

The School Board recognizes the role that interscholastic athletics plays in the total educational program. Interscholastic athletics is an outgrowth of the physical education and intramural programs and should provide opportunities for participation in a wide variety of sports.

Interscholastic athletics shall provide an educational example of the worth of hard work, physical conditioning, discipline, teamwork, competition and sportsmanship. Students will come to understand through participation in interscholastic athletics that any endeavor worth undertaking is worth doing to the best of one's ability. Students shall be encouraged to develop their respective skills to the maximum of their abilities.

Student athletes shall be ever mindful that the athlete is also a student, and athletic endeavors shall not supplant other needs of the students, such as satisfactory academic achievement.

It is the responsibility of the District to provide students who are interested in competitive athletics with appropriate coaching and facilities. Interscholastic athletic programs in the District shall be conducted under the general rules and regulations of the New York State Public High School Athletic Association (NYSPHSAA).

Student eligibility for participation on interscholastic teams the following shall include:

1. bona fide student of the Johnson City Central School District;
2. authorization by the school physician;
3. written parent or guardian consent; and
4. endorsement by the Director of Physical Education or designee based on established rules and various league and State Education Department regulations.

Before a student may practice on any team, he/she must be examined by and receive approval from the school physician. Each student participating in interscholastic sports must submit a Confidential Health History Update properly signed by both the athlete and his/her parent/guardian prior to participation in that season's sport.

Athletic Placement Process (formerly Selection/Classification)

The Board permits students in grades 7 and 8 who wish to play at the junior varsity or varsity level in all sports to do so provided they can complete the entire Athletic Placement Process (APP). A description of the APP is available from the district's Athletic Director.

There is an element of risk associated with all athletic competition and in spite of the fact that the athletic staff will provide each participant with due care, the school district cannot insure that students will remain injury free.

Although the district will take reasonable care to protect student athletes, students may still sustain injuries. In order to most effectively ensure student safety, open communication between students, parents and coaches about the child's medical condition is critical. All injuries which occur during practice, contests or travel must be

reported, promptly, to the coach. Coaches and other appropriate staff will receive guidance and training regarding recognition of injury and removal of the student athlete from play, in the event of injury.

The coach shall file the necessary accident report forms with the Athletic Trainer and/or Director of Athletics. If an injury is such that a medical reexamination is required, the participant shall not be allowed to practice or play until approval from a physician is obtained. In order to resume participation following an injury, the student needs to receive medical clearance by an approved medical physician.

Any student demonstrating signs, symptoms or behaviors consistent with a head injury/concussion while participating in a school sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity immediately and be evaluated by the coach/athletic trainer or designee as soon as possible. The district shall notify and recommend appropriate monitoring to the student's parent/guardian and, when appropriate, recommend the student athlete see a health care professional. The student should not return to school or activity until released by an appropriate health care professional.

All students sustaining a head injury/concussion will be mandated to participate in the school district's return-to-play protocol:

- Day 1: No physical/exertional activity until medically cleared and asymptomatic for 24 hours.
- Day 2: Begin low impact activity such as walking, stationary bike, etc.
- Day 3: Initiate aerobic activity fundamental to specific sport such as skating, running, etc.
- Day 4: Begin non-contact skill drills specific to sport such as dribbling, ground balls, batting, etc.
- Day 5: Full contact in practice setting

If the athlete remains without symptoms, he or she may return to play.

Special Note:

Athlete must remain asymptomatic to progress to next day.

If symptoms return, the athlete must return to the previous level.

The school's chief medical officer will make the final decision on return to activity, including physical education class and after-school sports, once the student has proceeded through the districts return-to-play protocol.

An injured athlete is still on the team, and all training rules are still in effect. All injured athletes are expected to attend games and practices with the team unless excused by the coach.

The District provides a basic student accident insurance policy. The coverage of this policy has special limitations and restrictions. The parent's/legal guardian's insurance is used as primary first, after which the district's insurance provides limited coverage and usually does not cover all expenses.

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Johnson City Central School District, Johnson City, New York