

***Tuckahoe
Union Free School District
Interscholastic Athletics
Parent Manual***



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PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

The Tuckahoe Union Free School District considers participation in interscholastic athletics to be an integral part of the overall educational experience. Athletics provide opportunities for physical, mental, emotional, and social development. The competition of athletics is viewed as a valuable experience because it challenges each student-athlete to strive for excellence, helps each student-athlete discover their physical limits, and requires each student-athlete to work cooperatively as a member of a team. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of all contests.

The delivery of athletics presents a unique opportunity to teach positive life skills and values. Therefore, this educational experience demands highly qualified coaches. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps to nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry carrying these values throughout their life.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a season's success. Guiding the team to maximize potential is the ultimate goal. To this end, the coaching staff must teach student-athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Typically, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development is demonstrated. It is possible but rare for a middle school level student to be included on a varsity roster. Athletic Placement Process (APP) occurs more frequently in sports commonly classified as "individual" (track, golf, swimming, etc.).

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, freshman, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

FRESHMAN AND JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, freshman and sophomores occupy the majority of roster positions. In certain situations, juniors who are expected to make contributions at the varsity level the following year will be considered for junior varsity participation.

Middle school students who have satisfied all APP requirements may be included on the roster.

The freshman level is intended for those who display the potential of continued development into productive junior varsity level performers. Although team membership varies according to the structure of each program, freshman occupy the majority of roster positions. In certain situations, Middle school students who have satisfied all APP requirements may be included on the roster.

At these levels, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to social-emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity and freshman team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the freshman and junior varsity level.

MODIFIED PROGRAM PHILOSOPHY

This program is available to all students in the seventh and eighth grades. The sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

At the modified level if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem or is problematic because of facility considerations, reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of: 1) financial resources, 2) qualified coaches, 3) suitable indoor or outdoor facilities, and 4) a safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public High School Athletic Association publishes regulations by which practice sessions are governed. Occasionally, practice or contests will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional seventh and eighth graders may be permitted to try out for a junior varsity or varsity team under the State Education Department Program called Athletic Placement Process. **Prior to making the decision to try out for a junior varsity, freshman, or varsity team, please review each program's philosophy listed above to understand the differences.**

ACADEMIC ELIGIBILITY REQUIREMENTS

The Tuckahoe Union Free School District provides each district-enrolled student with an opportunity to develop his/her own interests and to work cooperatively in groups through the sponsorship of a variety of extracurricular activities (athletics, clubs, etc.). It is important that as a representative of the school, each student must maintain an acceptable level of attendance, academic performance and positive behavior. It is a privilege to represent the school district; therefore, the following eligibility requirements have been set.

Attendance Eligibility

A student must be officially signed into school no later than the end of third period to participate in any athletic event and/or extracurricular activity for that day. Under extenuating circumstances, such as funeral, college visit, etc. the Principal may give a student permission to participate.

Extracurricular activities are a privilege and all attendance infractions will be taken into consideration for eligibility status.

Behavior Eligibility

A student must maintain a positive attitude and decorum that is beneficial to the school and community. Any misbehavior may result in a suspensions from the activity. The Principal will decide if the student may participate in the day's activity. Any student who has been suspended (internally and/or externally) will be ineligible to participate during the suspension period.

Academic Eligibility

Student eligibility will be determined by the Progress Reports and the Quarterly Report Cards of the Tuckahoe Schools and an approved out of district placement.

Progress Report Eligibility

ONE Failure (Probation):

1. The student may participate in all activities.
2. The student must meet with his/her guidance counselor to discuss methods of improvement.

TWO Failures:

1. The student may NOT participate in ANY activity for FIVE school days.
2. The student must meet with his/her guidance counselor to discuss methods of improvement.
3. The student is expected to attend extra help in the failed subjects.
4. On the fifth school day, the student MUST see his/her guidance counselor to obtain an Academic Eligibility Form.

5. By the end of the fifth day, the form **MUST** be returned to the guidance counselor to determine eligibility.
6. If the student is passing one of the subjects previously noted as failing, the student may return to the activity, practice and/or game competition the next day.
7. If the student has two failures on the fifth day, the student remains ineligible to participate for another two weeks. After this period, the student will be reassessed for eligibility.

** It is the responsibility of the student to obtain, complete, and return the Academic Eligibility Form to the guidance office in order to get reinstated to eligibility status.

THREE or more Failures:

1. The student is **INELIGIBLE** to participate in any after school activity for a minimum of three weeks.
2. The student must meet with his/her guidance counselor to discuss methods of improvement.
3. The student is expected attend extra help in the failed subjects.
4. During the third week, the student must have an Academic Eligibility Form completed by **ALL** of his/her teachers to determine if he/she will be able to participate during the fourth week. It is the responsibility of the student to obtain, complete and return the form to the guidance office in order to get reinstated to eligibility status.

Report Card Eligibility:

ONE Failure (Probation):

1. The student may participate in all activities.
2. The student must meet with his/her guidance counselor to discuss methods of improvement.

TWO Failures:

1. The student may **NOT** participate in **ANY** activity for a minimum of three weeks.
2. The student must meet with his/her guidance counselor to discuss methods of improvement.
3. The student is expected attend extra help in the failed subjects.
4. During the third week, the student must have an Academic Eligibility Form completed by **ALL** of his/her teachers to determine if he/she will be able to participate during the fourth week. It is the responsibility of the student to obtain, complete and return the form to the guidance office in order to get reinstated to eligibility status.

** Fall eligibility will be determined by Final Report Card grades in June. Students who have more than one failure at the end of the school year must attend and pass summer school. He/she will be ineligible to participate in any fall activities with the failure of more than one subject for the first three weeks of school. At the end of the third week, the student must have an Academic Eligibility Form completed by ALL of his/her teachers to determine if he/she will be able to participate during the fourth week. Fall eligibility will be reviewed using the summer school results during the first week of school.

