

PLAINVILLE STUDENT ATHLETE HANDBOOK



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Philosophy

The Plainville Board of Education, the faculty and administration and the Athletic Department believe the competitive athletic program is an integral part of the overall educational program of the school.

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. It must be based on a spirit of non-professionalism so the participation is regarded as a privileged opportunity.

Athletics are for all students who are physically able to participate, who qualify under the eligibility requirements, and who adhere to the rules set forth by State and local school officials. We believe that participation in athletics will contribute to the following:

1. Improvement of health, fitness, and general welfare of all individuals taking part in the program
2. Stimulation of participants to achieve creditable academic progress and to make a contribution to the general education program of the school

Code of Conduct for Plainville Athletes

The following behavior will be considered serious violations of the Plainville High School athlete's code of school rules:

1. Infraction of school rules requiring administrative action.
2. Theft or malicious destruction of school property or individual equipment
3. Unexcused absences from practices or contests.
4. Unexcused absences from class.
5. Unsportsmanlike conduct toward an opponent, official, fan, coach, or teammate, or use of profanity during practices or games.
6. Unsportsmanlike conduct of any kind as a spectator at an athletic contest.
7. Any form of hazing, which is defined as an activity that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission to a team. Those responsible will be disciplined even if the student agrees to participate.

Disciplinary action, ranging from suspension from competition in a contest to removal from the team can be imposed for violation of rules. The nature of the offense and its frequency determine the appropriate disciplinary action. This disciplinary action will be left up to the discretion of the coach. Any disciplinary action by a coach, that involves removal of an athlete from a team, must be approved by the Athletic Director and can be appealed by the athlete or his/her parents. Each case will be handled individually, but at the same time in a fair and consistent manner.

Objectives of the Athletic Program

1. To provide the opportunity to engage in healthy competition

2. To provide a "whole school" interest and activity, which will attract students other than athletes.
3. To teach students proper habits of health, cleanliness, and safety
4. To teach new skills and offer the opportunity to improve on those already possessed.
5. To provide opportunities for the development of lasting friendships with both teammates and opponents
6. To provide opportunities to observe, practice, and exemplify good sportsmanship.
7. To give students an early understanding that participation in athletics provides leadership training.
8. To provide opportunities for students to place the interest of the group above self and learn to practice self-discipline for the overall benefit of the team of which they are members
9. To provide the student the opportunity to develop a feeling of unity and belonging, team pride, teamwork, and respect for rules and authority
10. To consider membership on an athletic squad as an extended opportunity for the physically gifted.

ATHLETIC REQUIREMENTS FOR PARTICIPATION

1. Online Sign up through FamilyID (consent/permission forms)
2. Select Physical Therapy Consent to Treat Form
3. All eligibility requirements must be satisfied

Responsibility of the Student Athlete

1. All CIAC and Plainville Board of Education eligibility rules will be strictly adhered to and enforced during the season.
2. Student Behavior- all athletes shall conduct themselves as exemplary school and community citizens. Unsatisfactory behavior may result in complete or partial suspension from the team.
3. Team Conduct -All team members shall extend courtesy to teammates, opponents, officials, coaches and spectators, both home and away. Abuse of this rule can mean complete or partial suspension from the team.
4. Sportsmanship-Student athletes shall adhere to the spirit of fair competition, ethical conduct, and sound judgment during both practices and games, as well as when they are spectators at other athletic contests.
5. Cleats MUST NOT be worn in the building for any reason. This included the hallways and locker rooms.
6. Students MUST be out of the hallways at 2:30pm. Only students in a school related activity, with supervision, should be in the hallways.
7. Students may not be throwing or playing with equipment in the hallways, locker rooms or lobby. The ball will be confiscated and returned to the head coach.
8. Water buckets must be emptied and dried after each use. Please see the athletic trainer for procedures and storage space.
9. Med-kits must be filled weekly or bi-weekly. The team captains are responsible to have this done before each game.
10. Practices and team warm-ups should not be started without a certified coach present.

