

Oceanside High School Athletic Handbook 2014-2015

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ATHLETICS

Mission Statement:

Extra curricular activities are an integral part of the educational process at Oceanside High School. Participation in school sponsored activities will enhance the development of mature citizens who will exemplify character and strong moral and social attitudes within the community.

STUDENT ACTIVITIES

Participants in activities at Oceanside High School are being offered the privilege and opportunity to become part of a select group: A member of a team or group which will represent our school and RSU 13, and the communities served by each. *The guiding principle of OHS athletic programs is commitment.* To have the type of program desired, a commitment from all involved is required to ensure the quality of the program.

Everyone needs to have sense of belonging. OHS sponsors a variety of teams and clubs to fulfill this need. Research confirms that students who involve themselves in clubs and activities have a better self-concept, appreciate teamwork, and perform closer to their potential. We strongly encourage parents and students to become involved in a least one activity each school year.

Below is a list of clubs and organizations:

Adventure Club	Spanish Club	Interactive Theater
Art Club	French Club	Drama (School Play)
Diversity Club	Key Club	Select Choir
CHAT	Peer Helpers	Drama (One-Act Play)
Jazz Ensemble	Student Senate	Math Team
National Honor Society	Mariner Outreach	Bigger, Faster, Stronger

Below is a list of interscholastic athletic teams:

Football V- Sub-V	Field Hockey V-JV-F	Golf V-JV
Cross Country V	Cheering V	Basketball V-JV-F
Track V-JV	Softball V-JV-F	Tennis V-JV
Soccer V-JV-F	Baseball V-JV-F	Indoor Track
Wrestling V	Girls Lacrosse V	Sailing

Physical Examination for Sports

Athletes are required to have a complete physical examination upon initial entry in RSU 13 School Athletic Programs and every two years thereafter. Students must present written proof of examination to the Athletic Director before participation may begin. The cost of these physicals shall be borne by the individual families.

Insurance

All athletes ***must*** present evidence of insurance prior to the first practice of the sport in which they wish to participate.

STANDARDS FOR ATHLETIC AWARDS

Participation for the entire season shall be the criteria for earning awards. Those students not finishing the season for academic, disciplinary or personal reasons will not be recognized at the awards banquet. In order to earn a letter, an athlete must complete the following requirements:

- Football:** Must play in 50% of the quarters of games played.
- Field Hockey:** Participants must play at least 50% of periods of all games.
- Cross Country:** Runners must participate in 75% of meets and attend practice on a regular basis.
- Basketball:** Must play in 50% of the quarters of games played.
- Soccer:** Team members must play in 50% of periods of all games played.
- Track:** Athletes must compete in at least 2 events in 75% of all meets scheduled.
- Baseball:** Team members must play at least 50% of all innings.
- Softball:** Team members must play at least 50% of all innings.
- Tennis:** Members must play in 75% of all matches.
- Golf:** Team members must play in 75% of all matches including KVAC, but not State.
- Cheerleaders:** Participants receive a letter for cheering in all assigned games.

A senior who has been a member of a freshman, a junior varsity, or a varsity team for four years, but who has never qualified for a varsity letter, will be given a letter for service to that sport.

Only a varsity manager is eligible for a letter. In order to win a varsity letter, a manager must manage for two varsity seasons or meet the following criteria:

1. Participation as a team member may count for one year.
2. Managing a different sport can count for the first year.
3. A coach who has no manager can draft a senior and award him a letter.
4. Only two managers' letters per team shall be awarded per athletic season.

RSU 13 HIGH SCHOOL STUDENT ELIGIBILITY POLICY

It is the intent of the RSU 13 School Board to provide a wide array of activities to supplement the educational programs at middle and high schools. Because the academic programs take priority, in order to participate in these extra-curricular activities students must meet standards in academics, behavior, and attendance at school. Extra-curricular activities include, but are not limited to, athletics, clubs, drama, and school-affiliated service organizations. Each Principal shall identify which activities beyond those listed are considered extra-curricular for the purposes of this policy.

The goals of this policy are student engagement and accountability. To achieve these goals, schools offer academic support in an environment that allows impacted students access to extra-curricular activities.

In this policy, “Principal” is used to mean “principal or designee” and “parent is used to mean “parent or legal guardian.”

