

Sullivan West Central School

Extracurricular Policy

Extracurricular activities in the Sullivan West School District are seen as an extension of the academic environment. These activities are supported by the school district because they contribute in a positive manner to the overall development of the student. However, since participation in extracurricular activities is considered to be a privilege, not a right, it is essential that **all students involved in all extracurricular activities** follow rules and regulations which will insure their academic as well as extracurricular success. With this in mind, the following policy has been established for all students in any extracurricular activities in grades 7-12.

ACADEMIC IMPROVEMENT MONITORING (AIMS)

The purpose of the AIMS program is to support each student in meeting the primary goal of school, successful completion of each class they take.

1. Weekly progress reports will be generated to indicate academic achievement. An indication of "CF" will be used to designate a status of "currently failing" during the reported period.
2. Any student failing one or more classes will be placed on the AIMS List. Academic support for students may be available during lunch periods and on scheduled days after school as well as, after school during homework help.
3. A student will become ineligible if he/she has 2 or more CF's on a weekly (semester block schedule) report. Students who appear on this list for the first time in a semester will be placed on probation for 1 week (semester block schedule). Consequently, each student will be allowed 1 grace period per semester. Students who appear on the list for a second time in a semester will be ineligible for the week (Tuesday-Monday) inclusive. Students will become reinstated and eligible to participate when they meet the AIM's criteria.
4. Failure lists will be submitted prior to Monday morning by each teacher no later than 7:45am. If students are placed on the AIMS list they will be notified in homeroom on Tuesday. A letter of notification, in the form of a progress report will also be mailed to parents/guardians.
5. Activity chairperson(s), advisors and/or coaches are responsible for enforcing the 1-week ineligibility period.
6. Attendance at and participation in all school extra-curricular functions are restricted for those students who are ineligible, e.g., an athlete may not attend practice, an actor may not attend play rehearsal and attendance at a dance is prohibited.

1. Health Habits

Participants of extracurricular activities shall observe good health habits both in and out of school. These recommendations include getting proper rest, eating a well-balanced diet, and avoiding the use of body-enhancing supplements. Use or possession of tobacco products, alcoholic beverages, and controlled substances is prohibited. Extracurricular participants in violation of our use and possession policies on tobacco products, alcohol and controlled substances are subject to the following

A. Tobacco

1. 1st. Offense - 25 Calendar days suspension from all activities.
2. 2nd. Offense - 100 Calendar days suspension from all activities.

B. Alcohol/Drugs

100 calendar days suspension from all activities as well as a referral for disciplinary action.

Note If a violation of the above health infractions occurs, a student may:

1. Appeal to the Extra-Curricular Committee for re-admission to the activity after 50 days.
2. Have suspensions carried over into the next season/activity
3. Jeopardize receiving his/her awards

2. Attendance

School: In order to participate in/attend that day's extracurricular activities, students must be in school for the entire school day (must be present for morning attendance unless prior approval has been secured from the building principal.) All excuses should be pre-approved and must be legal. All extenuating circumstances must be reviewed and approved by the building principal.

Note Absences from extracurricular activity sessions may jeopardize membership and/or receipt of awards.

3. Inappropriate Conduct/Conduct Unbecoming an Athlete

If it has been determined that a student involved in or at an extracurricular event has participated in an action that is deemed inappropriate he/she may be subject to discipline in accordance with the student discipline code. The determination of whether an act was inappropriate and disciplinary action is warranted will be determined after review by the Athletic Director and Building Principal.

3A. Off-Campus Misconduct

A Student may be subject to discipline for conduct constituting a crime which is committed off of school premises or at non-school sponsored activities to the extent that the Superintendent of Schools and/or Board of Education believes that the continued attendance in school of the student would constitute an endangerment to the health, safety, welfare or morals of the student and/or others in our schools. In addition, any violation of the Code of Conduct committed by a student at a school sponsored activity held off campus will carry the same penalties and consequences as if it occurred on school property.

4. Extracurricular Travel

Extracurricular members must ride the bus provided for them to and from events. (This includes manager, statistician and helpers.) An extracurricular member may return with his/her parents providing the request is in writing to the coach/advisor. Extracurricular members may not ride to and from events in any other vehicle unless approved by the principal.

5. Leaving a Team / Removal from Team

A. Leaving a Team:

Student athletes are permitted to "leave" a team without penalty if the decision to leave is made within the first 10 days of practice. If an athlete chooses to leave after the initial 10 days, he/she MUST meet with the coach and provide an explanation and that athlete may be prohibited from participation in the following season. The decision will be made within 7 calendar days of the occurrence. All decisions may be appealed to the Extracurricular Committee.

B. Removal from Team:

Students who violate the Sullivan West Code of Conduct and/or the Extracurricular Contract are subject to all penalties associated with the Code of Conduct as well as, risking removal from the team. When a student athlete is removed from a team he/she is ineligible to participate in the following sport season. All decisions may be appealed to the Extracurricular Committee.

6. Earning a Varsity Letter

In order to be eligible to earn a Varsity Letter, student athletes must appear in at least 50% of all the season's contests. The determination to award a letter is subject to the coach's discretion.

7. Appearance

Since students are representing Sullivan West, they are asked to be dressed in a neat and appropriate manner. As per NYSPHSAA Standards no jewelry shall be worn in any sport during practice sessions or during competition.

