Simsbury High School

“A Guide to Athletics”

updated 5/6/25

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ATHLETIC DIRECTOR INTRODUCTION TO INTERSCHOLASTIC ATHLETICS

In the spirit of a secondary school that provides its students with educational opportunities both broad and deep, the Simsbury High School Athletic Department is committed to sustaining one of the most wide-ranging and outstanding athletic programs for high school students in the United States. The athletic program plays an essential role in teaching students to conduct themselves with honesty and integrity, make sacrifices, strive for excellence, persevere through adversity, and compete with sportsmanship and pride while developing a commitment to teamwork and the Simsbury community.

Simsbury High School believes strongly that its athletic program should represent the same level of excellence and diversity found throughout the institution, thereby providing the opportunity and encouragement for each student-athlete to reach their fullest intellectual and athletic potential. The common goal among the Simsbury athletic administration, exceptional coaching staff, and outstanding scholar-athletes is to achieve success at the highest level possible while abiding by the standards of good sportsmanship and ethical conduct. At Simsbury High School, we expect to produce scholar-athletes whose performance in the classroom and on the fields of play are a reflection of the values of this institution and the Simsbury community.

Simsbury High School has numerous interscholastic athletic teams as well as clubs and activities. Because of this high degree of visibility, it is important that you represent your school, your team and most importantly yourself with pride, determination and commitment.

Participation in interscholastic athletics and co-curricular activities is an experience you will never forget. Enjoy it, take pride in your performance, and best wishes for a successful season.

Jeff Pinney
Director of Athletics & Student Activities

PROCEDURES FOR PARTICIPATION IN ATHLETIC PROGRAMS

Registration

Go to the Simsbury High School website and select Athletics. Then select How to Sign Up For a Sport.

REGISTRATION PROCESS

Please be sure to complete all of the following steps before going to any practice or tryout:

1. Complete the **Electronic Registration Form and submit the pay-to-participate fee***; there are no paper registration forms to turn in! Links on how and where to sign up online
2. Confirm with the Athletic Office that SHS has a valid physical on file for your student. Bring one to the Athletic Office, if necessary. A physical is valid for 13 months from the date of the physical.

*There is financial assistance available to any family in need. Please reach out to the athletic office for more information.

Please contact the Athletic Office if you have any questions. Once you've completed the registration process, a confirmation email will be sent to the address used on the registration form.

Starting Dates & Sport Specific Information

Information on start dates and sport specific information can be found on the athletics webpage and team sites. Start dates vary by sport and season. Essentially the second or third week of August, November and March are when seasons start. Attend the mandatory preseason coaches meeting or see the webpage for more specific information.

SHS Athletics Website

Athletics Team Pages

Booster Club Links and Information

- The following groups are established 501(C)(3) with independent booster clubs

Baseball	Field HockeyLacrosse
Friends of Simsbury Crew	Rugby
Football - Gridiron Club	Wrestling
Boys Ice Hockey	Field Hockey

HANDBOOK OVERVIEW AND ACKNOWLEDGEMENT

The purpose of this handbook is to act as a guide for participants, coaches, and parents in order that each may understand the accepted procedures and policies of the Simsbury High School Athletics Department, in conjunction with the Connecticut Interscholastic Athletic Conference. Described are the procedures, which should bring about a more efficient operation of the interscholastic athletic program. Participation and involvement in the athletic program will contribute to the development of the role students will play in adult life and should help to promote a feeling of pride and school spirit.

Each coach, parent and student-athlete is **required** to read this handbook and acknowledge its receipt before participating in a sport. Through the registration process, parents and student-athletes will acknowledge they have read and understand the contents of the handbook, providing a signature verifying that.

PHILOSOPHY

The athletic program at Simsbury High School is an integral part of the educational process. The purpose of the program is to stimulate students to develop mutual interests, promote motivations and improve their physical skills creating a student-centered education-based athletic program.

To be of maximum effectiveness, the athletic program must be closely coordinated with the general instruction of the school. It must be such that the number of students accommodated, and the educational aims achieved, justify its inclusion in the overall educational program.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health.

Participation in athletics at Simsbury High School is contingent upon meeting eligibility requirements, adherence to established rules, and physical ability. Students can engage in various roles such as athletes, team managers, and team contributors across a range of sports. Simsbury High School offers opportunities with both limitless and limited rosters.

For sports with limited roster spots, athletes must go through a tryout process to qualify for a spot. The details of the tryout process will be communicated in advance, and parents are encouraged to attend the coach's preseason parent meeting to ask questions and seek clarification.

Participation in athletics is believed to contribute to the following:

- Physical Fitness: Involvement in sports promotes physical activity, contributing to overall health and well-being. Regular exercise helps students develop and maintain physical fitness.
- Teamwork and Collaboration: Athletics provide an opportunity to work collaboratively within a team setting. Athletes learn to communicate, cooperate, and coordinate with teammates to achieve common goals.
- Discipline and Time Management: Student-athletes often need to balance academic responsibilities with the demands of their sport. This helps develop discipline and effective time management skills, which are valuable life skills.
- Leadership Skills: Being part of a sports team allows students to develop leadership qualities, whether as team captains, motivators, or role models. These skills can extend beyond the field into other aspects of life.
- Resilience and Perseverance: Athletics teach students to handle wins and losses with grace. Facing challenges, setbacks, and competition helps build resilience and perseverance in the face of adversity.
- Social Interaction: Athletics provide a social environment where students can form lasting friendships, interact with peers, and build a sense of community within the school.
- Healthy Competition: Engaging in sports helps students understand the concept of healthy competition, emphasizing fair play, sportsmanship, and respect for opponents.
- Self-Esteem and Confidence: Achieving personal and team goals in sports can boost self-esteem and confidence. Overcoming challenges and improving skills contribute to a positive self-image.
- Stress Relief: Physical activity is known to reduce stress and improve mental well-being. Athletics offer an outlet for students to channel their energy in a positive and constructive manner.
- Lifelong Habits: Participation in athletics can instill a love for physical activity and a commitment to a healthy lifestyle, fostering habits that can last a lifetime.

Overall, the aim is to provide students with a well-rounded experience that goes beyond the physical aspects of sports, contributing to their personal, social, and emotional development.

Communication & Conflict Resolution

We strive to teach strong communication skills to our student-athletes and as such empower them to be the first point of contact for all communications with coaches.
It is essential to involve the coach in playing time conversations as they possess valuable insights into their coaching decisions. The coach's daily presence at practices and deep understanding of the team dynamics positions them as the authority on matters such as playing time, roster assignments, style of play, play calling, and other strategic decisions.

In these discussions, it's important to recognize that the coach's discretion is paramount. They are responsible for shaping the team's strategy and making decisions that they believe will contribute to the team's success. While players and parents may have concerns or questions, approaching the coach with a willingness to understand their perspective can foster a more productive dialogue.

It's also crucial to keep the conversation focused on the player in question and avoid discussions about other student-athletes. This helps maintain a respectful and individualized approach to addressing concerns or seeking clarification on playing time and related matters.

Effective communication between players, parents, and the coach is key to building a positive and collaborative team environment. It allows everyone involved to work towards common goals and ensures that decisions are made with the best interests of the team in mind.

The communication process is meant to emphasize the importance of open dialogue. Here's a breakdown of the steps:

1. Athlete – Captain:
    - Encourages athletes to first address concerns or conflicts directly with their team captain. This promotes peer-to-peer communication and teamwork.