Keeping Students Engaged

The RSU 13 staff members strive to keep students engaged in their education and their school. Participation in extra-curricular activities can be an essential aspect of engagement. Academic success is the primary purpose of schooling, but for many students extra-curricular activities are the hook that keeps them connected to school. While many students are able to achieve a balance between these academics and activities, there are those that find this difficult. This policy attempts to assist all students achieve the balance, using activities as a means to keep engagement high.

Holding Students Accountable

Students are responsible for their academic success. When additional academic support is offered to restore eligibility status students are expected to follow the plan of action presented.

Students are responsible for their behavior. There is an expectation that students who participate in extra-curricular activities will conform to the school’s behavioral standards at all times. Consequences for unacceptable behavior that conflict with extra-curricular activities will prevent the student from participating in those activities.

Students are responsible for attendance. They must be present on the days that extra-curricular activities - including practices, rehearsals, and competitions - are taking place. A student who is unable to attend school and classes on the day of an extra-curricular activity will not be eligible to participate in that activity on that day. Compelling circumstances such as a death in immediate family or extended physician’s appointment will be considered on a case-by-case basis and may be excused.

Academic Support

The Principal will designate the manner in which academic support is administered in each school. This includes, but is not limited to, a mandated after-school study hall for students on probation, mandatory attendance at the after-school homework club, and mandatory daily contact with the teacher of the class in which the student is struggling.

Coaches and activity advisors will be notified immediately by the Principal when a player is ineligible. All coaches/advisors are aware that academic support services and consequences for

inappropriate behavior take precedence over competitions, practices, meetings, or other extra-curricular activities. Coaches/advisors are encouraged to take an active interest in the overall well being of the students under their supervision and to support and promote all assistance offered.

Students who are ineligible for extra-curricular activities will be notified immediately of their status. Parents of these students will be notified as soon as possible. If an academic support plan is necessary, that plan should be clearly communicated to the student and parents and each should be supplied with a written copy of that plan.

The policy identifies acceptable standards for students in grades 6-12 in three specific areas:

1. Academic Eligibility
2. Conduct Eligibility
3. Attendance Eligibility

Eligibility Standards Grades 9-12

This portion of the policy applies to all students attending RSU 13 schools in grades 9-12 who choose to participate in school-sponsored extra-curricular activities.

1. Academic Eligibility

Students participating in extra-curricular activities in grades 9-12 are expected to pass all of their classes to remain academically eligible to fully participate in those activities.

Grade checks will be conducted periodically throughout the school year. Grade checks will occur during each quarter and the dates of these checks will be decided upon by the Building Principal and Assistant Principal. During these grade checks all students receiving a failing (F) grade in any class will be identified. The Principal will check the list of students who have failing grades against the active extra-curricular rosters. Students who have failing grades and are participants in extra-curricular activities will be immediately notified they are on academic probation. When notified, the student will be advised of the academic support plan he/she must follow to restore eligibility. A written copy of this plan will be issued to the student and his/her parents.

During the period of academic probation, the student

- A. Will be allowed to participate in practices, rehearsals and meetings and to attend home games/events connected with their extra-curricular activities as long as these events do not conflict with any element of the student's support plan;
- B. Will not be allowed to participate in competitions, games, club activities, or plays during their period of academic probation;
- C. Will not be allowed to travel with teams, clubs or organizations to functions outside of the school if those functions, events, games take place Monday-Thursday; and
- D. Will not be allowed to participate but will be allowed to travel with teams, clubs or organizations to functions outside of the school if those functions, events, games that take place Friday-Sunday.

The initial period of academic probation will last 10 school days. If all grades are up to standard at the end of this period, the student's eligibility will be restored. A student on academic probation must wait the full 10-day period for eligibility to be restored.

If the student's grades are not up to standard at the end of the initial 10 day probation period, the Principal will make a determination on the student's progress during the initial period. If the student has followed the academic support plan and improved his/her grades, the Principal may grant an additional 10-day probation period. Otherwise the student will be dismissed from all extra-curricular activities for the remainder of the season.

The Principals will receive confirmation of the student's grade from the teacher of the class in which the student was struggling. Coaches/Advisors will be informed by the principal when a student's eligibility is restored. Coaches/Advisors must await confirmation from the Principal before allowing students on academic probation to participate in competition.

