Canisteo-Greenwood Central School District

Athletic Handbook



Table of Contents

Section **Page No.**

Table of Contents 2

Introduction… 3

Letter from the Athletic Director… 4

Summary of Expectations for Student-Athletes…..... 5

Attendance Policy… 5

Zero Tolerance Policy… 5

Uniform and Equipment Obligation…..... 7

NYSPHSAA, Inc. Code of Ethics…..... 8

Sportsmanship Policy…..... 9

Policies and Procedures for Participation…..... 12

Return to Play Protocol… 13

Traveling Procedure 15

APP Procedure 17

Communication of Concerns…..... 17

Failure to Complete a Season…..... 18

Out of Season Activities…..... 18

Academic Policy… 20

Training Rules for the Interscholastic Athletic Programs…..... 21

Dual Participation..... 24

Cardiac Arrest Prevention Act 26

Introduction

This handbook has been prepared to be used as a reference by students and parents of students participating in Modified, J.V., or Varsity teams at Canisteo-Greenwood Central School. This is an effort to define student and parent responsibilities as they pertain to the rules and regulations as well as policies and procedures for participation in the interscholastic program at Canisteo-Greenwood Central School.

Canisteo-Greenwood Central School Athletics

"Home of the Chargers"

84 Greenwood Street, Canisteo, NY 14823

Dear Athletes and Parents,

There are many aspects of interscholastic athletic competitions that can serve as a springboard for the rest of your life. Some of those include: The ability to work together, the interaction between teammates and opposing players, coaches, and officials, and as always, sportsmanship that we as athletes, fans, or coaches demonstrate at our contests.

You have the opportunity every time you step on to the playing field to be a positive reflection of our community. Being a part of the Canisteo-Greenwood athletics is a privilege, not a right.

If at any time during the school year you have any questions about athletic issues, please feel free to call the athletic director at (607) 698 – 4225 or email amitchell@cgcsd.org.

I wish all of our athletes, teams, and coaches a successful season and school year.

Sincerely,

Andrew Mitchell,
Athletic Director
Canisteo-Greenwood Central School District

Summary of Expectations
for Student-Athletes

(For a complete explanation and details, please refer to the table of contents to located appropriate page)

I. Attendance

A. A student athlete is expected to be in attendance in all classes from beginning of the school day, i.e., 8:00 a.m. or beginning school time as designated by the administrator in order to participate in a practice or a contest on that day.

B. Athletes who are tardy will be ineligible to participate that day in a practice or contest. The attendance secretary will monitor the attendance of athletes and the secretary to the athletic director will notify the coach of an athlete arriving late.

C. If an athlete is late to school because it was necessary to see a doctor or dentist, this appointment must be verified in writing by the doctor's office upon the student's arrival to school and is subject to verification by the administration. This type of situation will not count as a tardy against the athlete.

D. If an athlete becomes ill during the school day, they must first obtain a signed pass from their teacher before reporting to the Nurse's Office. If the athlete is sent home due to illness, the athlete will be ineligible in that day's practice and/or athletic contest.

E. If an athlete needs to leave school for an extenuating circumstance or an appointment during the school day, excluding illness, this appointment must be verified in writing by the doctor's office upon student's arrival to school/team function and is subject to verification by the administration.

II. Policy on use and possession of drugs, alcohol, and tobacco.

A. If a student is caught in the presence of drugs, alcohol, and/or tobacco whether it is physically or through social media, the student-athlete will be suspended from their team for 20% of the contests of the season. If there is less than 20% remaining, the student will be required to miss the remaining contests in the next season they participate in.

B. If a student is caught in the presence of drugs, alcohol, and/or tobacco whether it is physically or through social media on a 2nd occasion, the student-athlete

will be suspended for 50% of the contests of the season. If there is less than 50% remaining, the student will be required to miss the remaining contests in the next season they participate in.

C. If a student is caught in the presence of drugs, alcohol, and/or tobacco whether it is physically or through social media on a 3rd occasion, the student will be removed from the team for the remainder of the season and ineligible to participate in the following two seasons.

