

BWRSD ATHLETICS

# 2020-2021 STUDENT-ATHLETE & PARENT/GUARDIAN HANDBOOK

*Mt Hope High School*



August 2020

Dear Student-Athlete & Husky Family,

I would like to welcome all of the new student-athletes to Mt. Hope High School and welcome back all of the returning student-athletes. You are becoming part of an athletics family built on hard work, sacrifice and determination. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic team at Mt. Hope High School, you have inherited a tradition which you are challenged to uphold. When you wear the colors of our school, you indicate a willingness to assume the responsibilities that go with those traditions.

I expect the 2020-2021 seasons to be exciting for all of the teams. During the COVID 19 Pandemic we are committed to providing a safe and meaningful season and the best experience possible for all involved in Husky Athletics. We are closely following the guidance put out by the CDC and the Governor's office, and working with the Rhode Island Interscholastic League to make as many sports available to BWRSD students that are safely possible. I look forward to working together and seeing you all excel both on the field and in the classroom.

This handbook has been prepared to provide you and your family with general information regarding the policies and support services for student-athletes participating in Mt. Hope High School's Interscholastic Athletic Program. The more knowledgeable and informed you are, the more likely you are to retain your eligibility to represent Mt. Hope High School in athletics competition.

Being a member of a Mt. Hope High School athletic team is a privilege and the attainment of this carries with it certain traditions and responsibilities. You must remember that as a student-athlete, you represent not only yourself, but also your team and the entire Bristol-Warren community. You must be committed to balancing your academic, athletic and social responsibilities in order to ensure success for you, your team, and the department of athletics. During this school year you must additionally be committed to the safety and welfare of your teammates, coaches and athletics staff. If you are sick or experiencing any symptoms of COVID 19, please do not come to school or practice and inform the school nurse and trainer right away. Together we can have an amazing year!

This stands as a continual reminder that included in sports participation are potential hazards, injury, and even death. We hope that as coaches review safe practices with athletes and their families, that you continue to remind them above all else their personal safety is of utmost importance.

If you have any questions that are not addressed within the covers of this handbook or the Mt. Hope High School Student Handbook, the names of persons whom you can contact are listed in the directory.

If I can be of any assistance, please feel free make an appointment to see me or my staff in the Athletic Department, or you can reach me by phone at (401) 413-8152.

Good luck to you in your academic year and playing seasons.

Sincerely,

Christy J.H. Belisle, M.Ed., CMAA  
Director of Athletics BWRSD

***“A person really doesn’t become whole, until he or she becomes a part of something that’s bigger than themselves.”***

*-Jim Valvano (1946-1993)*

*Former Men’s Basketball Coach of NC State*

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## **1. Administrative**

### **1.1 Bristol Warren Regional School's Nondiscrimination Policy**

The Bristol Warren Regional School District does not discriminate in admission to, access to, treatment in, or employment in its services, programs, and activities, on the basis of race, religion, color, or national origin, in accordance with Title VI of the Civil Rights of 1964 (Title VI); on the basis of sex, in accordance with Title IX of the Education Amendments of 1972 on the basis of disability, an accordance with Section 504 of the Rehabilitation Act of 1973 (Section 504) and Title II of the Americans with Disabilities Act of 1975 (Age Discrimination Act); or on the basis of sexual orientation in accordance with the Rhode Island General Laws.

Inquiries concerning the application of Title VI, Title IX, Section 504, The ADA, the Age Discrimination Act, and their respective implementing regulations may be referred to the following individual:

**Tina M. Fogell, Esq.**

**Chief Operating Officer**

Bristol Warren Regional School District

151 State Street

Bristol, Rhode Island 02809

Telephone: (401) 253-4000, extension 5135

**[tina.fogell@bwrsd.org](mailto:tina.fogell@bwrsd.org)**

The school district has designated this individual to coordinate its compliance activities with these regulations and investigate complaints files through its internal grievance procedure.

Such inquiries also may be referred to the US Department of Education, Office for Civil Rights (OCR), J. W. McCormack POCH, Boston, MA 02109-4557. Generally, within 190 calendar days of alleged discrimination or harassment, or within 60 days of receiving notice of the Bristol Warren Regional School District's final disposition on a complaint filed through Bristol Warren Regional School District's internal grievance procedure, the grievant also may file a complaint with OCR.

**ADOPTED: November 19, 1996 REVISED: November 20, 2000**

### **1.2 Mt. Hope High School (MHHS) Core Values**

Mt. Hope High School aspires all of its student-athletes to maintain the following core values:

- Respect (Self, Others, and Process)
- Integrity
- Perseverance
- Responsibility
- Honesty
- Intellectual Curiosity

### **1.3 MHHS Athletics Philosophy**

As an Interscholastic Institution governed By the National Federation of High School Sports, Mt. Hope High School places high priority on the quality of the overall educational experience and success of each student athlete. The program

reflects the mission of Mt. Hope High School, a deep commitment to the philosophy of educational athletics, and the Rhode Island Interscholastic League (RIIL).

At Mt. Hope High School, the student-athlete is expected to be a student first and an athlete second.

Mt. Hope High School's interscholastic athletic program is an integral part of the total curriculum; therefore, a comprehensive program of athletic activities is vital to the educational development of student-athletes. The athletic program provides a variety of experiences to aid in the development of favorable habits and attitudes in student-athletes that will prepare them for adult life. These experiences are designed to serve the school, assist in the development of respect for self and others, promote fellowship and goodwill, promote self-realization and all-around growth, and encourage learning the qualities of good citizenship, school pride and self pride.

We expect our student-athletes, Husky friends, families and their coaches to demonstrate respect, loyalty, character, sportsmanship, and honor both on and off the court and/or field. We seek to develop each athlete as a citizen of the community. We strive to ensure that each student-athlete's athletic experience is a positive one, both for her/him and for the High School Community. We value winning, but we also value personal growth, teamwork, and preparation for the world after high school.

We believe that the athletic program at Mt. Hope High School offers student-athletes an extraordinary opportunity to develop self-respect and self discipline; and to learn to reach goals through teamwork. We proudly look to our student-athletes as role models and expect their behavior, both on and off the court and/or field, to bring honor to themselves and the Athletics Department goals and objectives.

#### **1.4 Department Goals and Objectives**

- Establish and maintain an environment in which athletic activities are conducted as an integral part of the educational experience.
- Provide a safe and comprehensive high school athletics experience to all those who seek it out.
- Place the highest priority on academic proficiency and the successful graduation of all student-athletes involved.
- Attain competitive excellence in all varsity sports programs and provide a JV/freshman atmosphere that develops basic skills and strategies that may lead to varsity play.
- Provide opportunities for physical, mental, social and emotional growth and development.
- Team play that encourages the development of such commitments as sportsmanship, loyalty, cooperation, fair play and ethical conduct.
- Development of leadership qualities

#### **1.5 Athletic Department Policies**

Mt. Hope High School is a member of the Rhode Island Interscholastic League. Mt. Hope High School adheres to all of the Associations' policies and standards concerning eligibility, sportsmanship, academics and athletics. All Mt. Hope team's field a Junior Varsity/Freshman team when possible.

## **1.6 Directory**

***Athletic Director: Ms. Christy J.H. Belisle***

Work: 401-254-5980 x3900

Mobile: 401-413-8152

email: Christy.Belisle@BWRSD.org

***Athletic Dept. Secretary : Ms. Deb Costa***

Work: 401-254-5980 x 3901

email: debra.costa@BWRSD.org

***Athletic Trainer: Ms. Erica Winters***

Work: 401-254-5980 x-3902

email: Athletictrainer@BWRSD.org

***Principal: Dr. Deborah DiBiase***

Work: 401-254-5980 x-3004

***Assistant Principal: Ms. Michelle King***

Work: 401-254-5980 x-3005

***Assistant Principal: Mr. Robert Hanlon***

Work: 401-254-5980 x-3015

***Principal Secretary: Mrs. Taylor Jenkins***

Work: 401-254-5980 x-3004

School Fax: 401-254-5925

***\*All coaches contact information can be found on Mt. Hope Athletics website: [www.mthopehuskies.com](http://www.mthopehuskies.com)***



## **1.7 Mt. Hope High School Sports Offerings**

- **Rhode Island guidelines for the COVID 19 pandemic will shape the offerings and seasons for the 2020-2021 school year, the information below is for the typical high school season. Please continue to visit the Husky website for the latest updates.**

### **Fall Sports**

- Soccer - Boys & Girls
- Cross-Country - Boys & Girls
- Tennis - Girls

### **Winter Sports**

- Basketball - Boys & Girls
- Gymnastics - Girls
- Ice Hockey - Boys & Co-op Girls
- Swimming - Boys & Girls
- Indoor Track - Girls
- Wrestling-Co-ed

### **Floating Season**

- Football - Co-ed
- Volleyball-Girls
- Sideline Cheer (CLUB)

### **Spring Sports**

- Baseball - Boys
- Golf - Co-ed CLUB only (2019)
- Fastpitch Softball - Girls
- Outdoor Track - Boys & Girls
- Lacrosse - Boys & Girls
- Volleyball - Boys

## **2. Academics and Social Networking**

### **2.1 Academic Monitoring and Study Hall/Extended Day**

Academic progress for all student-athletes will be monitored by the Director of Athletics and the coaching staff, as well as, the Guidance office. Any student-athlete whose academic performance results in one or more of the following categories will be required to attend “study hall” or “extended day” sessions. This requirement is in effect from the beginning to the end of a team’s season, including preseason (where appropriate) and post-season play. Although not mandatory, student-athletes who fall in these categories are encouraged to attend study hall or study table sessions during

the off-season. Coaches reserve the right to require team study sessions during the off-season, as deemed appropriate by the coach and approved by the Athletic Director.

