

**SODUS CENTRAL SCHOOL DISTRICT
JUNIOR/SENIOR HIGH SCHOOL**



**EXTRA-CURRICULAR
EXPECTATIONS**

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INTRODUCTION

This handbook has been prepared as a reference to students and parents or guardians of students who participate in the Sodus Jr./Sr. High School extra-curricular and athletic programs, grades 7-12, in an effort to define the student's and parents' responsibilities as they pertain to the rules and regulations, as well as policies and procedures for participation in the extra-curricular and interscholastic athletic program in the Sodus Central School District.

The opportunity to participate in extra-curricular programs in the Sodus Central School District is afforded to all eligible secondary school students in grades 7-12 as set forth in the Commissioner's Regulations and the New York State Public High School Athletic Association Guidelines. A student who participates in extra-curricular and interscholastic programs should recognize that they have an obligation to themselves, their schoolmates, and the school community to strive for excellence. It is hoped that participation in extra-curricular activities will enable students to exercise self-discipline, self-control, mature judgment, and above all else, a sense of good sportsmanship.

ACADEMIC ELIGIBILITY

Interscholastic athletics and extra-curricular activities are an integral part of the total school program through which students develop as a whole person mentally, physically, socially and emotionally. Interscholastic athletics and extra-curricular activities function as extensions of the academic environment. Participation in interscholastic athletics and extra-curricular activities is a privilege, not a right, granted to any student who meets the standards set forth by the Sodus Central School District. In addition, students participating in interscholastic athletics shall meet the standards set by the New York State Public School Athletic Association.

These procedures apply to any Jr./Sr. High School student involved in or planning to attend interscholastic athletics and/or extra-curricular activities. Extra-curricular activities are defined as any club or organization that meets after the end of the regular school day (currently 2:15 PM) and is noncredit bearing.

- In order to participate in a practice or game, a student must participate in Physical Education class on the day of a practice or game.
- "Incompletes" (I) that are not the result of any prolonged medical excuse will be considered a failing grade for the purpose of academic eligibility until a passing grade is earned.
- Academic Warning List (Level 1) – Students who are failing one subject at the end of the 2nd, 5th, 7th, 10th, 12th, 15th, 17th, 20th, 22nd, 25th, 27th, 30th, 32nd, 35th and 37th week are automatically placed on the Academic Warning List for participation in interscholastic athletic/extra-curricular activities. Students will need to meet with their coach and/or advisor. Students will still attend and participate in practice, rehearsals, and games. If a student is still failing the same class at the end of the reporting time, they will be automatically placed on the ineligibility list.
- Academic Ineligibility List (Level 2) – A student on the Academic Ineligibility List that is failing two or more classes must meet with and complete an *Academic Contract with the teacher(s) of the failed class(es) before he/she will be permitted to begin or continue participation in athletic/extra-curricular activities. A copy of the contract will be given to the coach/advisor. Students will still attend and participate in practice, rehearsals and meetings. However, they will not be allowed to attend or participate in games, performances or school functions.
- Academic Contracts and Pass/Fail Sheets – Academic Contracts and Pass/Fail Sheets will be available in the Athletic and Discipline Offices. Each teacher must report a current pass/fail and sign the sheet before it

can be submitted. All paperwork must be submitted to Mrs. Thiel in the Discipline Office. If a student is currently passing the class(es) based on teacher signature, Mrs. Thiel will update the ineligibility list and reinstate athletic/extra-curricular privileges immediately.

- Athletic coaches, drama/musical directors and all other extra-curricular club and activities advisors are responsible for monitoring and enforcing students' eligibility status. Any oversight in the application of these procedures should be brought to the attention of the building administration.

ACADEMIC ELIGIBILITY

Ineligibility reports will be run every 2-3 weeks and student grades will be re-evaluated.

Level 1 - Failing one class:

- Still eligible
- Must meet with coach
- Re-evaluated after 2 weeks
- Will move to level two after two weeks and still failing.