D. For a 2nd and/or 3rd offense, the student must complete a drug and alcohol training in order to compete in the next season.

E. APPEALS PROCESS: Athletes who violate training rules or quit the team without permission may appeal the penalty to a panel made up of two coaches from another season, the High School Principal, and the Athletic Director. If any party wishes to make an appeal of the panel decision, it may be done so through a written request to the Superintendent of Schools within two weeks of the panel decision.

III. Good School and Community Citizen

A. In School Suspension
    a. Student is unable to practice/compete on the days of ISS.

B. Out of School Suspension
    a. Potential violation of training rules (see Training Rules for Athletic Program)
    b. Student is unable to practice/compete on days of OSS.

C. Repeated disciplinary instances
    a. Potential violation of training rules (see Training Rules for Athletic Program)
    b. Meeting with Administration, Athletic Director, Coach, and Athlete before allowed to return to play

D. Coaches may require stricter team rules. If applicable, coaches will hand out team rules and explain expectations.

IV. Athletes Excused Early from Classes.

There is no reason for any member of any athletic team to be excused early to come to the locker room before the end of the school day unless the team has a specific reason (i.e., sectional contest) to leave early in which case the administration will notify the staff.

V. Uniforms and Equipment

A. Athletic uniforms and equipment must be used only at scheduled practices and contests. The athlete is responsible for all equipment issued to them and must return all of it at the end of the season. Coaches will hold an equipment turn in day when the season is over. The athlete will be required to pay for lost equipment and for equipment damages through misuse. Failure to do so will result in ineligibility for participation in any other sport.

B. An athlete who does not turn in any school issued uniform and/or equipment will NOT be issued any other uniform and/or equipment until they have returned or reimbursed the school for the missing uniform and/or equipment.

N.Y.S.P.H.S.A.A., Inc.

Code of Ethics

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leaderships, use of initiative, and good judgment by players on the team
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, fan, community, state, or nation.

Section V and NYSPHSAA

Sportsmanship Policy

The NYSPHSAA is vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play. As of July 1, 2013, the Dignity for All Students Act (DASA) is to provide all public-school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the promotion of educational measures meant to positively impact school culture and climate, which includes interscholastic programs.

Use of derogatory or racially explicit language; discriminatory harassment or bias conduct that creates a hostile environment that is disruptive to the educational environment. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially/culturally insensitive actions. NYSPHSAA and Section V may sanction, censure or place schools on probation that fail to address derogatory or inappropriate behavior deemed harmful to physical or mental well-being for those involved in interscholastic activities.

I. Coach

A. Any coach who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest

B. Any coach who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests.

C. Any coach who receives a third disqualification in the same sport in the same season will not be allowed to participate for the rest of the season including post season. The Section Athletic Council will assess the penalty carrying over into the next season of participation.

   i. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

D. A coach who strikes, shoves, kick or makes other physical contact with the intent to annoy, harass, or intimate another person (e.g., official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

II. Player

A. Any player who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest.
    i. In the sport of football, a player who is disqualified for "targeting" may not participate in the next two halves.

B. Any player who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests.

C. Any player who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season, the Section Athletic Council will assess the penalty carrying over into the next season of participation.
    i. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

D. A player who strikes, shoves, kick or makes other physical contact with the intent to annoy, harass, or intimate another person (e.g., official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

E. Misidentified Player: Disqualification of a player may only be challenged on the basis of misidentification. The misidentification must be established by clear and concise evidence. The school shall identify the offending player who will serve the prescribed penalty.

III. Spectator

A. First Warning – The spectator or group of spectators will be directed to refrain from any negative comments or actions.

B. Second Warning – A personal discussion with the spectator or group of spectators on the NYSPHSAA expectations and reminding the spectator or group of spectators of the next step, removal from the game or event, will be utilized if the behavior continues.