Adoption date: October 22, 2007

AFTER SCHOOL DESIGNATED AREAS

When school is dismissed, all students staying after school for co-curricular activities must be in designated areas with their teachers, coaches or advisors at all times. All students who are staying for co-curricular activities, which do not begin upon dismissal, may not congregate in the halls. Students are not permitted in the locker rooms or changing areas until their coach arrives. Students are encouraged to go to extra help on Monday, Tuesday, and Thursday prior to practice and games.

ATHLETIC INJURIES

1. The coach will have a copy of the Athletic Clearance information in his/her possession at all practices, games and events.
2. In the event the athletic trainer is not present, the coach in charge of the activity is to assume responsibility for any injuries.
3. The coach will have the responsibility of administering first aid to all injured athletes and making the proper recommendations. He/she must be prepared to recognize and properly administer first aid or refer injuries to the appropriate medical personnel.

It is the responsibility of the coach in charge of each team to have a complete first aid kit, ice container and water at every practice, scrimmage and contest. This can be secured through the athletic trainer. Medical kits should be returned periodically during the season for re-stocking.

4. Coaches and/or Athletic Trainer are responsible for completing an accident report if an athlete is injured or needs medical attention.
- Any injured athlete who has seen a doctor may not return to practice until the trainer or school nurse has received a clearance from the doctor. The nurse/trainer will then communicate to the coach.
 - Athletes are not permitted to see the athletic trainer without the prior approval of a coach.

DOCUMENTATION FOR INSURANCE CLAIMS

Athletes injured during sporting events, at practice, or at a game will immediately notify the coach, the athletic trainer, and school nurse.

The coach and the athletic trainer will complete an accident report. This report will be submitted to the athletic office and from there sent to the nurse and then the District Office.

It is the parent/guardian's responsibility to contact the District Office to collect the form for insurance claim purposes. **Please contact Karen Barros at extension 1262 (914-337-6600) for any questions regarding insurance coverage.**

It is the parent/guardian's responsibility submit all bills to the insurance companies.

ATHLETIC PLACEMENT PROCESS (APP)

The intent of this process is to provide “safe” and suitable participation in an appropriate level of competition for pupils in grades 7-8. In order to participate, a student must successfully complete the Athletic Placement Process.

- Only the exceptional athlete should be considered for advancement.
- APP shall not be used just to fill out a Varsity or Junior Varsity team.

APP PROCEDURES

- a) Coach/PE staff or Parent identifies student for APP program to the Director of Health, Physical Education and Athletics. **Coaches are reminded that only exceptional candidates should be identified.**
- b) The Director of Health, Physical Education and Athletics will consult with the APP Screening Committee and assess the student’s potential to compete at a higher level. The committee will determine if the student can appropriately handle playing at a high school level physically, emotionally, socially and academically
- c) Parents: The screening process may not be started until parental (or guardian) gives written permission.
- d) Health and Developmental Rating by a Physician: May be performed by the school doctor or the student’s private physician.
- e) Athletic Performance Testing: The five item NYSED Athletic Performance Test will be administered by a certified Physical Education teacher.
- f) Sports Skill Evaluation by the Coach: The coach should make an honest evaluation of the student’s skills. They should understand the intent and purpose of the program and the coach must place the student’s welfare above all else.
- g) Individual Athletic Profile: Upon successful completion of the Selection Classification process, the Director of Health, Physical Education and Athletics will submit this form to the Executive Director of Section One and keep a copy on file in the athletic office.

**Go to http://tuckahoe-union-free-school-district.echalksites.com/athletic_dept for more information.*

COACHING OUT OF SEASON

As secondary schools enter into an era where out-of-season coaching is permissible according to the NYSPHSAA, we must make thoughtful and educational decisions about our guidelines. First and foremost, any out-of-season program must be designed so that student-athletes are encouraged to participate in a variety of school activities. Simply, coaches shall not give potential student-athletes subtle messages that they need to specialize in one sport and not go out for another. Coaches should encourage student-athletes to participate in multiple sports as opposed to specializing in one. As a general rule, we favor participation in multiple activities as opposed to specialization.

Any Tuckahoe out-of-season coaching must fit into these guidelines.

1. Student/athletes are not required to participate.
 2. Supervised conditioning programs involving strength training, cardio respiratory conditioning, and flexibility are encouraged.
- Any preseason or postseason sport specific activities are considered a part of our intramural program. Intramural programs are open to anyone, and are designed to provide an opportunity for camaraderie, skill development, an increase in physical conditioning and game play.

COLLEGE PLACEMENT

In an effort to support and assist our athletes with their college plans, our varsity coaches are expected to work cooperatively with the students and their guidance counselors to:

- Assist juniors and/or seniors interested in athletic participation at the collegiate level in developing lists of prospective schools. Consideration should be given to academic qualifications, athletic ability and financial status.
- Assist the student in thoroughly assessing his/her athletic ability and recommend an appropriate and realistic level of competition.
- Cooperate in a timely fashion in contacting, communicating, and responding to requests for information (i.e., questionnaires, letters, phone calls, etc.) on behalf of a student-athlete from the guidance department, from the college, or from the college coach.
- Respond in a timely fashion to specific requests for letters of recommendation.

As varsity coaches, this is a critical part of their job prior, during, and after our regular season. Their reputation depends on their honesty, straightforwardness and sincerity with college coaches at all times.

Our guidance department is available for parents to remain abreast of NCAA requirements.

FUNDRAISING

STUDENT FUND RAISING ACTIVITIES (Policy 5251)

Students shall not be permitted to engage in solicitation of any kind for the purpose of raising funds for the operation of programs, activities, or services in the Tuckahoe Public Schools. Students may be permitted to participate in fundraising activities sponsored by established school related organizations and only with the prior approval of the Building Principal. Such participation shall not interfere with the instructional program.

All fundraising activities must be conducted by authorized clubs, organizations, and/or groups and must be approved by the Board of Education. No funds may be raised in the schools for the purpose of purchasing basic materials, supplies, equipment, or professional services normally covered by the school budget in meeting the daily needs of the instructional program in the Tuckahoe Public Schools.

