



OSWEGO

CITY SCHOOL DISTRICT

Athletics Handbook



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"We empower and engage students to guarantee their successful future."

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MESSAGE FROM THE PROGRAM DIRECTOR



Dear Oswego City Student-Athletes and Families,

On behalf of the Oswego City School District, I would like to welcome you to our Interscholastic Athletic Program. This handbook has been prepared to be used as reference to define responsibilities as they pertain to rules and regulations, as well as the policy and procedures for participation in our Interscholastic Athletic Program. I am very pleased that you have shown an interest in this phase of our school program and it is my belief that participation in athletics is a privilege and honor that provides an opportunity for developing life-long skills that may not be available in the academic classroom. Our main goal is to provide “first-class” experiences that promote team and individual growth in a safe and healthy environment both on and off the athletic fields.

Oswego CSD offers 70 different athletic teams for our students in grades 7-12. Specifically for grades 7 & 8, we offer 25 Modified programs, which serve as a training ground for skill development and participation. Our coaching staff consists of certified, dedicated professionals who enjoy working with our student-athletes. They are a group of individuals who work very hard and care a great deal about the students for which they are responsible.

The Modified program prepares our young student-athletes for the higher levels of high school competition. To participate at the high school level, a higher refinement of skills is necessary and competition is viewed at a higher level of comprehension. Our 43 Varsity & JV teams strive for success and practice to produce as efficient a team and individual effort as possible. Oswego CSD also takes great pride in its commitment to inclusion through the offering of Unified sports opportunities.

The Oswego CSD Athletic Program is governed by the regulations of the New York State Commissioner of Education and the Oswego City School District Board of Education. In addition, Oswego CSD is a member of the New York State Public High School Athletic Association (NYSPHSAA), Section III Athletics and competes in the Salt City Athletic Conference (SCAC).

Please feel free to visit our website (<https://www.oswego.org/athletics>) or call the athletic office at (315) 341-2019 if you have any questions or concerns regarding the Oswego CSD Athletic Program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide. GO BUCS!

Cynthia A. Lauzon
Director of Physical Education and Athletics

ATHLETICS PHILOSOPHY

The mission of the Oswego City School Athletic Program is to foster the pursuit of excellence by creating an educational and competitive experience within an atmosphere of sportsmanship.

We strive to develop and realize individual and team potential by promoting high standards of competence, character, civility and citizenship.

Oswego City School District Mission:

We empower and engage students to guarantee their successful future.

Our Beliefs:

- *The Oswego City School District understands that interscholastic athletics are a significant part of the educational process.*
- *The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth.*
- *Athletics provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom.*
- *It is understood that participation on a team demands a commitment that involves dedication and sacrifice. This is required not only of the student, but also of the coaches and parents.*

ATHLETIC PROGRAM STRUCTURE



Modified A- Grades 7-9 & Modified B- Grades 7-8

The opportunity to participate in a Modified sport program is available to all 7th & 8th grade students (Modified A- are available for 7th, 8th and 9th grade students). Teams offered are determined by the existence of leagues, student interest and relationship to the high school athletic program. At this level, the focus is on learning athletic skills, game rules, fundamentals of team play, socio-emotional growth and health competition. In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. Occasionally, practices and contests will be scheduled on Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of the season.



Junior Varsity

The junior varsity level is intended for student-athletes who demonstrate that they have the potential of developing into productive varsity-level athletes. Student-athletes are expected to make a visible commitment to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, as well as socio-emotional development. Participants at the junior varsity level are expected to prepare themselves for a 6-day-a-week commitment.



Varsity

Varsity competition is the culmination of every athletics program. It is vital that each team member has a role and understands the importance of that role. The number of roster positions is relative to a student's acceptance of their individual roles in pursuit of team goals. While contest participation over the course of the season is desirable, a specified amount of playing time at the varsity level is never guaranteed. A sound attitude and advanced skills are prerequisites for varsity team participation, as is the realization that a varsity sport requires a 6-day-a-week commitment. Student-athletes are expected to give priority to their in-season school team when it conflicts with an outside activity.