CIAC In-Season Rule

During the high school season, starting with the first scheduled contest through the CIAC and New England tournaments, you may not practice or play with an outside team in the same sport. If you are a member of a golf, swimming, gymnastics, track and field, or tennis team, refer to the CIAC Handbook for exceptions to this rule. Please contact the Athletic Director prior to participating in any activity in the same season in order to avoid violating CIAC rules.

Conflict Resolution

Throughout the athletic season there are many positive and some negative moments that will occur. These moments are what make athletic competition so beneficial and meaningful in the development of our young student athletes. Many of these situations will have different meanings for our student athletes and may bring about issues that need to be discussed and dealt with. In order to encourage self-advocacy for our students we ask that the following procedure be followed in order to deal with all situations in an appropriate manner.

Only issues dealing with the safety, health and welfare of a student will be discussed by the coach, Director of Athletics, or the PHS Administration. The student athlete and coach can discuss other topics, such as position on the team and specific participation issues.

- A student athlete and coach should first attempt to resolve any issues.
- If the conflict cannot be resolved between the student athlete and the coach, the student athlete and their parent should meet with the coach at an agreed upon time.
- If the problem is still unresolved, then the parent should contact the Director of Athletics to establish a meeting time with the student athlete, parent, coach and Director of Athletics.
- These are the steps to be followed for the resolution of a problem:
 - Student Athlete- Coach
 - Parent & Student Athlete- Coach
 - Parent & Student Athlete- Coach- Director of Athletics
 - Parent & Student Athlete- Coach- Director of Athletics- PHS Administration
- No meetings will occur without the presence of the student athlete
- Issues that will NOT be discussed
 - Playing time
 - Captain selection
 - Coaching strategy
 - Other student athletes

We understand that it is difficult to accept that your child may not be playing as much as you would hope. As a coach of an athletic team there are decisions that need to be for the good of the team as a whole even if an individual may not believe it is in their best interest. The decision is never an easy one for the coach to make, but it is the coach's decision alone. The Plainville Athletic Department always encourages what is best for all of our student athletes and if a decision has been made that a student athlete does not

agree with, it is up to the student athlete and his/her family to make the decision to continue to participate.

Attendance

1. Student athletes must attend classes on the day of a contest or practice. Students must be at school for five hours. Arrival at school after 11:00am constitutes an absence unless approved by the school principal. Absence on a Friday will disallow participation on the following Saturday contest.
2. If a student is unable to participate in PE class on a particular day due to a medical excuse, the student may not participate in any athletic activity on that particular day. If a student does not participate in PE class due to a class cut, absence or forgotten gym clothes, the student may not participate as a member of a team for that day.
3. Unexcused absences will result in the student being suspended from any school activity on that or the next day. As determined by the coach.
4. Failure to report for a scheduled practice, performance or contest without being excused may result in suspension or dismissal from the activity.
5. Students with significant family or religious obligations are not required to attend practice held on Saturday, Sunday or religious holidays. If a student is unable to attend a weekend practice, the student should inform the advisor/coach prior to the event, performance or practice.
6. Absence from team activities due to other school related activities; family obligations, illness or medical appointments are acceptable when approved in advance by the team coach. Unexcused absences will result in disciplinary action at the discretion of the coach.

Vacations

Team members are expected to attend practices and contests during vacations that fall within the season. Parents should make family vacation plans with the student/athletes commitment in mind. However, athletes who have family vacation plans must notify the coach 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 vacation for which they have notified the coach as previously stated. It shall be the coach's discretion to decide when a player is in condition to resume play.

Behavior

1. Student athletes are expected to conform to the proper dress code set forth by the team coach on game day.
2. Student athletes must travel to and from each contest on the team bus accompanied by the coach. The athlete(s) involved in damaging the bus will pay for the repairs. Said athlete(s), by this behavior, will be subject to dismissal from the squad and may face school discipline as well.
3. Student athletes are encouraged to promote their sport and participation in athletics in general. A positive attitude and approach from peers can encourage others to participate.