C. Third Offense – Removal from the contest. The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If the spectator or group of spectators refuse to leave the game or event, play will be stopped until they vacate the premise.

   i. Any spectator removed from a game or event will have to complete the NFHS Parent Credential course or serve a one game suspension before they are allowed to attend any interscholastic event. Once the course is completed, the spectator will provide a certificate of completion to the Athletic Director.

   ii. Any spectator removed must also set up a meeting with the Athletic Director and an administrator. For school age fans, the meeting will be with the high school principal. For adults, the meeting will be with the superintendent. Regardless of completion of the course or one game suspension, a fan will not be allowed to attend any school event until the meeting has taken place.

Policies and Procedures for Participation
In Interscholastic Athletes on Modified, JV, and Varsity Teams

I. Eligibility

A. Only students who have been officially approved by the Board of Education and registered through the HS Guidance Office may participate in school-related activities.

B. Each athlete will participate under the eligibility requirements, rules, and regulations of the NYS Commissioner of Education and the NYS Public High School Athletic Association (NYSPHSAA), as well as the local Board of Education.

C. Equal opportunity to participate in interschool competition, either on separate teams or in mixed competition on the same team, shall be provided to male and female students, except as outlined in the Commissioner's Regulations and regulations of the NYSPHSAA.

D. For each team of which the athlete is a candidate, an athlete must complete a health history form and emergency information form. These are to be completed by their parent/guardian. ***The athlete will not be permitted to participate in any practice or competition until this requirement is completed***. Prior to the athlete's first day of practice in a school year, a meeting of the parent(s) and students must take place with the coach to review the consent form and team rules, answer parent questions, discuss expectations and sign the consent form.

E. A student shall be eligible for interscholastic competition in grades 7-12 until their nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports.

II. Health and Medical

A. Once each school year, every athlete must pass a sports physical examination prior to practice or participation in any interscholastic sport. THE ATHLETE IS RESPONSIBLE TO REPORT FOR THE PHYSICAL EXAMINATION BY THE SCHOOL DOCTOR. If you choose to have the physical done by your family doctor you must use the school form for evaluation purposes. These can be

found at the high school nurse's office. This should be scheduled at least 2 weeks prior to the start of practice so that the school doctor has enough time to look at the completed form. Once completed, this form must be returned to the school nurse as soon as possible.

B. The athlete/parent must report all injuries, no matter how minor, to the coach.
C. Any time an athlete is injured so that treatment by a physician is required, a current district accident report form must be completed by the coach in charge at the time of the injury and returned to the school nurse as soon as possible.
D. WARNING: Participation by a student in activities involves some degree of risk of physical injury. Such physical injury can occur in any type of sports activity, be it contact or non-contact sport. Further, many injuries are truly accidental in nature and involve no negligence by anyone, including a student. By volunteering to participate in a school-sponsored athletic activity, a student and their parent(s) assume the risks for injuries to occur.
E. Medical Insurance is provided to all athletes through the district's insurance carrier under the following provisions:
    1. The bills for medical expenses must be submitted to the family's medical reimbursement plan(s) first.
    2. Expenses not covered under the family's reimbursement plan(s) may then be submitted for payment under insurance coverage taken out by the school district.
    3. Claim forms and filing instructions are available through the district office.
F. Athletes having puffers or inhalers must have a doctor's note and parent permission letter on file in the appropriate health office.
G. For student-athletes to participate in the athletic programs, they must undergo a baseline cognitive assessment using ImPact.
H. All athletes with suspected concussions will be referred to a physician for a post-injury medical evaluation to rule out more serious intracranial pathology and neuropsychological examination. The return to play protocol will be implemented, only upon the clearance by a doctor. Once a physician has cleared

the student-athlete, they may begin return to play protocol with the school's athletic trainer. If there are still questions or concerns, further evaluation and documentation may be required

Return to play will follow the following stepwise protocol (at least 24 hours in between protocol phases):

1. **Evaluation**
2. **Light Aerobic Exercise** such as walking or stationary bicycling: 10-15 minutes total and reassess for symptoms
3. **Sport Specific Exercises**. Moderate aerobic activity. 20-30 minutes of jogging. Use body weight for resistance training, squats, pushups, etc.
4. **Non-contact training drills.** Maximize aerobic activity. Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills.
5. **Full Contact Training.** May return to practice and full contact in controlled practice.
6. **Game Play**.