No funds may be expended for the purchase of textbooks and teacher services under any condition. Materials, supplies, equipment, cultural arts activities such as field trips, including transportation and professional services which are not considered basic to the instructional program may be purchased through fundraising activities after permission has been received from the Principal.

Equipment may be purchased up to the amount of \$2,500 in any given school year with permission from the principal. Any equipment purchased exceeding \$2,500 requires prior approval from the Superintendent of Schools.

On a monthly basis, a financial report shall be submitted to the Superintendent on the sources, amounts and disposition of all funds raised during the school year. The Superintendent will provide a summary report by school and organization to the Board bi-monthly.

Adoption date: July 2005

INCLEMENT WEATHER Rain Outs/Rescheduled Games

Inclement Weather

If weather is questionable, check The Tuckahoe Athletic Sports WEBAPP www.tuckahoeathletics.org for updates and cancelations and rescheduling.

When school is officially closed due to inclement weather, practices may not be held and games must be rescheduled.

LOCKER ROOM AND RELATED FACILITIES

Locker Room Procedures

- No glass containers are permitted in locker rooms.
- All spiked or cleated shoes must be put on and taken off outside the building. **Students may not wear spikes or cleats in the building!**
- Students are responsible for their equipment and the security of their valuables. All personal items should be locked in their lockers. Coaches and school officials are not responsible for personal items.

Equipment, Training and Fitness Center

- Athletes are not to be in the training room or fitness center unless supervised.

Fitness Center Rules

- Proper athletic attire is required at all times. Gym shorts/sweat pants/shirt.
- All students must be under the supervision of the instructor assigned to the fitness center.
- No food or beverages (except water) are permitted in the fitness center.
- Lifters must work with a partner.
- Replace all weights on racks immediately following use.
- Lock weight room when the training session has ended.
- Clean equipment after each usage.

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to our children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players of the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. special equipment, off-season equipment.
5. Procedure should your child be injured during participation.
6. Discipline that result in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in programs at Tuckahoe, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

It is very difficult to accept your child not playing as much as you may hope and/or the position your child is playing. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time
2. Team strategy
3. Play calling
4. Other student/athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others'

position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

PROCEDURES TO FOLLOW TO DISCUSS A CONCERN WITH A COACH

1. Call or email the coach to set-up an appointment.
2. If the coach cannot be reached, call (ex. 1225) Austin Goldberg, Director of Health, PE and Athletics. He will arrange the meeting for you.
3. **Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

THE NEXT STEP

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call the Director of Health, P.E. and Athletics to set up an appointment. The parent/guardian, coach and Director of Health, P.E. and Athletics will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.

Parents are encouraged to discuss issues and problems with the Director of Health, P.E. and Athletics. However, if a parent has specific complaints regarding a coach, then the coach must have the opportunity to be present to meet with the parent.

WHAT CAN A PARENT DO IF THE MEETING WITH THE DIRECTOR OF HEALTH, P.E. AND ATHLETICS DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call the Superintendent to set up an appointment.
2. At this meeting, the appropriate next step can be determined.

WHAT CAN A PARENT DO IF THE MEETING WITH THE SUPERINTENDENT DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Contact the Board of Education
2. At this meeting, the appropriate next step can be determined.

PARENTS ROLE IN SCHOOL SPORTS

An important goal of middle school and high school athletics should be to make the athletic experience a positive one for the athletes and parents. To achieve that goal we must all work together to support the following ideals:

- As a parent, I recognize that it is vital that I support the efforts and decisions of the coaching staff.
- As a parent, I also recognize the importance of being a positive role model. Therefore, I agree to conduct myself in a manner consistent with good sportsmanship at all home and away contests. I will cheer in a positive manner for our Tuckahoe athletes and refrain from criticizing the efforts of officials, players, and the decisions made by coaches.
- As a parent, I will insist that my son/daughter respect team and school rules, game officials, and demonstrates sportsmanship at all times. Self- respect begins with self-control.
- Attendance at practices is a priority for all team members. As a parent of a team member, I will make every attempt to assure that my child will be able to attend all practices and contests.
- I will support and follow all the rules, policies, and procedures of Tuckahoe School District, Section I and NYSPHSAA.
- In the event that there is a question concerning your child's role, encourage your child to advocate for themselves in an honest and respectful manner.

It is said, competition does not build character, but reveals it.

PRACTICE AND GAME POLICIES

1. **School Closings:** If schools are closed due to inclement weather (snow day) or students are sent home early, teams cannot practice on or off campus or play scrimmages or games on that day or night.
2. As a general rule teams cannot practice or play contests on Sunday. However, extenuating circumstances may require a practice or game be played on Sunday. Any Sunday participation by athletes in practice, contests or meetings must receive the written approval of the Director of Athletics.
3. NYSPHSAA regulations allow 6 practices and/or games within a 7 day period. Typically, Sunday is the day of the week when there will be no practices/games.
4. When after school activities are canceled by the Superintendent or Building Principal there will be no after school games or practices on that day or night.
5. Students are expected to attend all meetings, practices, etc.
6. Students observing religious Holidays may be excused from practice on those days.

SCHEDULES

The scheduling of athletic events is a complex process that has many stakeholders. Given the significant number of scheduling changes due to weather, student eligibility and field conditions, the latest schedules are best viewed on the Athletics' webapp! It is accessible at www.tuckahoeathletics.org.

FAMILY ID

Dear Parents/Guardians:

In our continuing efforts to streamline our fall, winter and spring sports registration process, we have partnered with FamilyID. FamilyID is a secure online registration platform that provides an easy, user-friendly way to register for our athletic programs and helps us to be more administratively efficient and environmentally responsible. When you register through Family ID, the system keeps track of your information in your FamilyID profile. You enter your information only once for each child participating in a sport for any season.

