

WOOD-RIDGE JUNIOR/SENIOR HIGH SCHOOL INTERSCHOLASTIC CONTRACT, AGREEMENT, & PERMISSION FORM

Prior to participation in any interscholastic sport, all athletes are required to:

1. Complete the **Health History Update Questionnaire** & pass a physical examination **Physical Evaluation Form** by a licensed provider. **These forms** can be accessed on the Wood-Ridge Athletic website under the appropriate link. After completion, they can be turned into your coach or school nurse.
2. Parents and athletes must read the **Wood-Ridge School District Athletic Rules, Student Academic Plan Policy, Student Random Drug and Alcohol Testing Policy, Sports-Related Concussion and Head Injury Fact Sheet, NJSIAA Steroid Testing Policy, and The Media Information**, - in addition to the **Sudden Cardiac Death in Young Athletes** pamphlet on the website.
3. In order to participate in practices or games, the student/athlete and parent/guardian must turn in the completed **SIGNATURE PAGE** (including the parent consent portion) to their coach before the season begins.

I. Wood-Ridge School District Athletic Rules

To be a member of an athletic team at Wood-Ridge is deemed a privilege. With any privilege comes responsibility: an unyielding responsibility to the coaches, the team, the school and to yourself.

In addition to the academic eligibility requirements found in the student handbook, the following rules have been established by the High School Athletic Department and have been adopted by the Board of Education:

1. Prior to the beginning of practice, a comprehensive physical examination & concussion baseline is required. In addition, signatures of both the student/athlete and his or her parent or legal guardian are required on this athletic contract.
2. Students participating in sports **must** be present school until the end of the school day. A student who needs to arrive late to school must attend for at least 4 hours to be considered eligible. He/She **will not** be permitted to participate in school-related sports/activities if they attend for less than 4 hours or go home before the end of the school day. Students not complying with these requirements will be ineligible to participate with their team that day.
3. If a student athlete is absent on a Friday, participation on Saturday or Sunday is prohibited. If a student athlete is absent the last day before an extended vacation, participation will be permitted on the third or subsequent day after the absence with written parental permission.
4. A student may not participate in an athletic event or practice:
 - If he/she leaves school for personal business without advance notice (or cuts).
 - While serving a period of suspension or not fulfilling discipline obligations
 - If absent from school (either excused or unexcused).
 - While on a parental or physician's medical excuse from Physical Education class.
 - If sent home during the day by the school nurse (due to illness).

5. Both the athlete and a parent will be notified of denial of participation as soon as possible after that is determined and well in advance of the event or practice. An appeal due to extenuating circumstances may be made by the athlete or parent by telephone to the Superintendent of schools.
6. If a student is absent and/or late on an excused basis, (that is, college visitation, attending a funeral, driver's license test), the school administration reserves the sole authority to grant exceptions when applicable. If a student is given permission by the administration to participate in an activity on a day that the student was absent from school, he/she must obtain a note from the Principal or Athletic Director so indicating, which in turn is to be given to the coach. If this note is not received by the coach, the student cannot play or practice that day.
7. A player is not permitted to participate in more than one sport during a season; nor is he/she permitted to change to another sport once the season begins. Getting cut from a team is the only exception to this rule.
8. During a season, concentrate on "THAT" sport. Participation in recreation programs involving other sports and activities is discouraged.

In addition to Student Code of Conduct found in the student handbook, the following includes examples of behavior expected of all athletes and parents. Violations of these other rules will result in disciplinary action and/or dismissal from the team. Such actions may be taken by the coach, Athletic Director and/or Administration of the Wood-Ridge Junior/Senior High School.

- Athletes and parents/guardians are expected to behave as ladies or gentlemen in and out of school, during practice and games.
- Athletes and parents/guardians are to show proper respect for teachers, administration, coaches, opponents and officials at all time.
- Team members shall exhibit proper conduct during and while traveling to and from athletic contests. Members must travel with team, on the team bus, unless written permission from a parent or legal guardian is received prior to the trip.
- Athletes must be at all practices and team meetings and be on time. If attendance at practice or a game is impossible, the athlete must notify the head coach, Athletic Director or Principal. The athletic office number is 201-468-5606.
- All equipment issued becomes the athlete's responsibility: any lost or stolen equipment must be reported to the coach or A.D. immediately. Payment for all missing items is required. **Nothing can be further issued unless payment is received.**
- Athletes are expected to take pride in appearances. Gym equipment and locker rooms must be clean and neat. Lockers must be locked at all times. All protective equipment issued by the school must be worn.