Weekly study hall or extended day is required for the following:

- Student-athletes identified through the guidance office
- Student-athletes who have any grade below a C-

Any student-athlete who has been declared academically ineligible to play or is at serious risk of being declared ineligible, will be required to complete and adhere to an academic contract developed with the Director of Athletics and Guidance.

These academic supports, whether required or optional, have been put into place for student-athletes to maximize opportunities for success. Being a student and an athlete requires careful planning and management of multiple responsibilities. At times, all student-athletes are in need of support. Specific details regarding the hours and team obligations for off-season study hall and study table are made available at the athlete orientation.

***The following activities are appropriate during study hall hours:***

- Reading or completing assignments for a specific class
- Working on writing assignments on the computer
- Meeting with a mentor or tutor
- Attending the extended day program
- Working on a group assignment
- Searching the Internet for material that is directly related to coursework

***The following activities are not appropriate during study hall hours:***

- Surfing the internet for non-academic related material
- Sending personal emails
- Reading any materials that are not directly linked to coursework (e.g., newspapers, magazines, etc.)
- Loud or disruptive behavior
- Use of inappropriate language
- Playing computer games
- Using cell phones to make calls or text.

## **2.2 Academic and Social Eligibility**

The student-athlete must be taking at least six subjects, not including Physical Education, each involving at least four periods of work or an aggregate of twenty-four periods of work per week.

The student-athlete shall have secured a passing grade with no more than one failure of the student-athlete's program to fully participate.

Two failures will place the student-athlete on probation or practice only status.

In extreme circumstances only, the Administrative staff may override the practice only status of a player who chooses to appeal based on extenuating circumstances beyond the control of the athlete and/or IEP or 504 status.

Effective 2nd Quarter, 3rd Quarter, and Final grades the student-athlete is subject to the requirements of academic eligibility as voted by the School Committee June 2014. (SEE Student Handbook – Academic Eligibility)

1. At the end of a course which meets for multiple marking periods, Mt. Hope High School utilizes the grade earned during the 1st Quarter, 2nd Quarter, 3rd Quarter, and the Final mark earned in determining academic eligibility. The school is consistent in its application of this provision for all athletes in all sports.
2. As socially responsible members of society, all Mt. Hope students adhere to the district's common core principles of Respect, Responsibility, Integrity, and Learning by following the school rules with conduct that contributes to a positive learning atmosphere. (See Student Handbook – Social Expectations)

To be fully eligible at the beginning of the school year the student-athlete must have completed passing work at the end of the previous school year in June and/or in the summer academy. Please see Student-Handbook for details of eligibility rules.

In the case of a student-athlete who devotes a considerable part of the summer to make up subjects failed during the school year and receives credit toward graduation for this make-up work, that student-athlete shall be entitled to count such credit toward eligibility provided this credit is made an official part of his/her school record during the first week of the fall term.

The student-athlete shall receive no special privilege such as extra examinations, delayed marks, make-up opportunities, or other favors which are not granted on equal terms to every student in the school; with the further provision that grades or incomplete work in which a makeup opportunity is granted at the end of a quarterly marking period must be made a matter of final record within two calendar weeks of the first day of the succeeding marking period.

Admission to or exclusion from participation in a sport because of the eligibility rules shall take place, for admission and exclusion, at the close of the school day on which report cards are issued for the end of the regular marking period.

In case a game is postponed or results in a tie, the eligibility of the participants does not hold over until the game is played off.

***Academic eligibility requirement for students who are enrolled in Accelerated Programs:***

An accelerated program is one in which a student earns more than the minimum credits necessary for promotion to the senior year. This may be achieved by independent study, taking more than the required number of courses in a given semester or year, taking additional courses at an approved college, or a concurrent enrollment program at an approved college.

***Conditions for academic eligibility of seniors in an accelerated program:***

- The student must be enrolled in a minimum equivalent of three full courses per semester in his/her school or an approved off-campus program for a total of three credits for the year, excluding physical education.
- If off-campus courses are involved, the high school must approve the courses and the grades must be recorded at the high school on the student's permanent record card and are included in the computation for the student's graduation credits.

***Students are NOT eligible if:***

- They are excused from physical education for medical reasons (including a nurse's note); extenuating circumstances will be reviewed by the Athletic Director and Division Director of P.E.
- Their 19th birthday occurs prior to September 1;
- They have represented the school in any one sport for more than four seasons or have been in attendance for more than eight semesters in the 9th, 10th, 11th, or 12th grade or grades or the equivalent of such grade or grades in any school or schools;

- They have changed schools without a change of legal residence, unless a transfer rule affidavit is approved from the RIIL. Students may have to sit 50% of the first scheduled varsity contests of that season;
- They played or practiced with an outside team in the same sport that conflicts with the high school practice or contest;
- They do not comply with rules outlined in the RIIL's Rules and Regulation. This publication may be found at [www.riil.org](http://www.riil.org).
- They are not in compliance of the attendance policy at Mt. Hope High School.

### **2.3 Social Networking Websites**

The Athletics Department understands the popularity and usefulness of social networking sites and supports their use. Student-athletes should remember that they are representatives of Mt. Hope High School and are in the public eye more than other students on campus. Please keep the following in mind as you participate on social networking websites:

- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online becomes the property of the site and is completely out of your control the moment it is placed online - even if you limit access to your site.
- You should not post any information, photos or other items online that could embarrass you, your family, your team, the athletics department, or Mt. Hope High School. This includes information that may be posted by others on your page.
- No pictures of coaches, staff and any other MHHS personnel without the written permission of that person will be posted.
- Student-athletes could face discipline and even dismissal for violations of team or department policies regarding social networking websites.
- No student-athlete should ever be depicted in Mt. Hope High School or MHHS Athletics gear at any party or event involving alcohol or any banned substance regardless of the student-athlete's intent to partake in these recreational activities.

## **3. Sportsmanship & Conduct Policies**

### **3.1 Rhode Island Interscholastic League Sportsmanship Statement**

Good sportsmanship, ethical behavior, integrity, respect for others, and having fun are the guiding principles that permeate all interscholastic activities in the RIIL. Each individual, regardless of their role, is expected to model sportsmanship because of the influence on the behavior of others.

### **3.2 Responsibility of the Student-Athlete**

Student-athletes are expected to represent their teams and Mt. Hope High School with dignity, class and sportsmanship at all times. A Mt. Hope High School student-athlete has the unique opportunity to pursue athletic excellence, coupled with an exceptional academic experience. Through interscholastic athletic participation, a student-athlete has the opportunity to develop physically, mentally and personally in ways quite different from the general student body.

Mt. Hope High School student-athletes are expected to assume the responsibility to conduct themselves at all times, with honesty, pride, sportsmanship and integrity. Student-athletes must remember that they represent the institution and community as well as themselves.

### **3.3 Student-Athlete Code of Conduct**

Athletes will abide by all rules and regulations outlined in the “Code of Behavior” published in the Student Handbook which is distributed to all students on the opening day of school. A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic program. Athletes are expected to abide by this code of conduct, which will earn them the honor and respect that participation and competition in the interscholastic athletic program affords. Conduct which results in dishonor to the athlete, the team or the school will not be tolerated. All rules apply to all athletes including players, managers, trainers, cheerleaders and all other students representing a team from Mt. Hope High School.

***All Student-Athletes at Mt. Hope High School are expected to adhere to the following standards:***

- Direct one’s competition through “pure sportsmanship” including: respect, civility, fairness, honesty and responsibility.
- Appreciate and understand that their behavior is observed and emulated by many who are younger.
- Wish opponents good luck before the game and congratulate them in a sincere manner that they would like to receive following a victory or defeat.
- Maintain personal habits that will enhance healthful living.
- Value one’s own personal integrity.
- Refrain from taunting, trash-talking, or making any kind of derogatory remarks, especially comments of ethnic, racial, or sexual nature, to their opponents during the game.
- Abide by all rules of the Mt. Hope High School Student Handbook and by all the rules set forth in the Student-Athlete & Parent/Guardian Handbook.
- Strive for the highest degree of excellence on and off the field.
- Willfully abide by the spirit of the rules as well as the letter of the rules throughout all games and practices.
- Accept victory or defeat without undue emotion.
- Be willing to train in and out of season in order to achieve one’s full potential.
- Extend appreciation to those who made the contest possible.
- Respect the integrity and judgment of game officials.
- Support other Mt. Hope teams and athletes throughout the year.

By joining the Mt. Hope High School’s interscholastic athletics program, a student-athlete becomes not only a representative of his or her team, but of Mt. Hope High School. It is important that all personal conduct, on and off of the field, demonstrates good moral and ethical judgment.

### **3.4 Ejection Policy** Player/Coach ejected by a RIIL official.

- For coaches - Two games suspension and repeat the NFHS coach test as required by RIIL rules.
- For players - One game suspension required by RIIL rules.
- Coach/Student-Athlete must complete the RIIL Unsportsmanlike Conduct Questionnaire and return it to the Athletic Director prior to any return to competition.
- Any game ejection of a coach or student-athlete shall be reviewed by the MHHS Athletic Director who may impose an additional suspension period.

### **3.5 Spectator Expectations**

Officiating a sporting contest can bring out various emotions among spectators. Officials do the best job they can and are worthy of respect even if you do not agree with the call. Spectators should make every effort to conduct themselves in a manner that brings pride to the school and to their student-athlete. Officials should

never be confronted prior to or after a sporting event. Spectators are to set an example by supporting their student-athlete and not degrading an official.