***** Progress to the next stage may occur every 24 hours as long as symptoms do not return. *

I. Parents should become familiar with the new state law (July 1, 2022) regarding Sudden Cardiac Arrest Prevention. Information is included on pages 24 and 28 of this handbook.

III. Conduct

A. Athletes are expected to exemplify good citizenship in both school and the community at large. The athlete will display good behavior at practices and games as well.

B. Athletes will allow officials to deal with abusive opponents during game play. Under no circumstances will an athlete provoke or otherwise engage in verbal or physical confrontations outside the rules of the game.

C. Incidents that result in administrative disciplinary consequences:
    1. Lunch Detention – No Athletic Consequence
    2. After School Detention – No Athletic Consequence
    3. In School Suspension – Ineligible to practice and/or compete on days of ISS.
    4. Out of School Suspension – Potential violation of training rules and ineligible to practice and/or compete on days of OSS.
    5. Coaches can have stricter consequences for above infractions but cannot do less than stated above.

IV. Traveling

A. Canisteo-Greenwood expects all of our student-athletes, parents, and fans to represent our school and community with prestige at all home and away events. Sportsmanship is not dictated by location.

B. Rules of Conduct, as stated in the Student Handbook, will be followed on all school sponsored trips.

C. All members of our athletic teams will ride on the school bus to and from their scheduled athletic events including but not limited to practices, scrimmages, and games. Members of our athletic teams may ride home with their parents/guardians if the parent/guardian signs their athlete out with the coach.

D. A parent/guardian may request permission for their athlete to return with another adult by having the form completed. This form must contain all required signatures and be given to the athletic director at least 24 hours prior to the contest. The indicated adult will then need to sign the student athlete out with the coach at the contest. The form is available to print from the school's webpage under Athletic Links.

E. No member of our athletic teams is allowed to drive their own cars to and from any athletic event at any time.

CANISTEO-GREENWOOD HIGH SCHOOL

PERMISSON TO RETURN WITH ANOTHER ADULT

_____has my permission to ride home from

(Student Name)

_____on _____

(Location) (Date)

with _____.

(Name of adult taking home student)

Student Signature:_____

Parent's Signature:_____

Signature of Adult:_____

Athletic Director or Coordinator:_____

*Must be completed and given to the Athletic Director or Coordinator more than 24 hours prior to the contest.

V. Advanced Placement Process (APP)

A. The Advanced Placement Process or APP is for student-athletes who demonstrate the physical and mental capabilities of playing at a high school level while being in the 7th or 8th grade. It is not to have student-athletes at levels to fill roster spots.

B. The following is the procedure for an athlete to earn a try out and be able to compete at the high school level while in 7th or 8th grade:

1. The coach of the sport must recommend the athlete to the athletic director. The coach must have proof that the athlete will be able to compete at the level and can guarantee the athlete will play.
2. If approved, the student-athlete must pass a physical fitness test administered by the Athletic Coordinator, Athletic Director, and if available an administrator.
3. If they pass the physical fitness test, then they can try out for the team they are testing for. The APP does not guarantee a spot on the team.

VI. Communication with athletes, parents, coaches, Athletic Director, and administration is vital to the success of all athletic programs.

A. If a concern arises during the course of the season, the following communication process should be followed:

1. Player meets with coach
2. If not resolved, parent and player meet with coach
3. If not resolved, parent and player meet with Athletic Director and Coach
4. If not resolved, parent and player meet with Athletic Director, Coach, and Principal.
5. If not resolved, parent and player meet with Athletic Director, Coach, Principal, and Superintendent.

VII. Failure to complete a season

A. Any student who fails to complete a season after a tryout period or who is dismissed from a team by the coach (for violation of team rules and/or behaviors/actions having a negative impact on the team) will forfeit any athletic awards they may have otherwise earned. The athlete will receive a contest suspension of 20% from their next sport season that they compete in.

B. Once a student is dismissed from a team or chooses not to finish the season with a team, they will not be allowed to compete on any other team during the same sports season not finished.