- Athletes are expected to win or lose graciously and congratulate opponents after the game.
- Athletes will not leave the bench or in any way get involved in a fight or altercation between opposing teams or fans.
- Use of profanity will not be tolerated by an athlete or parent/guardian. Disciplinary action will be taken.
- Athletes will not use or possess tobacco products, electronic cigarettes, vaping products, alcohol or any other illegal drugs inside or outside of school. They will avoid any contact or situations involving these substances.
- Athletes will use not use social media or any technology inappropriately.
- A student-athlete who shall commit any similar act or offense not specified in this contract shall be subject to disciplinary proceedings with the penalties applicable to those establish by this contract for the specified offense most closely related to the committed offense.

II. Student Academic Plan

The school district has implemented a student academic plan for students in Grades 7-12 to assist any at-risk student to meet his/her academic requirement to successfully pass all required courses to graduate corresponding to their graduating class.

If the student athlete is at-risk, his/her name will be sent to the appropriate guidance counselor at mid-marking period and end of marking period. Teachers have the latitude to submit anytime during the marking period if projected failure is imminent. Guidance Counselors will schedule a meeting with all appropriate staff members, student and parent within five (5) days of receipt of the teacher-generated report.

ATHLETES/EXTRA-CURRICULAR PARTICIPANTS

Student Academic Plan	A contract will be agreed upon with academic strategies to be implemented.
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Ramifications

Failure of the student to adhere to contract under the specific timelines will remove them from team/activity and from field trips and/or other school activities until such time as the student makes a sincere effort to improve his/her academic performance. If, in the opinion of all participants, the student does adhere to the contract but is still failing, an adjustment to the contract will be implemented with new guidelines/strategies.

III. Student Random Drug and Alcohol Consent Test Form

I understand fully that my performance, as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, and regulations set forth by the Wood-Ridge Board of Education and the sponsors for the activity in which I participate.

I authorize the Wood-Ridge Board of Education to conduct an Alcohol and Drug test if my name is drawn from the random pool. Pursuant to the Student Random Alcohol and Drug Testing Policy, I agree to the following:

- 1.** Wood-Ridge Board of Education to release specimen to the testing laboratory(ies).
- 2.** Test laboratory(ies) to release test results to principal and his/her designee.
- 3.** Principal and his/her designee to release test results to Wood-Ridge Board of Education Student Assistance Counselor.
- 4.** Student Assistance Counselor will release information to parent/guardian.
- 5.** Participation in the program designated by the policy.

NOTE: Attach a copy of any prescription medication that you would like the school to be aware of that might alter the results of a drug test. If unsure, please confer with your physician.

IV. Sports-Related Concussion and Head Injury Facts

P.L. 2010, Chapter 94. signed on 12/7/10*

A concussion is a brain injury that can be caused by a blow to the head or body that disrupts normal functioning of the brain. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities nationwide, and more than 62,000 concussions are sustained each year in high school contact sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

Legislation (P.L. 2010, Chapter 94) signed on December 7, 2010, mandated measures to be taken in order to ensure the safety of K-12 student-athletes involved in interscholastic sports in New Jersey. It is imperative that athletes, coaches, and parent/guardians are educated about the nature and treatment of sports related concussions and other head injuries. The legislation states that:

- All Coaches, Athletic Trainers, School Nurses, and School/Team Physicians shall complete an Interscholastic Head Injury Safety Training Program by the 2011-2012 school year.
- All school districts, charter, and non-public schools that participate in interscholastic sports will distribute annually this educational fact to all student athletes and obtain a signed acknowledgement from each parent/guardian and student-athlete.
- Each school district, charter, and non-public school shall develop a written policy describing the prevention and treatment of sports-related concussion and other head injuries sustained by interscholastic student-athletes.
- Any student-athlete who participates in an interscholastic sports program and is suspected of sustaining a concussion will be immediately removed from competition or practice. The student-athlete will not be allowed to return to competition or practice until he/she has written clearance from a physician trained in concussion treatment and has completed his/her district's graduated return-to-play protocol.