4. Any student athlete who participates in a fight during team activities will be suspended immediately from the team for a period to be determined by the team coach.
5. Verbal and or physical abuse of officials, coaches, opponents, or spectators by student athletes may result in suspension or dismissal from the team.
6. Any student-athlete who damages school property will be subject to suspension or dismissal from the team.
7. Athletes suspended from playing due to an unexcused absence or violation of a school rule shall sit on the bench as a team member the day of the game.
8. Athletes will not wear cleats of any type in the school building.
9. Athletes are expected to demonstrate responsible behavior at all times, especially in the locker room, on the bus, and when they are guests at an opponent's school.

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.

Gymnasium Procedures

1. No one is allowed in the gym unless it is his or her designated practice period.
2. At no time is it permissible for individuals or groups to work out in the gymnasium and fitness/weight room, unless under direct supervision of a coach.
3. Athletes practicing in the gymnasium for one sport will refrain from using equipment not specifically designated for their sport.
4. Teams "in season" will have priority on gymnasium use.

Health

Student athletes shall maintain proper health and fitness levels to properly train and compete in the current sport. Areas of concern include proper diet, sleep, personal hygiene, weight training and cardio-vascular fitness. Athletes affected with communicable diseases should report details to the team coach.

Physical Examinations

The Plainville Board of Education requires that all students have a physical examination before being permitted to practice or take part in interscholastic sports. Coaches in all sports will be provided with the proper forms and/or information, which will be required of all participants. Once a student has received a physical examination, that examination will serve for the entire year unless the student has been injured during the season. Each physical examination will be valid for a period of thirteen months. If the time period expires during an athletic season, the athlete will not be allowed to participate.

If an athlete suffers any injury requiring medical attention beyond casual observation during a sport season, that athlete must obtain a note from the family physician or school

medical advisor stating the athlete may continue in the sports program. This note must be given to the coach. Without a re-entry slip, the athlete will NOT be allowed to participate in practice or compete in a contest.

Insurance

Students participating in interscholastic sports are automatically covered under the school's athletic insurance program. The sports insurance program does NOT cover any medical expense, which is paid, or payable under any other insurance policy. Therefore, a family's regular insurance (Blue Cross/Blue Shield, etc.) will cover the student initially and the school's insurance will take effect when the individual's insurance does not apply to cover the situation.

Accident Reports

It is the obligation of any athlete injured during a sports season to report the injury to his/her coach and the athletic trainer. After consultation with the injured athlete, the coach has the responsibility of completing an accident report form and submitting it to the athletic secretary or the trainer within 24 hours after the report of the injury.

Substance Abuse *

On the premise that participation in interscholastic athletics is a privilege the following regulations will be in effect.

- I. Any violation of the school district's policies related to being in the presence of underage drinking or illegal drug use, or to the possession or use of drugs, tobacco and/or alcohol, e-cigarettes, vape pens etc. on or off school property, will result in discipline.
 - a. First offense will result in no less than a 14 day suspension from all team activities (practices, games – HOME AND AWAY, fundraisers, etc). Failure to adhere to these guidelines will result in removal from the team for the remainder of the season.
 - b. The second offense, occurring within the same school year, will result in **REMOVAL FROM PARTICIPATION IN ALL ATHLETIC PROGRAMS FOR THE REMAINDER OF THE SCHOOL YEAR.**

*Consequences may be increased with administrator discretion based on the severity of the infraction. (School policy and consequences supersede athletic consequences.)

Your behavior is a direct reflection of your parents, your coaches, and your team. As a representative of your school, it is essential that you exhibit behavior becoming of an athlete.

Steroids Prohibited

Staff members are required to report knowledge of the use of steroids and/or suspicion of such use by any member of the student body to the building principal. **Failure to report the use of anabolic steroids will be considered insubordination and/or dereliction of**

duty and will result in disciplinary action.

