury to their coach and the athletic trainer (if available). All coaches are required to be certified in basic first aid and CPR. The coach or trainer will make a recommendation on the level of medical treatment needed for the injury. If necessary, a parent will be notified through the contact information on the athlete's emergency form. An athlete may not return to the practice or contest without the consent of the coach. Athletes who fail to notify their coach of an injury and then seek medical treatment will jeopardize their ability to have the treatment covered by school insurance.

Athletes with an illness or injury sustained in an athletic event, physical education class, or any other activity which requires a visit to the doctor, hospital, or primary care facility must receive written clearance by a physician in order to return to participation in Seymour High School athletic activities. Any note indicating clearance to return to participation, or placing restrictions on participation must be submitted to the nurse's office as soon as possible after being issued by the physician*. In addition, any injured athlete who misses more than five consecutive days of practice/contests must get medical clearance from a physician before being permitted to resume athletic activity.

***SPECIAL RULES AND REQUIREMENTS APPLY TO ATHLETES SUSPECTED OF SUFFERING FROM CONCUSSIONS OR HEAD INJURIES. PLEASE SEE "CONCUSSION MANAGEMENT AND HEAD INJURIES" IN THIS HANDBOOK.**

Insurance Coverage

The Seymour Board of Education Policy covers all Seymour High School athletes who are injured during all scheduled practice sessions and contests. The insurance is provided through the Bollinger Insurance Company, Short Hills, NJ and is a **full excess policy**. This means that the policy covers the medical expenses not paid by your primary insurance company, such as Anthem Blue Cross. If you do not have any primary insurance coverage, this policy will pay all incurred costs.

Any athletic injuries requiring medical attention should be reported immediately to the Head Coach of the particular sport. The coach will then file an accident report with the Athletic Director, which will also be provided to the School Nurse. The School Nurse will provide the parents of the injured student with the information and forms necessary to obtain excess coverage and reimbursement through Bollinger Insurance. It is the responsibility of the parents to complete and file the Bollinger Insurance paperwork in a timely manner in order to receive excess benefits.

Initially, all claims will be submitted first to the parent's personal insurance carrier. Any costs not paid by the personal insurance carrier will then be submitted to Bollinger Insurance for reimbursement. Any questions concerning this coverage should be directed to the School Nurse or to the Board of Education Business Office at 888-4564.

NCAA Requirements

The NCAA has detailed requirements for participation in athletics on the collegiate level. These requirements include eligibility standards, recruiting limitations, and Clearinghouse registration. Any athlete intending on athletic participation in college (Division I or II), and parents of these athletes should become familiar with NCAA regulations. Information can be found at www.NCAAstudent.org. Athletes are encouraged to discuss this with their guidance counselor.

Out of School Conduct

Student-athletes at Seymour High School are expected to act in a legal and responsible manner, realizing that at all times, they are representing their school and team. Conduct out of school which discredits or embarrasses Seymour High School, the Athletic Department or any sport may result in athletic department disciplinary action up to and including dismissal from a team. Further disciplinary action may also be taken if deemed appropriate by the school administration.

Participation

In order to participate in any sport on any level (including tryouts and practices), an athlete must register on Family ID completing the following requirements:

- Provide a permission slip signed by a parent/guardian to the coach or athletic office;
- Provide an Emergency Information form signed by a parent/guardian and the athlete to the coach or athletic office;
- Have on record with the school nurse evidence of a valid physical exam (see Physical Exam Requirements" in this handbook);
- Meet all CIAC and school eligibility requirements as outlined in this handbook.

Athletes may only participate in one sport per season. The date of the first contest of a sport is the deadline for leaving one team and joining another. An athlete who gets “cut” from one team may join another team prior to the first contest, at the discretion of the coach and providing the team they choose to join does not also have cuts. Once an athlete is on a team roster beyond the date of the first contest of that sport, they may not participate on any other team that season.

Physical Exam Requirements

Students participating in athletics at Seymour High School are required to have a physical examination. A sports physical is valid for 13 months. An athlete may become ineligible if their physical expires during the season of participation. Sports physical forms are available on-line, in the main office or the athletic office. Any questions regarding health assessments should be directed to the school nurse.

Postponements of Athletic Events

In the event of inclement weather on the day of an athletic contest a decision to postpone or cancel an athletic event will be made as early as possible. Team practices are at the discretion of the coach and may still occur. Athletes will be notified over the public address system. In the event of an early release or a school cancellation due to snow, all extra-curricular activities are cancelled, including team practices. Postponements due to other reasons may occur occasionally; in these instances, coaches will inform their athletes with as much advance notice as possible. Any changes in the original published athletic schedule can be found at the CIAC website (see “Schedules” in this handbook).

