



**Falconer Central
School
Athletic Handbook
for
Interscholastic
Athletics
2022-2023**

www.falconersd.org
Schedule: [Arbiterlive/Falconer](#)



Please Note: As of the printing of this handbook, we have not received a change in the COVID-19 Protocols. Refer to the Health Office for updated information.

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Welcome to Falconer Athletics!

The Falconer Central School District welcomes its student athletes and parents and/or guardians into the Interscholastic Athletic Program. Student interscholastic athletics are an integral and desired part of the district's secondary school educational program. Student eligibility for participation on interscholastic teams shall include:

- Annual authorization by the school physician
- Required Impact and Concussion testing
- Written parental or guardian consent
- Proper adherence to and signing of the District Athletic Code, Academic Eligibility Code, all applicable rules of the various leagues, sections, and the State Education Department.
- Parent and student attendance at pre-season sports meeting.

The following sports are available to students:

SPORT	OPEN TO GRADES
<u>Fall/Winter:</u>	
Cheerleading	7-12
Cross Country	7-12
Football	9-12 *
Girls' Volleyball	9-12 *
Girls' Tennis	9-12 *
Soccer	9-12 *
<u>Winter:</u>	
Bowling	7-12
Basketball	7-12
Indoor Track	7-12
Wrestling	7-12
<u>Spring:</u>	
Golf	7-12
Baseball	9-12 *
Softball	9-12 *
Track & Field	7-12
Boys' Tennis	9-12 *

Philosophy

The Interscholastic Athletic Program extends and enhances the learning opportunities of Falconer Central School students. It is an integral part of the educational program of the District and supplements the regular school day including academic, social, moral, and physical experiences available to students.

Participation in the Interscholastic Athletic Program occurs at various levels at Falconer Central School.

At the Varsity level of competition, an emphasis is placed on winning with the hope that all athletes will have an opportunity to compete at some point during the season.

At the Junior Varsity level winning remains a priority along with the hope that each athlete will be given an opportunity to play in each game if possible.

At the Middle School level, the emphasis is placed on the participation of each athlete in each game. Winning remains a goal of the program, but not at the expense of cutting down participation.

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Coaches for the 2022-2023 School Year

Fall

Head Football (merged with CV & MG)
Football Asst.
Football Asst.
JV Football
Modified Football
Modified Football
Football Cheerleading
Mod Football Cheerleading
Girls Tennis
Cross Country (merged with CV)
Cross Country
CC Asst
Varsity Boys Soccer (merged with CV)
Mod Boys Soccer (merged with CV)
Varsity Girls Soccer (merged with CV)
JV Girls Soccer (merged with CV)
Mod Girls Soccer (merged with CV)
Varsity Girls Volleyball
JV Girls Volleyball
Mod Girls Volleyball

Coach

Fischer, Curt
Voorhis, Bryan
Peterson, Mark
Wilcox, Jacob
Bush, Bill
Marcus Clark
Russell, Melissa
Russell, Melissa
Glatz, Jamie
Nelson, David

Quattrone, Nick
Smith, Ryan
Johnson, Brett
Fales, Tom
Dykstra, Tyler
Micek Marah
Brace, Brittany
Scholeno, Emily

Winter

Varsity Boys Basketball
JV Boys Basketball
Mod Boys Basketball
Varsity Girls Basketball
JV Girls Basketball
Mod Girls Basketball
Bowling
Varsity Wrestling (merged with CV)
JV Wrestling
Mod Wrestling (merged with CV)
Varsity BB Cheerleading
Indoor Track
(merged with CV, MG, Frewsburg, Randolph)

Glatz, Jamie
Nelson, Dave
TBD
Scholeno, Emily
Keefe, Dan
Brace, Brittany
Camp, Jeff
Wilcox, Drew
Delahoy, Trevor
Fiasco, Chris
Russell, Melissa
Ode, Sean

Spring

Varsity Baseball
JV Baseball
Golf
Varsity Softball
JV Softball
Boys Tennis
Track (Boys) V (merged with CV)
Track (Boys) MS
Track (Girls) V (merged with CV)
Track (Girls) Ass't
Track (Girls) MS

Delahoy, Trevor
Johnson, Brett
Glatz, Jamie
Sieberg, Kaileigh
Fales, Tom
Hannon, Chris
Nelson, David
TBD
LeBaron, Michael
Voorhis, Bryan
Wilcox, Drew

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STUDENT RESPONSIBILITY FOR MEDICAL CLEARANCE

Medical Clearance for Participation

The School nurse must have a current health physical. Check with your school nurse to see when the athlete's last physical exam was done. As long as your exam is current, you may begin to participate in athletic practice and competition.

If Exam is Out of Date:

Contact your private physician immediately to schedule a health appraisal. Bring the completed physician's health appraisal form indicating the athlete is cleared for sports to the health office at least two weeks before the first practice.

Interim Injury or Illness:

If you have had an injury or extended illness since your last athletic clearance, an updated health care provider note is required for return to sports.

Student Accident Insurance Fact Sheet

Playing or practicing to play/participate in any sport can be dangerous in nature involving MANY RISKS OF INJURY. The dangers and risks of playing or practicing to play/participate in any sport may result not only in serious injury, but in the serious impairment of future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. Because of the dangers of participating in any sport, please recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, etc. and agree to obey such instructions.

Student accident coverage is provided through Pupil Benefits Plan, Inc. This is supplemental insurance. The District supplies this insurance as a supplement to the parent's insurance for injuries sustained during school activities. The parent must first submit a claim to their insurance company.

Student/Parent/School responsibilities:

- Student must fill out an accident report with the school nurse as soon as they become aware of an injury occurring during a school activity
- Parent must complete and return Pupil Benefits Plan documentation as soon as the student requires medical attention
- Parent must submit medical provider claims to their insurance company
- Parent must submit a copy of the medical provider claims and their insurance company's Explanation of Benefits to the nurse's office after action of their carrier (if a family has no insurance, provider claims should be submitted when received)
- School will submit all documentation to Pupil Benefits as received
- It is the parent's responsibility to follow-up with Pupil Benefits regarding all claims.