8. Sportsmanship

Athletes are expected to refrain from unsportsmanlike conduct. Discipline will be in compliance with the sportsmanship rules set by Section IX. Further discipline will be up to the discretion of the coach, administration, and/or extracurricular committee.

9. Equipment

Athletes are responsible for any athletic equipment/uniforms issued to them. Charges may be made to replace any lost or misused uniform, equipment. No new uniforms/equipment will be issued until the previous season's uniforms/equipment are returned.

10. In School Suspension / Out of School Suspension

Students assigned to ISS or OSS are not permitted to participate in extracurricular activities during the days suspension is in force. The suspension will begin with notification from the building principal and will terminate the morning the student is eligible to return to school.

11. Injuries

Any injury that occurs during extra-curricular activities shall be reported to the coach/advisor immediately.

11A. Concussion Management

A concussion is a type of traumatic brain injury. A TBI is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from "mild," i.e., a brief change in mental status or consciousness to "severe," i.e., an extended period of unconsciousness or amnesia after the injury. The majority of TBIs that occur each year are concussions or other forms of mild TBI. Concussions are not only caused by a bump, blow, or jolt to the head that can change the way your brain normally works, but also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Symptoms can vary from person to person, but in general, can effect four distinct areas; thinking and/or remembering, physical, emotional and/or mood, and sleep. While many of these symptoms can appear right away, some may not appear until hours, days, or weeks later.

Symptoms prevalent with thinking and/or remembering can range from difficulty thinking clearly, feeling slowed down, difficulty concentrating, and difficulty remembering new information.

Physical symptoms can range from headache, fuzzy or blurry vision, nausea or vomiting, dizziness, sensitivity to noise or light, balance problems, and feeling tired and having no energy.

Emotional and or mood symptoms can include irritability, sadness, more emotional, and nervousness and anxiety.

Effects on sleep can include sleeping more than usual, sleeping less than usual or just having trouble falling asleep.

Sullivan West is very serious about the health and safety of their entire student - athletes. Therefore, once an athlete is *believed* to have received a concussion, whether involved in a school activity or not, the following guidelines will be followed:

1. The athlete will not be allowed to return to play in the current game or practice at all that day. An On – Site Concussion Check List will be completed by the coach.
2. The athlete should not be left alone, and regular monitoring of their condition is essential over the next few hours following the injury.
3. The athlete must stay out of school and rest for 24 to 48 hours. Younger athletes, K through 8th grade, should rest for 48 to 72 hours.
4. The athlete must be medically evaluated and released in order to start the Return To Play Protocol. (RTP)
5. Our district return to play protocol must be put into action as soon as the athlete is symptom free and medically released. From the time of injury til the time of final release, the concussed athlete will have their physical education class activity and band activities (if enrolled) altered to meet the R.T.P. requirements.

Parents and legal guardians are encouraged to visit the New York State Department of Health’s website for further information regarding mild traumatic brain injuries or the New York State Education Department.

http://www.health.ny.gov/prevention/injury_prevention/concussion.htm or
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices/ConcussionManageGuidelines.pdf> or
<http://www.cdc.gov/concussion/sports/>

12. **Parent/Spectator/Coach/Advisor Relationship Expectations**

Coaches and parents want their children/athletes to have a positive experience as they participate in the school sports program and activities. Communication between the athlete, the parent, and the coach is the key to accomplishing a positive experience. Certain guidelines are required when situations arise when parents have concerns that they feel they need to discuss with the coach/advisor:

- a. All communications desired by parents should be made by a call to the coach during daytime hours and setting up an appointment. Under no circumstance should a coach be approached before, during, or after a game or practice.
- b. While the student/athlete should be the focus of the discussion, concerns that will not be addressed by the coach are items such as: team selection, playing time, play calling, or other student/athletes.

Sullivan West will not tolerate parents/spectators that knowingly abuse these privileges by seeking out coaches/advisors publicly. Parents/spectators found to abuse this privilege may subject themselves to being removed from the current and/or future events.

13. **Assumption of Risks**

Warning, agreement to obey instructions, release assumption of risk and agreement to hold harmless.

I am aware that playing or practicing in any sport is a dangerous activity involving many risks of injury. I understand that the dangers include, but not limited to: death; serious neck and spinal injuries which may result in complete or partial paralysis; brain damage; serious injury to virtually all internal organs; serious injury to all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system; and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of playing and practicing in any sport may result in future abilities to earn a living and to engage in other business, social and recreational activities, and generally to enjoy life.

SULLIVAN WEST CENTRAL SCHOOL

Parent & Student Consent

Parents and students should be aware that participating in interscholastic sports could result in potentially serious injury. I have read and understood the Extracurricular Policy as stipulated in the Sullivan West CSD student handbook.

Date

Student's Signature

Date

Parent's signature show consent

Emergency Information

Sport: _____

Student's Name: _____

Address: _____

Home Telephone Number _____

Mother's home # _____ Work # _____

Father's home # _____ Work # _____

Note: In case of accident or serious illness, I request the school to call the physician indicated and to follow his/her instructions. If it is possible to contact this physician, the school may make whatever arrangements seem necessary.

Local Physician's Name: _____

Office Phone # _____ Address: _____

List two neighbors or nearby relatives who will assume temporary care of your child if you cannot be reached.

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

Please list any allergies or medical conditions you child has: _____

Remarks, directions: _____