## 4. Student-Athlete Responsibilities

### 4.1 Drugs and Alcohol

Drug, alcohol, and tobacco policy violations will be dealt with on the administrative level. These policy violations require immediate suspension and review under existing School Department policies which will be enforced. Student-athletes must understand that part of the disciplinary process may result in a dismissal from an athletic team in addition to the suspension given at school. No athlete is to be present at a practice or contest during the suspension.

Mt. Hope High School does not allow students to possess, sell, or buy unauthorized drugs, alcohol, or controlled substances on school property or while under the school's jurisdiction. Drug use on or off campus during the school day or being under the influence at any school activity or function is also prohibited. Student-athletes may meet with a drug or alcohol problem and seek confidential help through the Dean of Students or through a faculty member, advisor, counselor, peer support member, or administrator without fear that any information shared in confidence will be used to pursue disciplinary action.

### 4.2 Attendance

Athletes are expected to be in school on the day of any athletic contest **or in attendance in all online classes. Athletes who miss part of the day due to illness will not be allowed to participate in practice or games even while masked during COVID 19. While we value your dedication to your team, please do not expose your team to illness, stay home if you are not feeling well.** Athletes missing school for reasons other than illness must be excused in advance of the absence by the Athletic Director in order to participate.

### 4.3 Practices and Contests

Athletes are expected to attend all contests and practices during the season, vacations included, unless excused by the coach and/or Director of Athletics prior to the absence. **During the COVID 19 Pandemic students are expected to stay home and contact their coach if they are not feeling well. Students will not be permitted to sit on the sidelines and watch while presenting any symptoms that may be linked to COVID 19. COVID symptoms will be considered an excused absence from practice with coach contact via email or voice call.** Athletes with unexcused absences from contests or practices must practice one day (5 days maximum) for each contest or practice missed prior to resuming competition.

Please be cognizant of coaches that set practice and contest times. Student-athletes should be picked up promptly when practices and contests end. No coach should be driving student-athletes in their personal vehicles. Please arrange for student transportation in advance.

### 4.4 Vacations

Vacations (including trips during school vacations) by athletic team members during a sport season are discouraged. Athletes and parents wishing to do so should assess their commitment to the team. In the event of an absence due to a vacation that is unavoidable, the athlete must:

- Contact the coach at least one (1) week prior to the vacation, preferably before the beginning of the season;
- Present a signed excuse by the parents or guardian at least one (1) week prior to leaving;

- Practice or be in attendance at games one (1) day (5 days maximum) for each contest or practice missed to include at least one (1) interscholastic contest prior to resuming competition; and
- Accept their playing status on that squad following the return to competition.
- Players who miss tryouts due to vacations or other reasons, other than transferring late or medical reasons excused by a doctor, will not be permitted a late tryout date if cuts need to be made due to availability of spots.

#### **4.5 Concurrent Rosters at Mt. Hope High School**

A Mt. Hope High School Student-athlete may not participate on concurrent rosters in the same season, varsity or club when they are deemed to be collision or contact sports by the governing body. Students who wish to attempt to try out for concurrent rosters involving non-contact sports must meet with the athletic director and provide proof of a cumulative GPA of 3.0 or higher, letter of commitment to name a primary and secondary roster and schedule of practices and/or games for the season.

#### **4.6 Conflicts in Extracurricular School Related Activities**

Athletes who attempt to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. Athletes must notify the advisors/coaches involved immediately when a conflict does arise. When a conflict arises, the advisor/coaches will work out a solution so those student-athletes do not feel caught in the middle.

- The relative importance of each event;
- The importance of each event to the student-athlete;
- The relative contribution the student-athlete can make;
- How long each event has been scheduled; and
- Conversation with the athlete and/or parents.

Once the decision has been made and the student-athlete has followed that decision, he/she will not be penalized in any way by either advisor/coach. If it becomes obvious that student-athletes cannot fulfill the obligations of a school activity, they should withdraw from that activity.

#### **4.7 Two/Three Sport Athletes**

This policy is in place for the well being of the student-athletes. Coaches are required to respect the decisions of a student-athlete participating on multiple teams.

- Any student-athlete at Mt. Hope High School has the option to compete on multi varsity teams during one academic year.
- The team in season always takes priority over non-traditional or pre-season training.
- No student-athlete may participate in two practices on the same day, without permission from the in-season coach and the athletic trainer.
- The student-athlete is not required to participate in any non-traditional or pre-season training while participating with an in-season team.
- The in-season coach may prohibit the student-athlete from any non-traditional/pre-season participation through conference championships or extended tournament play.
- In-season student-athletes may attend non-traditional practices/pre-season training to meet the team, meet coaches and plan for fundraising if necessary.
- Multi-sport athletes will not be penalized for missing non-traditional/pre-season training due to in-season competition.
- Student-athletes are required to take at least three full days off in-between seasons, however when deemed appropriate by the Head Athletic Trainer or Team Physician individual recommendations may be required.

#### 4.8 Leaving a Squad

Athletes who leave a squad will have 48 hours to ask the coach for reinstatement. The coach will act independently on each case. These student-athletes are expected to discuss their decision with the Director of Athletics and coach. This is an important step so that they realize their responsibility to the team and themselves.

Within one week of the first contest, a student-athlete may drop from the squad without penalty. After this time, the student-athlete may not participate in any other athletic activity for that season unless the Director of Athletics and both coaches involved granted permission.

Selection of athletic teams is the sole responsibility of the coaches of those teams. Their actions, however, must be consistent with the philosophy and policies of the athletic program.

When a team cut is necessary, the process will include these important elements. Each candidate should have:

- Competed in a minimum of three practice sessions out of five days of tryouts.
- Have been personally informed of the cut and the reasons for the action by the coach.

The Director of Athletics will approve all specific guidelines on team selection prior to their announcement.

A student-athlete cut from a squad will be permitted to try out for another team if the coach of the second team agrees. A student-athlete cut from a squad for disciplinary reasons, however, will not be eligible to participate on another squad for that sports season.

#### 4.9 Locker Room Regulations (closed during COVID 19)

- Rough-housing and throwing towels or other objects are not allowed in the locker rooms.
- All sports are encouraged to use good hygiene techniques. Football, Wrestling and Hockey should seriously consider showering on site after practices and games due to risk of skin disease with particular emphasis for wrestling.
- All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- Athletes should ensure that all clothing and valuables are locked in their lockers.
- No glass containers are permitted in locker rooms.
- All shoes that have spikes or cleats must be put on and taken off outside of the school building.
- Respectful language and music is a basic expectation of the locker room.
- NO Vaping/smoking of any kind in or out of season

#### 4.10 Equipment

All athletic equipment and uniforms are loaned to participants for their use and safety. Student-athletes are responsible for these uniforms and equipment and should keep them in the best condition possible. **Varsity/JV/Freshman uniforms are only to be worn for competition.** No uniforms will be handed out without the appropriate forms and the student-athlete's signature. A deposit may be required for some items. Athletes are responsible for the proper care and security of all equipment issued/loaned them. School-furnished equipment is to be worn only for contests and practice or when authorized by the coach. Athletes who do not return their equipment in good condition or who lose their equipment will be assessed the replacement cost of the equipment. Additionally, athletes may not participate in another sport until this obligation has been fulfilled. Due to RI Interscholastic League Rules, equipment cannot be issued to any student out of season. All equipment and uniforms must be returned to the Athletic Department within seven days of the season's end. Failure to return any equipment or uniform will result in a uniform replacement charge for those items. We recommend all athletes wear mouthguards. All equipment personally owned must also be age appropriate, clean, durable, and safe. All



protective equipment must meet NOCSAE regulations and certification standards. It is the responsibility of students and coaches to report all defective equipment and hazardous environments.

#### **4.11 Uniform Care (Please be sure to wash all uniforms and practice gear/personal equipment each day)**

Parents and student-athletes should read and follow the instructions located on the uniform tag for washing and care of all uniforms. ***If no instructions are found, please wash in cold water with like colors and hang dry on rust proof hangers.*** Athletes are responsible for all uniforms that have shrunk, discolored, or otherwise damaged in the wash. Do NOT dry clean or bleach. All uniforms and equipment are expected to be returned in a timely manner after the season to allow for cleaning, inspection, and safety checks.

#### **4.12 Transportation**

Mt. Hope High School will provide transportation to all away contests. ***Student-athletes are never permitted to drive their own vehicles to scheduled varsity games or out of town practices.*** The appropriate Transportation Waiver Form must be filed and signed by a parent or guardian with the Director of Athletics and the Head Coach 24 hours prior to the away contest in which an adult who is not a Mt. Hope High School student is driving a student from or to a game (this is only in extenuating circumstances). Waiver forms are located in the office of the Director of Athletics and on the Mt. Hope Huskies website.

In addition:

- Student-athletes will remain with their team under the supervision of the coach when attending away contests.
- Student-athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances cleared by the Director of Athletics and the School Principal.
- All regular school bus rules will be followed.

#### **4.13 NCAA Eligibility for College Bound Athletes**

The Guide for the College-Bound Student-Athlete is the most important publication for all high-school athletes preparing to compete at the college level. This book summarizes the rules and regulations in an easy-to-read form. It includes guidelines relating to recruiting, eligibility, financial aid and college freshman eligibility requirements for Divisions I and II. One free printed copy is available by calling (800) 638-3731, or you may view it at the following website <http://www.ncaa.org/eligibility/cbsa/>. All athletes should register with the NCAA Clearinghouse at the end of their junior year if they plan to participate in collegiate athletics.

