

# Schroon Lake Central School



## Student Athletic Handbook

Schroon Lake Central School  
P.O. Box 338  
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(518)532-7164

Dear Student Athletes:

The Schroon Lake Central School Athletic Handbook compiles information which is found separately in a number of locations, but is compiled here for your convenience. Members of the Coaching staff and the Board of Education were instrumental in putting this work together. The New York State Public High School Athletic Association, Section Seven and the Mountain-Valley Athletic Association are thanked for their contributions, information, ideas and guidance. While a great deal of work went into the publication, experience says that it is likely that it will not cover all possible situations or contain all the necessary information. In the cases of omissions, school staff will make reasonable decisions within the limits of law, policy, fairness and good judgment.

This handbook was developed to assist you, your parents, and the athletic staff to ensure a successful athletic experience. That success will be measured not only by your team's win-loss record but by more important factors including the preservation of your safety and your growth as a person. The interscholastic athletic program is one component of the Schroon Lake Central School experience that is designed to develop responsible and productive citizens.

The entire Schroon Lake Central School Community is proud that you have chosen to represent yourself and your school in a Wildcat uniform. We wish the very best to each of you as you work with your teammates and Coaches throughout the season.

Good luck, Wildcats!

Dr. Harry Brooks

**This document outlines and details all of the rules and procedure associated with participation in extracurricular athletics at Schroon Lake Central school. For ALL athletes, regardless of season and level, this document goes into effect on the first day of fall varsity practice each year and ends the last day of school in June.**

### Foundation

The athletic program at Schroon Lake Central School is founded on the principle that the playing field is an extension of the classroom and the athletic experience contributes to the growth of mind and body. The cornerstones of the Wildcat tradition were laid generations ago by some of the community's most respected student athletes, many of whom continue to be involved in the athletic program as supportive parents and fans. While student names change from year to year, the principles our student-athletes embody remain the same: dedication and desire, cooperation and compassion, and the importance of working collectively toward a common goal.

The establishment of this athletic handbook is a reflection of the school district's concern for the safety, well being, and conduct of its athletes. The rules and regulations that are contained in this handbook are in the athlete's best interests and in the interests of fair and civil interscholastic athletic play. The school and its athletic program will promote a safe, orderly and stimulating school environment, supporting active teaching and learning for all students regardless of actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex according to DASA regulations.

Students and parents are reminded that participation in interscholastic athletics is a privilege, not a right, earned by student-athletes by being good students, teammates and citizens. Since interscholastic athletics are an optional activity, those who choose to participate will be held to higher standards in terms of behavior and performance in the classroom. The purpose of this Handbook is to ensure that any student who represents the District in interscholastic competition demonstrates the characteristics of a good citizen of both the school and the community at all times. Students who choose to participate in the Schroon Lake interscholastic athletic program will be bound by the rules of the athletic code of conduct throughout the school year, despite the fact that the student-athlete may play less than all three (3) seasons".

The creation of such rules necessarily carries the responsibility for enforcement. Such enforcement requires cooperation between the school and the home. Together we can work toward our mutual concerns of reducing the risks and possible penalties that could occur if the provisions of this handbook are not followed.

## **Philosophy of Interscholastic Athletics**

Each participant in interscholastic athletics possesses a unique opportunity to teach positive life skills and values. Desire, dedication, self-discipline and responsibility need to be taught and developed in order to ensure the commitment and personal sacrifice required by athletes. Making this commitment helps nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizen carrying these values throughout life.

It is the very nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a team's success. Guiding student athletes to achieve maximum individual and team 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.

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. Safe and suitable indoor and outdoor facilities.

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. Practices or contests may be scheduled for Saturdays and vacations.