Unified Sports

Oswego CSD, together with the NYSPHSAA and Special Olympics New York, is dedicated to promoting social inclusion through shared sports training and competition experiences. Unified Sports joins students with and without intellectual disabilities on the same team to create athletic teams for training and competition. Participation is rooted in the principle of meaningful involvement which ensures that every player is given an opportunity to contribute to the success of his/her team through their unique skills. Inclusive activity is among the most conducive ways to break down stereotypes and foster relationships.



PARTICIPATION IN ATHLETICS

Athletic Registration:

All registrations are processed via **Family ID**, which is a secure registration platform that provides you with an easy, user-friendly way to register for your athletic programs. When families register through Family ID, the system keeps track of your information in your Family ID profile. Families will enter their information only once for each family member per season. Information will be saved for the next sports season with an opportunity to update medical history from season to season and electronically sign to give permission for your student-athlete to participate.

****Registration will be accepted beginning 30 days from the start of the season. Families may register their student-athletes at: <https://www.familyid.com/organizations/oswego-city-school-district>***

Physicals:

Student-athletes are required to have a physical examination prior to trying out for or playing on an interscholastic sports team. A physical is good for 12 months from the date of the physical (this should be uploaded to Family ID).

Athletic Placement Process (APP):

APP is a process used to determine a student-athlete's readiness for athletic competition by evaluating their physical maturity, fitness and skill level. The intent of this program is to provide student-athletes in grades 7-12 with the opportunity to safely participate at the appropriate level of competition based upon their individual readiness, rather than age and grade. Placing students at the appropriate level of competition is likely to result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction. Please note that APP is not used to fill roster spots. The Varsity coach of each sport will recommend individuals for APP. In addition, the criteria mentioned, the social-emotional maturity of each student-athlete is also considered, especially in situations where student-athletes would be participating at an advanced level.

Please refer to the Athletic Code of Conduct for all of the following:

<input type="checkbox"/> Participation	<input type="checkbox"/> Suspension from School
<input type="checkbox"/> School Attendance	<input type="checkbox"/> Accident and Injuries
<input type="checkbox"/> Academic Eligibility	<input type="checkbox"/> Transportation
<input type="checkbox"/> Student Behavior	<input type="checkbox"/> Equipment

ATHLETIC, EXTRA-CURRICULAR, CO-CURRICULAR, AND SCHOOL FUNCTIONS EXPECTATIONS

It is the belief of the Oswego City School District that once a student becomes a member of an athletic/co-curricular/team/group/club/organization representing the Oswego City School District that the student assumes a major responsibility. The student represents their school, their family and themselves. The student is expected to maintain high standards, as they have accepted the responsibility that coincides with being provided the opportunity to represent the school.



ATHLETIC CODE OF CONDUCT

It is the belief of the Oswego City School District that participation in the Athletic Program is a privilege that carries with it responsibilities to the school, to the team, to the student body, and to the community.

When an athlete accepts this privilege, he or she must also live up to a Code of Conduct and assume responsibility as an ambassador for the Oswego City Schools. This responsibility applies whether the student-athlete is on campus, off campus, or at a competitor's school, and also applies during both the sporting season and the off season. While all students in the Oswego City Schools are expected to conform to the district's code of conduct, student-athletes, because of their visibility, have an additional responsibility to maintain good sportsmanship and a positive attitude in all sporting competitions.

The intent of the Oswego City School District is to promote responsible behavior, good sportsmanship, and love of the sport in an orderly and safe school environment. The belief of the Oswego City School District is that everyone in our community must strive toward contributing to this goal. Student athletes, parents/guardians, coaches, and spectators all have the responsibility to uphold the District Standards based on:

- *Responsible Behavior-Use of self-control in your actions and language;*
- *Mutual Respect- Treating oneself and others with care and consideration;*
- *Integrity-Concern for Others- Being truthful, honest and fair in your dealings with others;*
- *Cooperation- Listening and working together to make a positive contribution;*
- *Resiliency-Putting forth your best effort in whatever you attempt; and*
- *Adaptability- Challenging oneself to take on leadership roles on the team.*

A. PARTICIPATION

It is a privilege for students to participate in interscholastic athletics at the Modified, Junior Varsity and Varsity levels. This participation requires that student-athletes take on additional responsibility when it comes to their behavior on and off the field, whether it is in or out of season. For this reason athletes will follow the athletic training rules year-round. Student athletes and their parents will review and sign the code of conduct prior to each season as part of completing the registration process on Family ID.