Level 2 - Failing two or more classes or failing one class for more than two weeks:

- Must practice
- Must meet with teacher to create contract
- Ineligible to attend or participate in all extra-curricular contests, games, dances, etc. until pass/fail sheet is signed and returned to Mrs. Thiel or a new report is run.

Attendance Policy

To be eligible to participate in a practice, game, or other extra-curricular activity, students must be in school by 8:00 a.m. Students will not be allowed to participate in their practice, game, or other extra-curricular activity for any unexcused absence or tardy. If a student is tardy due to an appointment, the student must bring a form of confirmation from that appointment to the main office upon signing in to school (a note from a parent will not be accepted). If a student is departing school early due to an appointment, the student must bring a form of confirmation from that appointment to the main office the following day (a note from a parent will not be accepted). Failure to bring a form of confirmation from the appointment will result in not being eligible to participate in the practice/event that was scheduled the day of the appointment. Students that go home sick from school may not be in attendance at practices, games, or other extra-curricular activities. Students who leave school without permission will not be allowed to attend or participate in practice, games, or any other extra-curricular activities.

General Behavior

Students shall display respect for the rights and property of others in all matters relating to his/her extra-curricular or interscholastic participation. A student athlete who violates the Code of Conduct will be subject to appropriate discipline under these Athletic Rules and Regulations below, in addition to any other discipline imposed by the school. Consequences imposed on a student athlete might include:

- A single game suspension
- A multi-game suspension
- A one-year suspension from participating in athletic department activities
- Permanent removal from interscholastic athletics
- Any other consequence deemed appropriate

Please note that the referenced consequences are advisory recommendations. The Athletic Director and/or Administration have the authority to depart from these recommendations based on the nature of the offense and the disciplinary records of the student athletes.

Drug/Alcohol Violation Procedure

The use, sale or distribution of an alcoholic beverage, drugs, tobacco, E-vapes, illegal or controlled substances by students while either actively participating in an extra-curricular activity or while out of season is prohibited. **Guilt by Association:** Students who are present at a location (party, event, etc.) where alcohol and/or drugs are being consumed must make every effort to remove themselves from the location as safely and quickly as possible. Students who fail to remove themselves from these situations will be considered in violation of the drug and alcohol expectations and will be subject to the previously stated consequences.

Each suspension is determined by the number of offenses the student has incurred. The suspensions are cumulative over the course of the individual student's Jr./Sr. High School career. Offenses have been differentiated by in/out of season offenses. (*In the case of activities and clubs, out of season refers to any point of the year when the activity or clubs are not actively meeting.*) Out of season offenses have community service options that may *choose* to complete in place of game suspension time. It is important to note that community service must be completed prior to the first day of the next season of participation.

IN-SEASON/PARTICIPATION:

- **First Offense** – A student found guilty of violating the drug and alcohol rule while in season will be suspended from 25% of the remaining contests/events. (This must equal a minimum of 2 games/events. In the event that the remaining season does not equal at least 2 games/events the remainder of the penalty will be served during the next available season or activity in which the student participates.) A student who has been found guilty must continue to attend practices and meet team/activity expectations. If the student fails to attend practice and meet team/activity expectation he/she will be subject to further consequences. The student will also be required to serve and complete 10 hours of community service prior to being allowed to re-enter extra-curricular activities. Students must submit a completed community service form to building administration.
- **Counseling** – Any student found guilty of violating the drug and alcohol rule must participate in a minimum of 5 hours of drug and alcohol counseling. Any cost incurred from this counseling must be covered by the student and/or their family. Official documentation must be submitted to building administration for counseling that takes place off campus. Students are encouraged to undergo a drug and alcohol screening in order to ascertain if they have a substance abuse problem.
- **Second Offense** – A student found guilty of violating the drug and alcohol rule a second time while in-season will be suspended from participating in the remaining portion of the current season plus an *additional* 20% of the contests/events of the next extra-curricular activity in which they participate. A student who has been found guilty must attend practices at the start of the next season in which they choose to participate and meet team/activity expectations. If the student fails to attend practice and meet team/activity expectations he/she will be subject to further consequences. The student will also be required to serve and complete 20 hours of

community service prior to being allowed to re-enter extra-curricular activities. The student must submit a completed community service form to building administration.