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CONCUSSION/HEAD INJURY/MILD TRAUMATIC BRAIN INJURY INFORMATION

Definition:

A concussion is a type of traumatic brain injury (TBI) which alters the functioning of the brain. A concussion can occur with any bump, blow, or jolt to the head or body that caused the brain to quickly move back and forth. Concussions can occur as a result of a fall, motor vehicle accident, accident on the playground, during athletic participation, or during many other activities. All concussions are serious and need to be evaluated by a health care professional.

Signs and Symptoms:

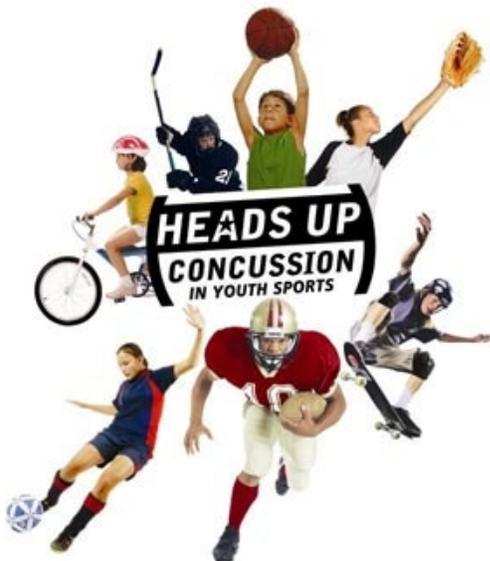
Look for the following signs and symptoms of concussion for any student who suffered a bump, blow, or jolt to the head or body:

- Headache or head “pressure”
- Nausea and/or vomiting
- Dizzy and/or problems with balance
- Blurry vision or double vision
- Light and/or noise sensitivity
- Feels “foggy”
- Hard time concentrating
- Hard time remembering
- Confused
- Just “doesn’t feel right”
- Unable to remember events before or after the injury
- Loss of consciousness
- Appears dazed or “out of it”

Prevention:

Below are ways to help reduce the risk of sustaining a concussion.

- Wear a seatbelt every time you are driving or riding in a motor vehicle.
- Never drive or ride in a vehicle with someone who is under the influence of drugs or alcohol
- Wear appropriate safety equipment including properly fitted helmets, such as but not limited to when:
 - Riding a bike, motorcycle, snowmobile or ATV
 - Playing contact sports (examples include football, soccer, hockey, and lacrosse)
 - Skiing, snowboarding, and sledding, horseback riding or
 - Batting during baseball or softball
- During any athletic participation including practices and games
 - Always use the recommended protective equipment for that sport. (all equipment should be fitted appropriately and maintained according to manufacturer’s recommendations),
 - Safety rules need to be followed by all participants as well as proper techniques for safe playing
 - Learn and follow the rules of the sport being played and promptly and honestly report injuries to an adult;
 - Any student with a head injury must be removed from participation, will be referred to their healthcare provider for follow-up; and will remain out of play until proper medical documentation is submitted.



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Falconer Central School

2 East Ave N. Falconer, NY 14733 716-665-6624 www.falconercsd.org

CONCUSSION CHECKLIST

Name: _____ Age: _____ Grade: _____ Sport: _____

On Site Evaluation

Description of Injury: _____

Has the athlete ever had a concussion?	Yes	No		
Was there a loss of consciousness?	Yes	No	Unclear	
Does he/she remember the injury?	Yes	No	Unclear	
Does he/she have confusion after the injury?	Yes	No	Unclear	

Symptoms observed at time of injury:

Dizziness	Yes	No	Headache	Yes	No
Ringing in ears	Yes	No	Nausea/Vomiting	Yes	No
Drowsy/Sleepy	Yes	No	Fatigue/Low Energy	Yes	No
“Don’t Feel Right”	Yes	No	Feeling “Dazed”	Yes	No
Seizure	Yes	No	Poor Balance/Coord.	Yes	No
Memory Problems	Yes	No	Loss of Orientation	Yes	No
Blurred Vision	Yes	No	Sensitivity to Light	Yes	No
Vacant Stare/ Glassy Eyed	Yes	No	Sensitivity to Noise	Yes	No

* Please circle yes or no for each symptom listed above

Other Findings/Comments: _____

Final Action Taken: _____ Parents Notified _____ Sent to Hospital _____
Evaluator’s Signature: _____ Title: _____
Address: _____ Date: _____ Phone No.: _____

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Physician Evaluation

Date of First Evaluation:_____ Time of Evaluation:_____

Date of Second Evaluation:_____ Time of Evaluation:_____

Symptoms Observed:

	First Doctor Visit:		Second Doctor Visit:		
Dizziness	Yes	No	Yes	No	
Headache	Yes	No	Yes	No	
Tinnitus	Yes	No	Yes	No	
Nausea	Yes	No	Yes	No	
Fatigue	Yes	No	Yes	No	
Drowsy/Sleepy		Yes	No	Yes	No
Sensitivity to Light	Yes	No	Yes	No	
Sensitivity to Noise	Yes	No	Yes	No	
Anterograde Amnesia (after impact)	Yes	No	Yes	No	
Retrograde Amnesia (backwards in time from impact)	Yes	No	Yes	No	

*Please indicate yes or no in your respective columns. First Doctor use column 1 and Second Doctor use column 2.

First Doctor Visit:

Did the athlete sustain a concussion (Yes or No) (one or the other must be circled)

****Post-dated releases will not be accepted. The athlete must be seen and released on the same day.**

Please note that if there is a history of previous concussion, then referral for professional management by a specialist or concussion clinic should be strongly considered.

Additional Findings/Comments:_____

Recommendations/Limitations:_____

Signature:_____ Date:_____

Print or stamp name:_____ Phone Number:_____

Second Doctor Visit:

*****Athlete must be completely symptom free in order to begin the return to play progression. If the athlete still has symptoms more than seven days after injury, referral to a concussion specialist/clinic should be strongly considered.**

Please check one of the following:

Athlete is asymptomatic and is ready to begin to begin the return to play progression.

Athlete is still symptomatic more than seven days after injury.

Signature:_____ Date:_____

Print or stamp name:_____ Phone Number:_____

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Return to play Protocol following a concussion

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004.

