

Friendship/Scio Sports Meeting

Please sign in and pick up the Athletic Code of
Conduct from the front

Concussion

CONCUSSION MANAGEMENT PROTOCOL HEAD TRAUMA

- Athlete will be removed from the activity until evaluated medically CONCUSSION
- Athlete will be removed from the activity and will not be allowed to return until released by the School Physician RETURN TO PLAY
- Symptom-free for one week with NO activity.
- Written clearance from School Physician or Primary Care Physician
- Progression to full activity as outlined below:

** DAY 1 IS THE DAY FOLLOWING THE FIRST SYMPTOM-FREE DAY

DAY 1 Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over a 24-hour period proceed to:

DAY 2 Higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training. If tolerated without return of symptoms over a 24-hour period proceed to:

DAY 3 Sport specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24- hour period proceed to:

DAY 4 Sport specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24- hour period proceed to:

DAY 5 Full contact training drills and intense aerobic activity. If tolerated without the return of symptoms over a 24-hour period proceed to:

DAY 6 Return to full activities without restrictions.

If during any phase, the player has a return of symptoms, the activity will be stopped, and the player will return to Day 1. After Day 6 is reached, under the coach's directions, the school nurse will be notified, and Dr. Kassas (district medical director) will sign off on the return to play. Dr. Kassas has the right to disqualify any player if they return to play too quickly.

IMPACT Testing

- Every Athlete will complete the baseline IMPACT test.
 - Students check your school emails
 - If you are suspected of a concussion or diagnosed with a concussion you will be put through the test again to measure how you are doing

Philosophy/Mission Statement

The Friendship/Scio Athletic Program is a natural extension of the high school curriculum, providing activities for the growth and development of our students. This includes experiences in human relations as well as physical & emotional development.

Our goal is to help the Parents/Guardians develop their student in the following ways:

- Improving self-image
- Ability to learn a new skill
- Measuring themselves against standards of quality
- Willingness to accept responsibility for their actions
- The ability to express positive ideas and solutions to problems
- Valuing fair play, honesty, and cooperation
- Respect for authority, their teammates, and themselves

Participation in the Athletic Program is a **PRIVILEGE** which the student enters into voluntarily. With this privilege comes a responsibility to:

- One's self
- One's team
- One's school

Our town, school and citizens are represented by the behavior of the students participating in the Athletic Program. We expect our students to be ambassadors of Friendship and Scio Central School and the entire community; holding high standards of sportsmanship, teamwork, sacrifice, leadership, and loyalty.

Conditions to Participate

No girl or boy may participate in an interscholastic sports activity (including tryouts and practice) UNTIL:

A: Player and parent/guardian attends the preseason athletic meeting

B: Athlete has a NYS approved sports physical by a physician

C: An updated health form is turned into the Athletic Director

D: The student-athlete meets all NYSPHSSA eligibility requirements

E: Uniforms/Equipment from previous seasons have been returned or replaced.

F: Student/Athlete meets the academic eligibility requirements

1.A student who finishes the season academically in eligible is subject to the due process procedure. (page 8 letter J)

G: Following any injury that requires a physician's care until a doctor's release form is presented to the school nurse, coach, and athletic director.

H: Student-Athlete meets the tardy/absence policies and requirements

1.Students must be in attendance for an entire school day in order to be eligible to play or practice that day.

2.A student that is tardy to school (not in homeroom) without a legal medical excuse cannot play or practice that day

3.Absent or late to school the day after a game results in 1 game suspension

4.Students need to bring in medical documentation for a tardy to be considered legal and able to play or practice that day.

5.Even with a medical excuse a student-athlete must have at least 4 periods of class time in order to play or practice that day. (unless prior approval, at least 24hour notice)

I: Students and parents/Guardians must watch and go through the NYS concussion video and the school's concussion protocol.

J: All aspects of any suspension must be completed.

k. Detention, ISS, OSS

L. If a student-athlete does not participate in PE they cannot play or practice that day.

* Any suspension from previous years or previous Code of Conduct do roll over until they are fully served.

Substance Abuse

- Tobacco, Alcohol, Drugs, Vaping/E cigarettes
- First offense- 4 games and counseling. (attend practice and games)
 - Second offense- Full year
- Third offense- no longer eligible to play at FCS/SCS

Code of Conduct for all

- Student-Athletes
 - Parents
 - Spectators
 - Coaches

Transportation

- Provided to all players of that days contest to and from games
 - Provided to and from practice. You must ride the bus back from practice. If staying for a game there must be previous written permission from parent and have a ride home from the game that is not the game bus.
 - (sign-out sheets for after the game are provided)
 - Written notification no less than 48 hours
- (if requesting to drive to a game ONLY because a conflicting doctors appointment)

Due Process

- Order of file (AD, Principal)
 - Time Frame (7-8, 9-12)
- (resets the start of 9th grade)
 - Quitting a team
 - 24 hour cool down
 - 1 cool down period a year
- Quitting does carry a suspension for the next sport season
 - 20% of next sport season played

Appeal Process

- In writing within 5 days
- Athletic Committee will hear the case within 5 days
- Appealing substance abuse suspension may not practice or play during appeals
- Non-substance abuse suspension may practice and play during appeal. (sever cases the superintendent and principal will have the say on the ability to participate during appeal)

Communication Guidelines

Communication You Should Expect from Your Child's Coach

1. Philosophy of the coach and program.
2. Expectations the coach has for your child, as well as the entire team.
3. Locations and times of all practices and games.
4. Team requirements, i.e. special equipment, off-season expectations, etc.
5. Procedure should your child be injured during participation.
6. Disciplinary action(s) that may result in the denial of your child's participation.

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach only after the student/athlete has talked with the coach.
2. Notification of any schedule conflicts well in advance.
3. Concern about a coach's philosophy and/or expectations.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Paper work

Final Forms

<https://friendship-ny.finalforms.com>

Student's need to check their school email.

All forms are on this site and you can monitor student's eligibility off this site. All coaches will be using this site to also check eligibility, injuries, medical issues.

www.sectionvny.org (for sport calendars)

www.sectionv.org (for any section V events)

<https://friendship-ny.finalforms.com> (all forms to participate)

www.nysphsaa.org (for any NYS events)