

CLIFFSIDE PARK SCHOOL DISTRICT ATHLETIC PERMISSION FORM, WAIVER & INTERSCHOLASTIC CONTRACT/AGREEMENTS

THE LAST PAGE MUST BE TURNED IN TO YOUR COACH OR ATHLETIC OFFICE

I. Parent's Waiver

I/We give permission to participate in organized school athletics, realizing that such activity involves the potential for injury, which is inherent in all sports. I/We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death.

II. Cliffside Park School District Athletic Rules

To be a member of an athletic team at Cliffside Park is deemed a privilege. With any privilege comes responsibility: an unyielding responsibility to the coaches, the team, the school and to yourself.

In addition to the NJSIAA eligibility requirements found in the student handbook, the following rules have been established by the Athletic Department:

1. Prior to the beginning of practice, a comprehensive physical examination & concussion baseline is required.
2. A student may not participate in an athletic event or practice:
 - While serving a period of suspension, not fulfilling discipline obligations, or a continued violation of the code of conduct
 - If absent from school or attending less than 4 hours
 - While on a parental or physician's medical excuse from Physical Education class.
 - If sent home during the day by the school nurse (due to illness)
3. A player is not permitted to participate in more than one sport during a season; nor is he/she permitted to change to another sport once the season begins. Getting cut from a team is the only exception to this rule.
4. During a season, concentrate on "THAT" sport. Participation in other sports programs is discouraged.

In addition to Student Code of Conduct found in the student handbook, the following includes examples of behavior expected of all athletes and parents. Violations of these other rules will result in disciplinary action and/or dismissal from the team. Such actions may be taken by the coach, Athletic Director and/or Administration of the Cliffside Park School District.

- Athletes and parents/guardians are expected to behave as ladies or gentlemen in and out of school, during practice and games.
- Athletes and parents/guardians are to show proper respect for teachers, administration, coaches, opponents and officials at all time.
- Team members shall exhibit proper conduct during and while traveling to and from athletic contests. Members must travel with team, on the team bus, unless written permission from a parent or legal guardian is received prior to the trip.

- Athletes must be at all practices and team meetings and be on time. If attendance at practice or a game is impossible, the athlete must notify the head coach.
- All equipment/uniforms issued becomes the athlete's responsibility. Proper care & cleaning is required. Any lost or stolen equipment must be reported to the coach or A.D. immediately. Payment for all missing items is required. **Nothing can be further issued unless payment is received.**
- Athletes are expected to take pride in appearances. Gym equipment and locker rooms must be clean and neat. Lockers must be locked at all times. All protective equipment issued by the school must be worn.
- Athletes are expected to win or lose graciously and congratulate opponents after the game.
- Athletes will not leave the bench or in any way get involved in a fight or altercation between opposing teams or fans.
 - Use of profanity will not be tolerated by an athlete or parent/guardian. Disciplinary action will be taken.
 - Athletes will not use or possess tobacco products, electronic cigarettes, vaping products, alcohol or any other illegal drugs inside or outside of school. They will avoid any contact or situations involving these substances.
 - Athletes will not use social media or any technology inappropriately.
- A student-athlete who shall commit any similar act or offense not specified in this contract shall be subject to disciplinary proceedings with the penalties applicable to those established by this contract for the specified offense most closely related to the committed offense.

III. Sports-Related Concussion and Head Injury Facts

P.L. 2010, Chapter 94. signed on 12/7/10*

A concussion is a brain injury that can be caused by a blow to the head or body that disrupts normal functioning of the brain. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities nationwide, and more than 62,000 concussions are sustained each year in high school contact sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

Legislation (P.L. 2010, Chapter 94) signed on December 7, 2010, mandated measures to be taken in order to ensure the safety of K-12 student-athletes involved in interscholastic sports in New Jersey. It is imperative that athletes, coaches, and parent/guardians are educated about the nature and treatment of sports related concussions and other head injuries. The legislation states that:

- All Coaches, Athletic Trainers, School Nurses, and School/Team Physicians shall complete an Interscholastic Head Injury Safety Training Program by the 2011-2012 school year.
- All school districts, charter, and non-public schools that participate in interscholastic sports will distribute annually this educational fact to all student athletes and obtain a signed acknowledgement from each parent/guardian and student-athlete.
- Each school district, charter, and non-public school shall develop a written policy describing the prevention and treatment of sports-related concussion and other head injuries sustained by interscholastic student-athletes.
- Any student-athlete who participates in an interscholastic sports program and is suspected of sustaining a concussion will be immediately removed from competition or practice. The student-athlete will not be allowed to return to competition or practice until he/she has written clearance from a physician trained in concussion treatment and has completed his/her district's graduated return-to-play protocol.

Quick Facts

- Most concussions do not involve loss of consciousness
- You can sustain a concussion even if you do not hit your head
- A blow elsewhere on the body can transmit an "impulsive" force to the brain and cause a concussion

Signs of Concussions (Observed by Coach, Athletic Trainer, Parent/Guardian)

- Appears dazed or stunned
- Forgets plays or demonstrates short term memory difficulties (e.g. unsure of game, opponent)
- Exhibits difficulties with balance, coordination, concentration, and attention
- Answers questions slowly or inaccurately
- Demonstrates behavior or personality changes
- Is unable to recall events prior to or after the hit or fall

Symptoms of Concussion (Reported by Student-Athlete)

- Headache
- Nausea/vomiting
- Balance problems or dizziness
- Double vision or changes in vision memory, and/or confusion
- Sensitivity to light/sound
- Feeling of sluggishness or foginess

- Difficulty with concentration, short term

What Should a Student-Athlete do if they think they have a concussion?