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

1. The athlete will not be allowed to return to play in the current game or practice.
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following the injury.
3. The athlete should be medically evaluated following the injury.
4. Return to play must follow a medically supervised stepwise process.
* Students diagnosed with a concussion will not attend practice nor will they be allowed on the sidelines, bench, or travel with the team until they are cleared to start the return to play progression.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. The program is broken down into six steps in

- (1) Low impact, non-strenuous, light aerobic activity.
- (2) Higher impact, higher exertion, moderate aerobic activity. No resistance training.
- (3) Sport specific non-contact activity. Low resistance weight training.
- (4) Sport specific activity, non-contact drills. Higher resistance weight training with spotter. Reevaluate cognitive testing prior to Day 5.
- (5) Full contact training drills and intense aerobic activity.
- (6) Return to full activities with clearance from medical director.

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest. The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic (no symptoms) at rest and with provocative exercise. If any post concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

[These NYSPHAA current return to play recommendations are based on the most recent international expert opinion]

For purposes of the head injury RTP protocol, an appropriate physician evaluation is completed by a practicing MD or DO within the following specialties: family medicine, pediatrics, sports medicine, neurology or neurosurgery, with preference given to the individual's primary care physician. Family members and friends of the family who are medical providers may not serve as an appropriate physician. The physician completing the physician's evaluation form should document name, degree, specialty, practice name (if applicable), address, and phone number.

The Staff Physician for Falconer Central School will be the final determining factor regarding student participation.

* The Health Office will keep a record of all head injuries.

For additional information on traumatic brain injuries (TBIs), please visit the following websites:

<http://www.cdc.gov/concussion/HeadsUp/> or

<http://www.cdc.gov/TraumaticBrainInjury/> or

<http://www.health.ny.gov/prevention/injuryprevention/concussion.htm>

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Information adapted from The Center for Disease Control, Heads UP Concussion in Youth Sports

Dehydration

Dehydration happens when there has been a loss of fluid from the body, or a person has not been drinking enough liquids. The body needs liquids to maintain normal functions. The human body needs water to survive. When fluid loss reaches severe levels, a person can go into shock and even die. Anyone can become dehydrated. However, babies and older adults are most easily affected. There are many causes including:

- Vomiting
- Diarrhea
- Strenuous exercise
- Fever
- Sweating
- Dry climates
- Hot, especially humid, weather
- Some medicines, like “water pills” and
- Some diseases, like Diabetes

By the time a person is thirsty, they may already be mildly dehydrated. Mild symptoms of dehydration may include:

- Small amounts of dark yellow urine
- Dry mouth and tongue with thick saliva
- Weakness
- Lightheadedness
- Headache
- Cramping in the arms and legs and
- Deep breathing

Severe symptoms of dehydration may be life threatening. The emergency medical system, 911, needs to be called for anyone with symptoms of severe dehydration. Symptoms of severe dehydration may include:

- Sunken eyes
- Very fast pulse and breathing
- Fainting
- Irritability
- Cold hands and feet
- Listlessness
- Coma and
- No tears

Drinking liquids can treat mild dehydration in adults. The best liquid is water or an oral re-hydration solution. If this is not available, a sports drink like Gatorade is good. Alcohol and drinks with caffeine or milk products should be avoided. Alcohol and caffeine act like diuretics. They make a person urinate more often, which gets rid of fluids.

Adults who are vomiting may need to drink small sips every 10 minutes. As the vomiting gets better, the liquids can be increased. Adults with diarrhea need to drink at least 2 to 3 quarts of fluids a day. More fluids will not make the diarrhea worse, but will help to replace the fluids lost.

Dehydration in babies and young children can be a medical emergency. Call your healthcare provider immediately if your child has any signs of dehydration. Treatment of dehydration in children depends on the cause. For mild dehydration, your provider may recommend home treatment with special fluids, such as Pedialyte or Infalyte, for a

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specific amount of time. Children with moderate or severe signs of dehydration should be seen in the nearest hospital emergency room.

The best treatment for dehydration is prevention. The best way to prevent dehydration is to drink plenty of liquids every day. When exercising or participating in sports, it is best to drink water before starting the exercise or sport. Then drink more water during the exercising. Following the exercise, continue to drink liquids.

Severe cases of dehydration may require a hospital stay. Intravenous (IV) fluids may be given in the hospital. A provider should be contacted when mild to severe dehydration is suspected.

Heat-Related Illness

Normally, the body has ways of keeping itself cool by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be susceptible although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

Preventing Heat-Related Illness

- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- Drink Water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 AM and 7:00 AM.
- Stay indoors when possible
- Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, are showing signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

Heat Wave: More than 48 hours of high heat (90°F or higher) and high humidity (80% relative humidity or higher) are expected.

Heat Index: A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15°F.

Heat cramps: heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

Heat Exhaustion: Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

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Heat Stroke: Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak, pulse; and rapid, shallow breathing. Body temperature can be very high – sometimes as high as 105°.

Stages of Heat-Related Illness: Heat-related illness usually comes in stages. The signal of the first stage is heat cramps in muscles. These cramps can be very painful. If you are caring for a person who has heat cramps, have him or her stop activity and rest. If the person is fully awake and alert, have him or her drink small amounts of cool water or a commercial sports drink. Gently stretch the cramped muscle and hold the stretch for about 20 seconds, then gently massage the muscle. Repeat these steps if necessary. If the victim has no other signals of heat-related illness, the person may resume activity after the cramps stop.

The signals of the next, more serious stage of a heat-related illness (often called heat exhaustion) include:

- Cool, moist pale skin (the skin may be red right after physical activity).
- Headache
- Dizziness and weakness or exhaustion
- Nausea
- The skin may or may not feel hot.

The signals of the late stage of a heat-related illness (often called heat stroke) include:

- Vomiting
- Decreased alertness level or complete loss of consciousness
- High body temperature (sometimes as high as 105°F)
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot, and dry
- Rapid, weak pulse
- Rapid, shallow breathing

This late stage of a heat-related illness is life threatening. Call 911 or the local emergency number.

General Care for Heat Emergencies

- Cool the body
- Give fluids
- Minimize shock

For heat cramps or heat exhaustion: Get the person to a cooler place and have him or her rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets. Call 911 or the local emergency number if the person refuses water, vomits or loses consciousness.

For heat stroke: Heat stroke is a life-threatening situation! Help is needed fast. Call 911 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

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Administration of Heat Index Procedures

Heat Index Caution – On the days when the Heat Index reaches 80-85 degrees, provide ample water, monitor athletes for heat illness, and consider reducing amount of time for practice sessions.

