

**EAST MEADOW SCHOOL DISTRICT  
ATHLETIC PARTICIPATION AND CONSENT FORM**

Dear Parent or Guardian:

Your son/daughter has expressed a desire to participate in our interscholastic sports program. It is important that both you and your son/daughter understand the goals of the program and agree to abide by the rules established by the district for the benefit of those who participate both as players and as students.

The mission of the East Meadow Union Free School District Athletics Department (as consistent with the New York State High School Athletics Association) is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Successful programs develop individual and team potential by promoting high standards of competence, character, civility and citizenship. A student athlete demonstrates character, citizenship and civility through actions showing evidence of respect, responsibility, accountability, dedication, trustworthiness, fair play/fairness, caring, teamwork, positive role modeling, and self-control. Competence is demonstrated in skill development, knowledge/strategy of the game/activity, fitness/conditioning, and healthy behaviors.

Interscholastic athletics are an integral portion of many students' lives as well as the school community around them. On an individual level, they are a means by which a student can be active and add enjoyment to his/her overall educational experience. They also create avenues for students to expand their college opportunities and enlighten their perspectives on life. On a more global level, athletics contribute to the sense of spirit and pride of the school as well as the community. Therefore, a student that wears the colors of the East Meadow Union Free School District as part of an athletic team represents themselves, the school, their family and the entire community. As such, the behavior and integrity of a student-athlete is of paramount importance.

Following is information relative to participation in the East Meadow Union Free School District athletic program, the Athletic Participation Consent Form, the Code of Conduct for Athletes, and the Concussion Information Sheet. As ambassadors of the entire educational community, any student that is selected to/chooses to participate on an athletic team will be held to the standards of the code as he/she carries the responsibility of appropriate behavior, on or off of school property. Participation will not be permitted without agreement to adhere to the code of conduct by both the student-athlete and his/her parent/guardian. **PAGES 6, 7 AND 8, WITH APPROPRIATE SIGNATURES, MUST BE RETURNED TO THE COACH.**

**PARTICIPATION CONSENT FORM AND GUIDELINES**

1. All participants must receive a physical examination by a school physician prior to the start of practice. We will make these arrangements on a team basis and your son/daughter will be notified when and where this will be administered. Students, who fail to report for a school sponsored medical examination, will have to be examined by their private physician at their family's expense. Please consult your physician regarding your son/daughter's protection against tetanus.
2. While the coaching staff and other responsible school officials will do everything within reason to protect your son/daughter against injury, including the provision of appropriate equipment, safe facilities, and training designed to reduce the impact of accidents, injuries will occur and on a very rare occasion maybe serious and disabling. If you are concerned about this possibility you should discuss it with your son/daughter's coach.
3. Within the first three official days of the season, the coach will explain the attendance and training rules as well as eligibility rules for participation. In addition to the strict observance of these rules, your son/daughter will be expected to continue to meet all regular school obligations of citizenship and academic achievement.
4. Not all students who wish to participate in interscholastic athletics may be able to do so. The make-up of a team is necessarily limited by the availability of supplies, equipment and coaching staff. Cuts will be made, when necessary, on the basis of skill development, readiness for competition and observance of the rules.
5. A student-athlete is expected to be a good school citizen, and punctually attend all scheduled classes each day of the week. Students absent from school may not practice or participate in games that day or evening unless the student has been excused in advance by the principal. A student must arrive in school before 9:30 a.m. for high school and 10:30 a.m. for middle school, to be eligible for participation.
6. School insurance for the medical treatment of sport related injuries is applicable only after the parents' health insurance, if any, has been used. It is a scheduled excess coverage and generally will not pay the full cost of treatment. Any injury must be reported to the coach immediately as to initiate an accident report which will be filled out by the coach and nurse/athletic trainer and kept on file. Parents shall, for any charge in excess of all final payments under other policy attach a copy of all benefits paid or a copy of rejection of benefits. Claims not filed within one year from time of injury cannot be considered for payment.
7. School equipment issued to your son/daughter for participation is his or her responsibility and must be returned within seven days of the team's last athletic contest. Reimbursement from the athlete's parent/guardian will be expected for loss or destruction of equipment beyond ordinary wear and tear. Failure to meet these requirements may result in the athlete being suspended from further interscholastic athletic participation.
8. Possession of or the use of smoking items, alcoholic beverages, or misuse of drugs and school property will not be tolerated. Removal from the team for the remainder of the season is the recommended disciplinary action for violation of the rule on alcohol and drug use. It is also recommended that students, guilty of stealing, be referred for additional disciplinary action by the Nassau County Police Department.
9. Holiday Practices: Students will not be penalized for missing practice on a day of religious observance. Such days are delineated in the school calendar.

10. Qualification: Each student is required to obtain the mandated number of practices in order to participate in an interscholastic scrimmage or game. If a student is medically excused for more than 5 days, he/she must re-qualify according to the same standards.
11. Violations reported to the coach by other coaches, faculty members or team members would result in disciplinary action.
12. A student-athlete is expected to know and to follow the Code of Conduct for Athletes.