To register, click on www.familyid.com and follow these steps:

For first time registrations:

1. Click on the *Get Started for FREE* button or select *CREATE ACCOUNT* in the upper right hand corner (If you are already an account holder, select *LOGIN* in the upper right hand corner).
2. Create your secure FamilyID account by entering the account owner first and last names (parent/guardian), E-mail address and password. Select *I Agree to the FamilyID Terms of Service*. Click *Create Account*.
3. You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters - spam, junk, etc.)
4. Click on the link in your activation E-mail, which will log you in to FamilyID.com.

Returning registrations, Log-In at FamilyID.com

5. Type "Tuckahoe" in the *I want to register for a program at:* box. Click *FIND*. Select the program for which you wish to register.
6. Once in the registration form, complete the information requested. All fields with a **red*** are required to have an answer.
7. Click the *Save & Continue* button when your form is complete.
8. Review your registration summary.
9. If you have any problems with this process please call 888.800.5583.

We are excited to begin online registration process for athletics and look forward to your continued support.

The practice and games schedule will be posted on www.tuckahoeathletics.org once they are available.

ATHLETIC PLEDGE

I, the student, a member of a Tuckahoe High School Athletic Team, do hereby agree to the following:

ARTICLES

1. I will strive for academic excellence.
2. I will show respect for both authority and to my peers.
3. I will set a good example in school and within the community.
4. I will refrain from the use of tobacco in any form.
5. I will refrain from the use of drugs in any form unless prescribed by a physician.
6. I will refrain from consuming alcoholic beverages of any kind.
7. I will demonstrate good sportsmanship during competition on and off the playing field.

CONSEQUENCES

1-3 Failure to comply with these articles will result in disciplinary actions by the Director of Health, P.E. and Athletics, Coach and/or Administration.

4 Failure to comply with this article:
First Offense: The athlete will be suspended for the next game but must attend practice.
Second Offense: Immediate expulsion from the team.

5-7 Failure to comply with these articles:
First offense: The athlete will be suspended for 2 games but must attend practice.
Second Offense: Immediate expulsion from the team

SPECIALIZATION

It is the philosophy of the Tuckahoe Athletic Program to encourage student participation in a number of sports and activities. Student specialization in one sport/activity year round goes against the Tuckahoe philosophy of developing well-rounded individuals and allowing them the ability to engage in additional activities.

SPORTSMANSHIP STANDARD

“The NYSPHSAA recognizes and appreciates the influence and responsibility of good sportsmanship that school administrations extend to all levels of competition. However, it must also be understood that the NYSPHSAA has been vested with the responsibility of ensuring that all contests under its jurisdiction are conducted satisfactorily.”

COACH

1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (i.e., junior varsity, varsity, etc.) has been completed.
The coach may not be present at the game site.

Note: “Not being physically present at the site” means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.

2. A coach who inappropriately strikes, shoves, kicks or makes other physical contact with the intent to do so to another person (i.e., official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for one year from the date of the offense.

PLAYER

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.
2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be immediately expelled from the game and banned from further participation in all sports for one year from the date of the offense.

Note: Member of the squad includes player, manager, scorekeeper, timer, etc.

OFFICIAL

1. Unprofessional conduct on the part of an official - such as, but not limited to - taunting, baiting, use of profanity, etc. should be reported by the coach to the Director of Health, P.E. and Athletics, who will report it to the Section One Executive Director. A request will be made to the appropriate sports official chapter to investigate the incident and report their findings/actions to Section One in a timely manner.

TEAM RULES AND REGULATIONS

The head coach determines the rules and regulations that his/her team will follow. These rules must be approved by the Director of Health, P.E. and Athletics. After given approval, the coach must explain the rules to the athletes. Parent/Guardian/team meetings will be organized for further explanation and questions asked pertaining to program philosophy and rules.

TEAM SELECTION

We strive to maximize student participation in interscholastic athletics while maintaining highly competitive teams. Coaches are encouraged to determine squad size with consideration for effective teaching, learning, and playing opportunities for participants. Safety, space availability, equipment and number of coaches also have a significant impact on the number of athletes selected.

Choosing the members of athletic squads is the responsibility of the coaches of those squads, in consultation with the head coach. Junior Varsity and Modified coaches shall take into consideration the policies as established by the head coach in that particular program when selecting final team rosters.

Prior to try-outs, the coach shall provide the following information to all candidates for the team:

Tryout (Evaluations) vs. Coming Out

- Extent of try-out period;
- Criteria used to select team;
- Practice commitment if they make the team; and game commitments.
- Evaluations are done when a reduction of numbers on a team is required therefore creating a tryout
- Evaluations are done utilizing rubrics and more than one coach
- Evaluations shall be a minimum of three days
- When reductions are not warranted there is no tryout period
- **Seasons begin on a specified date. If tryouts are warranted, students must be there at on that date. If students cannot attend on that date, they cannot tryout. *Exceptions are occasionally made upon approval of the Director of Health, P.E. and Athletics, Some examples include: a student with a documented injury or a student on a team that is competing in the playoffs of the prior season during tryouts. That student or students will be permitted to tryout once their prior season is complete.**
- If reductions are not warranted all students make the team unless there is a safety issue
- If reductions are not warranted and students come out late it will be at the discretion of the coaches and Director of Health, P.E. and Athletics if the student can participate or not
- In the event that a returning player who has been in the program previously is injured and unable to participate in a required tryout for a team, the following will occur:
 - A determination will be made by the doctor what the clearance date will be of the injured athlete.
 - If the clearance date will allow the injured athlete to participate in most of the season, an evaluation will be done based on past performances. This athlete would still have to receive a value that would place them on the team; otherwise they will not be able to participate.

When team is formalized the process will include important elements.

- Students should be personally informed by the decision of the coach via meeting or email.
- Reduction lists are not posted.
- Coaches will discuss alternative possibilities for participation in the sport or other programs.
- If a coach foresees difficulties arising as a result of reductions, he/she should immediately discuss the situation with the Director of Health, P.E. and Athletics.