#### **4.14 Interaction with Coaching Staff**

It is expected that all student-athletes will interact with their coach. If a student-athlete has a concern regarding playing time, positional play, grades, etc., the student-athlete should make the coaching staff aware of the player's concerns. Doing this will help avoid any parental interactions.

#### **4.15 Athletic Awards Policy**

- A. A varsity letter and a pin indicating the type of sport will be given when an athlete earns the letter by satisfactory participation at the varsity level for the first time during a particular year. If an athlete letters in more than one sport per year, he or she will be awarded an additional pin(s) to designate the sport, but not an additional letter. If an athlete letters in the same sport, they will receive an additional sport pin indicating years of service at the varsity level in that sport. Varsity letters in all varsity sports shall be awarded by Mt. Hope High School upon the recommendation of the coach who will consider the following award criteria- an athlete must:
  - Attend practice and games on a consistent basis
  - Display a cooperative spirit with the coach, teammates and opponents

- Display respect for others on and off the field
- Observe all rules and regulations as outlined in this handbook
- Actual varsity game involvement
- The coach and the Athletic Director will have the prerogative to award varsity status to a senior who has not met the seasonal requirements
- Student managers, who successfully meet all their responsibilities, are awarded a varsity letter.

#### B. Criteria for Awarding Letters to Participants in Varsity Sports

1. Baseball: A player who participates in one-half the total number of innings or in 50% of the total number of games receives a letter. One inning constitutes playing in the game. The coach awards all pitching letters.
2. Basketball: A player who participates in half the total number of quarters receives a letter. Playing any part of a quarter constitutes a quarter.
3. Cheerleaders: A player who attends all scheduled practices and games receives a letter.
4. Cross Country: A runner who makes first place in any scheduled league cross country meet or who finished in one of the top seven positions in at least two meets receives a letter.
5. Football: A player who participates in half the total number of quarters receives a letter. Playing any part of a quarter constitutes a quarter.
6. Golf: Regular varsity team members receive letters if they play in one-third of all matches or score 12 points.
7. Soccer: A player who participates in half the total number of halves receives a letter. Playing any part of a half constitutes a half.
8. Softball: A player who participates in one-half the total number of innings or in 50% of the total number of games receives a letter. One inning constitutes
9. Swimming: A player who accumulates 20 or more points during the dual meet season or scores in the division championship meet receives a letter.
10. Tennis: A player who participates in one-third of the scheduled interscholastic matches, either as a singles or a doubles player, receives a letter.
11. Track: A player who wins two first place awards, who totals ten points or more in the season or who scores in a championship meet or large invitational meet receives a letter.
12. Volleyball: A player who participates in one-half of the total number of matches receives a letter.
13. Wrestling: A player who participates in one-third of the scheduled varsity matches receives a letter.

#### **4.16 Non-School Sports Conflicts/Travel Teams**

There are many student-athletes who play sports outside of the school environment. Mt. Hope High School encourages student-athletes to pursue playing for those teams. However, once a student-athlete makes a MHHS team, they will not miss a school game or practice to play for an outside team. If a student-athlete decides to miss a practice or game to play for an outside team, the coach may penalize the student-athlete by having them sit out one MHHS game for every practice or game that is missed.

#### **4.18 In School Suspension/Out of School Suspension (ISS/OSS)**

All student-athletes are expected to conduct themselves in a manner that brings credit to the interscholastic sports program. Their conduct in the classroom is as every bit important as it is on the playing field. Upon notification from the Athletic Director that a student-athlete has been placed on ISS or OSS, the student-athlete is immediately prohibited from practicing or playing with the team. The Head Coach and Assistant Coach(es) will meet with the student-athlete to discuss what has happened and how the situation will be rectified. The coaching staff can give the student-athlete a course of action but will emphasize that that type of conduct in the classroom/school brings discredit to their sport and will not be

tolerated. A second instance of ISS may bring an automatic withdrawal from the team. The Athletic Director and Head Coach will determine an appropriate course of action.

## **5. Parental/Guardian Policies**

### **5.1 Approaching a Coach/48 Hour Rule**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. Please do not attempt to confront a coach before or after a contest or practice. These times can be emotional periods for both the parent and the coach. Meetings of this nature do not promote resolution. There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, we ask that you wait 48 hours after a game to contact the coach to allow for clear communication rather than communication driven by emotion. The only exception to the 48 hour rule is when the matter is about the health of the student-athlete.

### **5.2 Procedure to Follow to Discuss a Concern with a Coach**

Call the Office of Athletics at (401) 254-5980 ext. 3900 to set up an appointment with a coach. If the meeting with the coach did not provide a satisfactory resolution, you should call and set up an appointment with the Director of Athletics to discuss the situation.

### **5.3 Parental Permission and Acknowledgement of Athletic Policies**

At the time students tryout for an athletic team, they will receive this handbook. Each parent or guardian will read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district (electronically on Family ID). Each athlete's parent or guardian will complete a Parental Permission and Acknowledgement of Athletic Policies Form for each sport/season giving permission to participate in the interscholastic sport. The form will be kept on file electronically with the Director of Athletics office. It is understood that there are inherent risks involved with athletics and in signing a RIIL Assumption of Risk form and signing up on Family ID you release the league, school, coach, athletic director, athletic trainer and all other school personnel of liability.

### **5.4 Meet the Coaches Night/ Student Athlete Orientation**

Parents are encouraged to attend *Meet the Coaches Night* to not only meet the coaches but to learn about any rules they may have for their specific sport. Student Athlete Orientation in August is mandatory for all parents and athletes who plan to participate in a given school year.

### **5.5 Mt. Hope High School Boosters Club**

Funds raised by the Boosters Club are used to support teams that earn Championship status, Senior Awards & Scholarships, purchase of equipment and supplies not accounted for in the BWRSD's Budget, as well as special projects that are taken on by the Boosters' Club annually. Anyone over the age of 19 can join the Booster Club. The Boosters conduct monthly meetings on the FIRST Tuesday of each month at 6 pm at MHHS Team Room. A membership brochure can be obtained by going to <http://www.mthopehuskies.com/information/Final4.pdf> or picking one up in the flyer box

located on the opposite wall outside of the Athletic Directors office. It is an expectation of each team to have a volunteer parent represent them all year long at each month's meeting (first Tuesday of each month).

## **5.6 Family ID**

To participate in sports at Mt. Hope High School, parents/guardians must go to <https://www.familyid.com/programs/fall-2019-2020-athleticsparticipation> to register their child(ren). The system will store the information so the next time you login you can just click the sport your child wants to participate in and or make minor modifications to personal information as needed. The website is completely confidential. Medical information and emergency contacts are essential for coaches and the Athletic Trainer in the event of an emergency involving your child. Please be sure full contact information and that your emergency contacts are not the same as your parent information. This will only be used when a parent or guardian cannot be reached.

## **5.7 Assumption of Risk Form**

For their child to participate in any MHHS sport, a parent/guardian must sign a copy of the **NEW 2020** Rhode Island Interscholastic League's Assumption of Risk Form (2020). See article 7.2 Risk of Participation in the Sports Medicine Protocol and Procedures section.

# **6. Team Policies**

## **6.1 Team Rules/Regulations**

The student-athlete is subject to the rules pertaining to his/her particular sport as established by the coaches and the Athletic Department. These rules will be provided to the student-athlete by his/her coach at the appropriate time. Student-athletes must respect the decisions of their coaches regarding playing time, behavior and dress codes before, during and after any game/practice. **ALL athletes must wear face masks during practice and play but may take mask breaks when outdoors and more than 10 feet away from all others in the field of play or facility. All players must check in with the coaching Staff each day to fill-out the COVID Screening tool and have their temperature taken.**

## **6.2 Suspension/Athletes**

1. The benching of a player (in uniform) by a coach for disciplinary reasons is the prerogative of the coach.
2. Suspension of a player (not in uniform): A one game suspension is the prerogative of the coach. However, all suspensions must be reported to the Athletic Director and the Principal with the reason and the duration of the suspension. Appeal of a suspension will be made to the Athletic Director. A suspension of longer than one game requires notification of parents by the Principal or their designee as to the reason and the length of the suspension. Appeal of the suspension is through the Athletic Director to the Principal.
3. Expulsion of a player (removal from the team): Coach recommends the suspension of a player for an indefinite period of time (limited by the end of the current season) with a written report stating the reasons for the recommendation. The determination of the recommendation must be made by the Principal or their designee. Written notification of indefinite suspension should be sent to the parents. Appeal of the suspension is through the Athletic Director to the Principal.

### ***Suspensions that carryover from other areas:***

- Athletes on school suspension are not to practice or compete in athletics.

- Practice suspension or a one game suspension may be given at the request of the Principal or their designee for in school behavior.
- Inappropriate behavior at any extracurricular events may result in suspension.
- Academic eligibility is defined in the RI Interscholastic League Policies with the following school amendments. (Social Expectation eligibility is defined below.)

### **6.3 Tryouts/Selection of the Team**

Each individual coach selects the specific, technical, tactical, physical and mental aspects of the game that will be reviewed and evaluated. Tryouts are designed to give all children in the district equal opportunities regardless of any outside affiliations to facilities, clubs, premiere teams, travel teams or AAU teams. Team selections is the prerogative of the coach and also includes consideration for maturity, skill, agility and speed. Student Athletes who want to be considered for a squad are advised to attend the preseason readiness program.