2. Athlete – Coach:
    - Emphasizes the primary role of the athlete in initiating discussions with the coach about playing time or other concerns. This encourages personal responsibility and accountability.
3. Athlete – Director of Athletics:
    - Establishes a hierarchy for conflict resolution involving the Director of Athletics if issues persist after discussions between the athlete and coach. This provides a higher level of intervention while keeping the process within the athletic department.
4. Parent – Athlete - Coach:
    - Introduces parents into the resolution process but maintains the focus on direct communication between the athlete and coach. This step underscores the importance of involving parents only when necessary.
5. Parent – Athlete - Coach - Director of Athletics:
    - Expands the resolution process to include the Director of Athletics when issues persist after involving the parent. This step ensures that higher levels of authority are engaged to address persistent concerns.
6. Parent – Director of Athletics - Principal:
    - Elevates the issue to the school administration level if conflicts remain unresolved after involving the coach and Director of Athletics. This final step brings in the Principal to address more complex or systemic issues.

The emphasis on keeping playing time conversations focused on the coach and the individual player, as well as the restriction against discussing other student-athletes, reinforces a respectful and solution-oriented approach.

Overall, this structured conflict resolution process is intended to reflect a commitment to fostering effective communication, teamwork, and a positive athletic environment. It is meant to encourage athletes to take ownership of their concerns while providing appropriate channels for intervention when needed.

SPORTSMANSHIP

The Simsbury Public Schools conducts an athletic program to enhance the personal and educational growth of its participants by providing healthy and challenging competition. All spectators and participants are asked to contribute to these goals by vocally supporting the efforts of our athletes and by refraining from any actions toward our opponents and officials, which interfere with the realization of our stated goals.

Beginning with the start of the 2016-2017 school year, Simsbury High School voluntarily declared its athletic program would adhere to the Class Act Standards of Sportsmanship as set forth by the CIAC. The Student-Athlete Leadership Team (S. A. L.T.) serves as the student based council that will govern the sportsmanship initiative, both from the implementation of these standards and governance should we fall short of our expectations as fans.

CIAC Class Act Guidelines

ALL Spectators (including parents):

- 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.
- 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 noisemakers 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. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during "dead ball" situations.
- 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 the decisions of officials. When coaches are asking questions of officials, those questions will be asked in a respectful manner.
- 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.

ATHLETIC AWARDS

At the conclusion of each sports season, varsity athletes will be presented letters, numerals, metal insignias, and/or certificate awards. These awards will be presented at individual team banquets organized by the parents/boosters in conjunction with the coaching staff.

AWARD REQUIREMENTS:

a. **Varsity**
Varsity letters will be awarded to athletes upon the successful completion of an athletic season and the recommendation of the head coach. Specific guidelines will be developed by each coach and clearly defined to all athletes. A player shall have conducted themselves in an exemplary manner both on and off the field, exhibited good sportsmanship to his /her opponents, teammates and coach and ended the season in good standing.

b. **Junior Varsity**
All members of a sub varsity team who have successfully completed an athletic season in a particular sport are eligible to be named to the Simsbury All-Academic Team (see below). Certificates of participation are available to those student-athletes wishing to

receive one. Athletes may stop by the Athletic Department at the end of the season to request this award.

c. **Freshman**
All members of the freshman athletic squads who successfully complete an athletic season for a particular sport are eligible to be named to the Simsbury All-Academic Team. (see below). Certificates of participation are available to those student-athletes wishing to receive one. Athletes may stop by the Athletic Department at the end of their season to request this award.

d. **Manager**
Manager awards will parallel the regular awards system for varsity teams and will be made only upon the recommendation of the coach.

ADDITIONAL AWARDS:

- CIAC Scholar Athlete Award - This award is given to one male and one female athlete in the senior class each school year based on the combination of athletic achievements, including team success, individual accomplishments such as selection to all-conference/all-state, character, leadership and academic accomplishments, including GPA. The selection of the scholar-athletes will be conducted by the building principal and athletic director.

- Sports Insignia (Pin) – Appropriate metal sports insignia awarded to letter winners in any sport.
- C.C.C. All-Academic Team – Awarded to varsity letter winners who have maintained a grade point average of at least 3.0 during the quarter of competition. A certificate is available upon request.
- Special Certificates- Given in recognition of special categories such as Most Valuable Player; Coach's Award, Most Improved, sub-varsity academic achievement etc. Individual teams may create these awards and they must be approved in advance by the athletic director before being bestowed.

AWARD RECIPIENTS:
All recipient award/letter/certificate winners **MUST** be present to receive their awards. Failure to attend may result in the forfeiture of awards. Players may receive permission from their coaches to be absent and remain eligible to receive awards.

Athletes **MUST** have completed the season in good standing to be eligible to receive any such awards.

SUMMARY OF ATHLETIC AWARDS:

- 1st Varsity Award	Certificate, Varsity Letter
- Addition Varsity Awards	Certificate and Metal Sport Insignia
- Junior Varsity Award	Certificate of Participation
- Freshman Awards	Certificate of Participation
- Managers (varsity)	Certificate, Manager Insignia and other appropriate awards
- Captain	Captain Insignia

***A nominal fee will be charged for replacement awards.**

SPORTS INFORMATION

Athletic Schedules, results and sports information can be found in two areas:

1. The Simsbury High School website – https://www.simsbury.k12.ct.us/schools/shs/athletics
2. The Connecticut Interscholastic Athletic Conference – C.I.A.C. (the governing body of high school athletics). Website – www.ciacsports.com (on this site you will find athletic schedules and directions to all schools as well as off site facilities, game results and post season tournament information. You can also register to receive schedule updates).

SIMSBURY HIGH SCHOOL ATHLETIC TEAMS

	Girls	**Boys**
FALL SEASON	Cheerleading (co-ed)	Cheerleading (co-ed)
	Crew	Crew
	Cross Country	Cross Country
	Field Hockey	Golf
	Soccer	Football
	Unified Sports (co-ed)	Soccer
	Volleyball	Unified Sports (co-ed)

WINTER SEASON	Basketball	Basketball
	Cheerleading (co-ed)	Cheerleading (co-ed)
	Ice Hockey	Ice Hockey
	Indoor Track & Field	Indoor Track & Field
	Swimming & Diving (co-ed)	Swimming & Diving (co-ed)
	Unified Sports (co-ed)	Unified Sports (co-ed)
	Wrestling (co-ed)	Wrestling (co-ed)
SPRING SEASON	Crew	Baseball
	Golf	Crew
	Lacrosse	Lacrosse
	Rugby	Rugby
	Softball	Tennis
	Tennis	Track & Field
	Track & Field	Unified Sports (co-ed)
	Unified Sports (co-ed)	Volleyball

Selection of team members is subject to the discretion of the coaching staff and nature of the sport. Student/athletes are encouraged to refer to the coach for the selection process of a particular sport and for the levels of participation offered in that sport.

POLICIES AND PROCEDURES FOR ALL STUDENT/ATHLETES

A. Substance Abuse Policy – See Page 16

B. Appropriate Behavior

- Any student/athlete who initiates a fight will be removed immediately from the practice or contest.
- Verbal and/or physical abuse of officials or coaches by student/athletes will result in immediate removal from the contest.
- The following behaviors will be considered serious violations of the athletic code and school rules and will result in disciplinary action:
    A. Civil law and criminal infractions.
    B. Theft or malicious destruction of individual, private or school property.