Use or possession of anabolic steroids by a member of a team will result in *immediate suspension* from the athletic program. After the suspension and prior to being reinstated, the student must be voluntarily tested with negative steroid results.

Equipment

All issued school equipment will remain the property of the school and must be properly cared for by the student athlete to whom it is issued. It is the financial responsibility of the student to ensure that the equipment is returned at the end of the season of departure from the team. NOTE: Return all equipment and uniforms to the coach. No items should be returned to the athletic office. It is the coach's responsibility to collect all equipment and uniforms. Any student athlete failing to return a cleaned uniform or failing to make payment for a lost uniform or equipment, at the end of a season, is ineligible to play in the next sport season. Note: Graduating seniors will not receive their cap and gown until they have returned all equipment/uniforms.

Game uniforms may be worn on the day of a contest with the approval of the coach.

Locker Rooms

- 1.DO NOT BRING VALUABLE ITEMS OR LARGE AMOUNTS OF MONEY TO SCHOOL.
- 2.KEEP YOUR LOCKER LOCKED AT ALL TIMES AND DO NOT SHARE YOUR COMBINATION WITH ANYONE.
- 3.THE SCHOOL IS NOT RESPONSIBLE NOR IS IT LIABLE FOR YOUR PERSONAL PROPERTY.
- 4.Lockers will be cleaned out at the conclusion of each season.
- 5.Athletes will leave locker rooms in a clean condition.

Team Bench and/or Area

Other than players, coaches, medical personnel, and student managers, no other persons are permitted on or near the team benches. Coaches must enforce this rule with assistance from athletic personnel. At the conclusion of each contest, whether home or away, the athletes will leave the team bench area in a clean condition.

Changing Sports

The participant of a sport who desires to drop from one team and try out for another is given this opportunity up to the first game of the season on mutual agreement from the two coaches involved.

An athlete who drops from the squad after the first contest is not permitted to join another squad during that season.

Captains

1. Selection of Captains Each coach shall set up criteria and be responsible for the selection of captains. In order to be eligible to be selected as a captain, the athlete must have earned a varsity letter in the sport in which he/she is being considered as a captain.
2. Students who violate the basic school conduct rules will jeopardize the privilege of serving in leadership roles. In all cases in which students are out of school suspended and/or expelled, students will be removed from any/all leadership positions (athletic and non-athletic) for the remainder of that academic year and may not hold or run for any leadership position during the following calendar year beginning on the date of the incident.
3. The term “captains practice” usually means the team’s captain organizes and conducts practice sessions for the sport without adult supervision. The CIAC and CCC conference does not in any way sanction, encourage or condone “captains practices” in any sport. “Captains practices” are a clear violation of the spirit of the rule. Students may NOT conduct practice at the high school out of season.
4. Qualities of a Captain
 - a. A leader- showing the way and setting a good example.
 - b. Respected by team members.
 - c. Set high goals for themselves about their abilities.
 - d. Importance of academics! Never misses a class, prepares assignments accurately, and is always on time. Regular study habits.
 - e. Team player and appreciates team glory. Makes sacrifices for the team.
 - f. Reacts to defeat with determined effort and resolve.
 - g. Prepared physically and maintains top condition year round.
 - h. Accepts and learns responsibilities thoroughly.
 - i. Takes advice easily, eager to learn, easy to approach, and abides by rules.
 - j. Steps-up to challenge when things do not go as planned.
 - k. Has the intent of getting better in practice every day.
 - l. First one there, last one to leave.
5. Responsibilities of a Captain
 - a. Attend all Athletic Leadership meetings.
 - b. Set an example of sportsmanship and good behavior at all times.
 - c. Assist coaching staff with duties such as: water, ice, med-kits, bus checks, home event operations, etc.
 - d. Conscious of greeting the other team as they enter our facilities. Things to be communicated: bathrooms, locker rooms, water, ice and location of the trainer.

**SPORTS MEDICINE AREA -
ATHLETIC TRAINING ROOM RULES**

Cleated shoes are not to be worn in the training room.