### **6.4 Captains/Captains Practices**

Captains are elected before or at the beginning of the season by squad members and/or appointed by coaches. Prior to the selection procedures, athletes are informed by the coach of the criteria for selection and obligations of the position. The position of team captain is one of honor, leadership, ~~and~~ responsibility, enthusiasm and good academic standing. As a result, student-athletes serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school. Captains are expected to be at all practices unless excused by a coach. If a student-athlete cannot be at all practices and games, including those during vacation week, he/she will not be selected as a captain. A student-athlete captain is highly encouraged to participate in the VAASA (Varsity Athletes Against Substance Abuse) Program. Any student who is involved in a violation of the Code of Conduct that results in a suspension from school, or any student who is found to be involved with drugs, alcohol, weapons, or crimes outside of school, will lose the ability to serve as captain of any school-sponsored athletic team for a period of one calendar year.

Captain's practices are not authorized or sponsored at Mt. Hope High School. If a practice is held it must be with approved adult supervision or a member of the current coaching staff.

### **6.5 Anti-Hazing Policy**

Under no circumstances will any type of hazing and/or initiation be tolerated. The term "hazing", as defined by RI State Law, means any conduct or method of initiation that any student organization, which willfully or recklessly endangers the physical or mental health of any student or other person (abbreviated from State of RI Hazing Law, section 11-21-1(b)). Violation of this policy will result in disciplinary action as listed in Mt. Hope High School's Student Handbook. understands and agrees to comply with its provisions.

### **6.6 Varsity and Junior Varsity Programs**

If there are sufficient players, coaches, funds and availability of practice/game facilities, Mt. Hope High School will make every effort to create both a varsity and junior varsity program. Regardless of the program, all athletes are expected to show a strong commitment to their team by demonstrating a good attitude, attending practices, maintaining grades and showing good sportsmanship.

Junior Varsity (JV) is designed to be a developmental program in which student-athletes prepare for varsity. The coaching staff of both varsity and junior varsity will develop a program in which skills will transfer from JV to varsity. If some schools do not offer JV programs, every effort will be made by the Athletic Director to arrange as many games as possible.

Varsity is designed for those athletes who can compete on a more competitive level. Varsity can “call up” players to fill in on a as needed basis. Freshman through seniors can be selected for varsity.

## **6.7 Fundraising Guidelines**

As a team member, you are expected to participate in any and all fundraisers sanctioned by the Athletic Director & or Boosters. Fundraisers are designed to raise monies to sponsor all athletic teams. Without sufficient participation, some sports may not be funded.

# **7. Sports Medicine Protocol and Procedures**

## **7.1 Physical Examination/ Medical Screenings**

In order to try out for a team, a student must have a health physical on file, which states they are cleared to participate in strenuous physical activity without limitations, prior to participation. The physical covers all sports provided the examination occurred within one year of the ending date of the respective athletic season(s). This form will be kept on file in the nurse’s office. The Certified Athletic Trainer will have access to these records as needed to provide appropriate care/treatment to the athlete. If a student is pulled from competition and required medical care by a professional, then the student may not return to play without a written note from his/her physician.

## **7.2 Risk of Participation**

Athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. In order to participate in interscholastic sports, students and parents/legal guardians are required to sign a copy of the **Rhode Island Interscholastic League’s Assumption of Risk Form (2020)**. One copy will be kept on file in the Director of Athletics Office. The original will be filed at the Rhode Island Interscholastic League office. This process is now required for all 2020 athletes once on file after the NEW 2020 version students will only need it once during the four years of high school for each new athlete, including transfer students.

### **7.2a- COVID-19**

Entering any premises and participating in sports programs sanctioned by RIIL and administered by BWRSD has risks to the student-athlete and to those with whom the student-athlete interacts of exposure, directly or indirectly, to communicable disease(s) including, but not limited to, the virus “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, “Covid-19”, and/or any mutation or variation thereof.

- All players and coaches will be screened using the RIDOH COVID-19 screening tool for entry
- All players must be masked regardless of sport while entering practice, during warm-up and cooldown and whenever 10ft of distance cannot be maintained while playing.
- MHHS is allowing spectators at home events. 2 tickets per family for soccer & tennis designated spaces only. This may not be true for away events.
- 
- No carpooling to practices unless siblings
- 
- No high fives or hugs, no socializing during breaks

- All coaches, officials, spectators and game day workers will wear masks at all times.
- No Gaiters or bandanas per RIDOH guidance on acceptable face coverings
- Players will be grouped in cohorts for tryouts next week and then regrouped for no less than 2 weeks at a time to limit exposure
- Bring your own water bottle, refill stations will be provided with hand sanitizer
- **Individual Sport Guidelines will be given as it pertains to each sport beyond the general guidelines**

### **7.3 Sports Medicine Office**

We are dedicated to providing injury management, treatment, and rehabilitation of athletic injuries for all Mt. Hope High School student-athletes. The Athletic Training Staff is medically supervised by Olympic Physical Therapy & Sports Medicine and Physical Therapy.

### **7.4 Confidentiality**

Athletic Training is an allied health profession. Therefore, medical records are retained or initiated and confidentiality must be maintained.

### **7.5 HIPAA Guidelines**

HIPAA is the Health Insurance Portability and Accountability Act that was put in place in 1996. The main goal of HIPAA is to protect the confidentiality of medical information. Mt Hope Sports Medicine Staff and OPT comply with these guidelines.

#### ***The Athlete's Responsibilities***

- Follow conditioning and rehabilitation programs prescribed by healthcare providers and/or coaches.
- Report all injuries to the coach and Athletic Trainer.
- Report on time for all treatments and doctor appointments.

### **7.6 Who Decides When An Athlete May Participate**

Athletes that are injured whether sports related or not, that require the attention of Medical Personnel (i.e. Emergency Room, Physician, Therapist...) require a Physician note before the student can return to play. The exception a Concussion Injury: present RI Law requires an athlete that suffers a concussion can not return to sport until evaluated by a licensed physician with a written medical authorization, (not to include the school nurse or athletic trainer).

The athletic trainer assigned (conjunction with the team physicians-football only) will render a decision during games, practices or at any other time if needed. The athletic trainer is responsible and qualified to administer to the health and

welfare of all MHHS athletes. If an athletic trainer is not present then coaches will provide immediate first aid. The athlete should not participate until a staff athletic trainer is contacted.

All coaches are aware of this policy and follow it. The coaches are given a daily injury report and the injuries are discussed with the coaches. The coaches' input is considered and the sports medicine staff works with the coaches to return athletes as fast as is medically safe.

Injured athletes that are held from practice may be allowed to walk through plays and perform light activity as determined by the Sports Medicine Staff based upon their initial injury. Coaches will be informed by the Sports Medicine Staff on each player's allowable activity.

## **7.7 Accident Insurance Information for MHHS Student Athletes**

The school has arrangements with an insurance company through which parents can and are encouraged to secure accident/medical insurance for their children at a nominal cost. Students participating in interscholastic sports are required to carry accident/medical insurance. The school does not assume responsibility for medical expenses resulting from injuries to participants in sports. The family's personal medical insurance is the first step in covering medical expenses. Accident/medical insurance can only be used to help pay for expenses not covered by either personal insurance. Under certain circumstances, the RI Interscholastic Injury Fund provides some assistance for medical expenses which are not covered by either personal insurance or accident/medical insurance. The RI Interscholastic Injury Fund is a nonprofit organization which provides financial assistance for medical expenses incurred by an athlete during Interscholastic League competition. The Injury Fund will consider payment for medical bills and physical therapy above and beyond what the primary medical insurance of the athlete will pay. The Injury Fund is not an insurance company. In claims involving school accident/medical insurance, parents need to pick up an insurance form at the school office. Once the school and attending physician have made out their parts, the parents send the form and bills to the company.

## **7.8 Athletic Training Room**

The administration of the Training Room is the responsibility of the Head Athletic Trainer. The Head Athletic Trainer will be responsible to the Sports Medicine Physician for clinical care of athletes, but will be administratively responsible to the Director of Athletics.

The following rules are in effect for the Athletic Training Room:

- The training room staff will follow all Rhode Island State laws relating to athletics training.
- Athletes with minor sprains, strains and contusions who have not been evaluated by a Physician will be carefully monitored by the Training Room. Athletes who do not show continued improvements within a reasonable time shall be referred to a Physician. Athletes with more serious injuries shall be restricted from practices and/or competition until they have been evaluated and cleared by a Physician or his/her designee.

The Head Athletic Trainer or his/her designee shall:

- Provide first aid, treatment and rehabilitation for injuries incurred by certified student-athletes without consultation with the Sports Medicine Physician when treatment and/or rehabilitation has been delegated by the Sports Medicine Physician to the athletic trainers.
- Provide confidentiality of a student-athlete's medical history, record of injury or surgery, record of serious illness and rehabilitation results.
- Provide prompt athletic injury evaluation.
- Provide treatment and rehabilitation of athletic injuries using contemporary methods and equipment.
- Provide referral to School Nurse and/or School Counselor when needed
- Provide information concerning the medical condition of a student-athlete to parents and coach.

## **7.9 Athletic Training Kits**



The medical kit is the team's responsibility while traveling and should be in the possession of the designated player or manager at all times.

The medical kit should include emergency information for each member of the athletic team including pertinent medical history, medications as well as emergency contact information.

### **7.10 Office Coverage**

The following procedure will be in-place for all student-athletes:

- No student-athlete should ever miss academic seat time to seek the help of the athletic trainer until the close of school or after the dismissal time for early bus release.
- The Athletic Training room will be open daily during the week, and open additional weekend hours as necessary and determined by the athletic department's schedule.
- All student-athletes entering the training room will be required to sign in prior to receiving treatment/taping.
- A posted schedule will be on the door for hours of operation. These hours will change as sporting seasons/practice time change. All student athletes must have medical information forms and sign a waiver on file in order to receive treatments.
- All student-athletes must follow the posted rules of the training room.