C. Misconduct by an athlete that is potentially detrimental to the athletic program, school or school district.

C. School Attendance

- Athletes will be allowed to participate in practice or contests only if they are in school all day or are school excused according to the student handbook.
- Unexcused single period absences during a given day may cause an athlete to be withheld from practice or contests on that day.
- Student-athletes must meet minimum attendance requirements on Friday in order to be eligible for weekend practices and games.
- Students who are dismissed from school through the nurse are not eligible to return to participate in that afternoon/evening's events.

D. Absence from Scheduled Practice

- A team will only function effectively when all participants are present. Any player who skips practice is hurting themselves and the team. A player must notify the coach of any practice he or she is required to miss in advance. The coach will determine if the excuse is acceptable.
- Athletes need to be aware of the team rules on missing practices/games as they may impact participation.

E. Locker Rooms

- It is the student/athlete's responsibility to leave all your valuables at home and keep your locker locked at all times.

Note: The school will not be responsible for personal property.

F. Athletic Equipment

- The student/athlete is responsible for all uniforms and equipment that is assigned to him/her.
- All equipment will be returned when the athlete completes the sport, either at the end of the season, or on leaving the team.
- If items are lost or abused, the student/athlete will be required to pay for a replacement.
- Uniforms are to be worn only at scheduled practices, contests or on game days.

Note: Athletes who do not return equipment/uniforms are ineligible to participate on additional athletic teams throughout the year.

G. Vacations

- Team members are expected to attend practices and contests during vacations that fall within the team season. Parents should make family vacation plans with the student/athletes' commitment in mind. However, athletes who have family vacation plans must furnish the coach notification of vacation plans the day after the team has been selected. A parent or guardian of the athlete must sign the written notification. No team member will be removed from a team for missing practice or games during vacations for which they have notified the coach as previously stated. As high school sports are competitive, it is important to understand that playing time is a coaching decision and the choice of one family to take a vacation may result in the opportunity for another student-athlete to play both in that person's absence as well as upon their return. It shall be the coach's prerogative to decide who plays.

H. Bus Behavior

- Student/athletes must travel to and from contests on the team bus, accompanied by the coach.
- Athletes will be expected to conduct themselves appropriately at all times while riding to and from athletic contests.
- Any damage to buses, caused by athletes, will be paid for by the athlete(s) involved. Said athlete(s), by this behavior, will be subject to dismissal from the squad and school discipline.

I. Hazing

- Hazing is **prohibited** at all times. Hazing activities of any type are inconsistent with the educational goals of the school system. "Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person, in order for the student to be initiated into or affiliated with a student organization or any other purpose.

The term hazing includes, but is not limited to:

1. Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.
2. Any type of physical activity that subjects the student to a risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity that intimidates or threatens the student with ostracism, that subjects a student to stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
4. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

Note: The school district will act to investigate all complaints of hazing and will discipline up to and including expulsion.

J. Captain's Practice

- The term "Captain's Practice" usually means the team's captain organizing and conducting practice sessions for the sport without adult supervision. The CIAC and CCC do not in any way sanction, encourage or condone "Captain's Practice" in any sport. "Captain's Practice," depending on the member school's involvement, may be a clear violation of the season limitations eligibility rule or certainly a violation of the spirit of the rule.

K. Changing Sports

- Athletes will be allowed to transfer registration from one sport to another only on mutual agreement of the two coaches involved and prior to the first contest of the season. Athletes must contact the Athletic Department to make the switch.
- An athlete who drops from a team after the first contest is not permitted to join another team during that season.

L. Gymnasium Procedures

- No one is allowed in the gym unless it is his or her designated practice period.
- At no time is it permissible for individuals or groups to work out in the gymnasium, unless under direct supervision of a coach.
- Athletes practicing in the gymnasium for one sport will refrain from using equipment not specifically designated for their sport.
- Teams "in season" will have priority on gymnasium use.
- Gym time for any one team may vary depending on the requests and availability of coaches. A rotation may be used if coaches request the same times.

M. School Suspensions

- Students may not participate in any game, contest, practice or school activity while under suspension, nor may a student appear on school grounds or at a school activity on any school day while suspended from school. This includes contests at away sites. The suspension is in effect until the student is readmitted to classes by an administrator.

O. **Transportation**

- Transportation to and from athletic contests will be provided by the Athletic Department (with few exceptions). **Athletes are not permitted to drive themselves to an away contest**, **under any circumstances**.
- Athletes are expected to return from away contests on the transportation provided by the district. When an athlete needs to leave from an away contest with his or her parent(s)/guardian(s), an electronic request for alternative transportation must be submitted no later than 24 hours prior to an event
  Only extenuating circumstances or emergency situations will be approved.

P. **Team Selection**

- Selection of team members is subject to the discretion of the coaching staff and nature of the sport.
- Coaches are expected to provide information to prospective student-athletes on the selection process specific to their sport and for the levels of participation offered in that sport.
- Upon completion of the tryout process, when teams have been selected, members of the coaching staff will meet with each participant to discuss their tryout, results and other relative information. Teams that do not have team selection procedures may hold these meetings as necessary but would not be required.

Q. **Summer Sport Offerings**

a. In order to best serve our student-athletes, Simsbury Athletics will allow coaches to offer summer training opportunities should they wish to do so. It is important to note that this program is optional for both coaches and student-athletes. Families are encouraged to enjoy their summer and take advantage of these opportunities if they are able. This is not a requirement to make a team.

b. Registration is required for participation in any summer sport offering. Students are able to join any group they wish at a cost of $50 per sport offering.

- CIAC Language around summer sports - Member schools' coaches may allow their coaches to coach their member school athletes during the summer months beginning on the Monday following the designated spring state championship weekend (Prior to Decathlon) and concluding no later than the second Saturday of August provided ALL the following conditions are adhered to:
  - Coaching is restricted to no more than 2 days per week per sport.

- Each day may not exceed 2 total hours of practice time per day OR the amount of time needed to complete an official single game/contest. (Note: Multi-contest events, round robin tournaments, double header games, etc. are not permitted)
- Although NOT required, coaches may receive compensation provided it is not directly or indirectly derived from fees charged to student-athletes. However, coaches may collect fees from member school student-athletes to cover administrative costs such as transportation, entry fees, Insurance, officials, Etc.
- Any person providing instruction during this summer activity must hold a valid State of Connecticut coaching permit.
- Any summer activities conducted by member schools, or their coaches cannot be mandatory for their student-athletes.
- School Districts may allow the use of school equipment, transportation, and insurance ONLY for these 2 per week activities.
- None of the above exceptions/conditions may be used in any other part of the existing restrictions for the out of season summer regulation.
- Note: In the sport of football full contact is prohibited.

EXPECTATIONS OF PARENTS

- Encourage your athlete by acknowledging their contributions to the team amd reinforce the benefits of being a part of a team.
- If your athlete isn't playing, encourage them to keep striving and improving rather than making excuses. High school sports are competitive and teaching athletes to do their best is more important than playing time.
- Support the coach and avoid criticizing them or other players. Positive support yields positive results.
- Emphasize the importance of good grades and ensure your athlete dedicates ample time to their studies.
- Encourage your athlete to enjoy their own journey without feeling pressure to fulfill your own aspirations.
- As a fan, demonstrate respect towards players, coaches, and officials. Remember, your behavior reflects on your family and the team.
- Promote respect for rules, officials, and sportsmanship to maintain dignity on and off the field.