Students in grades 9-11 who fail a class or who fail it for the final marking period of the school year will be flagged by the principal. If those students elect to participate in sports the following fall, they will be allowed to practice and participate in competitions as long all grades are passing. These students will be subjected to weekly grade checks throughout the fall sport season. If they fall below passing in any course, they will be placed immediately on academic probation.

Students who fail a class for the year, not the 4th quarter, will be on probation at the start of the next school year for any club, activity or sport. This might include mandatory after school help, more frequent grade checks, etc.

2. Conduct Eligibility

Consequences for unacceptable behavior at school will take priority over any extra-curricular activity.

A. Suspension

A student serving a school suspension (out of school or in school) will not be eligible to participate in any extra-curricular activities until the period of suspension concludes. Once this period concludes, the student will be eligible to participate fully in extra-curricular activities unless the Principal specifically identifies a different course of action.

Students suspended from school are prohibited from entering RSU 13 property during their period of suspension.

B. Detention

Detention will take priority over extra-curricular activities. A student serving detention must serve on the day prescribed by the Principal. If detention conflicts with any extra-curricular activity, the student will not participate on that day.

Students who miss travel with their team, club, or organization because of detention may not participate with that team, club, or organization on that day. The student is not permitted to travel to the away game in a private vehicle after detention has been served to be eligible to play that day. Students transported by private vehicles to away games on days when a detention or suspension has been served may not sit with the team on the team bench during the competition.

Students who skip mandated detentions and attend extra-curricular activities will be subject to additional consequences from the Principal and suspended from all extra-curricular activities for five (5) days.

3. Attendance Eligibility

A. Absent All Day

Students must be present on the days in which extra-curricular activities, including practices, rehearsals, or competitions are taking place. A student who is unable to attend school and classes on the day of an extra-curricular activity will not be eligible to participate in that activity on that day.

B. Early Dismissal

Students who leave school early will not be eligible to participate in extra-curricular activities on that same day.

C. Tardiness

Students who are tardy to school will not be allowed to participate in extra-curricular activities on that same day.

D. Exceptions

Compelling circumstances, such as a death in family or a physician's visit will be considered on a case-by-case basis by the Principal provided they are verified by a note.

Standards of Conduct

The high school participant must always keep in mind that an athletic contest and activity is designed and conducted to promote the physical, mental, social and emotional well being of the individual. The participant must also realize that it is a privilege to participate in his/her school's activities program and he/she must remember that they are representing the school, his/her family, school and community both on and away from the athletic and activity venues.

Citizenship

All participants involved in activities should understand that, as a member of a team or group, that they are representing the school, their family, friends, community and themselves. Their actions both on and off the court, playing field, bus trips and classroom, should reflect this at all times. This standard shall be in accordance while the student is enrolled at Oceanside High School.

Drinking, Use of Tobacco or Drugs

When a participant is found to be involved in the consumption, possession and use of alcohol, tobacco or drugs they will be dealt with in accordance with the policies and provisions of the Oceanside High School Student Handbook – please refer to this handbook for the specific policy.

When a Student-Athlete violates the Oceanside High School Substance Abuse Policy, he/she will be removed from that activity for the remainder of that sport season.

A second violation of the Substance Abuse Policy will result in the removal of the student-athlete from activity for the remainder of the academic year

A third violation of the Substance Abuse Policy will result in the Student-Athlete being ineligible for participation in activities at Oceanside High School during their academic career.

Curfew

Student/Athletes shall abide by the curfew guidelines established by their respective coaches. Any Student/Athlete who fails a curfew requirement will be suspended for the next contest.

Suspensions

The parents will be notified in writing and a parent-coach conference encouraged. The student or parent has a right to due process appeal as outlined in the section of appeal procedure.

Transferring to Another Sport

Within five practice days of the beginning of a sport after an athlete-coach conference, an athlete may transfer to a different athletic team provided the initial coach approves the transfer.