### THE MAKSIN GROUP

The East Meadow School District maintains a program of accident insurance for ALL students participating in the interscholastic program. The basic philosophy of The Maksin Group is to **ASSIST** the parents with medical expenses. This policy is **ONLY in excess** of those benefits payable under the family and/or employer policy. Listed below are the necessary procedures that must be followed if an athlete is injured:

1. Report the injury to the coach **IMMEDIATELY** to initiate the ACCIDENT REPORT.
2. Report the injury to the nurse's office.
3. File all medical and hospital claims with your own insurance carrier promptly.
4. Notify The Maksin Group, if necessary, for any charges in EXCESS of all final payments under other policy(s). Notification must include a copy of all benefits paid, or a copy of rejection of benefits.

**PLEASE NOTE:** Claims, including all charges, NOT filed within ONE YEAR from the time of injury cannot be considered for payment.

### UNIFORM AGREEMENT POLICY

This is to certify that your son/daughter is responsible for all uniforms issued to him/her during the season of Interscholastic Participation. If any property is lost or unnecessarily damaged, the athlete's parent(s) or legal guardian(s) are held responsible for financial reimbursement to the East Meadow School District. Failure to reimburse the District for lost or damaged athletic equipment may result in the athlete NOT being permitted to participate further in the Interscholastic Program.

**NOTE: IMPORTANT- ALL UNIFORMS AND EQUIPMENT ISSUED BY THE EAST MEADOW SCHOOL DISTRICT MUST BE RETURNED NO LATER THAN 7 DAYS AFTER THE COMPLETION OF YOUR LAST ATHLETIC CONTEST.**

**Failure to meet this requirement may result in the athlete losing the privilege to participate in any portion of the Interscholastic Athletic program.**

### CODE OF CONDUCT FOR ATHLETES

- Understand and abide by the rules and regulations of the game and respect the integrity and judgment of the officials
- Understand and abide by the rules and regulations of the East Meadow School District
- Act as ladies and gentlemen at all times
- Use appropriate language and refrain from crude or abusive language or gesture in dealing with coaches, teammates, opponents, officials and/or spectators
- Accept victory with grace and defeat with dignity while exercising good sportsmanship
- Set example of good character in word and deed, both on and off the playing field
- Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort
- Place athletic competition in its perspective; it represents only one part of the learning process and should not be pursued to the exclusion of everything else
- Understand that participation in athletics is a privilege and should be valued
- Understand that violations such as possession of or the use of tobacco products, alcoholic beverages, or drugs, gambling, sexual misconduct and damaging school property are unacceptable behaviors and will not be tolerated
- Refrain from any form of hazing or rights of initiation in school activities, including interscholastic athletics. Students agree not to haze or be hazed. Students who have knowledge of hazing incidents must report them to a coach, athletic administrator, or any other responsible school official.

All student-athletes are expected to conduct themselves in an appropriate and civil manner with proper regard for the rights and welfare of other students, district personnel and other members of the school community, and to be responsible for the care of the school facilities as well as equipment. Students may be subject to disciplinary action, up to and including suspension from the school, or may be held financially responsible, for any damages caused by their actions when they:

**A. Engage in conduct that is disorderly, disruptive, insubordinate, or violent. Examples of disorderly or insubordinate conduct include but are not limited to:**

1. Engaging in any willful act which disrupts the operation of the school or athletic community
2. Using language or gestures that are profane, lewd, vulgar, abusive, or threatening
3. Defacing school property, East Meadow or otherwise, including fields, courts, gymnasiums, locker rooms, bathrooms, buses, etc.
4. Failing to comply with the reasonable directions of teachers, coaches, school administrators or other school personnel
5. Committing an act of violence (hitting, kicking, punching, etc.) or attempting to, upon a student, teacher, coach, school administrator, school employee, or any other person lawfully on school property
6. Possessing a weapon or displaying anything that appears to be a weapon
7. Threatening to use a weapon
8. Intentionally destroying the personal property of a student, teacher, coach, school administrator or other district employee
9. Intentionally damaging or destroying school district property, including graffiti

**B. Engaging in any conduct that endangers or interferes with the safety, morals, health or welfare of others. Examples of such conduct include but are not limited to:**