B. SCHOOL ATTENDANCE

It is expected that all students are in attendance for the entire school day in order to be eligible to participate in practices or athletic contests that day. Student-athletes who are truant (absent without

a legal excuse) or who are serving in-school suspension or out-of-school suspension will not be eligible to participate in practices or athletic contests on that day.

Rule:

*A student **MUST** participate in Physical Education when scheduled or he/she will **NOT** be permitted to participate in athletics that day. If a student is failing Physical Education, he/she is automatically on Academic Probation (for 10-days).*

All student absences, tardiness and early departures from class or school must be accounted for. It is the parent's responsibility to notify the school prior to the student's absence, tardiness or early departure from class or school or to provide a written excuse upon the student's return to school.

Excused Absences:

Medical Reasons:	
<input type="checkbox"/> Sick <input type="checkbox"/> Injury	<input type="checkbox"/> Attendance at Health Center <input type="checkbox"/> Quarantine
<input type="checkbox"/> Surgery <input type="checkbox"/> Hospital	<input type="checkbox"/> Doctor Appointment <input type="checkbox"/> Dental/Orthodontic Appointment <input type="checkbox"/> Counseling Appointment
Family-Related Reasons:	
<input type="checkbox"/> Emergency in Family <input type="checkbox"/> Attending Funeral <input type="checkbox"/> Court ordered visitations <input type="checkbox"/> Court appearances	<input type="checkbox"/> Death in the Family <input type="checkbox"/> Military Obligations <input type="checkbox"/> Religious Observance
Other:	
<input type="checkbox"/> College Visit <input type="checkbox"/> Incarcerated	<input type="checkbox"/> Social Service Visit

This Excused Absence section is intended only to provide examples of excuses which, for purposes of this Athletic Code of Conduct, are sufficient to permit a student to participate in a scheduled event despite missing class on the day of the event (written notes should be provided to the attendance offices at OMS/OHS).

Penalty:

Failure to comply with this attendance rule will result in the student not being able to participate in the practice, game or event for that day. In case of a Friday or day before a holiday, the penalty will be imposed for the next practice, game or event.

C. ACADEMIC ELIGIBILITY

To maintain a standard of excellence at both the academic and athletic levels, the following eligibility rules have been established to govern the behavior and conduct of students choosing to participate in interscholastic athletics:

The Start of Each Sport Season

The 10-week marking period previous to the sport season desired to participate in will be used to determine a student's eligibility status for an athletic team. Fall sport candidates will refer to the previous spring marking period (weeks 30-40). Winter sport candidates will refer to the fall marking period (weeks 1-10). Spring sport candidates will refer to the winter marking period (weeks 10-20). All students will be allowed to try-out for a sports team, however, **if they are failing 2 or more courses they will be immediately placed on Academic Probation.**

Exception: For Fall Sports (starting before school starts)-any student with 2 or more deficient grades from the previous school year may try-out but will not be eligible for contests until school starts (when school starts, their 10-day probation period will start).