### **7.11 Injury Reporting**

All injuries and illnesses connected with Mt. Hope High School athletics must be reported immediately to the athletic training staff. [Athletictrainer@BWRSD.org](mailto:Athletictrainer@BWRSD.org) Failure to do so may result in the student athlete being withheld from practices and/or competitions.

### **7.12 Treatment Procedures**

**Student-athletes who requirement treatment by the Athletic Trainer are expected to adhere to the following:**

- When athletes are injured it is expected they will come into the training room daily for treatment consisting of various modalities and exercises. These treatments and rehabilitation exercises are to be continued until the student-athlete has been instructed to discontinue them.
- The training room is open in sufficient time for student-athletes to receive treatment without infringing on practice time.
- It is encouraged that athletes with "minor" injuries also receive treatment. If we can prevent injuries from becoming worse we have accomplished the initial stage of our job.
- Athletes are not to attempt to treat themselves. All injuries are to be evaluated daily by a certified athletic trainer/team physician and or Olympic Physical Therapy doctors overseeing the implementation of sports medicine at the high school and middle school.
- The training room operates on a "first come, first serve" rule. The only exception to this rule is on a game day. Those athletes who have a game will be permitted to go directly to the head of the line. In-season student-athletes have priority to treatment. Out-of-season athletes will be attended to when all in-season student-athletes are prepared.

**8. Team Meeting Notes:**

## Girls' Field Player Equipment

### GOGGLES

#### (Required)

- Must be lacrosse-specific
- Meets the ASTM International standard performance specification; includes a statement/seal indicating compliance
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with the goggles

### MOUTHGUARD

#### (Required)

- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

### GLOVES

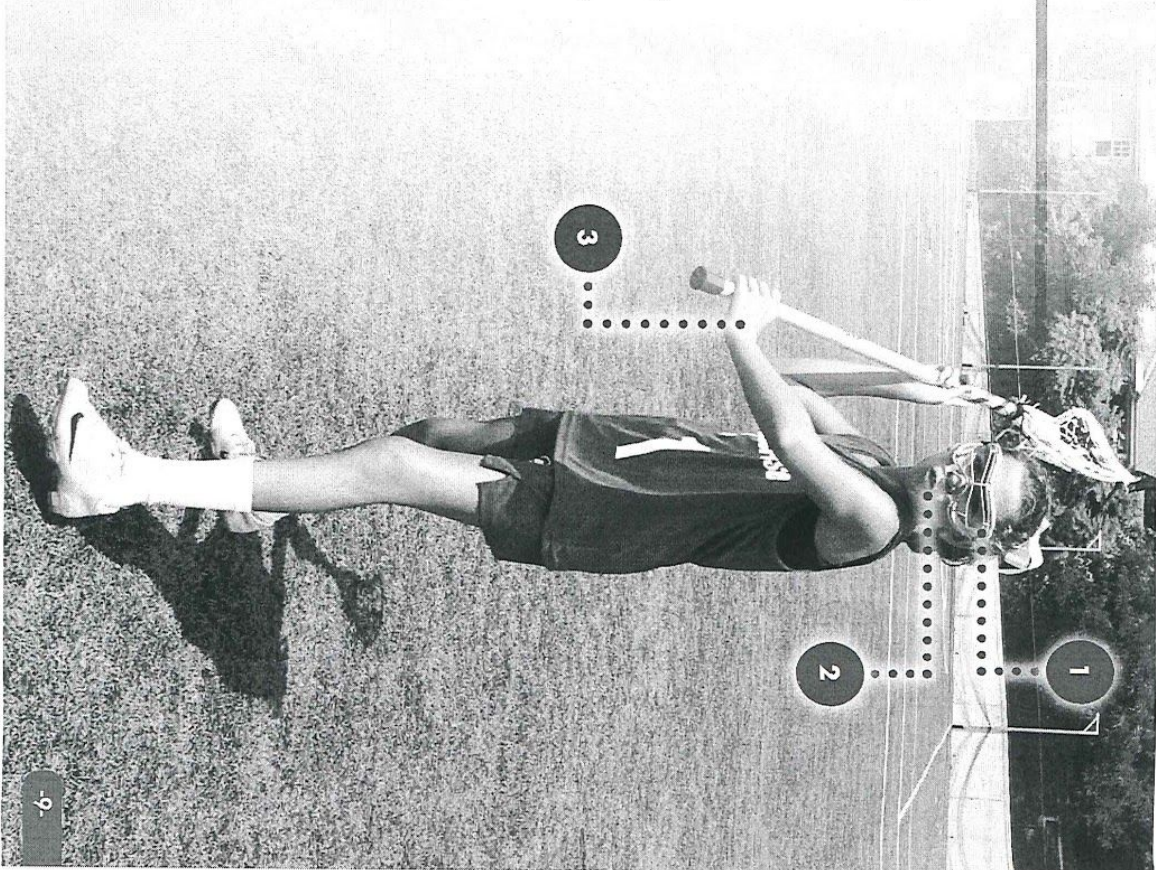
#### (Optional)

- If worn, they must be close-fitting & should be comfortable for player while holding a stick
- Goalie gloves not permitted for field players

### OTHER PERSONAL EQUIPMENT

#### (Optional)

- Approved soft headgear
- Protective devices necessitated by medical grounds
- No equipment – including protective devices necessitated by medical grounds – may be used unless compliant with rules & manufacturers' specs & deemed not dangerous to other players by the officials





## Girls' Goalie Equipment

### GOALIE GLOVES

*(Required)*

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

### CHEST PROTECTOR

*(Required)*

- Should cover front torso from neckline to below navel
- Body straps must be secured to the front of pad – adjust for a snug, comfortable fit
- Too tight – restricts player's movement
- Too loose – pads can move & expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Must wear underneath jersey

### PELVIC/ABDOMINAL PROTECTION

*(Youth Required/HS Recommended)*

- Generally incorporated in leg pads

### MOUTHGUARD

*(Required)*

See Girls' Field Player Equipment (p. 8-9)

### HELMET

*(Required)*

- Must be field lacrosse-specific
- Statement/seal to indicate it meets NOCSAE standard
- Performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet

### THROAT GUARD

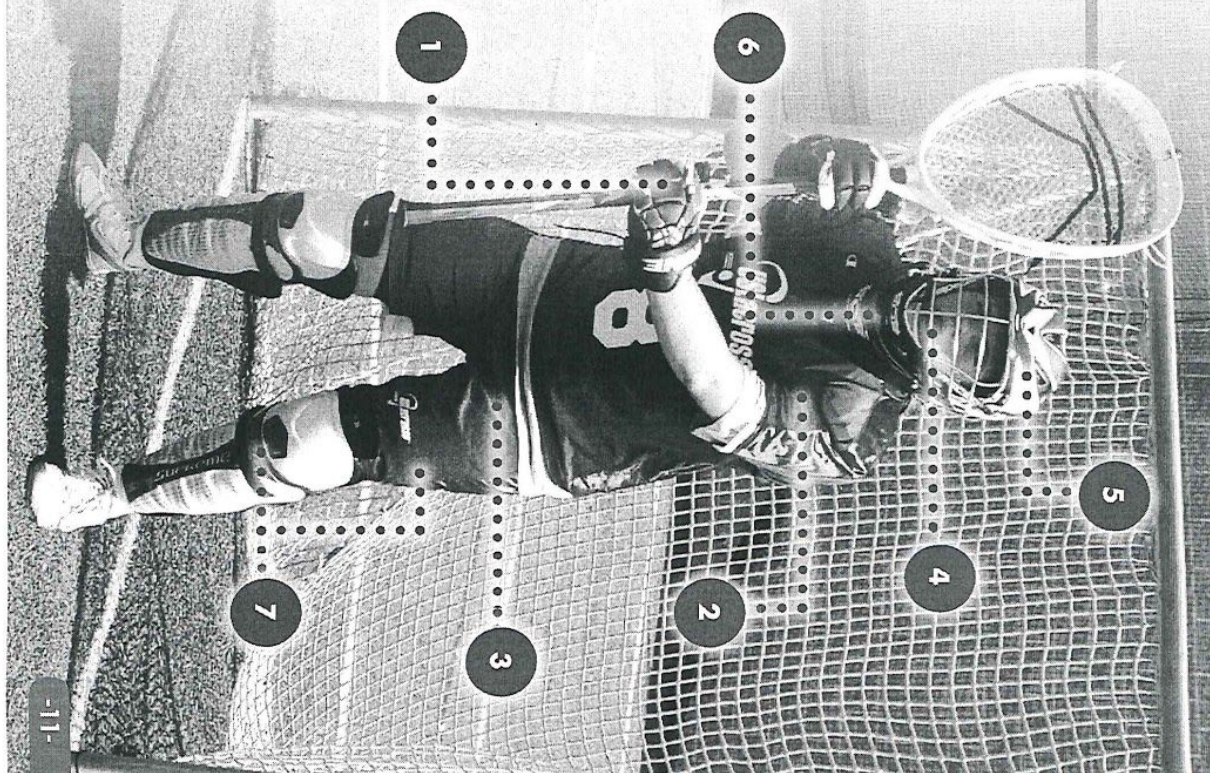
*(Required)*

- Separate from helmet
- Attach with snaps, screws or other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

### LEG PADS

*(Required)*

- Must protect shins & thighs
- May not use field hockey equipment
- Tight enough so they don't slide up or down during play
- Tight enough not to cause discomfort





