

PHOENIX

Sports Physicals

A student who participates in interscholastic athletic competition must receive a health examination and submit a completed health history online via FamilyID (see below) before he/she can commence practice. Medical examinations will be scheduled periodically during the school year and shall be valid for a period of 12 consecutive months from the date of the exam. A student may also receive a physical from his/her family physician. Physical forms are available in the nurses' offices at the high school or middle schools.

Student Athlete Registration-FamilyID

The Phoenix Central School District now offers the convenience of online registration for athletics through FamilyID. This will take the place of the paper athletic eligibility health form. The registration process needs to be completed within 30 days of the start of each season in which an athlete participates. Students will not be allowed to participate until their registrations through FamilyID are completed. From the main page of the Phoenix website, click on "Athletics," then click on "Student Athlete Registration."

Student Athletic Injuries

No injured student will be allowed to practice or play in an athletic contest. An appropriate medical professional should diagnose and treat an athlete's injuries. The coach should ensure that any player injured while under his or her care receives prompt and appropriate medical attention, and that all of the medical professional's treatment instructions are followed. The injured student has an obligation to promptly inform his or her coach of all injuries. No student will be allowed to practice or compete if there is a question whether he/she is in adequate physical condition. A physician's certification may be required before an athlete is permitted to return to practice or competition.

Athletic Program-Safety

The District will take reasonable steps to minimize physical risks posed to students participating in the interscholastic athletic program by:



- a) Requiring timely medical examinations of participants;
- b) Employing certified or licensed staff to coach all varsity, junior varsity, and modified practices and games;
- c) Providing or requiring certified or licensed officials to officiate all competitions;
- d) Ensuring that its players' equipment is safe and operates within the applicable manufacturers' guidelines;
- e) Ensuring that all home fields, courts, pools, tracks, and other areas where athletes practice, warm-up, or compete are safe and appropriate for use; and
- f) Providing professional development and training opportunities for all coaching staff.

Concussion Management Regulation

The following concussion management regulation shall be followed for all students in the Phoenix Central Schools that display signs and symptoms of a concussion. This includes interscholastic athletes as well as students in physical education classes. This policy is based on the Concussion Management and Awareness Act that went into effect on July 1, 2012 for all public schools and charter schools. The items listed below are required for school districts to be in compliance with the law. Some of the items are specifically spelled out in the law and others have been recommended by the State Education Department and the Department of Health and approved by the State Education Department.

The Concussion Management Team

The concussion management team shall guide, implement and periodically review the program.

The team will include the following individuals:

Director of Physical Education, Athletics and Health services

School Nurse

School Chief Medical Officer (School Physician)

Athletic Trainer

Coach

Advisors/Directors of all extracurricular activities

Such individuals as may be directed by the Superintendent of Schools.

Parent and Student Awareness of Concussion Management

A Student and Parent information letter will be sent to all parents with children in the district. Information will be presented during pre-season coach's players meetings and first day of physical education classes.



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Concussion Training

Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis (2 yrs.). School coaches and physical education teachers must complete the Centers for Disease Control Online Concussion Training for Coaches course. www.cdc.gov/concussion/HeadsUp/online_training.html.

School nurses and certified athletic trainers must complete the Preventing Concussion course. <http://preventingconcussions.org>

At the completion of the course, participants will receive a certificate to verify that they have completed the course. A copy of the certificates will be sent to the Director of HPEA to be kept on file.

Removal from Athletic

Require the immediate removal from athletic activities of any pupil that has, or is believed to have, sustained a mild traumatic brain injury. No athlete demonstrating symptoms of concussion should return to practice or play (RTP) the day of injury. RTP should be on a following day after appropriate neurological testing and the school physician's clearance. Close observation of athlete should continue for a few hours. Parents or guardians of the athlete should be made aware of proper protocol, symptoms to watch for and contact medical personnel if concerned.

On Field Evaluation

During practices and contest, athletes demonstrating signs and symptoms of a concussion should be evaluated by the coach and/or athletic trainer and then, if determined to have a possible concussion, athlete should not be permitted to continue any activity at which the athlete must follow all protocols and procedures as outlined in this policy. The concussion checklist must be filled out immediately with copies to be provided to the school nurse and Director HPEA.