Academic Probation Period

- Any student with 2 or more deficient grades (at the start of each season OR at the 5-week report of each marking period)--will be considered to be on "probation". "Probation" will require the student to make arrangements with teachers to get additional support and/or develop a plan for improvement in the course(s).
- The Athletic Office will notify the student-athlete, their parent/guardian, coach, counselor and teachers via email about any student-athlete on probation (individually).
- The student-athlete will be responsible for daily signature sheets that must be signed by their teachers. These completed sheets are turned into the coach prior to being allowed to participate in athletics that day. Incomplete sheets will result in ineligibility that day. Any forged signatures will result in immediate removal from the sports team.
- If a student-athlete doesn't present the form to the coach prior to participation, he/she is not allowed to participate that day.
- During the probation period, student-athletes are not allowed to travel to contests.
- The probation period will last for 10 school days.
- Improvement must be made in order to remain on the team (the Athletic Director will make the final determination)
- At the end of the 10th school day, the Athletic Office will follow-up with their initial email to inform everyone involved of the student-athlete's eligibility moving forward:
 - o resume full participation
 - o removal from team

D. STUDENT BEHAVIOR

Student-athletes are expected to abide by the applicable codes of conduct, to demonstrate respect for the rights of others, and to behave in a manner that reflects positively on themselves, their school and their community. Specifically, students are expected to do the following (in or outside of school):

- a. Refrain from the use, possession, sale or distribution of alcohol, drugs, and tobacco/non-tobacco and related novelty products, on or off campus;
- b. Demonstrate self-control and respect for others during participation in all athletic activities;
- c. Respect the integrity and judgement of faculty, staff, and officials involved in the athletic activities;

- d. Be familiar with, understand, and abide by the rules and regulations of the athletic activity or event;
- e. Abide by any further conditions imposed by the advisors, moderators or coaches of the athletic activity during the periods of participation in athletic activities.

Students who fail to meet these behavioral expectations may be suspended from their participation in athletics, in addition to any other penalty imposed by the school or by the district.

Level 1-Violations

It is a violation of the Code of Conduct for Student-Athletes to:

- a. Use, possess, sell or distribute tobacco/non-tobacco, related novelty products and/or accessories.
 - i. If a student-athlete is caught vaping with a nicotine charge for the **first time**, the student must complete a vaping education program. While the student-athlete is completing the program, they cannot participate in athletics.
 - ii. The student-athlete will be reinstated back into the athletic program once completion is verified. Once reinstated the student-athlete will receive a one (1) game/contest/match suspension.
 - iii. If a student-athlete is caught vaping with a nicotine charge for **the second time**, the student will have to follow the ***Athletic Reinstatement Process*** (see description on page-4).
- b. Use, possess, sell, distribute or be under the influence of alcoholic beverages, illegal drugs or performance-enhancing substances (e.g., caffeine pills, steroids), whether legal or illegal, look-alike drugs or drug paraphernalia on school grounds, off school grounds, whether during the sport season or out of the sport season;
 - i. If a student-athlete is caught vaping with a THC charge, the student must complete a vaping education program and will have to follow the ***Athletic Reinstatement Process*** (see description on page-4).
- c. Host or remain present at events, activities or locations where minors are consuming or being served alcohol, illegal drugs or other performance-enhancing substances;
- d. Use, possess, or distribute firearms, weapons or explosive devices on school grounds or at school events;
- e. Engage in illegal gambling activities;
- f. Engage in harassing behaviors that include: verbal threats, threatening, hazing activities, bullying, cyber-bullying, vandalism, intimidation, retaliation or abuse, conduct or speech based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion/religious practices, disability, sex, sexual orientation, gender, or perceived gender, protected federal rights, or other personal misconduct, including, but not limited to, conduct that involves police or court action;
- g. Engage in indecent exposure at any time or at any place.

For purposes of this section, "possess" shall mean to have in one's possession or control, e.g., on one's person or in one's physical control or keeping, or to have in one's presence or close proximity.

Level 1-Consequences

Following the investigation of the facts by the coach, Athletic Director or building administrator, the following actions will be taken for violation of the Code of Conduct for Student-Athletes by the Athletic Director:

- Parent/guardian notification;
- Suspension from participation in the District athletic programs until the student has been through the ***Athletic Reinstatement Process***:

The Athletic Reinstatement Process:

The student-athlete is immediately suspended from the team or athletic club for the remainder of that sport season. This includes all regular season games and post-season play. The suspension continues for future interscholastic sports participation while the student's appeal or request for reinstatement is pending.