## Boys' Field Player Equipment

### GLOVES (Required)

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

### HELMET (Required)

- Must be field lacrosse-specific
- Statement/seal indicating it meets NOCSAE standard performance specification
- Proper fit should be based on manufacturers' guidelines & requirements on their website or included with helmet

### RIB PADS (Recommended)

- Must cover ribs and kidneys; adjust by loosening/tightening straps
- Should fit comfortably, not restricting breathing
- Tight enough so they do not move excessively during play
- Try on rib pads prior to adding shoulder pads to ensure proper fit

### PROTECTIVE CUP (Youth Required/HS Recommended)

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

### MOUTHGUARD (Required)

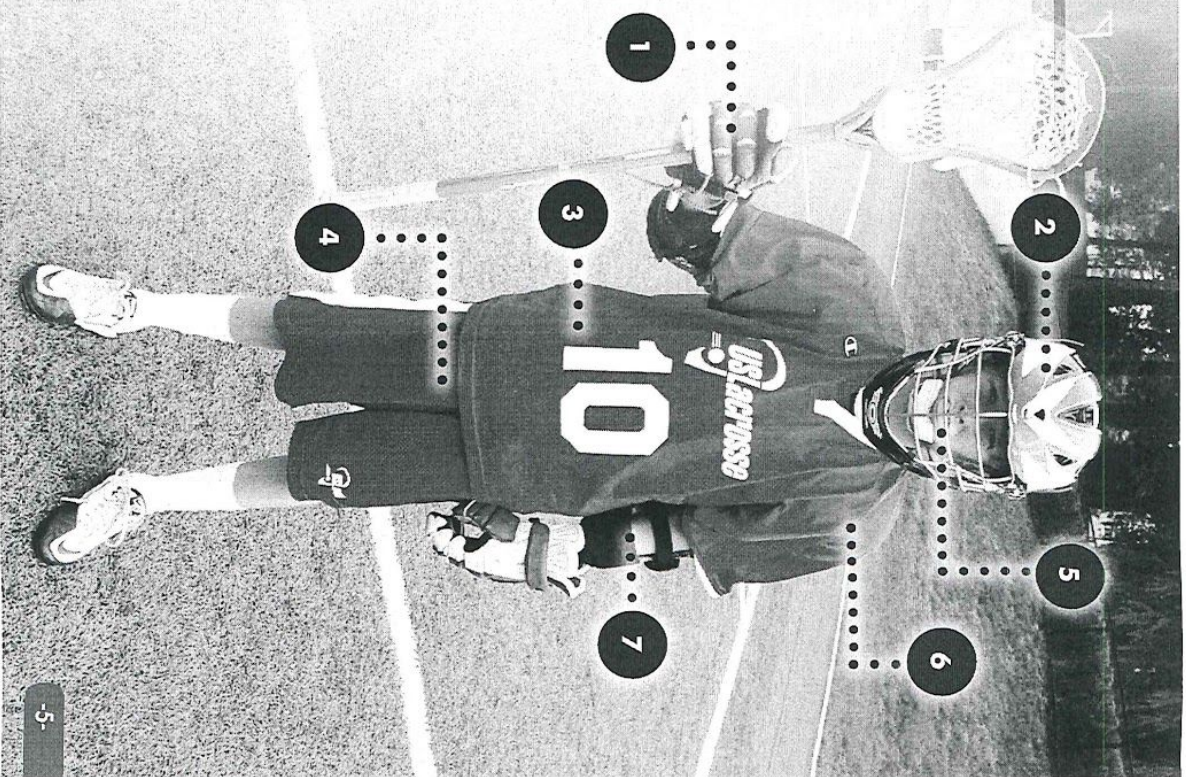
- Variety of materials, sizes, colors & fitting options
- Must be visible color other than clear or white
- Self-molding (from manufacturers) or custom-molded (from dentists)
- Proper fit allows players to talk, cover the upper jaw of teeth & not cause discomfort
- May not be altered to decrease protection; can cut if too large for athlete's mouth

### SHOULDER PADS (Required)

- Covers top of shoulder, collarbone & sternum
- Shoulder caps must rest on top of shoulders
- Collar should lie flat on collarbone
- Straps tightened - bicep pad sits high on arm so to not interfere with arm pads
- Sternum plate must cover sternum
- Should fit comfortably; adjust by loosening/tightening straps
- Too tight - may restrict movement; too loose - can move during play & expose player to injury

### ARM PADS (Required)

- Tight as to not slide down arm; loose as to not cause discomfort
- Elbow should be properly & completely covered
- If pad includes straps secure comfortably for limited movement during play





## Boys' Goalie Equipment

### GOALIE GLOVES

*(Required)*

- Hand must be fully inserted in glove
- Includes additional thumb protection
- Should cover 2"-3" above the wrist
- Too short - cuff won't protect wrist
- Too long - cuff will limit mobility

### MOUTHGUARD

*(Required)*

See Boys' Field Player Equipment (p. 4-5)

### ARM PADS

*(Youth Required/H/S Recommended)*

See Boys' Field Player Equipment (p. 4-5)

### PROTECTIVE CUP

*(Youth Required/H/S Recommended)*

- Fitted for comfort & protection
- Large enough to provide coverage but not cause discomfort while running
- Garments to improve comfort include supporters, all-in-one briefs & combinations of both
- For goalies - pads available that integrate thigh padding with protective cup

### THROAT GUARD

*(Required)*

- Separate from helmet & required
- Attach with snaps/screws/other fasteners
- Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

### CHEST PROTECTOR

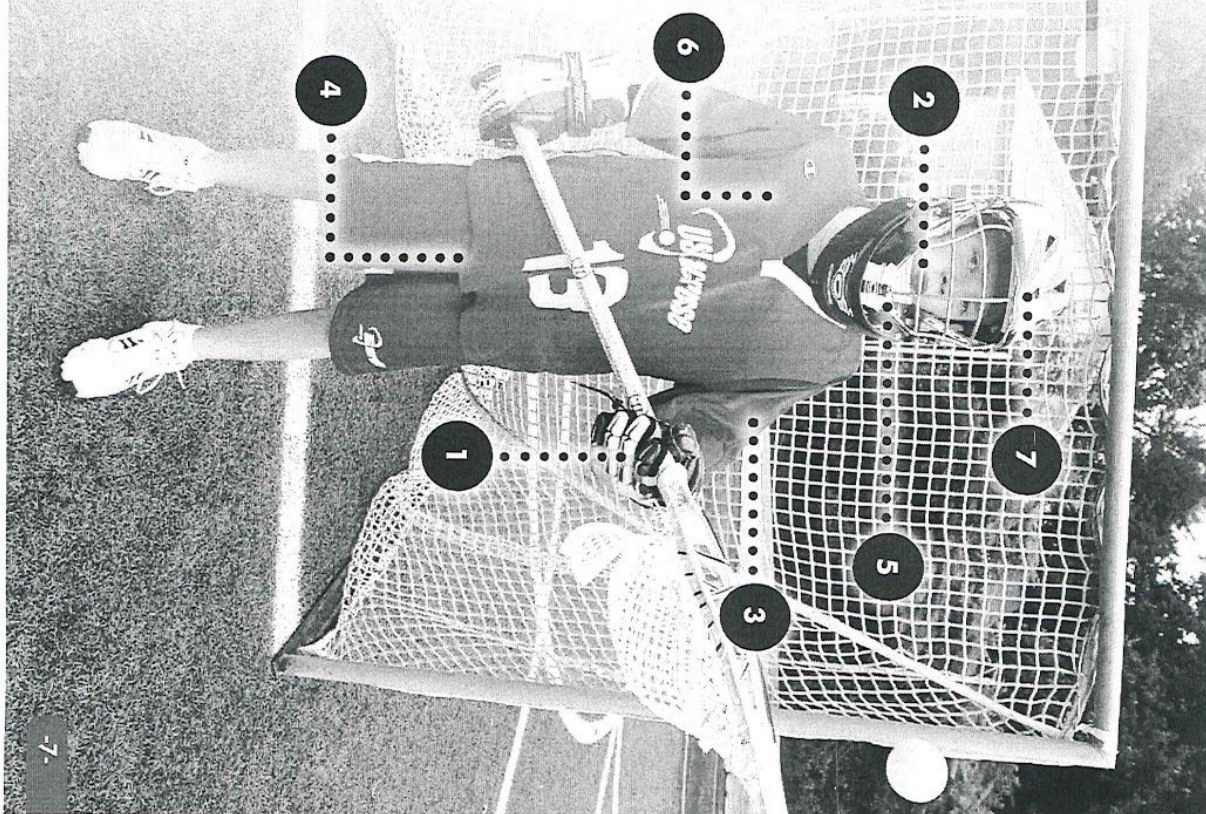
*(Required)*

- Covers front torso, neckline to below navel
- Body straps secured to front of pad - adjust for snug, comfortable fit
- Too tight - restricts player's movement
- Too loose - pads can move & expose player to injury
- Collar of chest protector should lie flat on player's collarbone
- Preferably includes additional arm & shoulder protection
- Must wear underneath jersey

### HELMET

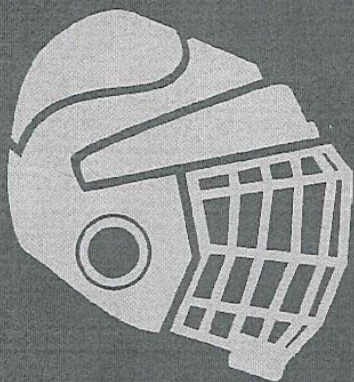
*(Required)*

See Boys' Field Player Equipment (p. 4-5)

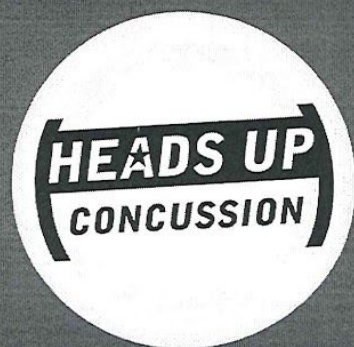




## GET A HEADS UP ON HOCKEY HELMET SAFETY



While there is no concussion-proof helmet, a hockey helmet can help protect your athlete from a serious brain or head injury. The information in this handout will help you learn what to look for and what to avoid when picking out a helmet for your hockey player.