- Foster your athlete's self-esteem by focusing on their unique qualities without comparing them to others.
- Encourage your athlete to play for the joy of the game rather than external pressures like scholarships.
- Appreciate that coaches bring diverse approaches and enrich athletes' experiences through their guidance. Coaches also must prioritize the needs of the team over the needs of any one individual member of the team.
- Set a positive example as a parent and supporter by offering encouragement rather than unsolicited advice.

  Participate positively in the team community by cheering for all players and contributing to booster clubs. There are numerous ways to engage constructively with the team.

CODE OF CONDUCT FOR ATHLETES

INTRODUCTION

As a student-athlete of Simsbury High School I promise to abide by the code of conduct during the entire period when I am enrolled in a sport both in and out of school. Participating in athletics is a privilege for students and any violation of, but not limited to, the below could result in the loss of that privilege. Students shall always display high levels of pride, ethical conduct, fair play, moral character, good citizenship, and emotional maturity and are expected to conform to the rules and regulations of the program they are participating in as well as the following Code of Conduct.

1) Community Perception: As a member of a school sponsored team/club, I understand that my behavior in practice/competition as well as in school and out in the community is a reflection of the school and the Simsbury Community. As such, I am dedicated to behaving in an exemplary manner, in accordance with the SHS Student Handbook, any team rules, or as determined by the school administration and that any behavior that could be seen as reflecting poorly on the team, the school or the community, can result in my suspension (including up to removal from) the team.

2) Safety: Students' behavior shall consider the safety and well being of all members of their team, competitors, officials, spectators, and the community in general and should act accordingly to ensure the safety of themselves and others.
3) Social Media: Students shall use social and electronic media for positive purposes only. Any communications, posts, public acknowledgements, or other electronic forms of communication should reflect a positive image of the student, the school and the community. Any electronic communications, including inappropriate or inflammatory comments that do not meet this standard, as determined by the administration, that are directed towards students from other schools, fellow Simsbury High School students, coaches, administrators, officials,or community members will result in disciplinary action. Included in this are such posts that could constitute hazing or bullying.
4) School Attendance: Students shall abide by the Simsbury Attendance policy before participating in any extracurricular activities. This requires attendance at all classes in a given day prior to participation in after school activities, or an appropriately documented student handbook excused absence. Please refer to the student handbook for more details. Please note that family vacations are specifically listed as unexcused absences in the student handbook and are not a legitimate excuse for missing regularly scheduled practices, games or activities that are required. Students and parents must understand this when they make the commitment to participate in athletics.
5) Required Attendance at Sports: Students shall attend all required meetings, practices, activities, and competitions on time. If a student does have a need to miss an activity they need to get approval from their coach in advance. The academic needs of the student come before extracurricular activities and students will be supported accordingly. An unexcused absence from athletics may result a loss of playing time. Another student-athlete who attended practice may have the opportunity to play in your place. Please understand that this is a coaching decision and the team may have installed a specific gameplan or concepts in your absence.
6) Substance Violation: As a member of a school sponsored team/club, I am dedicated to keeping myself in the best physical condition possible in order to perform to the

best of my ability and to contribute to the success of the team. As such, training rules are as follows:

a) NO possession and/or use of tobacco products, or paraphernalia including electronic nicotine delivery systems or vapor products per State Statute 53.344B.
b) NO possession and/or use of alcohol,
c) NO possession and/or use of illegal drugs.

My violation of the Code of Conduct from the first day of the activity/practice through the last scheduled meeting, game or contest for my sport or activity, will result in my removal from the activity/team for the remainder of the current sport season and all future athletic participation, unless I request and fulfill the conditions of the reinstatement process. (See Petition Process for Reinstatement to the Athletic Program included on page 15 of this handbook. The process is also detailed in the Simsbury High School Student Handbook.)

7) Leadership: Any student in a "leadership" role that is in violation of this code of conduct will be removed from their leadership position for the remainder of the season. Their ability to hold any leadership positions in any subsequent season will be subject to review by and approval of the advisor/coach and school administration.
8) Off-Season Expectations: Coaches may provide additional opportunities for athletes outside of the designated CIAC season. Please understand that these opportunities are meant to benefit those who choose to participate in them. They are entirely optional and will have no direct correlation to an athlete's team placement.

Conclusion

Students failing to meet the requirements of the contents of the Code of Conduct shall face disciplinary action, on an individual basis, which is to be conducted in accordance with the rules and regulations of due process of the Department of Athletics and the Simsbury HIgh School Administration. This action could include suspension or expulsion from the team/club as deemed appropriate by the Principal or Director of Athletics.

ATHLETIC REQUIREMENTS FOR PARTICIPATION

In order to participate in any sport at Simsbury High School the following requirements must be met:

- Sports Health Assessment Form completed by Physician and Parent/Guardian submitted to Athletic Office **or** CT Health Assessment Form.
- Complete on-line registration process.
- All CIAC eligibility requirements must be satisfied.

SPORTS HEALTH ASSESSMENTS FOR INTERSCHOLASTIC ATHLETICS

The State of Connecticut requires that all students have a Sports Health Assessment ***before*** being permitted to take part in interscholastic sports. This means they may not participate in try-outs, practices, or contests without evidence of a valid sports physical being on file in the high school Athletic Office.

IMPORTANT: The blue colored State Medical Form (HAR-3 rev. 4/2010) is **not acceptable** for athletic participation unless the examining physician specifically checks off on the form that the athlete may "participate fully in athletic activities and competitive sports." This can only be found on the version cited above. Please note we will need a copy of the complete document.

A Sports Health Assessment is valid for thirteen months. Should a physical expire during the school year and/or during the season a student is participating in, the student will be expected to submit evidence of an updated physical by submitting a new physical form or CT Health Assessment Form for continued participation. In the event of an injury or change in medical status, the student-athlete might be required to update their physical depending on the nature of the injury/change in health.

To return to the team after an injury, the athlete must obtain a note from the attending physician stating that the athlete may continue in the program.

This note must be given to the Athletic Trainer. Without a note from their doctor clearing the athlete to return, the athlete will not be allowed to participate in any practice or contest.

Please note additional evaluation by the Athletic Trainer might be necessary upon clearance from the attending physician. This includes the return-to-play protocol required AFTER a physician has returned the athlete to participation. The

return-to-play protocol is a six-step process that is overseen by the athletic trainer AFTER a doctor has cleared the athlete to return to activity. Please note that this process occurs over a period of days the athlete will not be allowed to return to full participation until after this process is completed and the athlete is cleared by the athletic trainer. The athletic trainer will be in contact with parents when a head injury occurs and outline this process. See Return to Play Protocol on pg 14 on these guidelines.

ACADEMIC AND ELIGIBILITY REQUIREMENTS

ATTENTION ATHLETES

In accordance with the CIAC you are **NOT ELIGIBLE** if:

- You are not taking at least four (4) units of work or its equivalent; (Rule I.B.)
- You have not passed at least four (4) units at the end of the last regular marking period as of the official day that grades are issued, with the exception of fall eligibility. * (Rule I. A.)
- You are nineteen (19) years of age; Student-athletes will be allowed to compete up through their 19th birthday, however, if their 20th birthday falls during a season, the student-athlete will not be allowed to start or compete during that season and all eligibility will cease. (Rule II.B.)
- You have changed schools without a change of legal residence; (Rule II.C.)
- You have been in attendance for more than eight (8) semesters (A student 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); (Rule II. B.)
- You play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season; (Rule II.E.)