Moving Players

- Section I has a restrictive policy on the movement of players up and down between levels. Coaches must converse with the Director of Health, P.E. and Athletics prior to movement.
- Post Season: Coaches wishing to move JV players to varsity for sectional play must converse with the Director of Health, P.E. and Athletics prior to speaking with athletes. No athlete should be moved up for post season unless we foresee this athlete being on the varsity the following season.

Tuckahoe Tigers

TEAM Leaders - JOB DESCRIPTION

Job Title: Captain

Start/End Dates: Career in that program in Tuckahoe

Reports to: Head Coach and Assistants

Position Purpose/Summary: Be a strong leader by example (one of the hardest workers on the team, displaying a high level of commitment, focus, intensity, passion and effort) and strong vocal leader with good communication skills (one who will encourage, support, and positively hold all teammates accountable).

The primary purpose of the *Captain* will be to positively influence teammates on and off the field/court, at all extracurricular school and non-school activities, and in the local community.

DUTIES AND RESPONSIBILITIES:

The Captain will be expected to:

- Be on time to all team practices and team functions (at least 5-10 minutes early)
- Promote a positive attitude and positive team interactions – everyday
- Provide a positive role model concerning commitment, intensity, confidence, response to mistakes, composure, hustle and a “team first” focus
- Help settle team conflicts and be willing to confront and hold teammates accountable for their on and off court/field behaviors
- Work closely with and be the “point-person” for the head coach
- Encourage and support all teammates
- Lead the team throughout the season (in good and bad times)
- Perform other related team duties (as needed or requested by the coaching staff)

ESSENTIAL JOB FUNCTIONS:

The Captain will be asked to:

- Be the hardest worker on the team (be the most committed/compelled)
- Model mental toughness by remaining confident and focused.....and by responding to individual and team setbacks/mistakes in an appropriate manner
- Develop strong interpersonal and team relations (friendships)
- Provide energy and passion
- Compliment and support teammates

- Challenge teammates to get better and work harder
- Confront teammates negative attitudes, complaining, gossip, and lack of effort
- Refocus teammates when distracted
- Make good decisions (on and off the field/court)
- Check in with the head coach

ABILITIES AND SKILLS NEEDED:

- Passion and enthusiasm
- Energy and hard work
- Commitment to be the BEST
- Good verbal and nonverbal communication skills
- Strong character (good decision-making)
- Confidence and mental toughness
- Assertiveness (to do what is needed)
- Composure (to remain cool and calm under pressure)

QUALIFICATIONS REQUIRED:

A willingness to go “outside your comfort zone” and push your teammates (and yourself) to a higher level of play....everyday!

VACATION/HOLIDAY PRACTICE EXPECTATIONS

When parents/guardians and student athletes choose to take their family vacations during sport seasons, it must be understood that the time missed by the student athlete can affect team chemistry and personal conditioning. Student athletes who miss practices or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents/guardians and student athletes of the season's schedule as far in advance as possible.

WEBPAGE

The Tuckahoe School District webpage is an informational resource for students, parents, relatives, community members, faculty and staff. Event information as well as an up-to-date calendar can be found on the site. It can be accessed via the following address: tuckahoeschools.org.



Tuckahoe Athletics

Get your Schedule on your Mobile

The Tuckahoe Athletics WebApp is designed for you to view the most up to date schedules for Tuckahoe athletic teams.

This software will work on any of your devices (desktop, laptop, tablets or mobile). You can add this App to your phone Home Screen.

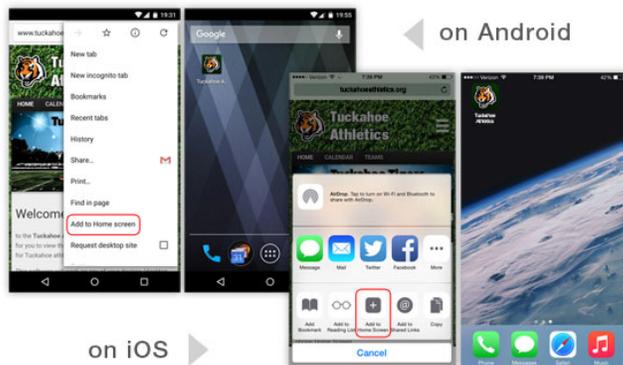


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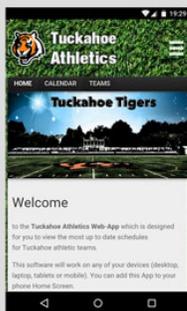


or go to tuckahoeathletics.org

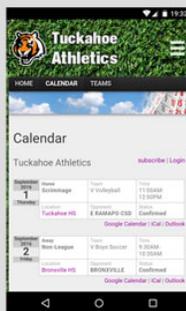
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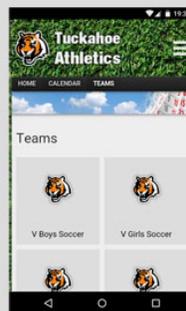
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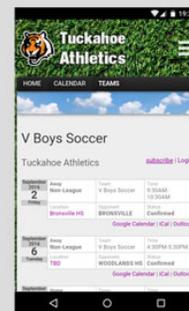
Home Page of the WebApp



Calendar Page shows all events for all teams



Teams Page. Select your team here



Save your Team Calendar to your Home Screen.

get the webapp on tuckahoeathletics.org

powered by  InstoneCalendar

CONCUSSION MANAGEMENT

The Board of Education recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The physical and mental well-being of our students is a primary concern. Therefore, the Tuckahoe Union Free School District adopts the following Policy to support the proper evaluation and management of concussion injuries.

Definition

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

Staff Training/Course of Instruction

Each school coach, physical education teacher, school nurse and certified athletic trainer who works with and/or provides instruction to students in school-sponsored athletic activities (including physical education class and recess) shall complete a course of instruction every two (2) years relating to recognizing the symptoms of concussions or MTBIs and monitoring and seeking proper medical treatment for students who suffer from a concussion or MTBI.