- **Third Offense** – A student found guilty of violating the drug and alcohol rule for a third time while either in or out-of-season will lose the privilege of participating in any extra-curricular activities for the duration of their Jr./Sr. High School career.

OUT-OF-SEASON/PARTICIPATION:

- **First Offense** – A student found guilty of violating the drug and alcohol rule while out of season will be suspended from 20% of the contests/events of the next season in which they participate. The student may *choose* to complete 12 hours of community service prior to the beginning of the next extra-curricular activity in which they participate. The student must submit a completed community service form to building administration.
- **Counseling** - Any student found guilty of violating the drug and alcohol rule must participate in a minimum of 5 hours of drug and alcohol counseling. Any cost incurred from this counseling must be covered by the student. Official documentation must be submitted to building administration for counseling that takes place off campus. Students are encouraged to undergo a drug and alcohol screening in order to ascertain if they have a substance abuse problem.
- **Second Offense** – A student found guilty of violating the drug and alcohol rule a second time while out-of-season will be suspended for 40% of the contests/events of the next extra-curricular event in which they participate. The student may *choose* to complete 25 hours of community service prior to the beginning of the next extra-curricular activity in which they participate. The student must submit a completed community service form to building administration.
- **Third Offense** - A student found guilty of violating the drug and alcohol rule for a third time while either in or out-of-season will lose the privilege of participating in any extra-curricular activities for the duration of their Jr./Sr. High School career.

Technology/Social Media Violations

Improper use of social media has become a growing problem among all segments of society. Students must use the utmost discretion when they choose to use social media sources to address issues that are related to extracurricular activities.

Students will be considered in violation of the Technology/Social Media agreement if they break any of the following guidelines.

- Post derogatory or profane comments about their teammates.
- Post derogatory or profane comments about their coaches.
- Post derogatory or profane comments about opponents.
- Insight conflict or violence through the use of social media.

IN AND OUT-OF-SEASON/PARTICIPATION:

The offenses and their consequences are cumulative over the course of the individual student's Jr./Sr. High School career.

First Offense: A formal meeting with the student will take place and a written warning will be placed in the student's school discipline folder. The Athletic Director and/or Principal may decide to impose additional consequences if the severity of the comments warrants further discipline.

Second Offense: One (1) game suspension. If the student is not currently participating in an activity the penalty will be served during the next activity in which the student participates.

Third Offense: Two (2) game suspensions. If the student is not currently participating in an activity the penalty will be served during the next activity in which the student participates.

The offenses and their consequences are cumulative over the course of the individual student's Jr./Sr. High School career.

The following section pertains to athletes (grades 7-12) and the parents/guardians of athletes involved in the Sodus Athletic Program.



The extra-curricular student and parents agreement is on the last page of this booklet.



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Intermediate School
 Gene Hoskins
 Principal
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Elementary School
 Michael Sereno
 Principal
 (315) 483-5282

Dear Athlete:

We would like to take this opportunity to congratulate you on your decision to participate in our athletic program at Sodus Central School. Whether you are a modified athlete just starting interscholastic sports or a senior beginning your final season, it is our hope that our sports program will afford you the opportunity to set, reach, and surpass your individual and team goals.

As you progress from season to season, you will undoubtedly reach your individual or team goals and set new goals. Achieving each goal will give you a great feeling of satisfaction. As you celebrate these successes, it is important to recognize that there were many people who helped you achieve them. Always remember the teammate who encouraged you to do that little extra or the coach that stayed longer to work with you. Above all, remember your parents who have supported your efforts.