### ***Modified Program***

This program is available to all students in the seventh and eighth (sometimes ninth depending on the sport) grade. **The district may decide on appropriate placement based on skill and number of athletes on a given team. The districts goal with student placement will be to preserve teams when necessary.** At this level, the focus is on participation, learning athletic skills and game rules, fundamentals of team play, social and emotional growth, physiologically appropriate demands on the adolescent body and healthy competition. **Every effort will be made to ensure every modified player receives playing time in every contest.**

### ***Junior Varsity Program***

The Junior Varsity level (in those years for which it is available) is intended for those who display the potential of continued development into productive varsity level performers. At this level, 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 and 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 premise that is

vital to a successful junior varsity team and player. With the goal of becoming a varsity player clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

### ***Varsity Program***

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 strong commitment. The components of the philosophy of the junior varsity program are further developed and enhanced at the varsity level. Mental and physical preparation is an integral part of a varsity sport. Varsity athletes are expected to strive to improve themselves and their team for their sport by expanding their knowledge and physical preparation. Participation on the varsity team during the previous year does not guarantee a spot on the team the subsequent year. Those demonstrating the best level of skill and attitude will be selected. While the primary goal at this level continues to emphasize sportsmanship and character, winning contests becomes a higher priority and there is no guarantee that all team members will play in contests.

### **Getting Ready to Play**

#### ***Sign Up Before the Season Begins***

Approximately two weeks before the start of each sports season, daily announcements will indicate a deadline for sports sign-up. Student athletes shall make all attempts to sign up in a timely manner as the decision to field teams and hire Coaches is based in part on the numbers signed up. With the exception of student athletes who move into the District after the deadline, the participation of individuals who sign up for a sport after the deadline may be adversely impacted.

At the first meeting of the season the Coach of each sport will distribute important information that must be completed prior to the first practice session. The following documents will be distributed to all potential athletes prior to the school year:

- Student Athletic Handbook for student athletes and parents
- Permission to Participate in Interscholastic Athletics (to be signed by Parent and Athlete)
- Health History Form

All potential athletes must have a current **sports** physical exam **prior** to your first practice in order to participate. Sports physical exams, whether completed by your family physician or the school physician, are considered current for twelve continuous months. **The school offers free sports physicals for any athlete in May.**

#### ***Awareness of Risks***

Participation in interscholastic sports carries a degree of risk of injury, which cannot be ignored. While these risks do exist in our athletic program, the coaches, School Nurse, teachers, and administration are committed to reducing the possibilities of such occurrence through an emphasis on sound training and adherence to the procedures

and guidelines contained in this Athletic Handbook. Students are reminded that consistent attendance at practice and adherence to the rules and regulations of this Code shall minimize risk.

### ***Medical Insurance***

Schroon Lake Central School carries general insurance coverage for student injuries that occur within its supervised activities. Please be aware that a family's personal insurance coverage must first be used to its allowable limits prior to the school's coverage making payments toward any unpaid balance incurred due to the injury.

### ***Tryouts***

Coaches will inform their respective team candidates of plans for tryouts and the season before they begin. When it is necessary to limit roster sizes the **Coach will meet with the players and announce the final team** as soon as possible, but no later than the first athletic contest. Players may be cut for the lack of ability, poor team spirit, attitude, conduct or absence from practice. The Coach has the sole responsibility for choosing team members.

### ***Changing Sports***

It is important that the student athlete try to go out for the right sport. A student athlete may not change from one sport to another once the team has been selected, without permission of the Athletic Director. If he or she has been cut from one team it is legitimate to try out for another so long as final cuts have not been made for the second sport. .

### **Dual Sport Athletes**

Students who choose to participate in two sports in a given season must select a primary sport before the season starts. Practices for the primary sport take precedent over the secondary sport and those secondary sport practices are attended when the time and schedule allow. Primary sport games take precedence over any secondary sport obligation. Secondary sport games only take precedent over primary sport practices. Missed practices may affect playing time in either sport. Athletes may not change primary sports once the season starts.

## **Conduct and Expectations for Student Athletes**

### ***Conduct of Athletes***

As an athlete you represent yourself, your Coach, your team, and your school in a special way. Therefore, you must maintain a higher standard of conduct, both in and out of school, on or off the playing field, as a host or guest of an opponent, and in all of your activities in the community during the entire school year<sup>w~</sup>.

Team cooperation and self-discipline are essential ingredients for a successful team effort. The Coach, Athletic Director, or superintendent may temporarily suspend or dismiss an athlete from a team whenever he or she feels the student athlete is not contributing to good inter-squad discipline and decorum.