Participation in Two Sports During the Same Athletic Season

Oceanside student/athletes may participate in two sports within the same season under the following provisions:

1. The student/athlete must make the request through the Athletic Director. This request should include a permission form from the student/athlete's parent or legal guardian.
2. One of the two sports must have a non-contact, individual competitive component (e.g. cross country, indoor/outdoor track/swimming, golf). Student/athletes may NOT participate in two sports during the same season where only team competition is measured. Student/athletes may NOT participate in two sports during the same season where both involve physical contact with other athletes.
3. The building principal and athletic director must approve the student/athlete's request.
4. Coaches of both sports involved must approve the student/athletes's request.
5. At the time of the request, the student athlete must have an overall grade point average (GPA) of 90 or better.
6. During the sport season the student/athletes must keep their overall GPA at 90 or better. If it falls below this standard, the student/athlete must choose one sport and continue with that sport until the conclusion of the season.

Practice Attendance

An unexcused absence from practice will suspend the student-athlete for the next contest. Student-Athletes must notify the Athletic Director or Head Coach before the end of the day if tardiness or absence from practice is anticipated.

Student/athletes who leave school during the day (without returning during stated school hours) due to illness or other circumstances are not eligible to practice or compete during the remainder of that day. Circumstances that force the student/athlete to leave school for other reasons (appointment, emergency, etc.) will be reviewed by the building administration.

DRESS CODE

All team members making trips will dress appropriately. Each varsity coach will determine the appropriate attire for team travel. The Administration recognizes that each sport season varies in travel attire and that effort will be made to adhere to strict guidelines with regard to appropriate dress.

SPORTSMANSHIP

When participants are removed from activity for unacceptable or unsportsmanlike conduct they will not be allowed to participate in the next MPA countable contest. Subsequent removal in the same season results in dismissal from the team for the remainder of the season.

GAMBLING

When an athlete is found to be wagering on the outcome of high school athletic teams he/she will be suspended for the remainder of that sport season.

TEAM TRANSPORTATION

Student-Athletes are expected to travel to and from all contest with their respective teams on the school provided transportation. Coaches may release students only to the Parent/Guardian after the Parent/Guardian has submitted a written request (travel waiver form) to the coach 24 hours prior to the team trip. All completed travel waivers must be immediately submitted to the Athletic Director by the coach. The RSU 13 Athletic Director will review and decide upon the merit of the request. Examples of approval will be for extenuating circumstance such as family vacations/excursions following contests, college visits, injuries, or attendance at other school related functions.

Chain of Authority

Parents or team members having concerns about operations of any program should address those concerns as they occur according to the following chain of authority. There is only one head coach, or director per activity or sport. All assistant coaches are directly responsible to the head coach.

1. The head coach or advisor is responsible for making decisions not previously or specifically delegated to assistants. He or she is directly responsible to the Director of Athletics.
2. The Director of Athletics has the responsibility of reporting to the principal.
3. The principal is directly responsible to the superintendent.
4. The superintendent reports to the board.
5. The Board of Directors shall be the final authority in all athletic matters.

Boys & Girls Participation on Same Athletic Team

Students of opposite sexes may participate on the same athletic team provided:

1. They meet the same eligibility requirements outlined in the handbook and the Maine Principals' Association.
2. They may play on the same team provided there is no equivalent sport.
3. All Title IX regulations are met.

RSU 13 Student Educational Records Release of Personal Information Policy

Oceanside High School may release personally identifiable information on students to local newspaper, radio stations, school publications, college admissions counselors, local service organization, industry, military and the like.

The information publicizes student achievement and student participation in recognized school functions. This information called "directory information" includes such items as student name and address, student's parents names and addresses, student's place of birth and date of birth, major curriculum area, participation in recognized activities and sports, heights, weights of athletic team members, dates of attendance in RSU 13 schools, awards and honors received (i.e. scholarships, National Honor Society, etc.), the most recent school attended, and other similar information.

Parents of guardians who do not wish to have directory information released by school may prohibit it. Students eighteen years of age or older or students who are attending post-secondary institutions may also prohibit the release of directory information on themselves. Anyone wishing to do so should contact the building principal.

RSU 13 Accessibility Events Policy

Persons with disabilities wishing to attend activities sponsored by the school and public events held in RSU 13 buildings who need accommodations to attend must contact the principal where the events is to be held or the Superintendent of Schools office. Persons should make specific needs known well in advanced of the event so that arrangements can be made. For additional information contact the Superintendent of Schools.