Components of the training will include:

- a) The definition of MTBI;
- b) Signs and symptoms of MTBI;
- c) How MTBIs may occur;
- d) Practices regarding prevention; and
- e) Guidelines for the return to school and school activities for a student who has suffered an MTBI, even if the injury occurred outside of school.

The course can be completed by means of instruction approved by the New York State Education Department (NYSED) which include, but are not limited to, courses provided online and by teleconference.

Information to Parents

The District shall include the following information on concussion in any permission or consent form or similar document that may be required from a parent/person in parental relation for a student's participation in interscholastic sports. Information will include:

- a) The definition of MTBI;
- b) Signs and symptoms of MTBI;
- c) How MTBIs may occur;
- d) Practices regarding prevention; and
- e) Guidelines for the return to school and school activities for a student who has suffered an MTBI, even if the injury occurred outside of school.

The District will provide a link on its website to the above list of information on the New York State Education Department's and New York State Department of Health's websites.

Identification of Concussion and Removal from Athletic Activities

The District shall require the immediate removal from all athletic activities of any student who has sustained, or is believed to have sustained, a MTBI or concussion. Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in a class, extracurricular activity, or interscholastic athletic activity shall be removed immediately from the class, game or activity and must be evaluated as soon as possible by an appropriate health care professional. Such removal must occur based on display of symptoms regardless of whether such injury occurred inside or outside of school. If there is any doubt as to whether the student has sustained a concussion, it shall be presumed that the student has been injured until proven otherwise. The District shall notify the student's parents or guardians and recommend appropriate evaluation and monitoring.

Return to School Activities and Athletics

The student shall not return to physical activity (including athletics, physical education class and recess) until he/she has been symptom-free for not less than twenty-four (24) hours, and has been evaluated and received written authorization from a licensed physician. The District requires that any student with a suspected concussion be evaluated by his/her health care provider within 72 hours following initial injury. In accordance with the New York State Commissioner of Education's Regulations, the District's Medical Director/school physician will give final clearance on a return to activity for extra-class athletics. All such authorizations shall be kept on file in the student's permanent health record. The standards for return to athletic activity will also apply to injuries that occur outside of school. District staff should be aware that students may exhibit concussion symptoms caused by injuries from outside activities and that these visible symptoms also indicate a removal from school and athletic activities.

The District shall follow any directives issued by the student's treating physician with regard to limitations and restrictions on school and athletic activities for the student. The District's Medical Director/school physician shall also formulate a standard protocol for treatment of students with concussions during the school day.

Return to play following a concussion involves a stepwise progression. A student must be cleared for return to play prior to beginning the "return to play protocol," as well as prior to returning to full activities without restrictions.

This Policy shall be reviewed periodically and updated as necessary in accordance with NYSED guidelines. The Superintendent, in consultation with the District's Medical Director/school physician and other appropriate staff, shall develop regulations and protocols for strategies to prevent concussions, the identification of concussions, and procedures for removal from and return to activities or academics.

Ref:

Education Law §§207; 305(42); 2854

8 NYCRR §§135.4; 136.5

Guidelines for Concussion Management in the School Setting, SED Guidance Document, June 2012

COMPREHENSIVE CONCUSSION MANAGEMENT REGULATION

The Board recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academic life as well as their athletic pursuits. Therefore, the Tuckahoe Union Free School District has developed the following regulation for the implementation of the Concussion Management and Awareness Act and Commissioner's Regulations to support the proper evaluation and management of concussion injuries.

I. Staff Training/ Course of Instruction

Each school coach, physical education teacher, school nurse and certified athletic trainer who works with and/or provides instruction to students in school-sponsored athletic activities (including physical education class and extracurricular activities) shall complete a course of instruction every two (2) years related to recognizing the symptoms of concussions or MTBIs, and monitoring and seeking proper medical treatment for students who suffer from concussion or MTBI.

Components of the course will include:

- 1) The definition of MTBI;
- 2) Signs and symptoms of MTBI/concussion;
- 3) How MTBIs may occur;
- 4) Practices regarding prevention; and
- 5) Guidelines for the return to school and school activities for a student who has suffered an MTBI, even if the injury occurred outside of school.

The course can be completed by a means of instruction approved by SED including, but not limited to, courses provided online and by teleconference. The team will utilize a system to document all required training for District staff. Because concussion symptoms may manifest themselves in any setting, all school staff will be encouraged to take the online training and be alert for students who may display or report concussion symptoms.

II. Identification of Concussions

Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in a class, extracurricular activity, or interscholastic athletic activity shall be removed from the class, game or activity and be evaluated as soon as possible by an appropriate health care professional.

The student should be observed until an evaluation is completed by a medical professional or turned over to the care of his/her parent or person in parental relation. The District shall notify the student's parents or guardians and recommend appropriate evaluation and monitoring. The staff member that recognized the head injury will complete a District "concussion Evaluation Checklist" Form A (Appendix 1).

Symptoms of a concussion include, but are not limited to:

- 1) Amnesia (e.g., decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information);
- 2) Confusion or appearing dazed;
- 3) Headache or head pressure;
- 4) Loss of consciousness;
- 5) Balance difficulty or dizziness, or clumsy movements;
- 6) Double or blurry vision;
- 7) Sensitivity to light and/or sound;
- 8) Nausea, vomiting, and/or loss of appetite;
- 9) Irritability, sadness or other changes in personality;
- 10) Feeling sluggish, foggy, groggy, or lightheaded;
- 11) Concentration or focusing problems;
- 12) Slowed reaction times, drowsiness;
- 13) Fatigue and/or sleep issues (e.g., sleeping more or less than usual).