The student-athlete may seek reinstatement for eligibility for the season of desired participation. If approved, participation would commence following completion of the in-season suspension and completion of any additional consequences imposed.

The reinstatement process requires that a student submit a written request for a meeting with the ***Athletic Reinstatement Committee*** (consisting of a Building Principal or his/her designee and at least 2 coaches) to the Athletic Director. This meeting will be held within two weeks (10 school days) from receipt of the student's written request. The Athletic Reinstatement Committee will make a recommendation regarding the reinstatement to the Athletic Director. The Athletic Director will make a determination to deny or grant reinstatement. Within five school days, the Athletic Director shall notify the student in writing of the decision of the Athletic Reinstatement Committee. The student-athlete and the student's parent/guardian(s) have the right to appeal the decision within five (5) days to the Superintendent of Schools or the Superintendent's designee. Once the Athletic Reinstatement Committee or the Athletic Director has determined that the student will be reinstated, then, as a condition of such reinstatement, one or more of the following additional consequences will be applied based on the seriousness of the violation:

- A minimum of 3-hours of substance abuse awareness counseling or education may be required for drug- and alcohol-related infractions.
- If the suspension is for less than 25% of the regular-season contests in the present sport season, the student will have the difference applied to the next sport season of participation to meet or, if applicable, exceed the 25% minimum number of contests. The suspension is applied to the next sport season of participation for which student previously participated on during the past calendar year and also applied to any sport which the student did not participate on during the last calendar year, which takes place prior to the sport of previous participation.
- The minimum suspension after the student reinstatement process is 25% and could range up to one calendar year.
- If a modified student-athlete commits a level 1 violation during their modified career (modified 7/ 8, modified 8/9 and modified 9) the student-athlete will follow the process for reinstatement for consideration to return to modified athletics.
- If a modified student-athlete commits two level 1 violations during their modified career (modified 7 /8, modified 8/9 and modified 9) they will be deemed ineligible to participate in modified athletics.
- Any student deemed ineligible in modified athletics is allowed to participate in high school athletics (JV & Varsity). If this student-athlete commits another level 1 violation at the high school level, they will immediately enter into the athletic reinstatement process.

Post-season play is not calculated into the percentages.

- If all terms of the suspension are completed during the regular season, the student-athlete would be eligible to participate in the post-season.
- If the student-athlete has not completed all terms of the suspension, during the regular season, the student-athlete will serve the terms of the suspension into the post-season. At the time all terms of the suspension are completed, the student-athlete would be eligible to participate in the remainder of the post-season at the direction of the Athletic Director.
- Any post-season awards, recognition or attendance at the banquet will be determined by the coach and Athletic Director.

Summary of Level I Consequences:

1st offense- automatic 25% out of games; appeal to AD (AD sets up a committee: Principal or designee and at least 2 coaches)

2nd offense- 50% out of games

3rd offense- full season out of games

*Consequences carry over to next season if not completed in current season; must be fulfilled before resetting in the next school year

Level 2-Violations

1. Student-athletes will adhere to individual team rules, which are established in writing by coaches and on file in the Athletic office, and which shall be consistent with the Code of Conduct.
2. Student-athletes will return school equipment and uniforms at the end of the season or they will forfeit post-season awards and will not be eligible to participate in any other sport until the matter has been resolved.
3. Student-athletes who quit or are unable to finish the season or post-season play because of disciplinary action, academic ineligibility or other reasons, will forfeit all awards, including team awards, certificates, letters, pins, etc.
4. Student-athletes who quit after the first contest has been played may face consequences for that decision. The student-athlete must inform the coach and the Athletic Director immediately. Quitting a team may result in a suspension from the next season of participation; final determination will be made by the Athletic Director with the assistance of the athlete, coach, parent/guardian and future coach.
5. Student-athletes will not engage in activities or action which bring discredit to the school, program or team as determined by the coach, Athletic Director or Principal.
6. Student-athletes will be responsible for theft or damage of uniforms, money or school property related to the athletic program.
7. Student-athletes must complete an entire sports season in good standing and turn in all school-issued supplies in order to receive any post-season athletic recognition.