Sodus programs encourage individual growth of students by promoting our core values of respect, responsibility, kindness, and celebration of success. This growth can be measured not only by achieving your personal records, but also in the way that you conduct yourself.

Sincerely,

*Gene Hoskins, Principal
 Sodus Jr./Sr. High School*

*Mike Magin
 Director of Athletics*

The mission of the Sodus Central School District, powered by the nurturing force of parents, school and a community enriched by human diversity, is to graduate 100% of our students with a joy for life and learning, academic competence, skills and strategies enabling them to be responsible citizens in an ever-changing global society.



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Dear Parents of Athletes:

Since you and your child have chosen to represent the Sodus Central School District through sports, you have committed yourselves to a higher standard of expectations and responsibilities.

Please take the time to read through this handbook and familiarize yourself with the school district's policies as they are related to our interscholastic sports program. It is our hope that whether our sports teams win or lose, that we, as parents and coaches, are promoting the development of character and integrity in our students.

Sodus Central School is a member of the New York State Athletic Association, Wayne County League, and Wayne Finger Lakes League. For post-season competition Sodus is a member of Section V of the New York State Athletic Association. Our athletic program is governed by the regulations established by the Commissioner of Education's basic code for extra-curricular athletic activities.

If you have any questions or concerns regarding the Sodus School District's Athletic Program or the Extra-Curricular Expectations, please call Mike Magin, Sodus Central School Director of Athletics at 483-5216.

Sincerely,

*Gene Hoskins, Principal
Sodus Jr./Sr. High School*

*Mike Magin
Director of Athletics*

General Behavior

Student athletes shall display respect for the rights and property of others in all matters relating to his/her interscholastic participation. A student athlete who violates the Schools Code of Conduct will be subject to appropriate discipline under all Extracurricular /Athletic Rules and Regulations below, in addition to any other discipline imposed by the school, Principal, or Athletic Director. Consequences imposed on a student athlete might include additional suspensions from games or practice.

Sport Specific Rules

Coaches may establish additional rules and regulations that govern training, practice and competition (these rules may supplement the District Athletic Rules and Regulations, but must not conflict with said rules). Note that coaches have the authority to initiate discipline of team members engaging in conduct that is unacceptable of a student athlete, both on or off campus, as noted above. Any penalty or sanction imposed by the coach may be in excess of the recommended sanction contained in the Athletic Rules and Regulations.

Duration of Competition Student Eligibility:

A pupil shall be eligible for senior high athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry to the ninth grade and prior to graduation, except as otherwise provided in the sub-clause (4) (Athletic Placement Procedure). If a Board of Education had adopted a policy pursuant to sub-clause (4) of clause (a) of this paragraph, to permit pupils in the seventh and eighth grades to compete in senior high school athletic competition during five consecutive seasons of a sport commencing with the pupil's entry into the eighth grade or six consecutive seasons of a sport commencing with the pupil's entry into the seventh grade. A pupil shall be eligible for interschool competition in grades 9,10,11 and 12 until his/her 19th birthday, except as otherwise provides in sub clause (4) (selective/classification). A pupil who attains the age of 19 years on or after July 1 may continue to participate during that school year in all sports.

Regulations of the Commissioner of Education, 134.4

Risk Factors in Sports:

Participation in sports involves a certain degree of injury or risk. To minimize the risk of becoming injured, athletes should:

- Learn skills and techniques associated with their sport.
- Learn the rules associated with their sport.
- Practice some form of pre-season conditioning

Injuries:

It is extremely important to report any injury an athlete suffers immediately to his/her coach. Medical expenses resulting from any injury must first be submitted to your own insurance carrier. A claim for any balance should be submitted by the provider or parent, directly to the school's accident policy or insurance carrier.

Sports Physicals:

Sports physicals are valid for one calendar year. However, after 30 days a sport physical form must be turned in for each team an athlete joins. Athletes can obtain a sports physical through their primary health care provider and will be finalized by the school medical professional. Athletes will not be allowed to practice without a sport physical. Also, athletes that miss five consecutive days of practice must be re-evaluated by the school nurse before playing in their next game.