1. Lying to school personnel
2. Stealing the property of other students, school personnel or any other person lawfully on school property or attending a school function
3. Defamation which includes making false or unprivileged statements or representations about an individual or identifiable group of individuals which is harmful to the reputation of the person or the identifiable group by demeaning them
4. Discrimination, which includes the use of race, color, creed, national origin, religion, gender, sexual orientation, or disability as a basis for treating another in a negative manner
5. Harassment, which includes a sufficiently severe action or persistent, pervasive pattern of actions or statements, sexual or otherwise, directed at an individual or group which are unwanted and are intended to be or which a reasonable person would perceive as threatening, ridiculing, or demeaning
6. Intimidation, which includes engaging in actions or statements that put an individual in fear of bodily harm
7. Hazing, which includes any intentional or reckless act directed against another for the purpose of initiation into, affiliating with or maintaining membership in any school sponsored activity, organization, club or team
8. Selling, using or possessing obscene material
9. Using tobacco of any kind on school property or at any time
10. Possessing, consuming, or exchanging alcoholic beverages or illegal substances, or being under the influence of either 11. Inappropriately using or sharing prescription and over-the-counter medications
12. Gambling of any kind
13. Indecent exposure, that is, exposure to the sight of the private parts of the body in a lewd or indecent manner
14. Initiating a report warning of fire or other catastrophe without valid cause, misuse of 911, or discharging a fire extinguisher, or AED
15. Participating in sexual activity

**C. Engage in any form of academic misconduct. Examples of academic misconduct include, but are not limited to:**

1. Plagiarism or cheating
2. Copying
3. Altering records
4. Assisting another student in any of the above actions

**MINIMUM PENALTY (for code violations):**

The athlete may be suspended from the next scheduled contest(s) but may attend all practices, and will do any extra work assigned by the coach.

**MAXIMUM PENALTY I for code violations):**

Violations considered to be of a flagrant nature, may result in dismissal from the team and/or further disciplinary action as necessary.

**IMPORTANT**

This is an extremely important and educationally sound Code of Conduct that recognizes the importance of good citizenship, sportsmanship, self-respect, mature judgment, as well as mutual respect that should serve as a corner stone for the character and fabric for athletes and athletic programs at the middle school and high school levels.

We ask that you keep the Code of Conduct for Athletes visible in your home as a continual reminder that participation in athletics is a privilege and that the experience should be valued. Please discuss the importance of the Code of Conduct with your son or daughter and help us reinforce these positive behaviors.

# Concussions and Concussion Management Information Sheet

## CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

### FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

### REQUIREMENTS OF SCHOOL DISTRICTS

#### **Education:**

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
  - \* School coaches and physical education teachers must complete the CDC course. ([www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html))
  - \* School nurses and certified athletic trainers must complete the concussion course, (<http://preventingconcussions.org>)

#### **Information:**

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information on the State Education Department's web site must be made available on the school web site, if one exists. **Removal from athletics:**
- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director. \* Such authorization must be kept in the pupil's permanent health record.

### SYMPTOMS

**Symptoms of a concussion are the result of a temporary change in the brain's function.** In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues - sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room. ● Headaches that worsen

- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

**RETURN TO LEARN and RETURN TO PLAY  
PROTOCOLS**

**Cognitive Rest:** Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

**Physical Rest:** Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

**Return to Play Protocol** once symptom free for 24 hours and cleared by School Medical Director:

**Day 1:** Low impact, non-strenuous, light aerobic activity.

**Day 2:** Higher impact, higher exertion, moderate aerobic activity. No resistance training.

**Day 3:** Sport specific non-contact activity. Low resistance weight training with a spotter.

**Day 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

**Day 5:** Full contact training drills and intense aerobic activity.

**Day 6:** Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

# RETURN TO COACH

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## RETURN TO COACH

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We ask that you sign below and keep the Code of Conduct for Athletes visible in your home as a continual reminder that participation in athletics is a privilege and that the experience should be valued. Please discuss the importance of the Code of Conduct with your son or daughter and help us reinforce these positive behaviors.

Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Student Signature: \_\_\_\_\_

## RETURN TO COACH

### EAST MEADOW SCHOOL DISTRICT ATHLETIC PARTICIPATION CONSENT FORM

My signature below indicates that I have read the information relative to athletic participation (pages 1-5) which includes the Concussion Information Sheet, and I have signed the Athletic Code of Conduct. I am aware that information pertaining to Concussions and Concussion Management may also be obtained on the East Meadow School District website. I understand the responsibilities of participating in the interscholastic athletic program, and I understand that I will be required to abide by team, school and applicable association rules in order to maintain my eligibility to participate in interscholastic athletics.

**\*STUDENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

My signature below indicates I have read the information relative to athletic participation (pages 1-5) which includes the Concussion Information Sheet, and I have signed the Athletic Code of Conduct. I am aware that information pertaining to Concussions and Concussion Management may also be obtained on the East Meadow School District website. I understand the risks of injury to, and the responsibilities of, my child while participating in the interscholastic athletic program.

I give my son/daughter permission to participate in:

NAME OF SPORT	LEVEL

**STUDENT NAME:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_ **EMERGENCY CONTACT:** \_\_\_\_\_

**CELL PHONE:** \_\_\_\_\_

**ENTRY INTO 9<sup>TH</sup> GRADE:** \_\_\_\_\_ **CURRENT GRADE:** \_\_\_\_\_

**\*PARENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

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We hope your son/daughter will have a successful and rewarding athletic experience. Your support and encouragement of your child will contribute to his/her success. After parent and athlete sign this form, please return it to your coach prior to the start of athletic participation. In addition, before participation a physical and medical update must be on file in the health office.