Participation in all interscholastic athletics in the secondary schools will be based on the following standards. Failure to meet these standards may result in suspension or removal from a team.

- A. Students shall be responsible for knowing their eligibility status.
- B. Students must demonstrate good attendance. Unexcused absences, unexcused tardies/cutting" class or study hall, etc., may result in suspension or dismissal from the activity. Students are expected to attend all practices, games or other scheduled events unless excused by the coach. Failure to attend practices, games or other scheduled events may result in the student's suspension or dismissal from the team at the discretion of the coach or athletic director (see "School Attendance", on page 10).
- C. Students must demonstrate good behavior and abide by the rules set forth in the District's Student Code of Conduct. Any referrals for misconduct that are approved by an administrator may result in suspension or dismissal. Students under in-school or out-of-school suspension may not participate in any athletic activity for the duration of their disciplinary action.
- D. Each student-athlete is expected to display good sportsmanship, win or lose. This means that student-athletes must demonstrate good citizenship in the school, and the community at large. Disrespectful comments, the use of foul language, or insubordination by a student-athlete directed toward any other person, including but not limited to game official, coaches, advisors, teammates, athletes or members of opposing teams or schools, fans or spectators, or any other persons will subject the student to disciplinary action by the School District. Such disciplinary action may include, but shall not be limited to, suspension or expulsion from any or all extracurricular activities. The foregoing applies to conduct that occurs at all practices and meetings and all times before, during and after games or school-sponsored events. Ejection from any contest or event for such conduct may result in additional disciplinary action by the District, including suspension or expulsion from extracurricular activities.
- E. When membership or participation in any athletic team is linked with involvement in hazing activities, the educational purpose of the endeavor is compromised or completely undermined. Moreover, such activities can endanger the safety of student-athletes. Because the School District is committed to providing a safe and orderly environment that promotes respect, civility and dignity for all members of the school community, hazing is strictly prohibited by the Board of Education.

The term "**hazing**", as used in this Code of Conduct, means any conduct or methods of initiation into any student organization, whether on public or private property, before, during or after school hours, which willfully or recklessly endangers the physical or mental health of any student or other person, or which is reasonably likely to cause harassment, intimidation, physical, emotional or psychological harm, including embarrassment or loss of human dignity, to another person.

Such conduct shall include, but not be limited to the following:

- Whipping, beating, branding or any other physical assault
- Forced calisthenics of any kind, such as sit-ups, pushups, any other physically abusive exercises, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such person
- Forced exposure to weather or the elements;
- Forced consumption of food, liquor, beverage, drug or any other substance
- Any forced activity which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation
- Forced total and/or partial nudity at any time
- Forced wearing or carrying of any obscene or physically burdensome or embarrassing article
- Forced transportation and intentional abandonment of any person or member at any location.
- Any type of personal servitude performed for actives which is demeaning and/or of personal benefit to the active members
- Forced assignment of "pranks" such as stealing, painting objects, or harassing other organizations, institutions or activities;
- Calling or assigning prospective teammates demeaning names.

No hazing activities will be tolerated under any circumstances. Members of the School District Community may not participate or be involved in hazing activities. Any member of the School District community involved in such activity shall be subject to disciplinary action for violation of this policy.

Consent of the victim of hazing shall not be available as a defense to any prosecution of hazing under this Athletic Handbook. Whoever knows that another person is the victim of hazing and is at the scene of such a hazing shall, to the extent that the person can do so without danger or peril to himself/herself or others, report such activity to an appropriate official as soon as reasonably possible. Any person who knowingly and unreasonably fails to report hazing activity shall be guilty as an accomplice in such activity. Employees who fail to report an incident of hazing may be subject to disciplinary action.

### ***Investigation of Infraction/Violation***

1. An investigation of the alleged infraction/violation will be conducted as quickly, positively, and effectively as possible.

2. The superintendent, with assistance of the Coach/Athletic Director, will conduct an investigation of the alleged infraction/violation, which may include conferences about the complainant with student, parents, teachers, other pupil service personnel or others, as deemed appropriate.

## Substance Code

In addition to the above expectations and standards, the Schroon Lake Central School District hereby adopts the following policy in regard to tobacco, drug and alcohol use and possession.