C. If a player needs to quit their sport, they must talk with the coach. If player and coach agree that it is in the best interest of the athlete to be able to leave the team, the coach can waive the 20% penalty for the next season the athlete competes in.

Out of Season Activities

In response to the increasing number of activities offered to our students outside of the sports season, the coaches have engaged in a discussion regarding these offerings. We certainly recognize and appreciate the efforts of many members of our staff and community with regards to the extra hours they spend and the positive activities they offer to our students. After discussion, the following understandings with regards to these offerings were developed.

I. Athlete's Responsibilities

A. Interscholastic Sports Teams MUST take priority.

i. Athletes must realize their first priority is to their school team.

ii. If there is a conflict, the school team comes first.

II. Coach's Responsibilities

A. Coaches will not restrict the participation of an athlete in an outside activity.

B. No athlete will be pressured to participate in any activity.

C. Promises as to, but not limited to “making a team, playing time, and/or being a captain” will not be made with regards to whether a player participate in outside activities.

III. Parent’s Responsibilities

A. Parents should express their concerns (follow the order of communication) if they ever feel the out of season demands placed on their student-athlete are too great.

Academic Policy for High School (7-12) Athletes

Team Rosters will be distributed to all teachers at the end of the 2nd week of the season. Athletes may be placed on the ineligibility list due to failing grades

I. Grades

A. Failure list will be evaluated at the end of every Marking Period.

B. Failing two or more classes results in a student being ineligible.

C. Student-Athletes can be signed off and deemed eligible to participate the following week by going around and having their teachers fill out the ineligibility form showing they are no longer failing.

D. A student who is ineligible for competitions for a week would be ineligible from Monday – Sunday. If ineligibility form shows they are not failing and are deemed eligible, they would be eligible beginning the following Monday.

E. Any student who is ineligible must fill out the form every week regardless of being signed off the previous week.

Training Rules for the
Interscholastic Athletic Program

The training rules will apply for the duration of an athlete's career. These rules are expected to be followed during the athletic season of participation. The training rules, as set forth below, have been established to promote the general health and welfare of student-athletes. They have been established to ensure the physical wellbeing, mental alertness, and the moral characteristics that are necessary for the participation in athletes. They also have been established to ensure and safeguard the high esteem in which each of our athletes are held by the coaching staff, their teammates, fellow students, and adults. It is the obligation of each athlete to live and abide by these training rules.

Participation in athletic programs at Canisteo-Greenwood is a privilege and following the training rules is a responsibility that each athlete accepts when they become members of an interscholastic athletic team.

These regulations are intended as a minimum expectation for all athletes. **Individual coaches may insist on higher standards, such as establishing a curfew for their athletes. If this is the case, coaches will hand out team rules and explain expectations which must be signed by the athlete and parent.**

The training rules are as follows:

1. An athlete shall be subject to disciplinary action for possession or use of tobacco products such as cigarettes, snuff, chew, electronic cigarettes, Vape Pens, or any other look-a-like products.
2. An athlete shall be subject to disciplinary action for being in the presence of, possession of, consumption of, or being under the influence of alcohol. Alcoholic shall mean and include alcohol, spirits, liquor, wine, beer, and cider having alcoholic content.
3. An athlete shall not use, be in possession of, sell, or make a gift of any drug or controlled substance, including marijuana or any instruments for the use of such drugs, controlled substance, or marijuana, such as a pipe, syringe, or other paraphernalia. Accepted use is any drug taken in accordance with a current prescription signed by a physician or with

approval of the school doctor which is to be taken by that particular student at the time in question.

4. Each athlete will conduct themselves as a good school and community citizen. Discipline problems in and out of school (including criminal conduct) may result in disciplinary action.
5. If a student-athlete attends a party where alcohol or drugs are present, the student-athlete must leave within a reasonable amount of time of learning that alcohol and/or drugs are present. A reasonable amount of time is defined as 10 minutes. Student-athletes are encouraged to contact a coach or administrator to establish their role in connection with the event. The purpose of the call is to protect student-athletes who have made the right choice from future allegations regarding the specific event.