Heat Index Watch - On the days when the Heat Index reaches 86-90 degrees, provide ample water, monitor athletes for heat illness, and consider reducing amount of time for practice sessions. The coach may consider postponing practice until the temperature falls. If practice does take place, student-athletes shall receive one hour of recovery time for every hour of practice.

Heat Index Warning - On the days when the Heat Index reaches 91-95 degrees, provide ample water with water breaks every 15 minutes. Coaches shall monitor athletes for heat illness, and consider postponing practice until the temperature falls. If practice does take place, student-athletes shall receive one hour of recovery time for every hour of practice. Light-weight, loose fitting clothing are recommended. Football players must wear helmets

Heat Index Alert - On the days when the Heat Index reaches 96 degrees or higher, no outside practice or contest should be held. Inside activity may be held in air-conditioned facilities.

Administration of Wind Chill Procedures:

Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.

If the Wind Chill Index is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Wind Chill Index at halftime or midway point of the contest. If the Wind Chill Index is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

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FALCONER CENTRAL SCHOOL

Athletic Code of Conduct

NOTE: The signature form on the last page must be filed with the coach before candidate is permitted to practice or receive any equipment. Please keep the rest of this document for future referral.

Statement of Purpose

Our Athletic Code of Conduct is designed to educate athletes and parents, and to set clear and consistent boundaries for the behavior of athletes. Our aim is to design a positive document that establishes a comprehensive structure for running a program of excellence.

First, this document defines the positive expectations that we have for coaches, parents and athletes. We shall simply tell our student athletes what is expected from them behaviorally, if they are to be afforded the privilege of representing this community. The common values in our program need to reflect shared goals, a framework of principles agreed upon by the immediate stakeholders (athletes, parents and coaches), and a need for active support from other stakeholders, such as the school board, school administration, other school staff and the community.

Second, as in a clearly laid out playing field, it defines how we as a school will establish and maintain a healthy environment in which student athletes can mature in, through athletics, while considering the responsibilities of all stakeholders.

Third, this Athletic Code is meant to be a usable, dynamic document to guide the educational process through our school's athletic program. It defines the mission, philosophy, goals and parameters of the program, and the priority activities.

Fourth, it spells out the consequences for behavioral issues and violations but links the identified individual to a process for help and change.

Fifth, sport and athletic specific codes of conduct and drug testing have been upheld by the Supreme Court, and governed by the New York State Department of Education and SAVE legislation.

The code shall be a living document that is proactive and character based rather than reactive and punishment based. Consequences shall be universal and the timing of any incident shall not be any consideration in the logical series of events that are initiated upon any confirmed violation.

Competence Character Civility and Citizenship

We know that less than 2% of high school athletes go on to play team sports at the college level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. To that end, we challenge every athlete to strive for the following:

Competence – *the necessary level of knowledge and skill to sufficiently train and compete*

- To develop the skills necessary to participate competently in the game.
- To demonstrate knowledge of the rules and conventions of the game.
- To demonstrate knowledge of the strategies of the game.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
- To demonstrate knowledge of healthy behaviors including nutritional issues, physical, mental, and social well-being.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order

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to achieve the positive benefits of interscholastic athletics.

Character - *the pattern of beliefs, attitudes and therefore behavior that relates to moral strength, constitution and essential qualities that embrace the positive values of the Falconer Central School and the Community*

- To be dependable in fulfilling obligations and commitments; including attending and being on time to practice.
- To accept responsibility for consequences of actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To demonstrate truthfulness.
- To play by the rules of the game and not cheat.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; to congratulate opponents, not sulk, or display other negative behaviors.

Civility – *to demonstrate behavior that exemplifies appropriate respect and concern for others.*

- To make good choices on and off the field, including postings on social media.
- To refrain from trash talk and other put-downs of opponents and teammates, including postings on social media.
- To treat all persons respectfully regardless of individual differences; to show respect for legitimate authority (e.g. Coaches Officials Captains); this includes games, practice, in the locker rooms, and on social media.
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others including conversations on social media.
- To actively support teammates and others.

Citizenship – *social responsibility as part of a 'community.'*

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of personal gain.
- To work well with teammates to achieve team goals.
- To accept responsibility to set a good example for teammates, younger athletes, fans and school community.
- To accept your role on the team and compete to make your team better.

Rules and Regulations and the NY State Law

- The possession or use of alcohol by anyone under the age of 21 years on age is against NY State Law.
- Marijuana and all classified street drugs and controlled substances are illegal for all, and punishable by criminal arrest and prosecution.
- Prescription drug possession or use of without a medical authorization is against the law and punishable by criminal arrest and prosecution.

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- **Possession and use of tobacco products by student athletes shall be a violation because of the well-known health risks associated with use and the detrimental effect on physical performance, including vaping in all forms.**

NYS USE POSSESSION LAWS

- **A person under the age of 21 is guilty of a minor in possession, a misdemeanor, if that person attempts to purchase, purchases, or is found in possession of alcohol.**
- **Our message to Student Athletes is loud and clear and should be understood by all Stakeholders: There will be “NO USE” of alcohol or marijuana or any illicit substances including vaping.**

Athletes Who Host -- Lose the Most

Student Ringleaders in parties: There shall be a greater consequence for any student athlete, if it is determined that they were involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol or drugs are available or use has occurred.

Team Leaders Held to Higher Standards

- **Student-athlete leaders will be held to the highest standard of behavior, because they chose to be an example to their peers.**
- **Student-Athlete Leadership Job Description:** A caring and nurturing individual willing to exemplify the highest standards of character and duty to team, school and community. Must conduct yourself on and off the fields of play with behavior that is an example to others. This individual must possess high-level communication skills and be willing to confront any behaviors of concern or violations of standards of student-athlete code of conduct among peers. Must act as a conduit between team and coach. Must be willing to bring any serious concerns to the attention of adult authority. Must be willing to hold team meetings to discuss chemical health and behavioral issues. Must act to insure and inspire team goals and effectiveness. You will be held to the highest levels of conduct and character because you are in a leadership role.

Parties / Presence At Parties With Drugs (In the presence of...)

If a student-athlete attends a party/gathering, where alcohol or drugs are being illegally dispensed, the student-athlete must leave the party/gathering immediately* (LEAVING MEANS LEAVING IMMEDIATELY *) and report their attendance to a coach or administrator before the end of the next school day. Because possession and use of alcohol or drugs by youth under age 21 is against NY State law, it is our intent to prevent any community youth, including athletes, from being in an environment which greatly increases the risk of use, danger and nearly all youth negative behaviors of concern.