- **Only sneakers or street shoes**
 - ***Bare feet, not allowed unless being treated**
1. Equipment (balls, pads, etc.) should be kept outside of room
 2. Shoes must be kept off treatment tables

3. Horseplay and foul language will not be permitted in the room
4. Athletes are not allowed to use the treatment room as a social setting
5. Food and beverage will not be permitted
6. No supplies or materials are to be touched without the approval of the athletic trainer
7. Training room hours (subject to change) 2:10- 5:00
8. In-season athletes have priority
9. Athletes should have permission from the Sports Medicine staff prior to taking tape from the training room.
10. Books, bags, and other personal belongings should be placed in your locker before entering the training room.

Sports Offered at Plainville High School

<i>Fall</i>	<i>Winter</i>	<i>Spring</i>
Cheerleading	Basketball- Boys and Girls	Baseball
Cross Country- Boys and Girls	Cheerleading	Golf- Boys and Girls
Football	Swimming and Diving- Boys	Softball
Soccer- Boys and Girls	Wrestling	Tennis- Girls and Boys
Swimming and Diving- Girls	Indoor Track	Track- Boys and Girls
Volleyball	Hockey (Co-Op Rocky Hill)	

Athletic teams may be added to the athletic program if there is sufficient student interest, adequate funding, opportunities to develop a viable and competitive schedule and the necessary facilities.

A newly organized team is considered a “Club” team. At the conclusion of the second consecutive year if the above qualifications have been met, the coach may request the Athletic Director to petition the Board of Education to add the team to our program with appropriate funding.

AWARDS

At the conclusion of each sport season, student athletes will be presented letters, metal insignias and certificate awards according to their participation level. Should a student wish to receive numerals the Athletic Director needs to be notified.

1. Participation certificates: These are given to athletes who participated in a sport.
2. Varsity letter- how an athlete earns a letter is up to the coach. The coach will notify the team of the specific requirements at the start of the season. The first time an athlete earns a letter in a sport, they receive a P felt letter. If they have

- received a letter in another sport, they would receive the first year pin. Regardless of how many varsity letters an athlete earns for various sports over their career, they should have only one felt P.
3. Second, third, fourth year pins- An athlete would receive one pin for earning a second year letter, a bar pin or third year letter and a bar pin for a fourth year letter. This would be true regardless of what they may have achieved in another sport. These pins are generic bars and are the same for every sport.
 4. CCC Scholar Athlete: A certificate is awarded to those athletes who received a varsity letter and overall average of 88% or above.
 5. All Conference: Athletes are selected by the divisional coaches. Each sport is allowed a designated number of All-Conference selections by Division. Selections are based on performance, ability, and statistics. Team sports are usually selected by position. In individual sports, like track and field, swimming and tennis, the candidates are awarded by specific performances, usually conference championship meets/tournaments.
 6. All State: Athletes are chosen in the same manner as All-Conference, yet there are a greater number of student-athlete candidates. Selections are done by the state division your sport falls into- Class M usually for Plainville HS.
 7. Senior year- at the conclusion of the athlete's senior year the Backers club provides plaques to seniors who participated in one, two and three sports at the senior night awards dinner.

Plainville Board of Education/CIAC Rules of Athletic Eligibility

In order to participate on an interscholastic athletic team or extra curricular/co-curricular activity, a student must have satisfied all the scholastic eligibility requirements prior to participation.

All Plainville High School athletes are subject to eligibility standards set by the C.I.A.C. (Connecticut Interscholastic Athletic Conference) and the Plainville Board of Education. Our local Board of Education has established additional regulations and both sets of criteria must be satisfied.

Scholastic eligibility requirements will be published on the district website, www.plainvilleschools.org, in the annual student handbook (agenda), in the annual program of studies for Plainville High School, and in a pre-school opening letter from the Principal each August. In season, coaches and advisors monitor student grades.