Because the use of tobacco(vaping), alcohol, and other drugs prevent the normal development of a healthy mind and body, the following code has been established.

- No student athlete will possess, consume, use or sell alcoholic beverages at any time or place, including but not limited to on or off school grounds, at a school-sponsored activity or in a school district vehicle, during the school year.
- No student athlete will possess, consume, use or sell illegal drugs at any time or place, including but not limited to on or off school grounds, at a school-sponsored activity or in a school district vehicle, during the school year".
- No student athlete will possess or consume prescription drugs without the consent of a physician and/or parent at any time or place, including but not limited to on or off school grounds, at a school-sponsored activity or in a school district vehicle, during the school year<sup>11</sup>. The sale of prescription drugs is expressly prohibited.
- No student athlete will possess, consume, use or sell any tobacco products at any time or place including but not limited to on or off school grounds, at a school-sponsored activity or in a school district vehicle, during the school year. This includes any vaping devices or paraphernalia.

The possession, consumption or use of alcoholic beverages, illegal drugs, controlled substances, substances represented to be a controlled substance, or drug paraphernalia and inappropriate use of non-prescription medicines by student-athletes participating in School District interscholastic athletics, whether on or off school grounds, **will not be tolerated**. Students shall not attend or remain at any gathering where the use of alcohol or any illegal drugs are present. Any student-athlete who has agreed to this Handbook and the rules and regulations contained herein, and is found to have voluntarily remained in the vicinity of a gathering prohibited by this section, shall be guilty of a violation of this rule whether he or she consumes or uses any substance at all. No student-athlete will be deemed to have violated this rule if he or she can show to the satisfaction of the Superintendent, Athletic Director and coach that, immediately upon becoming aware that underage drinking and/or drug use is present at a party or social gathering, he/she completely removed himself/herself from the place where the party or social gathering was held, including parking areas.

1<sup>st</sup> offense - the student athlete is suspended for the remainder of that current season and the following season. Athletes who elect to take part in a counseling program and complete the follow-up program designed by the school counselor may return at the beginning of the next season.

Example: An athlete who is suspended during the winter season is eligible to return for the spring season once that student has completed their counseling program.

2<sup>nd</sup> offense- the student athlete is suspended for the remainder of the current season and the two seasons after that. Athletes who elect to take part in a counseling program and complete the follow-up program designed by the school counselor may return at the beginning of the season in which they were suspended.

Example: An athlete who is suspended during the winter season and has completed their counseling program is eligible to return for the start of the winter season of the following school year.

3<sup>rd</sup> offense- the student athlete is suspended for one full calendar year. Athletes **MUST** take part in a counseling program and complete the follow-up program designed by the school counselor in order to be eligible to return.

Example: An athlete who is suspended on December 15 of that given year and who has completed a counseling program is eligible to return on the same date of the following year.

Once an infraction is confirmed, the following shall occur quickly, positively, and effectively:

1. The Coach/Athletic Director notifies the Superintendent.
2. The Coach/Athletic Director notifies the athlete of the suspension.
3. The Superintendent notifies the parents and sets the date for reentry.'

### ***Appeal Process***

Athletes who are suspended from participation may appeal to the Superintendent. Such an appeal must be presented in writing within five days of the suspension. The appeal must state the details of the suspension (athlete and Coach names, team, description of incident) and reason for the appeal.

The Superintendent or his/her designee may alone hear the appeal, or in his/her discretion, appoint other persons to a panel to join him/her in hearing the appeal. Additional members may be appointed on a case-by-case basis, as deemed necessary and appropriate by the Superintendent/designee, provided that the panel shall not contain as a member any person involved in making the determination appealed from. For example, if the coach found the student-athlete guilty of swearing at a referee and

Instituted a one-game suspension, the coach would no longer be eligible to sit on the appeal panel. The decision of the Superintendent shall be final.

## **ATHLETIC POLICIES AND PROCEDURES**

### **Practice**

On the days you are in school, you must attend practice unless you report to the Coach and are excused. "Chalk Talks" are considered practices. Failure to attend practice sessions may result in a range of consequences from warning to suspension from the team. Consequences will be decided by the Coach.