Preseason Parent Meetings

The CIAC requires each team to conduct a mandatory pre-season parent meeting. This meeting provides parents with important information regarding the impending season. Items of importance to be discussed at this meeting include CIAC eligibility requirements, team goals, injury and insurance procedures, team attendance policies, playing time considerations, hazing prevention, tryout procedures, substance abuse/chemical health, and anything else the coach deems necessary for athletes and their parents to know. Parents should make every effort to attend.

Program levels/JV Philosophy

Varsity Athletics: Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills in their chosen sport. These athletes compete against equally talented athletes from opposing schools. The skills of varsity athletes will be refined with the intent of producing the most highly competitive program possible. Playing time on the varsity level is awarded solely at the discretion of the coach.

Junior Varsity/Freshman Athletics: Whenever appropriate and where sufficient interest exists, the athletic department offers freshman and Junior Varsity (JV) teams. These teams are developmental in nature and are offered to improve athletes’ skills and provide a team environment on a competitive level for students who may not be ready for varsity play. In some sports, tryouts are required for freshman and JV, as well as varsity. However, it is the expectation of the athletic department that all JV/Freshman athletes get a chance to play, when appropriate, unless there are extenuating discipline circumstances. This should not be interpreted that all playing time will be equally distributed, only that every JV athlete will get an opportunity to contribute to the team.

Placement on a particular level is solely at the discretion of the coaching staff. Junior Varsity athletes may, on occasion, participate in Varsity contests. Freshman, if warranted, may play in JV or even varsity contests. Decisions of this nature are based on the evaluation by the coaching staff of the athletes' abilities and should not be misinterpreted as an absolute to move to the next level of competition.

Schedules

Schedules for all schools and teams in the state, including Seymour, are available online at www.ciacsports.com. These schedules include locations of events not held at the home team's school and include links to directions to these facilities. Any event listed as "away" on the schedule is held at the high school of the opponent except as shown on the schedule. As postponements or changes are made to the schedule, the CIAC website is updated. Paper copies of a particular team schedule can be obtained from the coach of that team.

Season Start/End Dates

Season	Start Date	End Date (Includes state tournaments)
Fall 2021	August 25-All sports except Football August 20-Football	November 20 December 10
Winter 2021-2022	December 1 (Girls basketball November 28)	March 19
Spring 2022	March 18 (Baseball conditioning March 11)	June 10

Sports Offered

FALL

BOYS

Cross Country
Football
Soccer

GIRLS

Cross-Country
Soccer
Swimming
Volleyball

COED

Cheerleading
Dance
Unified Cheer

WINTER

BOYS

Basketball
Swimming
Indoor Track

GIRLS

Basketball
Indoor Track

COED

Cheerleading
Dance
Unified Cheer

SPRING

BOYS

Baseball
Track & Field
Golf

GIRLS

Softball
Tennis
Track & Field

Where sufficient interest exists, students may petition the administration for the addition of athletic activities to the athletic program. The decision to add a sport is made by the Board of Education.

Substance Abuse/Chemical Health- *ALCOHOL, TOBACCO AND DRUGS (illegal and non-prescription)*

There will be absolutely no use or possession of any quantity of tobacco (including smokeless), alcohol, or illegal/non-prescription drugs, including steroids and performance enhancing substances or supplements, by a Seymour athlete.

In addition, athletes are not to be in the presence of and are expected to remove themselves from any situations of underage alcohol consumption or illegal use of drugs, whether occurring on or off school grounds. Any individual who violates these rules either on or off campus will be subject to disciplinary action as listed below which may include removal from the team. This is a 24-hour rule and extends beyond the school day/week.

Disciplinary Actions for Violations:

Consequences for violating Alcohol and Tobacco Policy

1st Offense: suspension for 10% of regular season (no suspension will be less than one contest)

2nd Offense: student will be dismissed from the team for the remainder of the season and referred to the school administration for appropriate punishment according to the Board of Education Policy.

Consequences for violating Illegal Drug and Chemical Health Policy

1st Offense: the student will be suspended from the team for the entire season and the offense will be referred to administration and local law enforcement authorities.

Athletes not admitting to but subsequently found guilty of violating these rules may be suspended for the equivalent of an additional 10% of their regular season contests (but not less than one additional game)

The CIAC has established minimum consequences for violation of the CIAC Chemical Health policy regarding performance enhancing substances. Please see appendix A for a complete description of the CIAC policy and consequences.

Any offense with the penalty of a police arrest at the level of misdemeanor or felony will result in more severe consequences.

NOTE:

- 1) The athlete must attend and participate in all practices.
- 2) The athlete must attend all contests but may not participate and may not be in uniform.
- 3) The athlete must complete a re-entry interview with the Athletic Director and coach.
- 4) Athletes found guilty of violating these rules are not eligible to receive postseason awards involving character and leadership. Captains found guilty of violating these rules will lose their position and are not eligible to be named captains of a team until 3 seasons of play have passed from the date of their violation (including the season in which the violation occurred).