Students who develop any of the following signs, or if the above listed symptoms worsen, must be seen and evaluated immediately at the nearest hospital emergency room:

- 1) Headaches that worsen;
- 2) Seizures;
- 3) Looks drowsy and/or cannot be awakened;
- 4) Repeated vomiting;
- 5) Slurred speech;
- 6) Unable to recognize people or places;
- 7) Weakness or numbing in arms or legs, facial drooping;
- 8) Unsteady gait;
- 9) Dilated or pinpoint pupils, or change in pupil size of one eye;
- 10) Significant irritability;
- 11) Any loss of consciousness;
- 12) Suspicion of skull fracture: blood draining from ear, or clear fluid from nose.

III. Sideline Assessments

The District allows trained staff to use sideline assessment tools such as, but not limited to, SCAT-2 (Sport Concussion Assessment Tool 2), SAC (Standardized Assessment of Concussion), or BESS (Balance Error Scoring System). The District recognizes the need for trained staff to administer such tests, along with the time and conditions needed for a successful evaluation of a student's condition.

IV. Procedure for Removal of Student from Athletic Activities Due to Concussion

The District shall require the immediate removal of any student from athletic activities who has sustained, or is believed to have sustained based on reporting or display of symptoms, an MTBI or concussion. Such removal must occur regardless of whether the injury occurred inside or outside of school. In the event that there is any doubt as to whether the student has sustained a concussion, it shall be presumed that the student has been so injured. Athletic activity shall include recess, physical education class, sports practices, intramurals, extramurals and interscholastic sports.

The following procedure will be followed in the event that a student sustains or is believed to have sustained a concussion during any school-sponsored activity:

- 1) The student will not be allowed to return to play in the current game, practice or event.
- 2) The student will not be left alone, and should be monitored regularly to check for deteriorating symptoms.
- 3) Staff on the sidelines will be trained in the use of a concussion checklist. Results of all evaluations will be passed on to the student's physician to aid in diagnosis.
- 4) A concussion fact sheet will be given to the student and his/her parent or guardian.
- 5) Parents or guardians will be contacted following an injury. Parental contact information must be up to date in case of an emergency.
- 6) The student will be picked up by a parent or guardian over the age of 18. The student will not be released on his/her own or to a friend or fellow student.
- 7) If the injury is severe, an ambulance will be called to transport the student to the emergency room. If parents are not present, they will be contacted and instructed to meet the student and the ambulance at the emergency room.
- 8) The incident will be reported to the school nurse and an accident report must be filled out.

V. Post-Concussion Management

Students who have been diagnosed with a concussion require both cognitive and physical rest. Physical rest includes getting adequate sleep, taking frequent rest periods or naps, and avoiding physical activity that requires exertion. Cognitive rest requires that the student avoid participation in, or exposure to, activities that require concentration or mental stimulation.

Delay in instituting medical provider orders for such rest may prolong recovery from a concussion. Private medical provider's orders for avoidance of cognitive and physical activity and graduated return to activity should be followed and monitored both at home and at school. Districts should consult their Medical Director/physician if further discussion and/or clarification is needed regarding a private medical provider's orders, or in the absence of private medical provider orders. Additionally, children and adolescents are at increased risk of protracted recovery and severe, possible permanent disability or even death if they sustain another concussion before fully recovering from the first concussion. Therefore, it is imperative that a student is fully recovered before resuming activities that may result in another concussion.

Parents/guardians, teachers, and other district staff should watch for signs of concussion symptoms such as fatigue, irritability, headaches, blurred vision, or dizziness reappearing with any type of mental activity or stimulation. If any of these signs and symptoms occur, the student should cease the activity. Return of symptoms should guide whether the student should participate in an activity. Students may exhibit increased difficulties with focusing, memory, learning new information, and/or an increase in irritability or impulsivity. The Districts shall develop internal procedures in place related to transitioning students back to school and for making accommodations for missed tests and assignments.

VI. Return to Play/Return to School

Once a student diagnosed with a concussion has been symptom free at rest for at least 24 hours, a private medical provider may choose to clear the student to begin a graduated return to activities. The District "Physician Evaluation Form Post Concussion/MTBI" Form B must be completed by the private health care provider (Appendix 2). The District requires that any student with a suspected concussion be evaluated by his/her health care provider within 72 hours following initial injury. If District staff have concerns or questions about the private medical provider's orders, the District Medical Director/physician and/or school nurse, with parental permission, should contact that provider to discuss and clarify. Additionally, the District Medical Director/physician has the final authority to clear students to participate in or return to extra-class athletic activities in accordance with Commissioner's Regulations.

District staff shall follow any directives issued by the student's treating physician with regard to limitations and restrictions on school and athletic activities for the student. Orders from the student's physician will be sent to the school nurse. The school nurse may use a written plan (similar to an individualized healthcare plan), to communicate post-concussion orders to necessary staff and to identify symptoms that may manifest themselves as the student returns to activity. Staff will be instructed to watch for symptoms or changes in behavior. The District's Medical Director/physician may also formulate a standard protocol for treatment of students with concussions during the school day or at school-sponsored events.

Once the student is cleared in writing by his/her health care provider, the Athletic trainer may begin a return to play protocol as outlined in the "return To Play Protocol Following Concussion" for all Tuckahoe Student-Athletes (Exhibit VII). Younger Elementary school students and non-athletes will be monitored by the school nurse and/or the school District physician who will notify Teachers, including, but not limited to, Physical Education teachers and Coaching staff of the student's return to play and academic re-entry plan. Return to play following a concussion involves a stepwise progression. A student must be cleared for return to play prior to beginning the "return to play protocol," as well as prior to returning to full activities without restrictions. The following is the District's return to play protocol:

VII. Return to Play Protocol:

- Step 0: No exertion or activity until asymptomatic and clearance is granted by treating physician (Form B).
- Step 1: Low impact, non-strenuous, light aerobic activity including walking, light jogging, or light stationary biking.
- Step 2: Moderate levels of physical activity with movement of the body and head. This includes moderate jogging, brief running, moderate intensity stationary biking and low intensity resistance training (lower weight, higher reps, no bench press or squat, reduced time and/or weight from typical workout).
- Step 3: Sport specific non-contact activity and/or moderate weight training with a spotter. This includes sprinting/running, conditioning drills and/or high intensity stationary biking.
- Step 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.
- Step 5: Full contact in a controlled practice.
- Step 6: Return to full activities with clearance from District Physician.