A student enrolling in the ninth grade for the first time will be eligible to play a fall sport regardless of the previous academic achievement. Thereafter, in order to be eligible, a student in grades 9-12 must meet the requirements found in Rule I.B. C.I.A.C. Code of Eligibility.

Full Extra Curricular/Co-Curricular Eligibility

1. **Academically Eligible:** To be eligible for fall sports, clubs, and activities, the student must have received credit towards graduation at the close of the previous school year in at least five (5) classes. In addition, the student must also be taking a minimum of five (5) classes during the season and meet the Grade Requirements criteria (see below). Winter and spring eligibility is based on the quarterly reports cards issued during the school year. Fall eligibility is based on the prior school years last quarterly report card issued in June. First time ninth grade students will automatically be eligible for the first quarter marking period. If these requirements are met a student will be able to participate with no restrictions. A student's eligibility is determined on the report card distribution date which is located on the school calendar.

- Transfer students eligibility will be determined based on their last complete marking period grades earned at their most recent placement.
- Incomplete grades are not considered passing grades, though a student can become eligible once the 'incomplete' is changed to a grade.

Any questions concerning eligibility should be directed to the PHS Athletic Director and then the PHS Principal.

2. **Grade Requirements:** Each quarter the student must be taking and passing a minimum of five (5) classes during the season. Eligibility is determined by quarterly report cards only. For Fall co-curricular and extra-curricular Progress Reports will only be utilized to monitor students with probationary status only.

- If a student passes all of their quarterly classes (above a 60%), they will be deemed **Academically Eligible** (see definition above).
- If a student received a grade of one (1) F or FS on their most recent **quarterly** report card, then they must have an overall average of 70% (all classes combined) or higher to be **Academically Eligible** (see definition above).
- Students who receive one (1) F or FS on their most recent **quarterly** report card and have below a 70% overall average will be considered **Eligible with Academic Probation** (see definition below).
- Students who fail two (2) classes F or FS for the quarter on their most recent **quarterly** report card the student will be considered **Eligible with Academic Probation** (see definition below).
- If a student fails **more than** two (2) classes (F or FS) on their most recent **quarterly** report card, that student will be considered **Academically Ineligible** (see definition below) until the next quarterly report card is issued.

3. **Eligible with Academic Probation:** Academic probation means the student **can practice and or tryout** for a team or club but is not allowed to participate in any interscholastic contests. If a student is placed on academic probation the player is deemed

eligible with the condition of probation, which carries additional requirements and restrictions. Club advisors will enact restrictions pertaining to their individual club or activity. The student will be on academic probation until progress reports or the next quarter report cards are issued (whichever is first). If the student is on academic probation, the student must have zero (0) failing grades on the next progress report or quarterly report card to be removed from academic probation. If a student is deemed academically ineligible they **will not be allowed to participate** in any team activities. This also applies for clubs and related activities. The advisors for these clubs and activities along with administration will determine which events students can participate in. During the academic probation period students should meet with teachers after school to create a plan to improve their academic standing.

Examples of ways for students to improve their academic standing:

- Attend Homework club in the Learning Commons after school.
- Meet with teachers after school to go over academic standing.
- Set aside time at night for homework and studying without interruption.

Head coaches and the Athletic Director will be monitoring students' academic progress. Coaches and advisors will communicate with teachers to assist in the educational progress of any student who is on academic probation. If the next progress report or quarterly report card is issued and there is still a failing grade in any course, the student will then be removed from academic probation status and **will not be allowed** to participate in any team activities. If this occurs, the Club Advisor or the Athletic Director/ Head Coach will meet with the student and also contact the parents of the student.

4. **Academically Ineligible:** Students who receive three (3) or more F or FS on their quarterly report cards will be deemed **Ineligible** for the next quarterly marking period. They can become eligible at the time the next quarterly report card is issued if they meet the conditions outlined above.

5. **Summer School:** Summer school at PHS is a credit recovery system. A student's academic eligibility for the fall season is based on quarter four grades from the previous school year. Summer school can help you earn credits toward graduation but will **NOT** change your eligibility status.