Level 2–Consequences

Decisions regarding the enforcement of the Level 2 consequences for first and second offenses are made by the individual coach(es), who submit a written report to the Athletic Director regarding the violation and the consequences imposed as a result of the violation. All third offenses will be reviewed by the coach(es) and Athletic Director to determine the consequences.

1st Offense	Will range from an official warning to exclusion from athletics for up to 25% of scheduled contests. Post-season awards will be determined by the coach and Athletic Director.
2nd Offense	Will range from exclusion from athletics for up to 25% of the season, which could be carried over to the next sport season of participation. Post-season awards will be determined by the coach and Athletic Director.
3rd Offense	Will result in suspension for up to one calendar year, and forfeiture of awards and post-season recognition.

During the period of suspension, the student-athlete is ineligible to participate in any contests or team activities for the duration of the suspension. The coach, Athletic Director and Principal will determine whether the suspended student-athlete will participate in practices and/or attend contests. In no case will the suspended student-athlete dress in a school uniform, sweats or team clothing during the suspension period.

E. SUSPENSION FROM SCHOOL

Any time an athlete violates a regulation pertaining to all students and that student is suspended from school (either in-school or out-of-school suspension) they are additionally suspended from participation and attending any extra-curricular school- sponsored activities for the length of their suspension. Coaches will be notified by the athletic office and/or the middle school or high school main office when these suspensions take place.

F. ACCIDENT AND INJURIES

Participation by an athlete involves some degree of risk of physical injury. Such physical injury can occur in any type of athletic activity, be it “contact” or “non-contact”.

Further, many injuries are truly accidental in nature and involve no negligence by anyone, including the athlete. By volunteering to participate in school sponsored athletic activity, the athlete and his/her parent(s) assume the risks for injuries to occur.

If during the course of any athletic practice or contest, an athlete is injured, it is the responsibility of the coach or coaching staff to provide basic First Aid to the injured athlete and obtain further assistance, where necessary. To add to this, coaches are required to make appropriate phone calls to parents and/or guardians and district administration and document all injuries, per district procedures.

Athletic Trainer

The athletic trainer provides emergency service for student athletes and develops prevention strategies through appropriate training methods and physical conditioning programs, to ensure proper follow-up after an injury, the trainer consults with parents, the school nurse, physicians, coaches and physical education teachers. The district's athletic trainer is **Michael Schlichtig** and his office is located in the high school weight room, his hours run 1pm until approximately 9pm; along with attending a large majority of home contests.

Injuries

It is the student-athlete's responsibility to immediately report any injury to his/her coach. The coach will then complete an incident report and submit that to the athletic office. No student-athlete is permitted to participate or play in an athletic practice or contest if a clearance note from a physician is not submitted to the athletic trainer or school nurse. Return to play after injury

If a student has seen a physician for an injury or is absent from school or practice session, due to an injury they must have written permission from a physician before returning to participation in practices, scrimmages or games. By volunteering to participate in school sponsored athletic activity, a student and his/her parent/guardian assume the risk for injury to occur.

Insurance

Students who suffer accidental injury during any school sponsored and supervised activities are first covered under the parent's insurance. The school district's insurance is supplemental coverage that may provide a benefit after submitting it through your personal insurance. The forms to access the supplemental coverage will be provided by the athletic office, after an accident reporting form is submitted to the athletic office.

G. TRANSPORTATION

It is the expectation of the athletic department and its coaches that student athletes will ride team buses to and from all athletic contests. Parents may sign their children out after a contest.

Additionally, parents may request in writing to the athletic director **24 hours prior to contest** permission for their son/daughter to ride home with another parent. Form found in athletic office or at **[Parent Information](#)** on our athletics website

H. EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student athlete to return to the coach all clothing and equipment issued. No one should have any equipment home after the season without school permission. Failure to do this will result in the student athlete paying for the missing equipment.