Physical Education

Physical Education must report to the nurse any student exhibiting the signs and symptoms of a head injury. Any student, including athletes, who were reported to the nurse as exhibiting signs and symptoms of a head injury must be out of physical education class for a minimum of seven days and must have physician's note to return to class as well as clearance from the School Chief Medical Officer. If the student is on an athletic team must follow the return to play protocol.



Return to Play (RTP)

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. Clearance must also come from the School Chief Medical Officer. Such authorization must be kept in the pupil's permanent health record. Schools shall follow directives issued by the pupil's treating physician, unless otherwise directed by the School Chief Medical Officer.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. Therefore, once a student has been cleared by the School Chief Medical Officer, a six step program must be followed. The program is broken down into six steps in which only one step is covered per day. The six steps involve the following:

1. No exertional activity until asymptomatic for seven consecutive days.
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport-specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
4. Non-contact training/skill drills.
5. Full contact training in practice setting.
6. Return to competition

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

ImPACT Testing

Given the inherent complexities of concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing whenever possible. Neurocognitive assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. **The district will test ALL student-athletes participating in the following sports: Football, Soccer, Wrestling, Cheerleading, Basketball, Baseball, and Softball.** In some cases a child may be tested more than once, depending on the results of the test. ImPACT baseline and post-injury test results may be released to the student's primary care physician, neurologist, other treating physician, or any licensed healthcare professional as indicated by the family.

Results may also be



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released to the District Medical Examiner and athletic trainer. General information about the test data may also be shared with a child's guidance counselor and teacher, for the purposes of providing temporary academic modifications, if necessary.

There is no charge for the testing.

Phoenix Firebirds All Sports Booster Club

- The Phoenix Firebirds All Sports Booster Club exists as an organization of parents and community members dedicated to:
- Supporting, encouraging and advancing the athletic program and related activities of the Phoenix Central School District, thereby cultivating clean, wholesome school spirit; and
- Promoting good sportsmanship, developing high ideals of character and promoting projects to improve facilities and equipment necessary to provide an adequate athletic program for the school district.
- Want to get involved? Your kids and your community need your help! Set a great example of teamwork for your athlete by volunteering. Contact the athletic director or visit our website at www.jcbsportsboosters.weebly.com for more information. Check out the different ways you can help support our athletic program:
 - *Game Updates Reporter*
 - *Concession Workers*
 - *Team Representatives*
 - *Meeting Attendees*
 - *Merchandise Sales*
 - *Fundraising Managers*
 - *Scholarship Committee*
 - *Event Planning*
 - *Event Set Up/Take Down*



Objectives for Athletes

- ☑ Learn new athletic activities.
- ☑ Improve skills.
- ☑ Develop physical vigor and desirable health and safety habits.
- ☑ Develop friendships with team members.
- ☑ Realize that athletic competition offers privileges and responsibilities.
- ☑ Learn and exemplify good sportsmanship.
- ☑ Learn that individual and team excellence in performance is a primary goal for all athletes.
- ☑ To develop friendships and experiences through contests with other schools and communities.
- ☑ To learn that although winning is important, rule violations bring penalties.
- ☑ Make a commitment to your coaches and teammates through daily participation.

Objectives for Coaches

- ☑ Realize their responsibility to the total school program and to adhering to the philosophies and objectives as stated in this handbook.
- ☑ Recognize coaching as teaching in its truest form.
- ☑ Provide a positive role model for student athletes.
- ☑ Participation in a sport implies a commitment to your coaches, teammates, and your school
- ☑ Work with individuals and team toward the goal of “improvement.”
- ☑ Conduct oneself in the highest professional manner.
- ☑ Give careful consideration to the physical condition of our athletes at all times, including follow-up on injured athletes. Deal fairly with each student athlete and be responsive to individual needs and concerns.
- ☑ Recognize that loyalty to fellow coaches, teachers, the school and community is an important ingredient for a successful athletic program.
- ☑ Recognize all programs below the varsity level as developmental activities for the individual and the team concept as well.



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Seasonal Athletic Programs

Fall Season
Cross Country (B/G)
Football
Soccer (B/G)
Girls' Volleyball
Cheerleading
Golf
Girls' Tennis
Winter Season
Basketball (B/G)
Indoor Track (B/G)
Wrestling
Cheerleading
Spring Season
Track & Field (B/G)
Baseball
Softball
Boys' Tennis
Unified Basketball



Non-Profit
U.S. Postage
PAID
Phoenix, NY
Permit No. 6

Phoenix Central Schools

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