Students should be monitored by designated District staff daily following each progressive challenge, physical or cognitive, for any return of signs and symptoms of concussion. Staff members should report any observed return of signs and symptoms to the school nurse, certified athletic trainer, or administration in accordance with District policy. The District "Return to Play Evaluation Checklist" Form C must be completed by the school nurse and/or the Athletic Trainer (Appendix 4). A student should only move to the next level of activity if he/she remains symptom free at the current level. Return to activity should occur with the introduction of one (1) new activity each twenty-four (24) hours. If any post concussion symptoms return, the student should drop back to the previous level of activity, then re-attempt the new activity after another twenty-four (24) hours have passed. A more gradual progression should be considered based on individual circumstances and a private medical provider's or other specialist's orders and recommendations.

The New York State Education Department (NYSED) and the New York State Department of Health (NYSDOH) recommend that a specific list of preventative strategies be appended to the Board Policy. Therefore, the Tuckahoe Union Free School District recommends the following strategies to minimize the risk of head injuries in the school setting and during all District sponsored events.

These strategies may include, but are not limited to:

- 1) Activities that present a higher than average risk for concussions should be identified. These may include: interscholastic athletics, extramural activities, physical education classes and recess.
- 2) The physical design of facilities and their safety plans should be evaluated to identify potential risks for falls or other injuries.
- 3) Recess should include adult supervision. All playground equipment should be in good repair, with play surfaces composed of approved child safety materials.
- 4) Physical education programs should include plans that emphasize safety practices. Lessons on the need for safety equipment should be taught, along with the correct use of such equipment.
- 5) Rules of play should be reviewed and emphasized before all physical activity is commenced and enforced throughout.
- 6) The Director of Health, P.E. and Athletics (AD) or Director of Physical Education (PE) should provide leadership and supervision for all aspects of the physical education program, including class instruction, intramural activities, and interschool athletic competition. It is recommended that the Director of Health, P.E. and Athletics (AD) or Director of Physical Education (PE) ensure that all interscholastic athletic competition rules are followed, appropriate safety equipment is used, and rules of sportsmanship are enforced.
- 7) PE Directors should ensure that PE teachers and coaches are instructing student athletes to refrain from initiating contact with their head or to the head of another player.
- 8) Players should be proactively instructed on sport-specific safe body alignment and be encouraged to be aware of their surroundings.
- 9) Instruction in PE and on the athletic field should include lessons on sportsmanship, defining unsportsmanlike conduct, and enforcing penalties for deliberate violations.

RETURN TO PLAY PROTOCOL FOLLOWING CONCUSSION

The following protocol has been established in accordance with the University of NY State, State Education Department and Guidelines for Concussion Management in a School Setting, NYSPHSAA, as well as Zurich Concussion Consensus Statement 2008.

When an athlete shows any signs or symptoms of a concussion:

1. The Student-Athlete will not be allowed to return to play in the current game or practice.
2. The Student-Athlete should not be left without supervision because regular monitoring for deterioration in their condition is essential over the initial hours following the suspected injury.
3. The Student-Athlete must be evaluated by a medical professional following the suspected injury.
4. A Student-Athlete must follow the Return to Play Protocol before returning to activity. This Protocol will follow the following medically supervised process. Post-Concussion Highlights:
 - a. Student-Athletes will remain out of play for at least 7 days post concussion.
 - b. Students must be cleared by the District Physician in order to begin the Return to Participation Protocol.
 - c. The Return to Play progressions must be completed by the School Nurse, Athletic Trainer or District Physician prior to Final Clearance.
 - d. Final Clearance must be given by the District Physician and Health Office.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before a full return to sport/activity. The program is broken down into six steps in which only one step is covered during a 24 hour period and each step may take more than 24 hours depending on any return of symptoms. The six steps involve the following:

Symptom Free Return to Play Progression

The District follows a stepwise activity progression based on recommendations from the Zurich Consensus Statement, 3rd International Conference on Concussion in Sport, 2008.

- Step 0: No exertion or activity until asymptomatic and clearance is granted by treating physician (Form B).
- Step 1: Low impact, non-strenuous, light aerobic activity including walking, light jogging, or light stationary biking.
- Step 2: Moderate levels of physical activity with movement of the body and head. This includes moderate jogging, brief running, moderate intensity stationary biking and low intensity resistance training (lower weight, higher reps, no bench press or squat, reduced time and/or weight from typical workout).
- Step 3: Sport specific non-contact activity and/or moderate weight training with a spotter. This includes sprinting/running, conditioning drills and/or high intensity stationary biking.
- Step 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.
- Step 5: Full contact in a controlled practice.
- Step 6: Return to full activities with clearance from District Physician.

This progression should be followed by all, coaches, healthcare providers and parents. To go to the next step the student/athlete must remain symptom free for 24 hours and get clearance by the School Nurse, Athletic Trainer or District Physician to proceed to the next step. If the athlete has signs/symptoms, the progression must be stopped and the Health Office, Coach and Athletic Trainer notified. The number of days on each step may vary and duration questions referred to the Athletic Trainer, and Health Office staff and ultimately the District Physician. Typically, each stage is 24 hours and is a seven (7) day progression to full game play. If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest or be referred back to his/her physician. The student athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

The athletic trainer will handle the RTP for all Tuckahoe Student-Athletes. The school nurse and/or district physician with the assistance of the physical education teacher will handle the RTP for all non-athletes and elementary students. For those students receiving medical clearance to begin the RTP they must be assessed and reevaluated following the conclusion of each step every 24 hours by the school nurse/district physician and given clearance before they can move forward in the progression.

Note: Physicians evaluating concussed student/athletes must be "trained in the evaluation and management of concussions." Physician clearance notes inconsistent with the concussion policy will not be accepted and such matters will be referred to our school physician.