- Don't hide it. Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- Report it. Don't return to competition or practice with symptoms of a concussion or head injury. The sooner you report it, the sooner you may return-to-play.
- Take time to recover. If you have a concussion your brain needs time to heal. While your brain is healing you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

What can happen if a student-athlete continues to play with a concussion or returns to play too soon?

- Continuing to play with the signs and symptoms of a concussion leaves the student-athlete vulnerable to second impact syndrome.
- Second impact syndrome is when a student-athlete sustains a second concussion while still having symptoms from a previous concussion or head injury.
- Second impact syndrome can lead to severe impairment and even death in extreme cases.

Should there be any temporary academic accommodations made for Student-Athletes who have suffered a concussion?

- To recover cognitive rest is just as important as physical rest. Reading, texting, testing-even watching movies can slow down a student-athletes recovery.
- Stay home from school with minimal mental and social stimulation until all symptoms have resolved.
- Students may need to take rest breaks, spend fewer hours at school, be given extra time to complete assignments, as well as being offered other instructional strategies and classroom accommodations.

Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, according to the following protocol:

Step 1: Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.

Step 2: Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.

Step 3: Sport-specific exercise including skating, and/or running: no head impact activities. The objective of this step is to add movement.

Step 4: Non contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.

Step 5: Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.

Step 6: Return to play involving normal exertion or game activity.

For further information on Sports-Related Concussions and other Head Injuries, please visit:

www.cdc.gov/concussion/sports/index.html

www.nfhs.com

www.ncaa.org/health-safety

www.bianj.org www.atsnj.org

IV. NJSIAA Steroid Testing Policy

This NJSIAA policy only relates when a high school athlete qualifies for a state championship tournament. This means that if a team qualifies for a state championship tournament, any athlete on the team can be tested, or if an athlete qualifies for a state championship in an individual sport like track and field or wrestling, that individual can be tested.

NJSIAA

1161 Route 130, P.O. Box 487, Robbinsville, NJ 08691 609-259-2776 Fax-609-259-3047

CONSENT TO RANDOM TESTING

In Executive Order 72, issued December 20, 2005, Governor Richard Codey directed the New Jersey Department of Education to work in conjunction with the New Jersey State Interscholastic Athletic Association (NJSIAA) to develop and implement a program of random testing for steroids, of teams and individuals qualifying for championship games.

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the attached page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

By signing the last page of this document, we consent to random testing in accordance with the NJSIAA steroid testing policy. We understand that, if the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

A list of NJSIAA Banned Drugs can be found here:

<http://www.njsiaa.org/steroid-testing>

V. Student/Athlete Parent Media Consent

At times, various media outlets, scouts, and other outlets may take photos or film Cliffside Park School District athletic events and interview athletes. Sometimes, these photos/videos may be broadcasted on television or the Internet.

By signing off, you are giving consent to the participation in interviews, the use of quotes, and the taking of photographs, or video of the student named in the upcoming contest that my child will be participating in.

V. Sportsmanship



2019/2020

Dear Parents/Guardians,

It's not whether you win or lose, but how you play the game. Unfortunately, in recent years this maxim has not guided our thinking. A win at all costs philosophy and a retreat from the qualities of good sportsmanship have been evident, even in high school sports. Because the Big North Conference believes in the concept of good sportsmanship as the paramount priority in high school athletic programs, we have united as one team to emphasize this goal. The Big North Conference insists that all players, coaches and spectators respect this goal of sportsmanship at all our athletic contests.

Competition, especially at the high school level, must be healthy and productive. Our athletic fields are an extension of our classrooms, and the values of respect and fair play must prevail. We must encourage our students to work to their fullest potential, and put forth their maximum effort. We must also teach them to respect the other players on the field and understand that, after all, it is only a game! In order to reinforce our commitment to insuring good sportsmanship, any athlete that participates in any act of unsportsmanlike behavior may be subject to penalties above and beyond those imposed by the NJSIAA.

The parents and the fans that attend the games also have to make a commitment to good sportsmanship. Not only must we talk to our children about it in our homes, but we must also display it at all athletic competitions. There have been far too many situations in which the athletes exhibit good sportsmanship while the adults in the stands and on the sidelines let their emotions give way to control of anger and aggression. We must cheer on our children and friends but, at the same time, model appropriate behavior and good sportsmanship.

The Big North Conference wants to make it clear to athletes and fans of all its member schools that poor sportsmanship is not acceptable, and will not be tolerated. Parents and fans who engage in negative cheering, or make disparaging remarks toward the officials, players, coaches, or other fans, will be removed from the game, and face the possibility of being barred from future athletic events. It is also incumbent upon our fans that they explain these rules to any guests that accompany them to the game to ensure that they understand the consequences of their failure to exhibit proper sportsmanship.

Remember, your children may not always listen to you, but they are always watching you! Please model good sportsmanship for them.

Sincerely,
Sharon Hughes
Big North Conference, Executive Director

Cliffside Park High School

Athletic Department

64 Riverview Avenue

Cliffside Park, NJ 07010

(201) 313-2377

dporfido@cliffsidepark.edu



By signing off on this document, we have read the Cliffside Park School District Athletic Rules, Sports-Related Concussion & Head Injury Fact Sheet, NJSIAA Steroid Testing Policy, Media Information, and Sportsmanship Document. We agree to abide by all rules & policies pertaining to Cliffside Park School District Athletics. We affirm our willingness to abide by these rules and to meet commitments. If we find that we cannot live up to the conditions of this contract, the player shall resign from the team.

Student/Athlete Name (print) Student/Athlete Name (sign) Date

Parent/Guardian (print) Parent/Guardian (sign) Date