## **ATHLETIC POLICIES AND PROCEDURES**

Practice on the days you are in school, you must attend practice unless you report to the Coach and are excused. "Chalk Talks" are considered practices. Failure to attend practice sessions may result in a range of consequences from warning to suspension from the team. Consequences will be decided by the Coach.

Absences, tardies and missed classes without a legal excuse. Legal illness includes notes from a doctor, including the school nurse.

- 1<sup>st</sup> offense written warning (to player and coach)
- 2<sup>nd</sup> offense miss next practice
- 3<sup>rd</sup> offense miss the next game

If you are suspended from school or have after school detention, you may not practice that day.

### ***Family Vacations***

While we recognize the importance of family and realize that everyone's lives are busy, it must be understood that the time missed by a student athlete when on vacation during a sports season may affect team chemistry and personal conditioning. Student athletes who miss practices or competition for any reason during a school day may have their position or playing time adjusted. Coaches must make every effort to inform parents and student athletes of the season's practice schedule as far in advance as possible. If a student athlete cannot attend practice sessions or competitions during a vacation they must notify the Coach in advance.

### ***Equipment***

As an athlete you must accept full responsibility for taking care of all equipment (including uniforms) issued to you. If any equipment is lost, you must pay the replacement costs. If you have been issued any equipment for any sport, you must return it to the Coach at the end of the sport season. If you fail to turn in all of your equipment, you will be ineligible to compete in another sport season until the equipment is turned in or paid for.

No equipment is to be worn by the athlete out of season or for general use. Athletes will be prohibited from wearing uniform items for physical education class. All equipment is to be worn for practices or games only unless specifically approved by the Coach or Athletic Director.

### ***Travel***

Student athletes must utilize school transportation for all interscholastic contests. Parents may provide written permission releasing their child to them, or a parent of another athlete, at the end of a contest or scrimmage. The parent taking custody of the student-athlete must personally report to the Coach before leaving with the athlete to sign the athlete out. Friends and siblings (regardless of age) will not be allowed to sign out student athletes. Any other arrangement must be approved in advance by the Superintendent of Schools.

### ***Quitting a Team***

Prior to the final cut date, or the first game where cuts are not made, a player may withdraw from the team without penalty providing he/she has discussed the matter with the Coach and the Athletic Director before leaving. After this date, any player quitting a team will be ineligible for any sport that season.

### **Transfer Rule**

Schroon Lake Central School abides by the transfer rule of the NYSPHSAA.

***Selective Classification*** Refer to state guidelines.

### **Injury/Illness**

Report any injury no matter how small to your Coach Immediately. Early care is the best • care. The Coach may refer you to the school nurse who may refer you to a physician. If you are referred to a physician, you will not be able to return until given a written release from that physician or the school physician.

An athlete who has been absent from school for five consecutive days or more due to illness, must be cleared in writing for participation by the attending physician or the school physician. Questions concerning an athlete's participation due to illness or injury will be decided by the school physician.

Parents and student-athletes are referred to the concussion information distributed on a yearly basis to parents and student-athletes for a review on preventative and corrective measures for handling a concussion. In the event any parent or student-athlete believes they have experienced a concussion of any nature, they are required to inform District personnel.

### **Academic Eligibility**

Student athletes at Schroon Lake Central School must remain academically eligible to participate in extracurricular activities including interscholastic athletics. In order to

remain eligible to participate in extracurricular activities, students must not have a grade point average below 65 in more than one subject. Academic eligibility guidelines are printed in the school's Parent-Student Handbook.

### **Detention Assigned**

Student athletes who skip a detention assigned by school personnel in order to participate in a practice or contest shall be suspended from two of the same for each detention skipped. The suspensions shall take effect immediately after notification from the Superintendent of Schools. (For example, an athlete who skips two detentions to attend practices will be suspended from four practices. An athlete who skips one detention to attend a game shall be suspended from two games).

### **Sportsmanship and Fair Play**

Spectators, student athletes, and Coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams. The student-athlete who participates in interscholastic sports should recognize that he/she has an obligation to one's self, teammates, and the school community to strive for excellence, act appropriately and set a good example not only for the individual, but for the school. It is hoped that participation in interscholastic athletics will enable the student-athlete to value competition, instill self-discipline and self-control, and to exercise sportsmanship and mature judgment.