If we allow our athletes to be present in this illegal environment, we promote and allow the possibility for them to be involved in this illegal culture and we must assume some will partake in the use of these substances. * And to take as many of your teammates with you as possible.

Possession or Use of Illegal Substances on School Property (*DRUG FREE ZONE*) or at/during school sponsored events.

- **Possession or use of ILLEGAL DRUGS on school property in conjunction with a school activity or sponsored event, including use or possession during transport to or from any event or activity, shall result in immediate suspension.**

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- Participation in a contest or practice session while under the influence of an illegal substance shall result in immediate suspension.
- Distribution, dispensing or sale of any such drugs to any other student or student-athlete shall result in immediate suspension.

Cooperation During Investigation

It is important for all student-athletes to understand that involvement in our athletic programs is a privilege. With the responsibility of being an athlete comes a commitment, which is the conditions of this code of conduct. In the event that a student-athlete comes under investigation for possible violations to the provisions of this code, it is expected that:

- The student-athlete shall be truthful.
- That the student-athlete be forthcoming with information.
- That the student-athlete not be deceptive or untruthful.
- That the student-athlete be cooperative.

During the investigation of any student-athlete violation the student-athlete must be truthful and forthcoming with information, or the Athletic Director has within his/her power to impose a greater level of consequence. If it is determined that the student-athlete has lied, been deceptive or untruthful, prior to, or after the determination of guilt and or consequences. Great weight must be placed on the privilege of representing our community outside the confines of our community and any athlete that would fail to be truthful and/or cooperative would jeopardize the perceived character of our programs.

Consequences:

Student athletes caught breaking the athletic code, including possession and/or use of alcohol, tobacco, e-cigarettes or vapes, or other drugs, and proven to the satisfaction of the appropriate school officials (the principal, coach or activity advisor, and athletic director) during the athletic seasons will be treated in accordance with the athletic code as follows: (Athletic Code infractions will accumulate throughout an athlete's career at Falconer Central School.)

1st Level Offense:

- Student will be suspended from team contests for up to 30 days.
- Student is required to attend all practices during the 30-day suspension.
- Parents/guardians and athlete are required to follow the education component for chemical health violations as outlined in this Athletic Code of Conduct document.
- After completing that education component, the 30-day suspension may be reduced by agreement of the principal, coach or activity advisor, and the athletic director, and upon the written recommendation of the qualified chemical health specialist.
- Students will be assigned to CASAC for alcohol and vaping offenses for a minimum of three sessions.

2nd Level Offense:

- Student suspended from team contests and practices for 50 calendar days.
- Suspension will carry over from one season or school year to the next.
- Should this be the first offense by the student, but whose 1st offense carries a stronger penalty, then the parents/guardians and athlete are required to follow the education component for chemical health violations as outlined in this Athletic Code of Conduct document, including a statement from the qualified chemical health specialist.

3rd Level Offense:

- Student suspended from team contests and practices for a period of one year.
- Suspension will carry over into the next school year.

Student athletes involved in criminal conduct (i.e., theft, vandalism, assault, fighting, etc.) proven to the

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satisfaction of school officials (the principal, coach, and athletic director) while in the course of school-related activities acting as representatives of the school will follow the same consequences as those listed for other training violations outlined above.

Educational Component for Chemical Health Violations

If a violation occurs, the Code requires immediate administrative action and involves a **STUDENT ATHLETE ASSISTANCE PROCESS**. The student athlete and a parent or guardian must attend this process. Parents/Guardians must take parental responsibility for their child and be involved with this process. This helps insure that they are informed and aware of the nature of the violation and in full understanding that any future violations will result in greater consequences. The parent can also come to understand their role in helping their child learn a valuable lesson. Every incident or violation must be documented. It is the first time the student has been caught in a violation but not likely the first time they have used these substances.

Failure by a parent or guardian to comply will result in the athlete being able to practice but not compete, provided the athlete completes the process. This process is educationally based and is patterned after the restorative justice model. This process shall include provisions that the student-athlete and parent/guardian shall receive the following:

EDUCATION:

- The parent and student-athlete must see a qualified Chemical Health specialist. The parent/guardian and student-athlete must attend an informative intervention seminar, concerning the implications of use and the effect on physiological, psychological, social development and learning as well as discussion of harm reduction issues and personal and collective responsibility. The education must address the affect on athletic performance, brain development, learning and development of the student as a young adult.
- The process requires the parent/guardian and student-athlete to see the SRO (School Resource Officer) to discuss the legal ramifications of the behavior of concern and to discuss the law and youth risk behaviors such as drinking and driving.
- The process requires that the parent/guardian and student-athlete see a qualified Chemical Health Specialist, counselor or social worker to discuss the magnitude and status of the chemical health of the individual.

CORRECTIVE:

- The student-athlete and parent/guardian must come to an understanding that corrective measures are necessary in order to resume the athletic career or to practice and compete again. This shall include a document, signed by the student-athlete and parent/guardian, which clearly states agreed to changes and conditions. This document acknowledges that a violation has occurred, that they (parent/guardian and student-athlete) are willing to make changes in order to resume/ continue, athletic participation and that they will adhere to the code standards. It also indicates that the parent/guardian and student-athlete are aware of the next level of consequence that would result, should another violation occur.

RESTORATIVE:

- The student-athlete must address the teammates and coaches and admit to the violation, show remorse, ask to come back to the team and recommit to provisions of CODE.

Failure of any parent /guardian, student-athlete to complete any part of this process will result in permanent suspension for any future involvement in athletics.

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Other Policies/Procedures Related to Athletics

Athletic Placement Policy

New York State Interscholastic athletic participation is generally limited to students in grades 9-12 who have attained the age of 14. However, there exists early participation procedures based on the passing of an APP (Athletic Placement Process) test. This process is designed for the “exceptional” athlete. Certain physical dexterities and abilities along with physical maturity must be determined in accordance with a predetermined set of standards. Approval must first be secured from the school physician. If all criteria are met, the exceptional student-athlete in grades 7 and 8 may be eligible to compete on junior varsity or varsity sports teams at the discretion of the Athletic Director. The APP criteria differ for each sport.