Information regarding training rule infraction may be brough forth by any of the following:

1. Coaching Staff
2. Faculty and Administration
3. Any adult with proof of the violation. This adult will be asked to meet with the high school principal, Athletic Director, and coach.
4. Admission by the individual involved.
5. Student confessing to a violation of training rules may provide information about other athletes.

The following procedure will be followed when information regarding an infraction has been made:

1. Current coach, Athletic Director, Dean of Students, and Principal will be notified of possible violation.
2. One of the individuals from #1 will notify the parents/guardians of the possible violation and offer them the opportunity to be present when the athlete meets with coach, Athletic Director, and administrator.
3. The coach, Athletic Director, and administrator will meet with the athlete (and parent) to discuss the potential violation and possible consequences.

The Athletic Director and administrator may need to investigate further if additional information is needed. Additional meetings with the athlete and parent may be held as needed while the appropriate consequences are determined.

4. The administrator and Athletic Director will notify the athlete and parent of the consequence.
5. The administrator and Athletic Director will complete the "Athlete Disciplinary Form" and provide the parent, Athletic Director, Dean of Students, and high school principal with a copy.

Dual Participation

The Canisteo-Greenwood High School Administration is excited to offer the opportunity for athletes who are capable to participate and excel in more than one sport per sport season. While we understand that dual sports place a significantly increased demand on our student athletes, we recognize the opportunity that dual sports offer our student-athletes, and we will support each of them in every way possible. Issues regarding the student-athletes' health may arise throughout the season and may become a basis for the discontinuation of that students' participation. We expect all of the rules and limitations below to be followed and students to represent Canisteo-Greenwood in a positive manner. Dual participation is only for athletes in grades 9-12. If a student-athlete desires to participate in two sports, they must agree to and meet the following requirements:

1. Academics are the priority. This request will only be considered if the applicant is in good academic standing at the time. If this academic standard is not maintained as reflected by a weekly grade report, the student will discontinue participation in the second sport and there will be no appeal.

2. Students are not allowed to participate in "open gyms" as well as other non-school competition in another sport, on the same day they are participating in a school-sponsored sports activity without permission from the head coach of the sport in which they are currently participating and the Athletic Director.

3. The Athletic Director can discontinue a student's participation in the second sport if academic and/or sport success is not maintained.

4. A student who wishes to participate in two sports during the same season must designate a primary sport before the beginning of the first appointed date of practice set by Section V for the season of participation.

5. A student cannot quit the primary sport to only participate in their secondary. If a student needs to quit their primary sport, they will also stop participating in their secondary sport. Consequences for failing to complete the sports season still apply.

6. A primary sport is defined as the sport which takes precedence over another sport in the event there is a conflict of schedule of any other matter that could lead to a conflict. The student must adhere to the primary sport in the event of any and all conflict of schedule. If one sport has a contest and the other has practice, the contest will always take precedence.

7. The student must practice in both sports, but the amount of practice time must meet the agreed requirements of the head coaches of those sports involved.

8. The student and parents or legal guardians, must sign a contract of dual-sport participation before the first practice session they attend.

9. Any infraction to dual participation will be handled on a case-by-case basis. The coaches of the two sports and the athletic director will discuss what the consequence should be for the athlete committing the infraction.

10. The Athletic Director will serve in the capacity of advisor and final judgments on matters concerning dual-sports participation.

Information from NYS Regarding Cardiac Arrest Prevention Act

Dear Parents/Guardians,

The Dominic Murray Sudden Cardiac Arrest Prevention Act is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,00.

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

The signs or symptoms are:

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest Pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

Student's Personal Risk Factors are:

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues

Student's Family History Risk Factors are:

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with *unexplained* fainting, seizures, drowning, near drowning, or car accidents before 50 years of age.
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:

- Enlarged Heart/Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
- Arrhythmogenic Right Ventricular Cardiomyopathy
- Heart rhythm problems, long or short QT interval
- Brugada Syndrome
- Catecholaminergic Ventricular Tachycardia
- Marfan Syndrome – aortic rupture
- Heart Attack at 50 years or younger
- Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the Interval Health History for Athletics must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at studentsupportservices@nysed.gov or 518-486-6090.