  The exception to Rule II.E. shall be:

  1. Participation in parent/child tournaments and caddy tournaments.
  2. Swimming, tennis, gymnastics – a pupil 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.
- You play under an assumed name on an outside team; (Rule II.F.)
- You receive personal economic gain for participation in any CIAC sport. (Rule II.F.)
- Your work habits or conduct both in and out of school are such as to make you unworthy to represent the ideals, principles, and standards of your school.

*For fall sports eligibility – students must have received credit for four (4) units or its equivalent towards graduation at the close of the school year preceding the contest.

NOTE: Marking period grades (not semester grades) are to be used in determining scholastic eligibility, except for fall eligibility.

The school principal may declare a student ineligible if it is felt that the student is not taking care of his/her responsibilities both as a student and citizen of Simsbury High School and the community.

The Simsbury High School Athletic Department policies and CIAC rules stated above (and throughout this handbook with few exceptions) apply to all student-athletes and athletic programs, regardless of whether they are CIAC sanctioned sports or not.

INSURANCE FOR ATHLETES

Students participating in interscholastic sports are automatically covered under the school's athletic insurance program. The athletic insurance program does not cover any medical expense that is paid or payable under any other insurance policy. Therefore, a family's regular insurance policy (Blue Cross/Blue Shield, etc.) will cover the student athlete initially. The school's athletic insurance will take effect when the individual's insurance is exhausted, up to the limits contained in the school's athletic insurance policy, which is on file in the Business Office**. Please take notice, if you have questions about coverage or particular treatment under the school's athletic insurance policy, you should inquire about such coverage before you request or authorize treatment.** Athletes who are injured may obtain a claim form from the Athletic Director who will review the original accident report and sign the claim form. **Claims must be on file with the insurance company within 90 days of the injury.**

ATHLETIC INJURIES

REPORTING OF INJURIES

All injuries that occur while participating on an athletic team are to be reported to the appropriate coach and/or athletic trainer who will fill out an injury form and turn it into the Athletic Department Office. This report should be completed the day of the injury or as soon thereafter as possible. The Athletic Office will then submit the report to the Business Office.

Head Injuries

Head injuries may not become evident until some time has passed since the actual incident. In addition, many athletes participate in weekend activities without medical coverage. For these reasons, it is important to be aware of the signs, symptoms, and appropriate treatment for head injuries. The injured athlete should **never be left alone for the first 24 hours** after the injury. It is important to monitor the student-athlete after a head injury however since rest is an important part of recovery, it is not necessary to wake the athlete throughout the evening. Parents can contact the Athletic Trainer for additional information.

While a *mild* headache may be expected, it is still important to monitor the athlete. If any of the following symptoms occur, please seek medical attention immediately. Athletes should not drive until cleared by a physician or athletic trainer.

- ⇨ Increasing or severe headache
- ⇨ Dizziness
- ⇨ Vomiting or nausea
- ⇨ Loss of memory
- ⇨ Poor concentration
- ⇨ Confusion
- ⇨ Change in personality
- ⇨ Unequal or dilated pupils
- ⇨ Double or blurred vision
- ⇨ Blood or watery fluid coming from the ears or nose
- ⇨ Weakness or clumsiness in arms or legs
- ⇨ Slurred or garbled speech
- ⇨ Difficulty with speech
- ⇨ Asymmetry of the face
- ⇨ Increased swelling along the scalp
- ⇨ Hard to arouse or irritable

⇨ Convulsions and/or awkward movements

Return to Play Protocol

Medical Clearance RTP protocol (There should be at least 24 hours for each step of the progression)

Stage	Rehabilitation steps/Aim	Functional exercise at each step of rehabilitation/Activity	Goal of each step
0	It is recommended that an initial period of 24 – 48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCrory, P. et al., 2017). If at any time signs or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the symptoms are gone the next day, the athlete may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist, the athlete should be referred to a healthcare professional who is an expert in the management of concussions.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace; No resistance training	Increase heart rate
3	Sport-specific exercise. No contact	Jogging, brief running or skating drills; No head impact activities	Add movement
4	Non-contact training drills	Harder trainer drills (e.g., ball/puck/baton passing drills); May start progressive resistance training	Exercise, coordination and increased thinking/concentration
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

TRAINING ROOM SERVICES/COVERAGE

Athletic training services are available for all sports teams. On-field game coverage is determined by the number of contests happening and by the nature of the sport (collision, contact, non-contact). The athletic training staff will also provide care for teams visiting Simsbury High School venues.

During the fall season, the athletic trainer is in the training room from 2:00pm until game(s) to be covered begin. If there are no games, the athletic trainer will be covering practices. The winter schedule is determined by daily home athletic schedules that include numerous assignments at evening contests. Please check the training room door or with your team's coach for the schedule. **A list of training room rules is posted in the training room.**

SUBSTANCE USE, POSSESSION, OR DISTRIBUTION

<u>In-Season Substance Possession/Use</u>

Use, possession, or distribution of drugs and/or alcohol will result in the immediate dismissal from the team for the season and may carry over into the following season. The student-athlete may regain athletic eligibility after completing a reinstatement program.

Use, possession, or distribution of alcohol, illegal drugs, or tobacco (**which includes but is not limited to cigarettes, cigars, snuff, smoking tobacco, smokeless tobacco, nicotine delivery systems, vapor products, chemicals or devices that produce the same flavors or physical effects of nicotine substances; and any other tobacco or nicotine innovations per State Statute *53.344B***), from the first day of practice through the last scheduled game or contest for my sport, will result in removal from the team for the remainder of the current sport season and all future sport seasons, unless I request and fulfill the conditions of the reinstatement process. (See Petition Process for Reinstatement to the Athletics Program below. The process is also detailed in the Simsbury High School Student Handbook.) Any Team Captain found in violation of this contract will lose his/her position as Captain for the remainder of the season. His/her ability to hold the position of Captain in subsequent seasons would be subject to review by the Coach and School Administration. Substances provided to an athlete through a prescription

PETITION PROCESS FOR REINSTATEMENT TO THE ATHLETICS PROGRAM

When a violation of the Sports Contract during a season is reported and verified by the coach or the administration, a meeting will be held with the student-athlete, parent(s)/guardian(s), coach and high school principal/assistant principal to explain the reinstatement process and sign the necessary forms. Furthermore, if the suspension period should exceed the sport season in which the infraction occurred, the remaining period of time shall carry over to the next sport season and be served from the date of the first contest in that subsequent season. The regular school disciplinary policies and procedures supersede this contract. When those disciplinary procedures have been completed, the provisions of this contract will commence.

FIRST OFFENSE

A. If the athlete admits to the violation in the initial meeting with the coach or school representative, the athlete shall be suspended from Simsbury Athletics for a period of 21 calendar days from the initial meeting.

1) During this period, the athlete will meet with a school counselor (psychologist or social worker) for an assessment. Additional sessions may be required at the discretion of the school counselor.

2) The athlete must attend and participate in all practices.

3) The athlete must attend all contests but may NOT participate and may NOT be in uniform.

B. If the athlete does not admit to the violation in the initial meeting, and it is subsequently shown or admitted that a violation did occur, the athlete shall be suspended from the team for a period of 42 calendar days from the time that a violation was determined.

1) During this period, the athlete will meet with a school counselor (psychologist or social worker) for an assessment. Additional sessions may be required at the discretion of the school counselor.