All athletes who are seen by a doctor during their season must be released (signed statement) in order to resume participation with their team. This release must be filed with the school nurse.

School Uniforms and Equipment:

It is the responsibility of the athlete to return to the coach all clothing and equipment issued. *Failure to do this will result in the athlete having to pay for any missing equipment or articles of clothing.* Athletes not returning or paying for missing uniforms and equipment will not be permitted to try out for the next sport season unless the uniforms or equipment has been returned or paid for. Further, athletes will not receive their certificate, pin, or letter for their sport season until all debts have been paid and law enforcement may be contacted.

Changing Sports/Quitting a Team or Activity:

Students may change from one sport to participate in another once the teams have been selected as long as they obtain permission from both coaches/advisors and the Athletic Director. Changing teams/activities should take place during the first two/three weeks of the season, changes that come after this time period may be disallowed.

Any student who quits a team/activity must meet with his or her coach upon doing so. Athletes that choose to quit a team will not be allowed to participate on another team in that season or future seasons until they have met with their coach and Athletic Director.

Removal From a Team:

The coach may remove a player from their squad at any time. The coach will make attempts to contact the parents of the athlete involved in an attempt to avoid removing the athlete from the team. The coach will notify the parent that their child has been removed from the team within one (1) day of the removal. In certain situations it may not be possible to afford parents an opportunity to talk to their child before removal takes place. In either case, the parent will be called once their child has been removed from the team. Athletes that are removed from a team will not be permitted to participate in another sport during that season and may not participate in future seasons until they have met with their coach and athletic director.

Parents may request a conference with the Athletic Director after they have spoken with the coach concerning the circumstances surrounding their child's removal from the team.

Hazing:

"Hazing" activities are prohibited. "Hazing" includes any action or situation which recklessly or intentionally causes embarrassment to an athlete's mental or physical health or involves the forced consumption of food or other matter or alcohol or drugs by an athlete for the purpose of initiation into an association with an organization or team. Athlete's that are involved in "hazing" activities will be suspended from their current sport season for 10 weeks. The 10 weeks will carry over into the next sport season they elect to participate in. Administrative consequences may also be assigned.

Transportation:

No athlete is allowed to participate in an away-game unless he or she rides the team bus to the game. The only exception that will be made is if parents make prior arrangements with the coach to bring the athlete to the game. The parent must see the coach at the game site in order for the athlete to be eligible to participate.

All athletes must ride the team bus home unless a parent sees the coach to have their child released. Notes are not accepted unless parental contact has been made at the point in time when the parent is taking their child. Athletes that are told to ride the bus and refuse will lose their privilege to participate on any team for ten (10) weeks. The 10-week suspension will carry over into the next sport season.

Taunting or Unsportsmanlike Conduct:

Any athlete involved in taunting or unsportsmanlike behavior towards an opponent, official, spectator, or other individuals in connection with an athletic event may be suspended for practices, games or from the team. Each occurrence will be reviewed by the coach and/or Administration.

Fighting:

Any athlete involved in a fight with an opponent, official, spectator, or any other individual(s) in connection with an athletic contest will face suspension of events. All cases of a Sodus Central School athlete fighting must be reported to the Director of Athletics. A written report must be filed in writing and then must be submitted to the Director of Athletics by the coach. Consequences will be given after discussion of the extent of the player's involvement in the fight, with the Director of Athletics/Administration, who shall make the final decision with regards to consequences

DISCIPLINARY PROCESS

The coach will notify the Athletic Director when he/she receives information that an athlete has broken one of the training rules. The Athletic Director will conduct an investigation, which may include, but not limited to questioning the accused athlete, the complaint and other possible witnesses. If the Athletic Director determines that there exists a fair preponderance of credible evidence to support the allegations, the previously described penalties shall be imposed immediately. The Athletic Director will submit his findings and decisions in writing to the principal, coach, student and the student's parents/guardians.