Daily and Game-Day Nutrition and Hydration

Susannah Briskin, MD

Rainbow Sports Medicine Rainbow Babies & Children's Hospital

Fueling your athlete with food and water is no different than fueling your car with gasoline. Without proper nutrition and hydration your athlete may not perform up to their potential. There are two key components to fueling an athlete. The first is the establishment of healthy eating and drinking on a daily basis. This serves as a foundation for game-day nutrition, which will “top off the tank” and help improve performance.

Daily Nutrition and Hydration

Making healthy decisions daily about nutrition and hydration can be challenging. For families with working parents and constant driving between after-school activities, it is not always easy. However, there are several small choices that can make a big difference in the overall nutrition of your family.

The first is to limit fast food to once a month. Fast food is loaded with calories and a high percentage of fat and therefore has virtually no nutritious content. Also, consider packing a lunch for your athlete. This will allow you and your child to make healthy dietary choices together.

The second change to make is to limit consumption of soda pop. Pop contains a large amount of sugar, and is also considered “empty” in terms of nutritional content. Caffeinated pop also dehydrates you by increasing your urine production. Instead, replace pop with water. Some kids hate drinking plain water, so flavor it with a lemon or a lime slice. There are no calories in water and it serves an important role in keeping your athlete hydrated. If you already restrict pop and fast food intake, congratulations! You have already made an important decision to teach your child healthy eating habits.

A good daily general nutrition and hydration plan should include the following:

2-3 servings of protein: poultry, fish, lean meat, beans, eggs

3-4 servings of dairy: milk, yogurt, cheese

6-11 servings of grains (ideally whole grains): bread, pasta, rice, cereals

4-6 6 servings of fruits/vegetables: dried, canned, or whole fruit and raw or cooked veggies (dark

green veggies are the best)

8 tall glasses of water

For a fun way to determine your specific nutritional needs, go to www.mypyramid.gov. Here, you can enter your age, gender, and level of physical activity for a daily nutrition plan to meet your needs. You can also obtain ideas on food choices.

With the busy lifestyle we all lead, it becomes difficult to sit down for a healthy meal three times a day. One easy solution is to eat smaller meals more frequently. Snacking can be very healthy, as long as it includes the right food.

Packing a piece of fruit, crackers with peanut butter, or even a yogurt can help you get closer to meeting your daily nutritional goals. Also, carrying around a water bottle or even just drinking through a straw can help increase your intake.

Game-day Nutrition and Hydration

Game-day eating and drinking is the critical component to energizing athletes through their competition. General daily nutrition serves as your foundation which your game day

choices will build upon. The key to game-day nutrition is to eat healthy foods at the right time. Never eat a large meal within 4 hours of a competition. If you have an early afternoon game, get up and eat a large breakfast with carbohydrates and protein (i.e. whole wheat toast with eggs and some fresh fruit). Then one hour before game time, eat a small snack. This snack should hold you over through competition. Good choices include a small serving of oatmeal, a banana or apple, yogurt, graham crackers, sports bars, Fig Newtons, or half a bagel with small amount of cream cheese.

If you have an evening game, eat a solid breakfast and lunch, then one hour before game time, get your snack in. After the game, make sure you also have a snack handy to hold you over until you can get home for a nutritious dinner. Ideally, this meal should be consumed within two hours to replace what the athlete has burned.

Game-day hydration is critical to performance. Water is still your best friend. Avoid caffeinated beverages (pop, Red Bull, coffee) because they will dehydrate you and possibly hurt your performance. Some people like to drink sports drinks (Gatorade, PowerAde, Allsport) for the taste. These drinks contain carbohydrates and electrolytes that are meant to replace what you lose in sweat. They are not necessary if you are exercising for less than 60 minutes. Water adequately replaces sweat loss in athletes working out for less than 60 minutes. If you do workout for greater than 60 minutes, consume the sports drinks during and after competition. Consider mixing them with water to dilute them. If you choose to drink sport drinks remember that each 16 oz. Bottle contains around 125 calories.