2) The athlete must perform ten hours of school/community service.

3) The athlete must attend and participate in all practices.

4) The athlete must attend all contests but may NOT participate and may NOT be in uniform.

SECOND OFFENSE

Should a second violation occur, the following procedure shall apply:

A. If the athlete admits to the violation in the initial meeting with the coach or school representative, the athlete shall be suspended from the team for a period of 42 calendar days from the initial meeting.

1) During this period, the athlete will meet with a school counselor (psychologist or social worker) for an assessment. Additional sessions may be required at the discretion of the school counselor.

2) The athlete must attend and participate in all practices.

3) The athlete must attend all contests but may NOT participate and may NOT be in uniform.

B. If the athlete does not admit to the violation in the initial meeting, and it is subsequently shown or admitted that a violation did occur, the athlete shall be suspended from the team for a period of 84 calendar days from the time that a violation was determined.

1) During this period, the athlete will meet with a school counselor (psychologist or social worker) for an assessment. Additional sessions may be required at the discretion of the school counselor.

2) The athlete must perform ten hours of school/community service.

3) The athlete must attend and participate in all practices.

4) The athlete must attend all contests but may NOT participate and may NOT be in uniform.

ANY SUBSEQUENT OFFENSES

Any further participation in the athletics program shall be contingent upon a recommendation of the school Counselor, Coach, and School Administration. Furthermore, any athlete who violates the sport contract a second time over the course of their high school career will not be allowed to hold the position of team Captain without review by the School administration and Coach. The final decision will be that of the Principal.

CHEMICAL HEALTH POLICY

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 shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (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.

Performance enhancing substances and practices subject to this policy include but are not limited to, the following:

a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues.

b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes).
c. 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.

NCAA INITIAL-ELIGIBILITY FOR COLLEGE ATHLETES

Information on initial-eligibility for college participation can be found by logging onto the NCAA Eligibility Center (www.eligibilitycenter.org). The Athletic and Guidance Departments will be working together to produce an information sheet on the eligibility process which will be available for all students and families. Students should begin thinking about the academic requirements for college participation in their freshman year and register with the eligibility center in their junior year.

DIRECTIONS TO ATHLETIC EVENTS

Addresses to high schools we compete against or other tournament sites are available on the CIAC website (www.casciac.org). Click on the direction link located at the top of the page to obtain maps, addresses and directions to various sites.

Frequently Asked Questions

1. When do I need to register my child before? Is there a cut-off to join a team?
    a. Registration is open based on the following schedule. Students should be signed up prior to the first day of tryouts/practice. The cut-off to join a team is the first contest date for the season (CIAC rule).
    Fall - June 1
    Winter - October 15th
    Spring - February 15th
2. What sports have cuts?
    a. Most SHS teams do not have cuts. The following however do:

Girls Volleyball, Girls and Boys Soccer, Girls and Boys Basketball and Baseball.

*Based on the number of students registered and the number of players a team can safely coach and equip, SHS reserves the right to add additional teams to this list. Players who pose a safety concern to themselves or others also may not be offered a roster spot both for their and their teammates safety.

3. What are my child's options if they are cut from a sport?
    a. Your child can and should be encouraged to join a team that does not have cuts. There are many options each season where they can receive many of the same benefits of being a part of a team at SHS. Should your child not wish to participate in any sport that season, you will be issued a refund of your pay-to-participate fee.
4. Does the school hold practices on religious holidays?
    a. While the school works not to hold games on religious holidays, we do serve a diverse group and will do our best to accommodate all religious holidays as best we can. There may be occasions where we are unable to move our games/contests for various reasons. Any/all games or practices that take place on religious holidays are entirely optional for players. Coaches will express this when students and families are notified of the schedule. We encourage families to make those decisions together and support whatever decision is made.
5. Does the school hold games/practices over school holidays/breaks?
    a. Yes we do. Our seasons are limited in length and we are assigned our schedule by the conference, including start and end dates. In order to safely fit all of our games in they are scheduled throughout the window of the season and there are no accommodations made for school vacations. There is also a limit on the number of games that are allowed to be scheduled in any given week (CIAC rule) which prevents us from simply moving contests to other weeks. Please plan accordingly.
6. How much does it cost to play a sport at Simsbury High School? Are there any additional costs involved? Is there support available if needed?
    a. The Pay-to-Participate fee at SHS is $200 per sport. There is a family maximum for the year of $800. Both of these numbers do not include the additional cost associated with Swimming or Ice Hockey. There is an additional fee of $300 for each of those sports ($500 for Swimming and Ice Hockey) due to the cost of renting facilities. There are additional costs involved if you choose to join the booster club, purchase optional equipment (your own lacrosse or football equipment), or purchase optional gear including sweatshirts or warm-ups. Many teams at SHS do choose to

outfit their players each season with warm-ups, travel or practice gear and that cost is shared between families and the booster clubs. Please know that most students do choose to purchase these items. There is financial support available for all of these items if needed. SHS supports all students participating in athletics and we work together to meet that need. Please contact the athletic department if you need assistance.

7. Are there any academic eligibility requirements?
    a. Yes. CIAC rules dictate that a student must be taking 4 classes and pass those 4 classes for each quarter in order to be eligible. Fall eligibility is based on the end of year grades from the year prior.
8. How do I get approval to drive my child home from an away game?
    a. There is a transportation form on the athletic web page. All athletes are expected to travel to and from away events with the team. This is part of the athletic experience and team bonding that takes place throughout the season. If there is an emergency or special event taking place, parents can fill out the transportation form in order to transport only their own child following a contest.

Simsbury High School

Student and Parent Concussion Informed Consent Form

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

What is a Concussion?

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

Centers for Disease Control and Prevention (CDC) - *"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain."* -CDC, Heads Up: Concussion. **http://www.cdc.gov/headsup/basics/concussion_whatis.html**

Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious." -CDC, Heads Up: Concussion Fact Sheet for Coaches **http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_coaches.pdf**

Section 1. Concussion Education Plan Summary

The **Concussion Education Plan and Guidelines for Connecticut Schools** was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: **http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572**

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum, the following: 1. The recognition of signs or symptoms of a concussion.

2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion. 3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.

4. The proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity. 5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

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

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

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

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

・Headache or dizziness・Nausea or vomiting・Blurred ・Feeling foggy or groggy or double vision

・Oversensitivity to sound/light/touch・Ringing in ears

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred**. Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**
Student and Parent Informed Consent Form – *Page 2 of 2*

Section 3. <u>Return to Play (RTP) Protocol Overview</u>
Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

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

Medical Clearance RTP protocol (at least one full day between steps recommended)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic; School activities may need to be modified	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity at less than 70% of maximal exertion; no resistance training	Increase heart rate
3. Sport-specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add movement
4. Non-contact sport drills	Progression to more complex training drills, such as passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load

5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

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

Section 4. Local/Regional Board of Education Policies Regarding Concussions

****** Attach local or regional board of education concussion policies ******

I have read and understand the Student and Parent Concussion Informed Consent Form and the attached board of education policies regarding concussions and understand the severities associated with concussions and the need for immediate treatment of such injuries.