Team Rosters/Tryouts

The number of students permitted on some teams may be limited due to allowable roster sizes. For these teams, a tryout will be conducted. At the tryout, all athletes will be afforded an opportunity to showcase their talents and earn a spot on the roster. For some teams, selection may be highly competitive, and the ability level necessary to make a Varsity, JV, or freshman roster will vary from year to year. Coaches are required to have in place fair and consistent evaluation criteria for the tryout period. Basis for team selection will be at the sole discretion of the coach. Athletes who enroll at Seymour after the tryout period or athletes who become eligible for participation after the tryout period will be evaluated individually at the discretion of the coach.

Title IX

Title IX is a United States Code implemented in 1972. It reads:

No person in the United States shall, on the basis of gender, be excluded from participation, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any interscholastic, intercollegiate, club or intramural athletics offered by a recipient, and no recipient shall provide any athletics separately on such basis.

Title IX concerns or complaints may be brought in writing to the Athletic Director or to the Seymour School District Title IX Coordinator.

Travel

Travel to and from all away athletic contests must be by team bus. No athlete will be permitted to participate in an away contest if travel was not by team bus. An athlete may request an exception to this rule for school related activities, religious commitments or unavoidable family business by submitting a Contest Travel Release Form to the Athletic Director. Parents must fill out this form in the case of an instance where a school related activity, religious commitment or unavoidable family business precludes riding the team bus provided by Seymour Public Schools. Students are not permitted to drive themselves or other athletes to or from athletic competitions.

In some circumstances, such as a special tournament or individual state tournament, transportation is not provided by Seymour Public Schools. Parents must fill out a Contest Travel Release Form in these cases if the athlete wishes to participate. The athlete's parents are then responsible for providing transportation to and from these events.

Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval. Any athlete that leaves an away athletic event without prior written approval as outlined above will face disciplinary action up to, but not limited to, suspension from the next athletic contest.

When transportation is not provided to off-campus home venues, athletes may not transport other student athletes to any contests or practice sessions.

Weight Room/Gymnasium

Seymour High School's weight room and gymnasium are available for the physical training of athletes. Use of the weight room/gymnasium is only permitted under the supervision of a coach or designated personnel. At no time should an athlete work out alone or unsupervised. It is also important that athletes using the equipment be properly trained in its use by a coach or designated personnel.

Appendix A – CIAC CHEMICAL HEALTH POLICY AND REGULATION

The CIAC recognizes the use of chemical substances as a significant health problem for many adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The misuse and abuse of chemical substances affects extra-curricular participation and the development of related skills. Misuse and abuse of chemical substances by family members, team members and other significant persons also has a negative effect on adolescents.

The CIAC is committed to the ideal of fair play and equitable competition at all CIAC contests. This ideal stands as the foundational concept which guides significant and long-standing regulations such as the age rule, recruitment, transfers, and others. These regulations exist to ensure that, as much as possible, high school athletics are conducted in such a fashion that no individual athlete or team has an unfair advantage over its competitors. CIAC recognizes that the use and abuse by athletes of performance enhancing substances must be added to those behaviors which create an uneven playing field for student athletes and all athletic programs. The use of performance enhancing substances by an athlete can and does alter the outcome of athletic events and, in so doing, has a profound impact on other schools within the league and across the state.

This policy has been developed to protect the health and safety of its member school student-athletes, and to assure that no participant might be pressured to use performance enhancing drugs for the purpose of remaining competitive, or to gain a competitive advantage. The CIAC Chemical Health Policy sets an expectation that all member schools have a chemical health policy that requires all student-athletes playing in CIAC-controlled sports to be chemical free.

CIAC activities provide coaches and other athletic department personnel a unique opportunity to observe, mentor, confront, and assist young people. The CIAC, therefore, strongly supports education and awareness training for adolescents in the use of chemical substances.

Each member high school shall develop a written policy and procedures for dealing with the use, sale, or possession of alcohol or controlled drugs and alcohol, as approved by its board of education or other governing body. If no changes are made the previous policy will remain in effect.

The written policy and procedures must address how violations affect student-athletes and must contain the seven statements listed below. The statements may be incorporated into existing policy on drugs, alcohol and tobacco, such as is mandated by state statute, or included in the athletic handbook for students and parents.