Our thirst mechanism isn't activated until we are 3% dehydrated. At this level, our performance decreases. So, it is crucial to drink ***before*** you get thirsty. Hydration guidelines for adults and adolescents suggest the following intake:

- 2 tall glasses of water 3 hours before sports
 - 1 tall glass of water 10 minutes before a game
 - 1 tall glass of water every break from the ice (or every 15-20 minutes)
 - 3 tall glasses of water immediately following the game
- (One tall glass = 8 oz)

Learning proper nutrition and hydration will not only improve your performance on the field, but also off. For more information, consider visiting www.mypyramid.gov or purchasing Nancy Clark's "Sports Nutrition Guide".

CONCUSSION MANAGEMENT

RSU 13 recognizes that concussions and other head injuries are serious and could result in significant brain damage and/or death if not recognized and managed properly. RSU 13 adopts this policy to promote the safety of students participating in school-sponsored activities, including but not limited to extracurricular athletic activities and interscholastic sports.

TRAINING

All RSU 13 Coaches will receive training in concussion management. This training must be consistent with protocols as identified or developed by RSU 13, the Maine Principals' Association, the National Federation of High Schools, and the Maine Department of Education (DOE) and include instruction in the use of reporting forms as required by all agencies.

Coaches are required to undergo refresher training based on the recommendations of all governing agencies or when protocols and forms have been revised.

STUDENT AND PARENTS/GUARDIANS

At the beginning of each school year or prior to the beginning of each sports season, students intending to participate in school-sponsored athletic activities and parents/guardians of students will be provided information including:

- A. The risk of concussion and other head injuries and the dangers associated with continuing to participate when a concussion or other head injury is suspected;
- B. The signs, symptoms and behaviors associated with concussion and other head injuries; and
- C. The school administrative unit's protocols for 1) removal of the student from the activity when the student is suspected of having sustained a concussion or other head injury, 2) evaluation, and 3: return to full participation including academics.

The student and his/her parent(s)/guardian(s) must sign a statement acknowledging that they received and read this information before the student is allowed to participate in any school-sponsored athletic activity.

CONCUSSION SYMPTOMS

- **Thinking and Remembering**
 - Difficulty thinking clearly
 - Feeling slowed down
 - Difficulty concentrating
 - Difficulty remembering new information
- **Physical**
 - Headache
 - Nausea or vomiting (early on)
 - Balance problems
 - Dizziness
 - Fuzzy or blurry vision
 - Feeling tired, having no energy
 - Sensitivity to noise or light
- **Emotional and Mood**
 - Irritability
 - Sadness
 - More emotional
 - Nervousness or anxiety
- **Sleep disturbance**
 - Sleeping more than usual

- Sleeping less than usual
- Trouble falling asleep

MANAGEMENT OF CONCUSSIVE AND OTHER HEAD INJURIES

It is the responsibility of any staff member involved in a school-sponsored activity and trained in the signs, symptoms and behaviors related to concussion or other head injury, to act in accordance with this policy when the staff member recognizes that a student may be exhibiting such signs, symptoms and/or behaviors.

Any student suspected of having sustained a concussion or other head injury during a school-sponsored activity including but not limited to participation in interscholastic sports, must be removed from the activity immediately.

The student and his/her parent(s)/guardian(s) will be informed of the need for an evaluation for brain injury before the student is allowed to return to full participation in any school-sponsored activities including learning. This evaluation should be conducted by a medical professional qualified and trained in concussion management.

No student is permitted to return to the activity or to participate in any other school-sponsored activity on the day of the suspected concussion.

Any student suspected of having sustained a concussion or other head injury is prohibited from further participation in any school-sponsored activities until he/she is evaluated and receives written medical clearance to do so from a licensed health care provider qualified and trained in concussion management.

Coaches and other school personnel shall comply with the student's treating health care provider's (trained in concussion management) recommendations regarding gradual return to participation. No student is permitted to return to full participation in any school activities until cleared to do so. More than one evaluation by the student's health care provider may be necessary before the student is cleared for full participation.

If at any time during the return to full participation in any school-sponsored activities the student exhibits signs, symptoms or behaviors of concussion, the student must be removed from the activity and be re-evaluated by the treating licensed health care provider trained in concussion management.

COGNITIVE CONSIDERATIONS

School personnel should be alert to cognitive and academic issues that may be experienced by a student who has suffered a concussion or other head injury, including but not limited to:

- difficulty with concentration, organization, long-and-short term memory and
- sensitivity to bright lights and sounds.