Sportsmanship:

Encouraging good sportsmanship is the responsibility of everyone involved in high school athletics. Athletes, coaches, parents, spectators, staff, and even officials are all expected to exhibit good sportsmanship during athletic competitions.

Team Uniforms and School Issued Equipment: Care and Maintenance

Maintaining athletic programs during high school has become very costly. Athletic uniforms and equipment are purchased through and are the property of Falconer Central School. Care and maintenance of the uniform and equipment is the responsibility of the athlete and parent. Please take note of washing instructions prior to laundering. Garments and/or equipment that are damaged, lost or not returned in appropriate condition will need to be replaced at the cost of the athlete and parent.

Return of School Issued Uniforms and Equipment

Each student who elects to be part of an athletic team accepts the responsibility to use this clothing and equipment for a given time. Equipment and uniforms are expected to be returned to the coach directly at the end of the season. Athletes should never give their uniform or school issued equipment to anyone else to return for them. They should not return it to the office. Athletes are not permitted to keep their uniforms at the end of the season. Parents are asked to support our inventory policies and make every effort to ensure all uniforms and equipment is returned to the coach. Failure to return uniforms or equipment or returning uniforms or equipment that has been damaged will result in the student being placed on a list of indebtedness until the obligation has been resolved. The athlete will not be issued any subsequent uniform and/or equipment until either returning the items or paying the outstanding balance. ***Seniors will not be issued their diploma until all outstanding equipment/uniforms have been returned or monetarily reimbursed.**

Smoking and/or Drug Policy – Also see Athletic Code of Conduct

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A person under the age of 21 is guilty of a minor in possession, a misdemeanor, if that person attempts to purchase, purchases, or is found in possession of alcohol. Our message to student-athletes is loud and clear and should be understood by all Stakeholders: There will be “NO USE” of alcohol, tobacco, marijuana or any illicit substances including vaping either on school grounds or off. Refer to the Athletic Code of Conduct for additional information and consequences.

Harassment, Hazing, & Bullying

Falconer Central School follows the NYS Dignity Act found on the school website at: www.falconersd.org

Cyber Image Policy

Cyber Image Policy - Any identifiable image, photo or video which implicates a student-athlete to have been in possession or presence of drugs or portrays actual use, or out of character behavior or crime, shall be confirmation of a violation of the code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be a responsibility that the student-athlete must assume. It must also be noted that there may be persons, who would attempt to implicate an athlete, by taking such images, to place them in a situation where they might be in violation of this code standard. This is our rationale for demanding that our athletes not place themselves in such environments.

Attendance Policy

All athletes should be in attendance for the entire school day, unless legally absent, in order to participate in a game, practice, or activity. The following conditions would cause an athlete to miss that day's game or practice, or possibly warrant a one game suspension (#4):

1. Absent that day from school due to illness or illegal absence.
2. Arrival after 10:45 am due to illness or an illegal absence.
3. Going home ill during the day
4. Out of School Suspension, In School Suspension, truancy or skipping school

Transportation Policy

The athlete must travel to an event or game with the team and coaches, unless arrangements are made with the Athletic Director or High School Principal in certain special cases. They may be released after the game or event ONLY to a parent or guardian by signing the student out with the coach after the contest.

Reason: The Falconer Central School District, being a public entity, has an obligation to safeguard the resources its community provides, along with maintaining the well being of its students; therefore, the District works closely with its insurance company to best meet the needs of each of these parties and relies on their guidance to determine reasonable practices. It has been the contention of our carrier that allowing the transportation of students entrusted to the District by an individual other than the child's parent or guardian creates an undue liability.

Practices and Games

Student-athletes are expected to commitment to the practice and game schedule as noted by their coach. There may be times where a student-athlete is unable to attend practice due to illness, medical reason or emergency family situation such as a death in the family. Any absence must be reported to the coach in

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order to remain in good standing with the team. A student may be tardy to practice if he/she is receiving extra help from a teacher, in which case they shall present a 9th period pass signed by that teacher.

Student-athletes and parents who choose to take vacation during in-season competition must be aware that his/her absence may affect the performance level and overall success of the team.

Academic Eligibility Procedure

Falconer Central School students who participate in athletics are expected to conform to the academic standards that meet or exceed the requirements of the district and the New York State Board of Regents.

In order to remain eligible for any athletic activity, students in grades 6-12 must maintain at least 65% average in each class. Students who are failing at least one class will be placed on academic probation for a period of approximately three (3) weeks. During this time, the students must improve to the acceptable level, which is passing **ALL** classes. The student will still be allowed to participate in the athletic activity during the probationary period. Failure to achieve a passing average by the end of the probationary period will result in removal from the athletic activity until the student is passing **ALL** classes when the grades are reviewed at the designated checkpoints.

However, if a student can provide evidence by using the *Academic Probation Signature Form* but still has not obtained a passing grade, they will continue on probation. A separate *Academic Probation Form* must be completed for **EACH** failing subject and must be turned in by the student to the High School Office on the designated date. Failure to do so will result in immediate ineligibility. Averages will be based on current quarter grades unless designated otherwise. At the end of each quarter, all students that are ineligible move to probation and probationary students will remain on probation.

Athletic Coaches as Mandated Reporters

All coaches in New York State are now required to serve as mandated reporters of child abuse.

School personnel have been designated Mandated Reporters of child abuse for several years. This June, Governor Andrew Cuomo signed a law that will now require athletic coaches who hold or apply for a temporary coaching license or professional coaching certificate to report suspected child abuse. Coaches will be required to complete two hours of training on recognizing possible signs of child abuse.

In addition, effective July 1, 2015, all coaches will be required to provide proper documentation in order to obtain and hold a temporary coaching license or professional coaching certificate.

Parent-Coach Relationship

Parents and coaches must have a healthy and clear communication relationship in order to provide a safe, supportive, and successful experience for the student-athlete. By understanding the role of each adult, we are able to ensure a positive and rewarding athletic experience for the student-athlete.

Expectations for Parents

- Parent/Guardian is required upload and sign all electronic pre-requisites via the Family ID System as per instructions
- Discuss the Falconer Athletic Handbook and Athletic Code with student athlete
- Appropriate conduct before, during, and after all events, including social media

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- Promote good sportsmanship for team members and opponents
- Support coaches and team success

Failure to comply with these recommendations may result in suspension from district events.