1. A statement which designates that the policy and procedures apply to all CIAC-controlled activities sponsored by the school and that participation in high school athletics is a privilege and not a right.
2. A statement that alcohol, stimulants, street drugs (including but not limited to marijuana, heroin, and cocaine) are addressed by the policy and procedures.
3. A statement that anabolic steroids, hormones and analogues, diuretics, and other performance enhancing substances are addressed by the policy and procedures and that the CIAC may impose sanctions beyond those applied by the LEA for use of these substances by athletes.
4. A statement that the school shall provide preventive and intervention educational programs for its student-athletes.
5. A statement which describes the types of prevention and intervention programs required for student athletes prior to and during the sports season.
6. A statement which indicates which job functions in the school are responsible for the administration/enforcement/monitoring of the policy or regulations. (Principal, assistant principal, teacher, guidance, health personnel)

7. A statement which outlines the methods to be employed to ensure that all athletes and their parents are fully apprised of the policy and procedures.

This policy must be submitted to the CIAC upon request and will be made available to CIAC sports committees, CIAC Eligibility Committee, CIAC Eligibility Review Board, CIAC Board of Control, news media, and public in general.

CIAC POSITION ON FOOD SUPPLEMENTS

The CIAC fully endorses the policies of the National Federation of State High School Associations regarding the use of supplements by athletes. School personnel and coaches will not dispense any drug, medication, or food supplement except as in accordance with Connecticut state law, district policy, and as prescribed by a student's physician, dentist, physician assistant or advanced practice RN. The order is to be on record in the school health office listing dose, time, and length of order, side effects and emergency contact. There will also be a signed parental consent on file.

The use of any drug, medication or food supplement in a way not described by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches may NEVER supply or recommend or knowingly permit students to use any drug, medication or food supplement for the specific purpose of enhancing their athletic performance.

CIAC POSITION ON STEROIDS

The National Federation of State High School Associations (NFHS), the national service organized to all 50 state high school athletic and activity associations as well as the District of Columbia, prohibits the abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. Such use violates legal, ethical, and competitive equity standards, and imposes long-term health risks. Further, the NFHS supports prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes. The CIAC fully endorses this National Federation position on steroids.

CIAC POSITION ON DRUG TESTING

The CIAC Chemical Health Policy does not include any form of mandatory drug testing by member schools. The CIAC strongly supports the concept of local authority in determining drug testing policies. Each board of education/governing body reserves the right to voluntarily implement a drug testing policy for its athletes. Drug testing of high school athletes has been demonstrated to be an effective deterrent to the use of steroids and other illegal drugs. With the use of proper safeguards drug testing is considered legal. The CIAC recommends member schools use the NCAA and the USOC list of banned performance enhancing substances and practices when designing and implementing a drug testing policy. The Connecticut Association of Boards of Education (CABE) has sample drug testing policies LEA's may wish to consider.

PERFORMANCE ENHANCING DRUGS MINIMUM PENALTY

The CIAC expects member schools to monitor their student-athletes to assure that they are free of performance enhancing substances and to report any violations in a timely manner.

A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance enhancing substances (as defined in 4.12.J.) shall be declared ineligible for all CIAC-

controlled activities for one hundred eighty (180) school days on each occurrence. The 180 school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student-athlete who refuses to submit to testing as part of a member school's board of education approved random drug testing policy shall be ineligible to participate in any CIAC-controlled activities.

All CIAC contests/games/tournaments/championships in which the offending athlete participated while under the influence of performance enhancing substances shall be declared forfeitures and all records will be expunged.

A member school may apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC-controlled activities. Any such application must include:

1. The results of a CIAC-approved medically validated drug test which confirms that the student-athlete is chemical free. The test must have been completed within 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
2. A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athlete's eligibility.

PERFORMANCE ENHANCING SUBSTANCES AND PRACTICES SUBJECT TO THIS POLICY

Includes but are not limited to the following:

1. Anabolic Agents, Diuretics, Peptide Hormones and Analogues
2. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes.
3. Substances and practices identified as banned by the NCAA and the USOC. The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history and dosage prescribed.

Appendix B – CIAC CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

Part I – Signs and Symptoms of a Concussion

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.

1. Signs of a concussion may include (what the athlete looks like):

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

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

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

Note: Public Act No. 10-62 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.

Part II – Return to Participation (RTP)

Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed healthcare professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. 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. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.

4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated from a licensed health care professional (Physician, Physicians' Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete **MUST** obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well-defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should 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 mentioned above for them to fully return to unrestricted participation in practices and competitions.

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

<u>Rehabilitation stage</u>	<u>Functional exercise at each stage of rehabilitation</u>	<u>Objective of each stage</u>
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training.	Increase heart rate
3. Sport specific exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities.	Add movement
4. Non-contact training 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 practice	Following medical clearance, participate in normal training activities.	Restore confidence and functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, s/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 their medical provider.

Parents' and Coaches Guide to Dehydration and Heat Illness

<https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>

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