EMERGENCY ACTION PLAN

The primary function of an emergency action plan is to prevent furthering an athletic injury. Each person involved in an athletic event has responsibilities when a serious athletic injury occurs. Below, is an outline of the coaches' & athletes' responsibilities in the event of a serious injury. Please share this with your athletes at the beginning and periodically throughout the season.

A serious athletic injury includes the following:

- Back/Head/Neck Injury
- Heat Stress (exhaustion leading to stroke)
- Open Fracture
- Displaced Closed Fracture
- No Breathing
- No Heartbeat
- Internal Bleeding/Shock

****ALWAYS ALERT THE ATHLETIC TRAINER****

COACH RESPONSIBILITIES

HOME GAMES

1. Have each athlete's emergency information/medical release form filled out properly and at the site (in the Medical Kit).
2. Have ice, water, stocked Medical Kit, and an AED at the site.
3. Make sure a phone is available at the site.
4. Make sure you have contact information for our Athletic Trainer.
5. Have emergency care with pertinent numbers on it in the Medical Kit.
6. Inform opposing coach of emergency action plan & availability of medical personnel, ice, etc.
7. DO NOT MOVE a seriously injured athlete. (Calm & reassure the athlete).
8. Begin first aid procedures while a responsible person calls emergency numbers.
9. Have a responsible person meet the ambulance at the road/entrance to the field.
10. If parents/guardians are not available, travel with the athlete in the ambulance. (Take medical release card).
11. Contact parents/guardians as soon as possible.
12. Document injury with the school nurse on a Student Incident Report form (within 5 days).

AWAY GAMES

1. Have each athlete's emergency information/medical release form filled out properly and at the site (in the Medical Kit).
2. Speak with the opposing coach about availability of ice, water, and emergency action plan.
3. Go with an injured athlete in an ambulance. The coach is the athlete's legal guardian unless the parent/guardian is present.

ATHLETE RESPONSIBILITIES

HOME & AWAY GAMES

1. If injured, stay down on the field/court until medical attention arrives (Athletic Trainer).
2. Never attempt to pick up an injured teammate as this can further aggravate their injury.
3. Clear the area when an injury occurs to a teammate so that medical personnel can function.
4. Assist coach in calling medical personnel (Athletic Trainer) or in meeting the ambulance on the road.
5. Do as instructed by the coach.

ADMINISTRATIVE CONSIDERATIONS

1. Liability
 - ❖ *Do as a responsible and prudent person would do*
 - ❖ *Foreseeability*
 - ❖ *Failure to perform a duty (**omission**)*
 - ❖ *Performing the wrong duty (**commission**)*
2. If you are properly performing your duties ***“Save Harmless”*** laws and school district liability will protect you. (Grossly inappropriate or criminal conduct not covered).
3. Provide proper adult supervision; you are their teacher/coach-not their buddy-friendships will result. Respect will be earned.
4. Proper instructional plans:
 - ❖ *Lesson or practice plans (written out)*
 - ❖ *Skills to be taught*
 - ❖ *Drills to be used*
 - ❖ *Proper terminology*
 - ❖ *Warn of dangers-not doing correctly-“You don’t do it this way because...”*
 - ❖ *Correct improper & potentially dangerous technique*
 - ❖ *Know the right thing, do the right thing and tell the world*
 - ❖ *Kids will remember-“Coach told us...”*
 - ❖ *It’s in your plans*
 - ❖ *Attend sports medicine seminars-you care & want to stay up-to-date*
5. Facility & Equipment Inspection
 - ❖ *Report verbally & in writing deficiencies you see*
 - ❖ *If potentially dangerous, stop the action*
 - ❖ *Document your inspections*
 - ❖ *Check your area before practices/games (broken glass, etc.)*

***Doing what is best for the student-reducing risks.
Expect the unexpected & plan for potential problems/events.***



HELPFUL INFORMATION

Oswego Athletics Website



Schedules:

- Games: [Athletic Calendar](#)



- Practices: [Practice Schedules](#)



Section III: www.section3.org



NYSPHSAA: www.nysphsaa.org