The athlete may appeal the decision of the Director of Athletes to the District Athletic Review Board (DARB) by filing a Notice of Appeal. A written Notice of Appeal must be received by the Athletic Director within five school days after the Athletic Director's initial decision. The athlete must send copies of the Notice of Appeal to the Principal. The (DARB) shall consist of three individuals: the Principal, Varsity Club President and a Department Chair person to be determined by the Principal. Due to any absence or unavailability of those individuals or other unusual circumstances, the Superintendent of Schools shall appoint their designee.

The Principal shall convene the DARB no later than 3 school days after the receipt of the Notice of Appeal. The DARB shall conduct a private hearing, allowing attendance of those individuals directly involved in the case. The athlete shall be entitled to be represented by counsel or other person(s) of his/her choosing. The athlete shall have the right to present evidence and to cross-examine witnesses.

A decision, concurred by the majority vote of the members of the DARB, shall be based on a fair preponderance of credible evidence supporting the allegation. Within two school days following the completion of the hearing the Principal will submit a written notice of the results to the athlete, the athlete's parents/guardian, coach and members of DARB.

The athlete may appeal the decision of the DARB to the Superintendent of Schools by filing a Notice of Appeal. A written Notice of Appeal must be received by the Superintendent within five school days after the DARB's written decision. Within five school days after receiving the Notice of Appeal, the Superintendent shall submit a written notice of her decision to the athlete, the athlete's parents/guardian, coach and members of the DARB.

The athlete may appeal the decision of the Superintendent to the Board of Education (BOE) by filing a Notice of Appeal. A written Notice of Appeal must be received by the clerk or President of the BOE within five school days following the written decision of the Superintendent. The BOE shall discuss the Notice of Appeal while in executive session. The BOE in its discretion may elect to review written briefs, hear oral arguments, and/or review the written records to date. The BOE review shall be limited to determining whether the decision of the DARB and Superintendent was based on a fair preponderance of credible evidence. Within five (5) days of conducting its review, the BOE shall submit a written notice of their decision to the athlete, the athlete's parent(s)/guardians, coach, members of the DARB and the Superintendent.

The penalties imposed by the Athletic Director prior to any appeals shall remain in effect during the appeal process unless set aside or modified by the Superintendent of Schools.

Behavior of an Athlete at Contests Not Hosted at Sodus:

Visiting team members, students, and adult spectators are guests and should be accorded all the courtesy and consideration that a friendly well-mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

Sodus has adopted a yellow/red card policy that all spectators must abide by.

- Athletic opponents and officials are guests and shall be treated as such.
- Spectators should watch the game from those areas designated by each school as a spectator area
- Verbal abuse by opposing athletes, officials, team members or spectators shall be considered unsportsmanlike conduct.
- It shall be the responsibility of authorized school personnel attending games, either at home or away, to make sure students from their school conduct themselves appropriately.
- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.

- Cheering should be in support of either team and should not be directed toward creating unfriendly rivalries among athletes and fans.
- Any spectators displaying poor sportsmanship will be asked to leave and may be denied admission to future contests.
- Spectators, coaches and athletes must recognize that their conduct plays an important role in establishing the reputations of their schools and that their positive actions can relate directly to the success of their teams.

The conduct of an athlete is closely observed in many areas of life. It is important your behavior be above the reproach in all of the following areas:

- **IN THE CLASSROOM** - The academic life of an athlete is paramount. As an athlete you must plan your schedule so that you give sufficient time and energy to your studies, to ensure acceptable grades.

In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times.

- **ON THE CAMPUS** – The way we act and look on campus is of great importance. Athletes should be leaders and models for fellow students.

Concussion Management Requirements of School Districts

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 physician.

*Such authorization must be kept in the pupil's permanent health record.

*Schools shall follow directives issued by the pupil's treating physician.

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.