School personnel shall accommodate a gradual return to full participation in all academic activities as appropriate, based on the recommendation of the student's concussion trained health care provider and appropriate designated school personnel (e.g. 504 Coordinator).

RETURN TO PLAY GUIDELINES (Zurich Protocol).

An RSU 13 student/athlete recovering from a concussive incident may return to play using the following guidelines (Zurich Protocol) – ***once they have been symptom free at rest for a full day:***

Day 1: Light aerobic exercise (walking, swimming, or stationary cycling) keeping exercise heart rate less than 70% of maximum predicated heart rate. No resistance training.

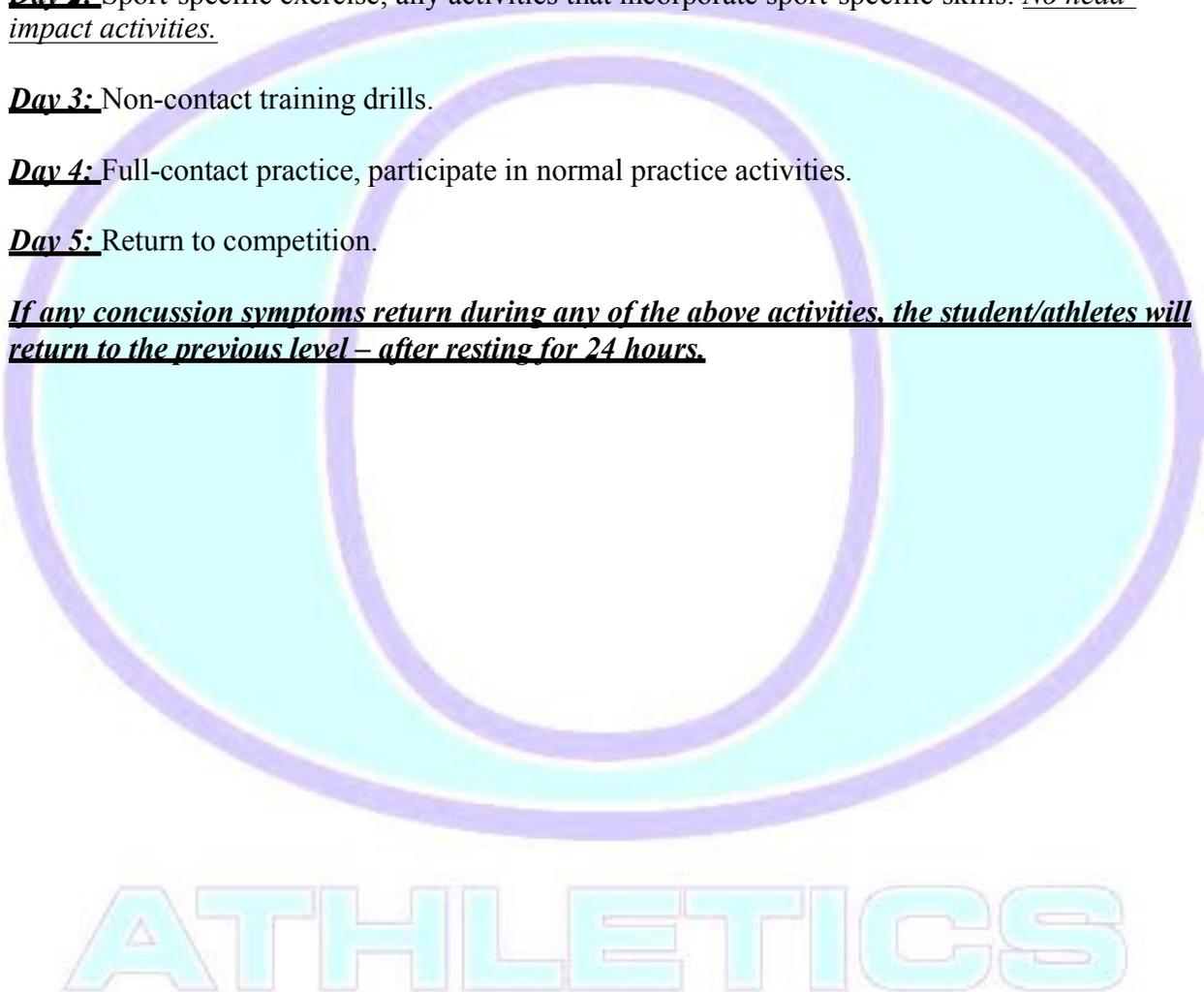
Day 2: Sport-specific exercise; any activities that incorporate sport-specific skills. No head-impact activities.