Quick Reference Guide

<p>1. Does your current schedule include at least five (5) credits for the year and at least five (5) graded courses in this report card period?</p>	<p>YES: Go to Question #2 NO: You are ineligible</p>
<p>2. In the most recent quarter marking period. Did you earn passing grades in at least five (5) or more of your courses with no F's or FS's?</p>	<p>YES: You are eligible. NO: Go to Question #3</p>
<p>3. Did you receive only one (1) F or FS and your overall average of 70% or higher?</p>	<p>YES: You are eligible. NO: Go to question 4.</p>
<p>4. Did you receive two (2) F/FS? or Did you receive one F/FS but your overall average was below a 70%?</p>	<p>YES: You are on academic probation.</p>
<p>5. Did you receive more than two F/FS grades on the marking period report card?</p>	<p>You are ineligible to participate until after the next marking period in which you meet the criteria for eligibility described above.</p>

Sportsmanship

The Plainville Community Schools conduct an athletic program to enhance the personal and educational growth of its participants by providing healthy and challenging competition. All spectators 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 objectives.

Ways to Promote and Display Good Sportsmanship

- Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- Maintain self-control at all times, do not start up a rivalry.
- Establish a pleasant relationship between visitors, hosts and officials.
- Respect the integrity and judgment of sports officials.

- Accept the results gracefully and act courteously at all times.
- Applaud during introduction of players, coaches and officials for both teams.
- National Anthem- Stand at attention and applaud when the anthem is finished.
- Applaud at the end of contests for the performance of all participants.
- Shake hands with the opponents and coaches to recognize them for good play.
- Recognize that the basic purpose of our athletic program is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- Always show concern for injured players, regardless of which team they play for.
- Always strive to represent yourself, your team, your school and your community with class and integrity.

Athlete's Role

An athlete is respected and admired by the student body, the spectators, and the children in the community. It is a role filled with responsibility, and good sportsmanship can be shown by:

- Living up to the standards of sportsmanship established by your coach
- Learning the rules of the game and discussing them with parents, fans, and students of all ages so all can have a better appreciation of the game.
- Remembering that you are representing yourself, your school, family, and community.
- Respecting your opponents.
- Respecting the integrity and judgment of officials.
- Displaying positive actions in public at all times.

Coach's Role

A coach's exposure and influence makes this role the most important in forming positive attitudes about sportsmanship to students, spectators, and the community. For good sportsmanship to become a reality, a coach should always strive to:

- Set a positive example for athletes, fans, and the community
- Abide by the rules of the game in letter and in spirit
- Teach good sportsmanship to athletes and parents, and reward those who abide by your high standards
- Treat opposing players and coaches with respect
- Respect all officials, and understand that their contribution to high school athletics is an admirable one
- Display modesty in victory and graciousness in defeat in public and with the media
- Exemplify the highest moral character, behavior and leadership

Spectator's Role

Let Us Be Known for Our Sportsmanship

The spectators at an athletic contest have an extremely important role in displaying good sportsmanship. As a group, your actions may have the greatest impact on how others view the reputation of your school and community.

Fans should always:

- Compliment student-athletes in their attempts to improve and learn.
- Respect officials, opponents, and their fans.
- Learn and understand the rules of the game.
- Respect the decisions of officials, and admire their efforts to officiate in the best interest of interscholastic sports.
- Acknowledge good performance, regardless of uniform color
- Recognize and compliment the efforts of coaches, officials, and school administrators for their interest in expanding education.
- Never make derogatory comments to or about the opponent, or game officials.
- Singling out individual players or numbers is not permitted.
- Remove hat during the playing of the National Anthem.
- Stand at attention and remain quiet throughout the playing of the national anthem.
- There is a charge for most home vents that start at 5:00pm or later. This charge helps defray the cost of officiating, contest support personnel and security.
- Advocate that any spectator who continually shows poor sportsmanship be directed not to attend future contests.