Student name: _____ Date: _____ Signature: _____
(Print Name)

I authorize my child to participate in _____ for school year _____
(Sport/Activity)

Parent/Guardian name: _____ Date: _____ Signature:_____
(Print Name)

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. http://www.nfhs.org. http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
2. CDC. *Heads Up: Concussion in High School Sports*. http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
3. CIAC Concussion Central - http://concussioncentral.ciacsports.com/

Resources:

• CDC. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 1, 2015. http://www.cdc.gov/TraumaticBrainInjury/index.html • CDC. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 1, 2015. http://www.cdc.gov/headsup/highschoolsports/coach.html • CDC. *Heads Up: Concussion* materials, fact sheets and online courses. Retrieved on June 6, 2015. http://www.cdc.gov/headsup/

Simsbury High School
Parent and Legal Guardian
Sudden Cardiac Arrest Awareness Informed Consent Form

This *Parent and Legal Guardian Sudden Cardiac Arrest Awareness Informed Consent Form* was developed to provide parents and legal guardians of student-athletes with current and relevant information regarding sudden cardiac arrest, or SCA. This form is required to be read, signed, dated and provided to the student-athlete's school annually, indicating the parent or legal guardian's authorization for the student-athlete to participate in intramural or interscholastic athletics.

Part 1: *What is Sudden Cardiac Arrest?*
Sudden Cardiac Arrest (SCA) is when the heart suddenly and unexpectedly stops pumping blood due to a rhythm abnormality. When this happens, blood stops flowing to the brain and other vital organs and, if left untreated, can quickly result in death. SCA does not just happen to adults; it also takes the lives of students. However, the causes of SCA in students and adults can be different. A student's SCA will likely result from an inherited condition, extreme overheating/dehydration or from trauma to the chest, while an adult's SCA is most often caused by a heart attack. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart, while SCA is a malfunction in the heart's electrical system, causing the heart to go into an unstable rapid rhythm.

Part 2: *How Common is Sudden Cardiac Arrest?*
SCA is the number one cause of death for adults in this country. It is also a leading cause of death for student athletes. About 300,000 cardiac arrests occur outside hospitals each year. According to an April 2014 study for PubMed, the current incidence of SCA is:

- 0.63 per 100,000 students (6 in 1,000,000)
- 1.14 per 100,000 student-athletes (11 in 1,000,000)
- 0.31 per 100,000 student non-athletes (3 in 1,000,000)
- There is a significantly higher risk of SCA for boys than girls

Leading causes of sudden death among high school and college athletes, according to the National Collegiate Athletic Association (NCAA), are heat stroke, heart disease and traits associated with sickle cell anemia. The same study concludes that prevention of sudden death, is associated with more advanced cardiac screenings with attention to medical histories and birth records, improved emergency procedures, and good coaching and conditioning practices. SCA can be prevented if the underlying causes can be diagnosed and treated.

SCA is a medical emergency. If not treated immediately it can cause irreversible organ and brain damage, and even death. With fast, appropriate medical care, however, survival is possible. Administering cardiopulmonary resuscitation (CPR) — or even just compressions to the chest — can improve the chances of survival until emergency personnel arrive. http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/definition/con-20042982

Part 3: *What are the warning signs and symptoms of Sudden Cardiac Arrest?*
Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart. These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion.

Risks of continuing activity after experiencing warning signs and symptoms

There are serious risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops pumping efficiently, the brain and other vital organs are compromised. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA will die from it. Any student-athlete who shows signs or symptoms of SCA must be immediately removed from the athletic activity.

Part 4: *What should occur when a person experiences Sudden Cardiac Arrest?*

When a person experiences SCA, three actions should be taken immediately:

1st: **Get Help!** Call out for assistance and call 911.

2nd: **Start CPR!** Begin hands-only CPR.

3rd: **Attach and activate an Automated External Defibrillator (AED)!** An AED should be attached, activated and the user should follow the prompts. The AED will be able to determine if a shock should be given to the heart or if CPR should be continued without a shock. If the AED determines that a shock should be given, it will give instructions on how to proceed.

Only CPR and AED use have been proven to help a person get out of a cardiac arrest. For every minute a person does not receive a shock, the chances of survival goes down by 10% per minute. Keep in mind that the average response time for emergency medical services (EMS) is approximately 5-8 minutes. The AED will not allow the user to deliver an electric shock if it is not clinically applicable. The person using the AED can attach the device to the person suffering the SCA, turn it on and push the shock button, but the AED will not allow a shock to be delivered if it is unwarranted. No harm can be done by applying an AED to an individual.

Return to Play

Before returning to play, the athlete must be evaluated by a licensed medical provider. Following the evaluation, written clearance, signed by the licensed medical provider, must be given prior to the student-athlete engaging in any athletic activity.

Part 5*: Local Board of Education Policy regarding Sudden Cardiac Arrest*

******* Attach a summary of the local board of education policy regarding SCA. *******

Summary

• SCA is, by definition, sudden and unexpected.

• SCA can happen in individuals who appear healthy and have no known heart disease. • Most people who have SCA die from it, usually within minutes.

• Rapid treatment of SCA with CPR and an AED can be lifesaving.

• Training in recognition of signs of SCA, and the availability of AEDs and personnel who possess the skills to use one, may save the life of someone experiencing SCA.

National Heart, Lung and Blood Institute: http://www.nhlbi.nih.gov/health/health-topics/topics/scda

I have read and understand the Parent and Legal Guardian Sudden Cardiac Arrest Awareness Informed Consent Form and understand the severities associated with Sudden Cardiac Arrest (SCA) and the need for immediate treatment of any suspected condition.

I authorize _____to participate in _____for school year
(Student Name) (Sport/Activity)

Parent/Guardian name: _____ Date: _____ Signature: _____
(Print Name)

Sources/Resources:

Simons Fund - http://www.simonsfund.org/
Pennsylvania Department of Health - http://www.simonsfund.org/wp-content/uploads/2012/06/Parent-Handout SCA.pdf
Mayo Clinic - http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/definition/con 20042982
National Heart, Lung and Blood Institute (NHLBI) - http://www.nhlbi.nih.gov/health/health-topics/topics/scda
American Heart Association (AHA) - http://www.heart.org

SIMSBURY HIGH

_____ School

Exertional Heat Illness Program & Annual Review

NOTE: This document was developed to provide student-athletes and parents/guardians with current and relevant information regarding Exertional Heat Illness. A new form is required to be read, signed, dated and kept on file by the student-athlete's associated school district annually to comply with Connecticut General Statutes Public Act No. 21-87, Section 1-f: An Act concerning Education and Training in Exertional Heat Illness for Coaches, Parents, Guardians and students.

- Mandatory Video for students and Parents/Guardians to watch: https://www.youtube.com/watch?v=1lmy_o7k1B4

Part I – Exertional Heat Illness - **What is exertional heat illness?**

There are four types of Exertional Heat Illnesses:
1. Heat Cramps - are painful, involuntary cramping often in the legs, arms and abdomen with muscle contraction.

2. Heat Syncope - is a fainting episode that occurs when an individual in a hot environment does not have adequate blood flow to the brain and loses consciousness.

3. Heat Exhaustion - is the inability to continue to exercise in the heat due to cardiovascular insufficiency and energy depletion that may not be associated with physical collapse and is the most common heat related condition.

4. Heat Stroke - occurs when the body's temperature rises so much that the cooling system stops working. Heat Stroke is a life threatening condition and should be treated immediately.