Day 3: Non-contact training drills.

Day 4: Full-contact practice, participate in normal practice activities.

Day 5: Return to competition.

If any concussion symptoms return during any of the above activities, the student/athletes will return to the previous level – after resting for 24 hours.



ATHLETICS

CONSENT GIVEN

This is to confirm that I have read and understand the Athletic Handbook and Eligibility Policy and agree to abide by the policies outlined in the handbook.

Student's Name (Please print clearly)

Student's Signature

Date

This is to confirm that I have discussed the Activities Handbook with my son/daughter and will support her/him in abiding by the policies as outlined on the previous pages. Additionally, I give my consent for the above-signed to participate in the athletic programs circled below: (please circle all that may apply during the current school year).

Parent/Guardian Name (Please print clearly)

Parent/Guardian Signature

Date

- | | | | |
|-------------------------|------------------------|----------------------|-----------------|
| Baseball | Basketball | Cheerleading | Girls Lacrosse |
| Cross Country | Field Hockey | Football | Golf |
| Soccer | Softball | Track (Indoor) | Track (Outdoor) |
| Wrestling (Independent) | Swimming (Independent) | Skiing (Independent) | |

Independent sports are sports not offered at Oceanside, Students practice and travel with neighboring schools who do offer these sports. Travel to these schools for practices and competitions are the responsibility of the individual student participating.

Photograph Use Consent (circle one please)

The above-signed parent/guardian hereby:

ALLOWS

DOES NOT ALLOW

Oceanside High School & RSU 13 to use images of the above-named student on the school OHS/RSU 13 website.

Oceanside High School Athletic Emergency Contact Form

All Student-Athletes participating in athletics at Oceanside High School **MUST** fill out and return this form completely and accurately **BEFORE** they are allowed to attend practices or games with their teams.

Student's Name: _____ (Please Print Clearly) Grade: _____

Address: _____

Student's Phone Contact Number(s): _____

Birth Date: _____ Date of Last Physical: _____
Month/Day/Year Month/Day/Year

Physician Performing Physical: _____
(Please Print Name Clearly)

Insurance Policy: Company: _____ Policy #: _____
(All Student/Athletes must be covered under an insurance policy when participating in athletics for OHS)

Where can your parents be reached if not at home?

Mother: _____ Home Phone: _____
First Name Last Name Work Phone: _____

Father: _____ Home Phone: _____
First Name Last Name Work Phone: _____

List Two Neighbors or Nearby Relatives who will assume temporary care of your child if you cannot be reached.

1. _____ Home Phone: _____
First Name Last Name Work Phone: _____

2. _____ Home Phone: _____
First Name Last Name Work Phone: _____

In case of accident or serious illness, I request the school to contact me. If the school is unable to reach me, I hereby authorize the school to call the physician indicated below and to follow his/her instructions. If it is impossible to contact this physician, the school may take whatever arrangements seem necessary.

(Signature of Parent/Guardian)

(Date)

(Physician's Name - Please Print Clearly)

Physician's Telephone #

Please List All Allergies:

RSU 13 Athletics
Travel Waiver Consent Form

Date: _____

Parent/Guardian Name: _____
Please Print Legibly

Student Name: _____
Please Print Legibly

Team: _____
Please be Specific (School, Gender, Team)

Date & Location of Event: _____

I hereby give my consent to RSU 13 and its representatives to

allow _____
Print Student's Name Legibly

to travel _____
Please put all applicable: Home from the above named event; to the above named event

with _____
Name of Parent/Guardian who will be providing transport; if not parent or guardian, this adult must also sign in block provided below.

The signature(s) below release RSU 13 and all of its representatives from any liability incurred during the period of waiver.

Signature of Parent or Guardian _____ Date _____

Signature of Transporting Adult: If not Parent/Guardian _____ Date _____

Coaches Signature _____ Date _____

This form must be filled out completely prior to student/athlete's departure with parents. Coaching staff should turn form into RSU 13 Athletic Director as soon as possible after trip.