**The Dignity for All Students Act**, effective July 1, 2012, prohibits discrimination and/or harassment of students on school property and at school functions by students and/or employees. To this end, such behavior is condemned and strictly prohibited, including bullying, taunting or intimidation, against students by students and/or employees on school property, which means (among other things) school buses, and at school functions, which includes school-sponsored, extracurricular events or activities. Parents are referred to the Student Code of Conduct for further DASA information and guidance on how to form a complaint.

### **Additional Opportunities for Student Athletes**

Information on summer sports camps and summer leagues is available through the Athletic Director.

### **Pursuing Athletics at the College Level**

Information about developing an athletic profile and pursuing the possibility of playing at the college level and/or receiving financial assistance is available from the athletic office. Parents and student athletes are encouraged to look into this information early.

(1) For ALL athletes, regardless of season and level, the school year commences the first day of fall varsity soccer practice each year and ends the last day of school in June.

# CONCUSSION FACT SHEET FOR PARENTS



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.



## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

Text  
Text

### SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes



Dear Parents/Guardians,

The [Dominic Murray Sudden Cardiac Arrest Prevention Act](#) is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000.<sup>1</sup>

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life<sup>[1]</sup>. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

The signs or symptoms are:

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

Student's Personal Risk Factors are:

- o Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.<sup>[2]</sup>
- o Elevated blood pressure or cholesterol
- o History of health care provider ordered test(s) for heart related issues

Student's Family History Risk Factors are:

- o Family history of known heart abnormalities or sudden death before 50 years of age
- o Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- o Structural heart abnormality, repaired or unrepaired
- o Any relative diagnosed with the following conditions:
  - § Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
  - § Arrhythmogenic Right Ventricular Cardiomyopathy
  - § Heart rhythm problems, long or short QT interval
  - § Brugada Syndrome
  - § Catecholaminergic Ventricular Tachycardia
  - § Marfan Syndrome- aortic rupture
  - § Heart attack at 50 years or younger
  - § Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the [Interval Health History for Athletics](#) must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a physician. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at [studentsupportservices@nysed.gov](mailto:studentsupportservices@nysed.gov) or 518-486-6090.



**Schroon Lake Central School Permission to  
Participate in Interscholastic Athletics  
(School copy)**

I have received and read a copy of the Schroon Lake Central School Student Athletic Handbook. I am aware of the obligations and expectations of student athletes at Schroon Lake Central and recognize that student athletes are required to abide by the rules and procedures of the guide, the School District Student Code of Conduct, as well as those established by the Coach of the team indicated below.

I have received and reviewed information on concussion management.

I consent to participation on the team recognizing the obligations presented by the handbook and the Coach's rules and that participation in interscholastic sports, as in most life's activities, carries a degree of risk of injury which cannot be ignored.

I further realize that, because the handbook and Coach's rules cannot predict every possible situation, the staff of Schroon Lake Central may have to make decisions in certain circumstances not addressed herein. In the event District personnel are called on to make a decision regarding circumstances not addressed in this handbook, any decision shall be based upon law, policy, fairness and good judgment.

Sport School Year \_\_\_\_\_

Student Name (Printed) \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



**Schroon Lake Central School Medical Release Form**

Acknowledgement of Risk: Parents recognize sports involve a risk of injury. In the event of an injury the coaches and/or school personnel are authorized to provide first aid and arrange for other such emergency treatment they feel necessary

**Student Name** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**Parent Names:** \_\_\_\_\_

**Parent Emergency contact information:**

**Mother's phone number:** Home \_\_\_\_\_ work \_\_\_\_\_

Cell \_\_\_\_\_

**Father's phone number:** Home \_\_\_\_\_ work \_\_\_\_\_

Cell \_\_\_\_\_

**Second Emergency Contact Person:**

**Phone numbers:** Home \_\_\_\_\_ work \_\_\_\_\_

Cell \_\_\_\_\_

**Please list any special health considerations for your child. Please be specific. In the event of an injury the coach will refer to this sheet for special instructions when treating your child.**

**Include: allergies-in juries-medications- other health conditions**