### START WITH THE RIGHT SIZE:

#### BRING THE ATHLETE

Bring your athlete with you when buying a new helmet to make sure that you can check for a good fit.

#### HEAD SIZE

To find out the size of your athlete's head, wrap a soft tape measure around the athlete's head, just above their eyebrows and ears. Make sure the tape measure stays level from front to back. (If you don't have a soft tape measure, you can use a string and then measure it against a ruler.)

#### SIZES WILL VARY

Helmet sizes often will vary from brand-to-brand and with different models. Each helmet will fit differently, so it is important to check out the manufacturer's website for the helmet brand's fit instructions and sizing charts, as well as to find out what helmet size fits your athlete's head size.

### GET A GOOD FIT:

#### GENERAL FIT

A hockey helmet should fit snugly all around, with no spaces between the pads and the athlete's head. You can check this by seeing if the skin on the athlete's forehead moves when the helmet is shifted left or right, up or down.

#### ASK

Ask your athlete how the helmet feels on their head. While it needs to have a snug fit, a helmet that is too tight can cause headaches.

#### HAIRSTYLE

Your child or teen should try on the helmet with the hairstyle he or she will wear while at practices and games. Helmet fit can change if your athlete's hairstyle changes. For example, a long-haired athlete who gets a very short haircut may need to adjust the fit of the helmet.

#### COVERAGE

A hockey helmet should not sit too high or too low on their head. To check, make sure that the rim of the helmet is one finger width above the eyebrow and the helmet sits flat on the top of the athlete's head.

#### CAGE OR FACEMASK

A cage or facemask that fits well should not be more than an inch from the athlete's face. The chin cup should be centered under the athlete's chin and fit snugly. The cage or facemask may be a different size than the helmet.

#### THROAT PROTECTOR

A throat protector or neck guard should fit snugly and should completely cover the athlete's throat.

#### VISION

Make sure you can see your athlete's eyes and that he or she can see straight forward and side-to-side.

#### CHIN STRAPS

Be sure there is a four-point chin-strap attached to the helmet. The chin strap should be centered under the athlete's chin and fit snugly. Tell your athlete to open their mouth wide...big yawn! The helmet should pull down on their head. If not, the chin strap needs to be tighter. Once the chin strap is fastened, the helmet should not move in any direction, back-to-front or side-to-side.



## TAKE CARE OF THE HELMET:

### CHECK FOR DAMAGE

DO NOT allow your athlete to use a cracked or broken helmet or a helmet that is missing any padding or parts. Check for missing or loose parts and padding before the season and regularly during the season.

### CLEANING

Clean the helmet often inside and out with warm water and mild detergent. DO NOT soak any part of the helmet, put it close to high heat, or use strong cleaners.

### PROTECT

DO NOT let anyone sit or lean on the helmet.

### STORAGE

Do not store a hockey helmet in a car. The helmet should be stored in a room that does not get too hot or too cold and where the helmet is away from direct sunlight.

### DECORATION

DO NOT decorate (paint or put stickers on) the helmet without checking with the helmet manufacturer, as this may affect the safety of the helmet. This information may also be found on the instructions label or on the manufacturer's website.

## LOOK FOR THE LABELS:

### LOOK FOR A HOCKEY HELMET WITH LABELS THAT:

- Have the date of manufacture. This information will be helpful in case the helmet is recalled; and
- Say NOCSAE<sup>1</sup>, HECC<sup>2</sup>, and/or CSA<sup>3</sup> certified. Those labels means that the helmet has been tested for safety and meets safety standards.

If the helmet is not new, you should also look for a label that includes the date the helmet was expertly repaired and approved for use (reconditioned/recertified). Helmets that have been properly reconditioned and recertified will have a label with the date of recertification and the name of the reconditioning company.

<sup>1</sup> National Operating Committee on Standards for Athletic Equipment: [www.nocsae.org](http://www.nocsae.org)

<sup>2</sup> Hockey Equipment Certification Council: [www.hecc.net](http://www.hecc.net)

<sup>3</sup> Canadian Standards Association: [www.csa.ca](http://www.csa.ca)

<sup>4</sup> National Athletic Reconditioning Association: [www.naera.net](http://www.naera.net)

## WHEN TO REPLACE A HOCKEY HELMET:

### RECONDITIONING

Reconditioning involves having an expert inspect and repair a used helmet by: fixing cracks or damage, replacing missing parts, testing it for safety, and recertifying it for use. Helmets should be reconditioned regularly by a licensed NAERA<sup>4</sup>-member. DO NOT allow your athlete to use a used helmet that is not approved/recertified for use by a NAERA reconditioner.

### 10 AND OUT

Hockey helmets should be replaced no later than 10 years from the date of manufacture. Many helmets will need to be replaced sooner, depending upon wear and tear.



JOIN THE CONVERSATION → [www.facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)

TO LEARN MORE GO TO >> [WWW.CDC.GOV/TraumaticBrainInjury](http://WWW.CDC.GOV/TraumaticBrainInjury)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE®).

HEADS UP



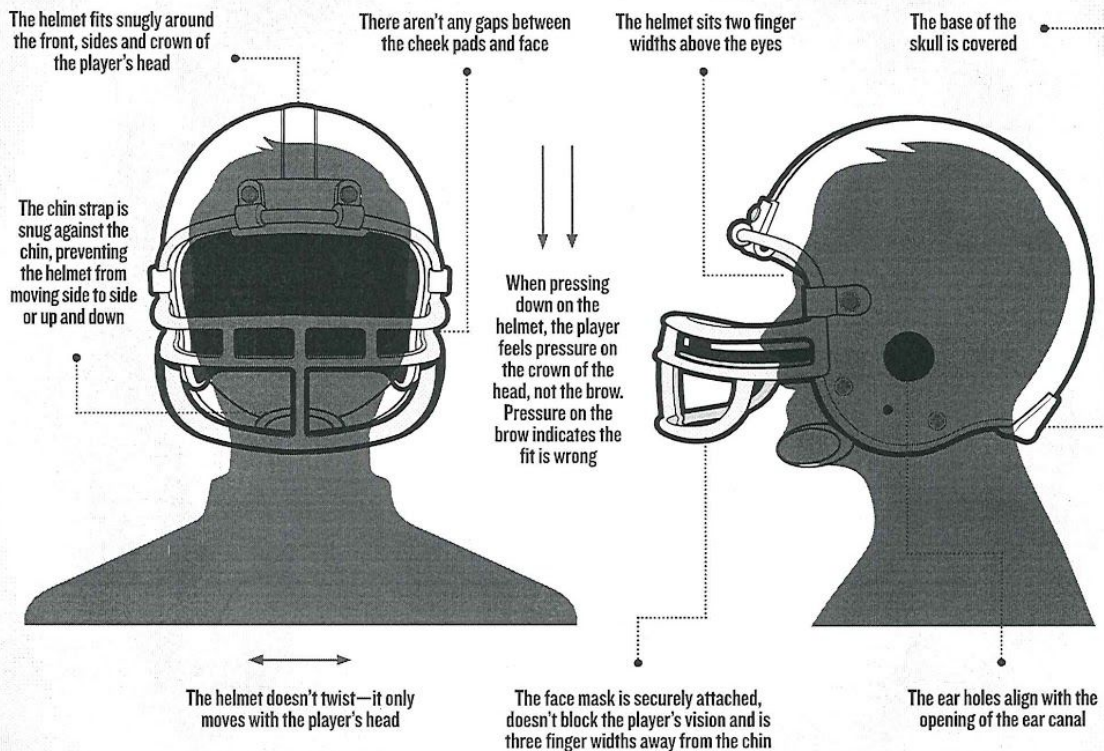
# PROPER FIT = PROPER PROTECTION

*The right football helmet is the first step in safety*

Designed to withstand repeat blows, the football helmet is a player's first line of defense. An ill-fitting helmet puts the player at risk. It's important to thoroughly read and follow the manufacturer's fit guidelines. When in doubt, talk with your athletic trainer or equipment manager to ensure your player is properly protected.

## GETTING THE RIGHT FIT

Measure the player's head circumference 1 inch above the eyebrows and select the appropriate helmet size according to the helmet manufacturer. Make sure the air bladders are inflated. Place the helmet on the player's head and check that:



## PLAYERS, REMEMBER ...

- Inspect your helmet before each use, checking for:
  - Proper fit
  - Damage to the liner, shell or face mask
  - Loose hardware

**\*Never wear a damaged or ill-fitting helmet**

- Keep your chin strap locked at all times during play

- Multiple factors can impact the fit of a helmet, including (but not limited to):

- Air temperature
- Changes in altitude
- Hair length
- Damage to air bladder valve

Source: "Principles of Athletic Training: A Guide to Evidence-based Clinical Practice 16th edition"; Riddell Fitting Guide; Schutt Helmet Fitting Instructions; USA Football Infographic provided by the National Athletic Trainers' Association