Quick Facts

- Most concussions do not involve loss of consciousness
- You can sustain a concussion even if you do not hit your head
- A blow elsewhere on the body can transmit an "impulsive" force to the brain and cause a concussion

Signs of Concussions (Observed by Coach, Athletic Trainer, Parent/Guardian)

- Appears dazed or stunned
- Forgets plays or demonstrates short term memory difficulties (e.g. unsure of game, opponent)
- Exhibits difficulties with balance, coordination, concentration, and attention
- Answers questions slowly or inaccurately
- Demonstrates behavior or personality changes
- Is unable to recall events prior to or after the hit or fall

Symptoms of Concussion (Reported by Student-Athlete)

- Headache
- Nausea/vomiting
- Balance problems or dizziness
- Double vision or changes in vision memory, and/or confusion
- Sensitivity to light/sound
- Feeling of sluggishness or foginess

- Difficulty with concentration, short term

What Should a Student-Athlete do if they think they have a concussion?

- Don't hide it. Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- Report it. Don't return to competition or practice with symptoms of a concussion or head injury. The sooner you report it, the sooner you may return-to-play.
- Take time to recover. If you have a concussion your brain needs time to heal. While your brain is healing you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

What can happen if a student-athlete continues to play with a concussion or returns to play too soon?

- Continuing to play with the signs and symptoms of a concussion leaves the student-athlete vulnerable to second impact syndrome.
- Second impact syndrome is when a student-athlete sustains a second concussion while still having symptoms from a previous concussion or head injury.
- Second impact syndrome can lead to severe impairment and even death in extreme cases.

Should there be any temporary academic accommodations made for Student-Athletes who have suffered a concussion?

- To recover cognitive rest is just as important as physical rest. Reading, texting, testing-even watching movies can slow down a student-athletes recovery.
- Stay home from school with minimal mental and social stimulation until all symptoms have resolved.
- Students may need to take rest breaks, spend fewer hours at school, be given extra time to complete assignments, as well as being offered other instructional strategies and classroom accommodations.

Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, according to the following protocol:

Step 1: Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.

Step 2: Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.

Step 3: Sport-specific exercise including skating, and/or running: no head impact activities. The objective of this step is to add movement.

Step 4: Non contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.

Step 5: Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.

Step 6: Return to play involving normal exertion or game activity.

For further information on Sports-Related Concussions and other Head Injuries, please visit:

www.cdc.gov/concussion/sports/index.html

www.nfhs.com

www.ncaa.org/health-safety

www.bianj.org www.atSNj.org

V. NJSIAA Steroid Testing Policy

NJSIAA

1161 Route 130, P.O. Box 487, Robbinsville, NJ 08691 609-259-2776 Fax-609-259-3047

CONSENT TO RANDOM TESTING

In Executive Order 72, issued December 20, 2005, Governor Richard Codey directed the New Jersey Department of Education to work in conjunction with the New Jersey State Interscholastic Athletic Association (NJSIAA) to develop and implement a program of random testing for steroids, of teams and individuals qualifying for championship games.

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the attached page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

By signing the last page of this document, we consent to random testing in accordance with the NJSIAA steroid testing policy. We understand that, if the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

A list of NJSIAA Banned Drugs can be found here:

<http://www.njsiaa.org/steroid-testing>

VI. Student/Athlete Parent Media Consent

At times, various media outlets, scouts, and other outlets may film Wood-Ridge Junior/Senior High School athletic events and interview athletes. Sometimes, these videos may be broadcasted on television or the Internet.

By signing the athletic contract's last page, you are giving consent to the participation in interviews, the use of quotes, and the taking of photographs, or video of the student named in the upcoming contest that my child will be participating in.

**WOOD-RIDGE JUNIOR/SENIOR HIGH SCHOOL
ATHLETIC SIGNATURE PAGE**

In order to participate in practices or games, the student/athlete and parent/guardian must sign that they have read the entire contract. Please turn in this completed page (including the parent consent portion) to your coach before the season begins.

I. We have read the Wood-Ridge School District Athletic Rules, Student Academic Plan Policy, Student Random Drug And Alcohol Testing Policy, Sports-Related Concussion And Head Injury Fact Sheet, NJSIAA Steroid Testing Policy, and The Media Information. We agree to abide by all rules & policies pertaining to Wood-Ridge School District Athletics. By signing this contract, I affirm my willingness to abide by these rules and to meet my commitments. If I find that I cannot live up to the conditions of this contract, I shall resign from the team. I further acknowledge that physical hazards may be encountered in this as well as any other sport.

Student/Athlete Name (print)	Student/Athlete Name (sign)	Date
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Parent/Guardian (print)	Parent/Guardian (sign)	Date
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II. PARENT’S WAIVER

I/We give our permission for _____ to participate in organized school athletics, realizing that such activity involves the potential for injury, which is inherent in all sports. I/We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death.

I/We acknowledge that I/We have read and understand this warning.

Parent/Guardian (print)	Parent/Guardian (sign)	Date
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