****Parents should refer to the Student and Parent Information Sheet list of symptoms and also signs or worsening symptoms that should be seen and evaluated immediately at the nearest hospital emergency room.**

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 the student is 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 Physician.

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

THE STATE EDUCATION DEPARTMENT: GUIDANCE TO SCHOOL DISTRICTS FOR CREATING A SAFE AND SUPPORTIVE ENVIRONMENT FOR TRANSGENDER AND GENDER NONCONFORMING STUDENTS

The New York State Education Department (“NYSED”) is committed to providing all public school students, including transgender and gender nonconforming (“GNC”) students, with an environment free from discrimination and harassment, to fostering civility in public schools, and to ensuring that every student has equal access to educational programs and activities. The Dignity for All Students Act (“DASA”) illustrates the State’s commitment to ensuring that all students are educated in a safe and supportive school environment.¹

New York State Education Law § 3201-a prohibits discrimination based on sex with respect to admission into or inclusion in courses of instruction and athletic teams in public schools.² Furthermore, DASA specifically provides that “no student shall be subjected to harassment or bullying by employees or students on school property or at a school function; nor shall any student be subjected to discrimination based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender (including gender identity or expression), or sex by school employees or students on school property or at a school function.”³ DASA includes gender as a protected category and defines gender as “a person’s actual or perceived sex and includes a person’s gender identity or expression.”⁴

Title IX of the Education Amendments of 1972 (“Title IX”) specifically prohibits discrimination on the basis of sex in federally-funded education programs and activities.⁵ The United States Department of Education’s Office for Civil Rights has issued guidance recognizing that Title IX protects transgender students against discrimination based on their gender identity.⁶

Additionally, the U.S. Departments of Education and Justice have stated that under Title IX, “discrimination based on a person’s gender identity, a person’s transgender status, or a person’s nonconformity to sex stereotypes constitutes discrimination based on sex” and asserted a significant interest in ensuring that all students, including transgender students, have the opportunity to learn in an environment free of sex discrimination in public schools.⁷

The purpose of this guidance is to assist school districts in fostering an educational environment for all students that is safe and free from discrimination—regardless of sex, gender identity, or expression—and to facilitate compliance with local, state and federal laws concerning bullying, harassment, discrimination, and student privacy. All students need a safe and supportive school environment to progress academically and developmentally. Administrators, faculty, staff, and students each play an important part in creating and sustaining that environment. This guidance document is intended as a resource guide to help school and district administrators continue to take proactive steps to create a culture in which transgender and GNC students feel safe, supported, and fully included, and to meet each school’s obligation to provide all students with an environment free from harassment, bullying and discrimination. This guidance is intended to be complimentary to the existing comprehensive resources made available by NYSED relating to the implementation of DASA.⁸

EXTRA-CURRICULAR 2018-2019 STUDENT AND PARENT AGREEMENT

By signing below you indicate that you have read the Extra-Curricular Expectations for students and parents, and you are aware of the rules for participation in the interscholastic sports program in the Sodus Central District, and you agree to conduct yourself in accordance with them.

EXTRA-CURRICULAR STUDENT INJURY WARNING STATEMENT

Participation by a student in athletic activities involves some degree of risk of physical injury. Such physical injury can occur in any type of sports activity, be it "contact" or a "non-contact" sport. Further, many injuries are truly accidental in nature and involve no negligence by anyone, including a student. By volunteering to participate in a school-sponsored athletic activity, a student and his/her parent(s) assume the risks for injuries to occur.

Student Athlete's Name (Print): _____

Student Athlete's Signature: _____

Student Parent's Signature: _____

CONCUSSION AWARENESS ACT AGREEMENT

By signing below you indicate that you have received and read Concussions: The Invisible Injury Student and Parent Information Sheet which provided concussion management information. This is a requirement of the school district to comply with The Concussion Management and Awareness Act and requires a parent signature.

Student Parent's Signature: _____

Note: This form must be completed and returned to the Athletic Office **BEFORE** the athlete will be permitted to participate in any scrimmage, game, club or event.