Player/Parent Agreement

The Falconer Central School Coaching Staff and Administration ask parents to review the Player/Parent Agreement below. It is important for our student-athletes to know that parents as well as school staff are supportive and appropriate when involved in competition.

Player:

I agree to:

- Always play by the rules.
- Never argue with an official. When a call is disputed, I will let the coach or team captain handle it.
- Remember that I am playing because I enjoy the sport. Winning is fun, but so are many other aspects of the sport.
- Never berate my opponent by trash talking, taunting or showboating.
- Work at achieving my personal best and not get discouraged if it is not the best. There will always be players who are better and lesser than I am.
- Show appreciation for good players and good plays, even those by opponents.
- Control my temper and not show off.
- Play fairly at all times.

Parent:

I agree to:

- Remember that young athletes should always play for their fun.
- Teach my young athlete that honest effort is just as important as winning.
- Provide plenty of encouragement to my young athlete because that's the best way to help him/her learn.
- Encourage all sportsman-like behavior.
- Applaud and support efforts of coaches and officials.
- Remember that young athletes will only remember what we teach them. Fair play and good sportsmanship begin at home.
- Show courtesy and respect to other fans.

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Falconer Central School District COVID-19 Return to Play Protocol Guidelines

Falconer Central School District has designed a return to play to athletics after a COVID-19 infection. The Return to Play protocol was adapted from *Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.*

The following is to help athletes make a safe return to participation. Athletes who have tested positive must follow New York State Health Department guidelines for COVID-19 Positive case with regards to quarantine and return to normal everyday task.

If an athlete has tested positive for COVID-19, he/she must be cleared by a physician before they can return to play. This may include the athlete completing a gradual-progression to return to play after COVID-19 infection. The athlete will work with their physician to determine what level of clearance is needed before they can return to play.

Their physician will complete the Return to Play after COVID-19 Infection clearance form and return to the Athletic Trainer or School Nurse.

The progression should be done under the supervision of an Athletic trainer. If the trainer is unavailable, coaches can supervise the athlete's activities, but must follow what the Athletic Trainer writes out for that given stage.

If the athlete is required to complete the Return to Play Protocol, they must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. A minimum of 24 hours is required between steps.

If a student displays signs and/or symptoms, stop activity, wait at least 24 hours or more until athlete is asymptomatic; then return to the last asymptomatic stage and begin progression anew. Athlete should be symptom free before progressing to the next stage.

The Return to Play Protocol is a minimum of six days. One stage can be completed each day. At the end of the 6 days, the paperwork will be returned to the Athletic Trainer or School nurse and then sent to the Medical Director, Dr. Mitchell, for his final approval of clearance. At that time, the athlete may return to full activity/participation.

If you have any questions or concerns, please contact:

FCS Athletic Director
Dave Nelson
dnelson@falconerschools.org
716-665-6624

FCS MS/HS Nurse
Roxanne Brazie RN
rbrazie@falconerschools.org
665-6624 Option 1

FCS Athletic Trainer

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Falconer Central School District COVID-19 Return to Play Protocol

STAGE ONE – 2 DAY MINIMUM (DAY 1 AND DAY 2)

Light activity for no more than 15 minutes. Activities such as using a stationary bike, seated elliptical or walking are allowed. No impact or resistance activities. Maximum 70% of max heart rate – purpose is to increase heart rate. If a student is symptom free (no chest pain, shortness of breath, palpitations, rapid/abnormal heart rhythm, and/or fatigue) during and after workout, 24 hours must pass before starting the next step.

STAGE TWO- 1 DAY MINIMUM (DAY 3)

Moderate aerobic activity for no more than 30 minutes. Activities such as using a stationary bike, seated elliptical, swimming or brisk walking are allowed. No impact or resistance activities. Maximum 80% of max heart rate – purpose is to increase heart rate and duration of activity, and manage any post viral fatigue symptoms. If a student is symptom free during and after workout, 24 hours must pass before starting the next step.

STAGE THREE-1 DAY MINIMUM (DAY 4)

More intense aerobic activity, but no more than 40 minutes. Activities such as using a stationary bike, seated elliptical, swimming or walking on a treadmill are allowed. They may add light resistance training. Maximum 80% of max heart rate – purpose is to increase duration and endurance. If a student is symptom free during and after workout, 24 hours must pass before starting the next step.

STAGE FOUR – 2 DAY MINIMUM (DAY 5 & DAY 6)

Vigorous aerobic activity no more than 60 minutes. Sport performance activities are allowed at this point along with bicycling, jogging, weight training, HIIT Workouts, jump roping, etc. Maximum 80% of max heart rate – purpose is to restore confidence and assess functional skills. If a student is symptom free during and after workout, 24 hours must pass before athlete can continue to the final stage of full clearance.

AFTER ATHLETE HAS COMPLETED DAY 6

The athlete may return to full activity/participation (including contest/competitions) once the School Medical Director signs off on the Return to Play form.

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Falconer Central School District Return to Play After COVID-19 Infection – Clearance Form

If an athlete has tested positive for COVID-19, he/she must be cleared back to activity by an approved health care provider (MD/DO/PAC/ARNP).

Athlete Name: _____ DOB: _____ Sport: _____

Date of Evaluation: _____ This Return to Play is based on Today's Evaluation.

Please Complete the following regarding the patient's experience with COVID-19 and plan of care:

COVID-19 EXPOSURE	YES	NO	If YES: Date of MOST RECENT Exposure:
COVID-19 SYMPTOMATIC			If YES: Start of Symptoms: _____ End of Symptoms:
COVID-19 Diagnosis			If YES: Date of Positive Diagnosis: _____
COVID-19 Hospitalized			If YES: Date of Hospitalization: _____
Cardiac Screening Needed			If YES: Results: _____

Please select one of the following:

CLEARED WITHOUT RESTRICTIONS (NO RETURN TO PLAY PROTOCOL)

***** ONLY FOR STUDENTS 12 YEARS OF AGE OR YOUNGER *****

Date of Clearance: _____

Comments: _____

CLEARED with RETURN TO PLAY PROTOCOL

(Please refer to Falconer Central School District COVID-19 Return to Play Progression on the next page that will be completed as stated if no additional instructions are given)

Date of Clearance: _____

Comments: _____

NOT CLEARED

Comments: _____

Signature of Physician

Date

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Falconer Central School District COVID-19 Return to Play Protocol

Athlete Name: _____ DOB: _____ Sport: _____

Stage 1 – RTP Progression Following a Positive COVID-19 Diagnosis

The following gradual progression is to be followed. **The student must be symptom free** in order to initiate this RTP progression and to progress from one step to the next step. A minimum of 24 hours is required between steps. **If symptoms appear, stop activity for the day**, wait until asymptomatic, return to the last asymptomatic stage, and begin progression anew.