Expectations of Parents

- Be positive with your athlete. Let them know that they are accomplishing something by being part of a team.
- Do not offer excuses to your athlete if he/she is not playing. There is usually a reason for it. Encourage athletes to advocate for themselves.
- Do not criticize your athlete's coach in front of your athlete. It will distort their perception of the coach and overall attitude toward playing.
- Always encourage your athlete to put forth their best effort.
- Insist on good grades all year long.
- Do not compare or contrast athletes with a family member who previously played. Each athlete is unique in their own way.
- Being a fan does not entitle you to be belligerent or abusive towards players, coaches, opponents, officials or your son/daughter. This type of behavior is embarrassing to your child, and may result in being prohibited at contests.
- Encourage your athlete to play for the love of the game and what participating in a sport teaches about life and adulthood. De-emphasize playing for scholarships or college admission.
- Keep the game in perspective and always be a role model of sportsmanship.

Away events (As a participant or spectator)

PHS students will be held accountable for their actions and behaviors at away contests within the guidelines of the PHS Student/Parent Handbook. Spectators who are identified as not abiding by these standards set forth by Plainville High School and other CIAC member schools, will be subject to suspension or ban from attending contests.

Home Event Game fees:

All varsity home events at PHS are subject to a gate fee after 5:00pm. Gate fees are \$5 Adults, \$3 Students, Free for Senior citizens (60 & over). Children 10 and under are free. Events sponsored by the CIAC, CCC and special tournaments are subject to those rates set by those organizations.

Directions to Central Connecticut Schools can be found on the CIAC website (ciacsports.com)

Student and Parent Concussion Information 2019-2020

This was developed to provide students and parents 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 the State Board of Education 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 that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.”* -CDC, Heads Up: Concussion http://www.cdc.gov/headsup/basics/concussion_what.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/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.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 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
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask 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 or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

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.**

Section 3. Return to Play (RTP) Protocol Overview

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 they have received written medical clearance from a licensed healthcare 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 concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time 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 healthcare 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 initial 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 (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity <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, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact	Following final medical clearance,	Restore confidence

sport drills	participate in normal training activities	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 don't resolve, the athlete should be referred back to her/his medical provider.

Sudden Cardiac Arrest Information 2019-2020

NOTE: This was developed to provide student-athletes and parents/guardians with current and relevant information regarding sudden cardiac arrest. 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 Chapter 163, Section 10-149f: SUDDEN CARDIAC ARREST AWARENESS EDUCATION PROGRAM.

Part I – SUDDEN CARDIAC ARREST - What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

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. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

PART II - HOW COMMON IS SUDDEN CARDIAC ARREST IN THE UNITED STATES?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. It is a leading cause of death for student athletes.

According to an April 2014 study for PubMed the incidence was

- 0.63 per 100,000 in all students (6 in one million)
- 1.14 per 100,000 athletes (10 in one million)
- 0.31 per student non-athletes (3 in one million)
- The relative risk of SCA in student athletes vs non-athletes was 0.65
- 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 NCAA (on CBS News, June 28, 2012)* are heat stroke, heart disease and traits associated with sickle cell anemia. Prevention of sudden death, the same study concludes, is associated with more advanced cardiac screening with attention to medical histories and birth records, improved emergency procedures, and good coaching and conditioning practices.

PART III - WHAT ARE THE WARNING SIGNS AND SYMPTOMS?

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. SCA can be prevented if the underlying causes can be diagnosed and treated.

Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes

sudden cardiac death. With fast, appropriate medical care, 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/>)

WHAT ARE THE RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING THESE SYMPTOMS?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

REMOVAL FROM PLAY

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed healthcare professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity.

RETURN TO PLAY

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

To summarize:

- 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 a defibrillator can be lifesaving.
- Training in recognition of signs of cardiac arrest and SCA, and the availability of AEDs and personnel who possess the skills to use one, may save the life of someone who has had an SCA.

(National Heart, Lung, and Blood Institute)