Part II - Signs and Symptoms of Heat Exhaustion and Heat Stroke

	mptoms
Exhaustion	skin Lightheadedness Heavy sweating Weakness hirst omiting Irritability Dizziness Fast heart beat
	e greater than 105°F (40.5°C) Altered ss, disorientation or Dizziness Headache

	r just look “out of it” omiting cle function/balance ating ressure ning

PART III - Heat Acclimatization and Prevention of Exertional Heat Illness

Heat acclimatization is a series of adaptations that helps the body prepare for exercise in the heat. These changes help the body maintain lower temperature and heart rate, enhance sweating, and store more water. The lower heart rate and body temperature means that athletes can exercise longer and at a higher intensity, which lowers the risk for heat illness. This complex series of changes or adaptations occur in a controlled environment over the course of 7 to 14 days.

To prevent exertional heat illness, a coach must be aware of an athlete’s medical history. Some health conditions such as obesity can cause athletes to be more vulnerable to heat, which can lengthen their adaptation to the heat. A coach must make sure athletes are hydrating enough. Athletes should have unlimited access to water during exercise/activity. When exercise is greater than 60 minutes or in exercise is going to be intense and in the heat, athletes should have access to sports drinks. Coaches should encourage athletes to hydrate before and after practice. Every athletic program should have guidelines for activity regarding heat. The best practice for determining these guidelines is using a Wet Bulb Globe Temperature (WBGT). Activity should be modified based on the on-site WBGT reading. Coaches must keep track of the duration of practices by having a practice plan based on the heat acclimatization progression and periodization coaches are kept on track with regards to length and intensity of practice.

Part IV Treatment

Heat Cramps - rest, stretching of the muscle, and provide fluids for rehydration. .

Heat Syncope - cool the individual by moving them to a shaded/cool area and elevate legs to promote blood returning to the heart.

Heat Exhaustion - move the individual to a cool/shaded area and remove excess clothing; elevate legs to promote blood return; cool the individual with fans, rotating ice towels, or ice bags; and provide fluids for rehydration.

Heat Stroke - Remove all equipment and excess clothing; cool the individual as quickly as possible via whole body ice water immersion (place them in a **tub/stock tank** with ice and water approximately 35– 58°F); stir water and add ice throughout the cooling process. If immersion is not possible (no tub or no water supply), take the individual to a shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible. Maintain airway, breathing and circulation, After cooling has been initiated, activate the EMS by calling 911. Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion) was initiated

within 10 minutes of collapse. Cooling should continue until the body temperature reaches 102°F, known as "Cool First, Transport Second."

RETURN TO PLAY

Individuals suffering from heat cramps may return to play as soon as cramp has subsided. Individuals who suffer from an EHI must be cleared by a healthcare professional. The athlete must be asymptomatic and lab tests must be normal. The length of recovery time is primarily dictated by the severity of the incident. In cases of heat stroke, the athlete should avoid exercise for at least one (1) week after the incident. When the athlete returns, they should begin a gradual RTP protocol in which they are under the direct supervision of an appropriate health-care professional such as an athletic trainer or physician. The type and length of the RTP program may vary among individuals, but a general program may include:

• Easy-to-moderate exercise in a climate-controlled environment for several days, followed by strenuous exercise in a climate-controlled environment for several days

• Easy-to-moderate exercise in the heat for several days, followed by strenuous exercise in the heat for several days

• If applicable to the individuals sport: easy-to-moderate exercise in the heat with equipment for several days, followed by strenuous exercise in the heat with equipment for several days

I have read and understand this document the "Student and Parent Exertional Heat Illness Informed Consent Form", viewed resource video and understand the severities associated with concussions and the need for immediate treatment of such injuries.

Parent/Guardian Signature: _____ Date: _____ Student Signature:

_____ Date: _____

Sources:

Korey Stringer Institute

Special Thanks to Mark Aceto, **LAT, ATC, CSCS**

SIMSBURY HIGH SCHOOL

DEPARTMENT OF ATHLETICS AND STUDENT ACTIVITIES

CONSENT TO TREAT FORM

Student- Athlete's Name: _____ Grade: _____

In the event that an athletic injury or illness should occur to your student-athlete while participating in a sanctioned athletic activity at Simsbury High School, I give my permission for them to receive proper/necessary care from a certified / licensed athletic trainer, physician or other health care individual representing Select Medical Outpatient division. Furthermore, in the event that a medical emergency should occur and I cannot be contacted, I give my permission for a Select Medical Outpatient division representative to arrange for ambulance service to the nearest medical facility. I also give permission for the staff of the medical facility to render treatment, which is considered necessary, for the student-athlete's well-being and health.

The student shall not participate in sports without completed consent to treat form on file. Parent/Guardian

Signature_____ Date: _____

Mental Health and Student Athletes

PARENT & GUARDIAN CONSENT FORM

Connecticut State Department of Education — March 2024

CONNECTICUT
Department of Education

CIAC
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

The Connecticut State Department of Education (CSDE), in collaboration with the Connecticut Interscholastic Athletic Conference (CIAC) and the Connecticut Department of Mental Health and Addiction Services (DMHAS), has developed a mental health plan for student athletes to help identify and assist in supporting their mental health needs.

The CSDE, CIAC, and DMHAS recommend that every school district develop a well-coordinated approach to this plan. A coordinated approach to services for athletes' mental health can provide the framework for families, community-based partners, and schools to work together to improve athletes' overall confidence and healthy performance in sports and school.

Mental health includes emotional, psychological, and social well-being. It affects feeling, thinking, and actions. It also helps determine how we handle stress, relate to others, and make healthy choices. Experiencing mental health problems throughout life can impact mood and behavior (Centers for Disease Control, 2023). Mental health issues or concerns and mental illness are not the same. A person can experience mental health issues and concerns and not be diagnosed with a mental illness. Below is a list of some signs and symptoms of mental health concerns.

Signs and Symptoms

- Increased, newly initiated, or excessive alcohol or drug use
- Talking about wanting to die or suicide
- Uncontrolled anger
- Changes in behavior — reckless, grades drop
- Changes in sleep
- Feeling hopeless, desperate, trapped
- Withdrawal, feeling disconnected
- No sense of purpose
- Talking about being a burden to others
- Sudden mood changes
- Anxiety or agitation
- Giving away possessions
- Putting affairs in order
- Accessing lethal means (medications, firearms)

Family members are sometimes the first to see emerging mental health issues and can be important advocates to help them overcome difficult times. Parents and guardians should be aware of any issues their child is dealing with, engage in conversation often, seek help when needed, and share with the coach and school mental health team as warranted to encourage wrap-around support.

If you notice any of these symptoms, please call 211 for help. If your child is in crisis, please call or text 988 or visit 988lifeline.org to chat. Call 911 if your child is in immediate danger or go to the nearest emergency care center if they need immediate emergency assistance. Also, contact your school's social worker, school counselor, or school psychologist to provide additional support in school.

Parent/Guardian Consent

We have read and understand the signs and symptoms of mental health and student athletes, who to contact if the student named below is showing any symptoms of mental health issues, and the need for immediate treatment of any suspected serious condition and where to acquire such services.

Student Name: _____ Date: _____

Signature: _____

Parent Name: _____ Date: _____

Signature: _____

Resources

- Resources for Families and Students is an online resource document created by the CSDE and is annually updated and distributed to local and regional boards of education. The information includes educational, safety, mental health, and food security resources and programs available for students and their families.
- 211 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week, online and over the phone.
- Call or text 988 or visit 988lifeline.org to chat. If you or someone you know is struggling or in crisis, help is available.