STAGE 1: 2 DAYS MINIMUM

- 10-15 minutes of light aerobic activity
- Activities such as using a stationary bike, seated elliptical or walking may be included
- No impact or resistance activities
- If a student is symptom free during and after workout, 24 hours must pass before starting the next step

Activity: _____

WORKOUT ASSESSMENT

Post COVID-19 Symptom Chart

The student will answer whether they have the following symptoms after each stage of exercise. School personnel, parent or guardian will indicate the student’s response by circling yes or no to each question.

SYMPTOMS	STAGE 1		STAGE 1	
Does the student indicate	DATE:		DATE:	
CHEST PAIN	YES	NO	YES	NO
SHORTNESS OF BREATH	YES	NO	YES	NO
RAPID/ABNORMAL HEART RHYTHM	YES	NO	YES	NO
FATIGUE	YES	NO	YES	NO

Comments: _____

Signature (To be completed by the adult asking questions) _____

ONCE THE STUDENT HAS COMPLETED 2 DAYS SYMPTOMS, THEY MAY PROGRESS TO STAGE 2

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Falconer Central School District COVID-19 Return to Play Protocol

Athlete Name: _____ DOB: _____ Sport: _____

Stage 2 – RTP Progression Following a Positive COVID-19 Diagnosis

The following gradual progression is to be followed. **The student must be symptom free** in order to initiate this RTP progression and to progress from one step to the next step. A minimum of 24 hours is required between steps. **If symptoms appear, stop activity for the day**, wait until asymptomatic, return to the last asymptomatic stage, and begin progression anew.

STAGE 2: 1 DAY MINIMUM

- 25-30 minutes of moderate aerobic activity
- Activities such as stationary bike, seated elliptical, swimming or brisk walking may be included
- No impact or resistance activities
- If a student is symptom free during and after workout, 24 hours must pass before starting the next step

Activity: _____

WORKOUT ASSESSMENT

Post COVID-19 Symptom Chart

The student will answer whether they have the following symptoms after each stage of exercise. School personnel, parent or guardian will indicate the student’s response by circling yes or no to each question.

SYMPTOMS	STAGE 2	
Does the student indicate	DATE:	
CHEST PAIN	YES	NO
SHORTNESS OF BREATH	YES	NO
RAPID/ABNORMAL HEART RHYTHM	YES	NO
FATIGUE	YES	NO

Comments: _____

Signature (To be completed by the adult asking questions) _____

ONCE THE STUDENT HAS COMPLETED 1 DAY WITHOUT SYMPTOMS, THEY MAY PROGRESS TO STAGE 3

Please Note: As of the printing of this handbook, we have not received a change in the COVID-19 Protocols. Refer to the Health Office for updated information.

Falconer Central School District COVID-19 Return to Play Protocol

Athlete Name: _____ DOB: _____ Sport: _____

Stage 3 – RTP Progression Following a Positive COVID-19 Diagnosis

The following gradual progression is to be followed. **The student must be symptom free** in order to initiate this RTP progression and to progress from one step to the next step. A minimum of 24 hours is required between steps. **If symptoms appear, stop activity for the day**, wait until asymptomatic, return to the last asymptomatic stage, and begin progression anew.

STAGE 3: 1 DAY MINIMUM

- 35-40 minutes of intense aerobic activity
- Activities such as stationary bike, seated elliptical, swimming or walking on a treadmill may be included
- May add light, resistance activities
- If a student is symptom free during and after workout, 24 hours must pass before starting the next step

Activity: _____

WORKOUT ASSESSMENT

Post COVID-19 Symptom Chart

The student will answer whether they have the following symptoms after each stage of exercise. School personnel, parent or guardian will indicate the student's response by circling yes or no to each question.

SYMPTOMS	STAGE 3	
Does the student indicate	DATE:	
CHEST PAIN	YES	NO
SHORTNESS OF BREATH	YES	NO
RAPID/ABNORMAL HEART RHYTHM	YES	NO
FATIGUE	YES	NO

Comments: _____

Signature (To be completed by the adult asking questions) _____

ONCE THE STUDENT HAS COMPLETED 1 DAY WITHOUT SYMPTOMS, THEY MAY PROGRESS TO STAGE 3

Please Note: As of the printing of this handbook, we have not received a change in the COVID-19 Protocols. Refer to the Health Office for updated information.

Falconer Central School District COVID-19 Return to Play Protocol

Athlete Name: _____ DOB: _____ Sport: _____

Stage 4 – RTP Progression Following a Positive COVID-19 Diagnosis

The following gradual progression is to be followed. **The student must be symptom free** in order to initiate this RTP progression and to progress from one step to the next step. A minimum of 24 hours is required between steps. **If symptoms appear, stop activity for the day**, wait until asymptomatic, return to the last asymptomatic stage, and begin progression anew.

STAGE 4: 2 DAYS MINIMUM

- 60 minutes of vigorous aerobic activity
- Sport performance activities can be allowed
- Activities such as bicycling, jogging, weight training, HIT workouts, rope jumping, and shoveling

Activity: _____

WORKOUT ASSESSMENT

Post COVID-19 Symptom Chart

The student will answer whether they have the following symptoms after each stage of exercise. School personnel, parent or guardian will indicate the student's response by circling yes or no to each question.

SYMPTOMS	STAGE 4		STAGE 4	
Does the student indicate	DATE:		DATE:	
CHEST PAIN	YES	NO	YES	NO
SHORTNESS OF BREATH	YES	NO	YES	NO
RAPID/ABNORMAL HEART RHYTHM	YES	NO	YES	NO
FATIGUE	YES	NO	YES	NO

Comments: _____

Signature (To be completed by the adult asking questions) _____

RETURN TO ATHLETIC TRAINER OR SCHOOL NURSE

Please Note: As of the printing of this handbook, we have not received a change in the COVID-19 Protocols. Refer to the Health Office for updated information.