



**Sanford / Springvale
Youth Athletic Association**



**Athletic Code/Concussion Policy
&
Player/Parent* Handbook**

**The SSYAA defines the term 'parent' as any adult retaining legal guardianship of the player.*

SSYAA Athletic Code / Concussion Policy & Player/Parent Handbook

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Date of Adoption 5/19/14

OUR PHILOSOPHY

To provide a safe place for our children to grow as responsible community members through athletics, while teaching life-long lessons in teamwork, individual achievements, and good sportsmanship.

ATHLETICS OFFERED

The SSYAA offers several athletic programs. Those currently offered are:

Spring:

Lacrosse – Boys 5th thru 12th

Girls 5th thru 8th

Fall :

Cheering - K thru 8th

Field Hockey – 2nd thru 12th

Football – 2nd thru 8th

Winter:

Basketball – Boys 2nd thru 12th

Girls 2nd thru 8th

Cheering - K thru 8th

ACADEMIC REQUIRMENTS *(this applies to Junior High Players only)*

Players must have passing grades in all subjects, and may be asked by their Coach to have weekly sheets signed by their teachers. In the event a player is not passing all subjects, he/she will be ineligible for games until the grades improve. However, a player will be expected to practice with the team during this time.

EQUIPMENT/UNIFORM RETURN

A player who fails to return SSYAA issued equipment and/or uniforms at the end of that sports' season will be ineligible to participate in any athletic activity during the following season until the equipment/uniform is returned and/or compensation is made to the organization. This includes any damaged equipment or torn uniforms.

PRACTICE ATTENDANCE

Players are expected to attend and be on time for all practice and games. If the player cannot attend a practice/game, he/she needs to inform the Coach at least 30-minutes prior to the starting time, if possible.

NOTE: Absenteeism may affect a players subsequent playing time in a game.

TRAVEL

Players who require transportation by the Coach will need written permission from their parent prior to game day. Coaches will not provide transportation without written permission.

AFTER PRACTICE/GAMES

Parents are responsible for picking up players participating on athletic teams, or arranging for their supervision. If your child arrives at a practice or a game with another adult, it is still your responsibility for your child's actions. The SSYAA will not be held responsible due to the negligence of parents whose children are not properly supervised. Only players that attend the Jr. High will be allowed to walk home from practices/games.

CODE OF ETHICS

The following Code of Ethics for Athletic Activities has been developed for the purpose of stating the behavioral expectations of all who are involved with the SSYAA athletics programs. Adherence to the Code is expected at all SSYAA-sanctioned activities. Reported consistent and/or flagrant violations of the Code may result in removal from the current activities and subsequent activities for the remainder of the season. The SSYAA has a zero-tolerance policy which will strictly be enforced.

In order to promote desirable behavior and enhance the overall quality of athletic activities the following Code of Ethics is in effect:

It is the duty and expectation of all concerned to promote a positive peer culture within all athletic activities programs by conducting themselves in accordance to the following Code:

1. I will encourage good sportsmanship by demonstrating positive support for all players, Coaches and officials at every game, practice or other youth sporting event.
2. I will place the emotional and physical well being of my child ahead of any personal desire to win.
3. I will insist that my child play in a safe and healthy environment.
4. I will provide support for Coaches and officials working with my child so they can provide a positive and enjoyable experience for all.
5. I will demand a drug, alcohol, and tobacco free sports environment for my child; and agree to assist by refraining from their use at all youth sporting events.
6. I will remember that the game is for children and not for adults.
7. I will do my best to make youth sports fun for my child.
8. I will ask my child to treat other players, Coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
9. I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with Coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
10. I will require that my child's Coach be cognizant of the responsibilities of being a youth sports Coach and that the Coach agrees to abide by the SSYAA Coaches Code of Ethics.
11. It is my responsibility as a parent to ensure that my child (children) who attend a practice or game are supervised by an adult at all times; although I am responsible for their safety and behavior.
12. It is my financial responsibility for any damages that occur from my child's (children) actions not related to the sports activity he/she is participating in.

PARENT/COACH/COMMISSIONER/ATHLETE COMMUNICATION

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Philosophy of the Coach
2. Expectations that the Coach has for your child, as well as the other players
3. Locations and times of all practices and games
4. Procedure followed should your child be injured during participation
5. Procedure followed should a practice/game be delayed/canceled

COMMUNICATION COACH EXPECTS FROM PARENTS:

1. Notification of any schedule conflicts well in advance
2. Notification if your child will be late/absent to any practice/game – at least 30-minutes prior to event, if possible.
3. Specific concerns with regard to a Coach's philosophy and/or expectations

APPROPRIATE CONCERNS TO DISCUSS WITH COMMISSIONERS:

1. The treatment of your child – mentally and physically (by Coach/another parent/another player)
2. Potential safety issues
3. Any concerns regarding your child's Coaching staff

It is very difficult to accept that your child is not participating as much as you may hope. Coaches are knowledgeable about the sport they are involved in. They make judgment decisions based upon what they believe to be best for all players involved. As you have seen from the list above, certain things can and should be discussed with your Commissioners. Other things, such as those below, must be left to the discretion of the Coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

1. The amount of playing time or activity time your child receives
2. Activity strategy
3. Play calling
4. Other players involved in the activities

There are situations that may require a conference between the Coach, Commissioner and parent. These are to be encouraged. It is important that all parties involved have a clear understanding of the others position and have an opportunity to communicate such. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COMMISSIONER, THE PROCEDURE YOU SHOULD FOLLOW IS:

- Call or email the Commissioner to set up a meeting.
- Please do not confront a Coach before, during, or after a game or practice. These can be emotional times for both the parent and the Coach. Meetings of this nature do not promote resolution.

THE NEXT STEP – WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH/COMMISSIONER DID NOT PROVIDE A SATISFACTORY RESOLUTION:

- Call or email the President or Vice President of the SSYAA to set up a meeting.

CONCUSSION MANAGEMENT POLICY

Concussions are a functional injury, not a structural injury. Recovery from a concussion is a process, not an event – different athletes recover at different rates depending upon a variety of factors. It is critical that athletes and parents alike understand the importance of following the SSYAA's precautions and protocol regarding head injuries. Before signing this document, parents should read the following policy carefully, also taking the time to discuss the information in detail with your child(ren).

A concussion is defined as a violent jarring or shaking of the head that results in a disturbance of brain function.

Anatomy of a concussion

Here is what happens to the brain to cause a concussion.

Initial impact

1

Skull

2 The force from the impact causes the brain to strike the inner surface of the skull and rebound against the opposite side

3 In severe concussions as the brain rebounds, it swells

Spine

Spinal cord

4 The brain swells. In a severe injury, the swelling puts pressure on the brain stem, which controls breathing and other basic life functions.

SOURCE: BY PERMISSION OF A. LEE PERMANENT MEDICAL CENTER, NEUROLOGY, AMERICAN ACADEMY OF NEUROLOGY, THE HUMAN BODY

MARK NOWLIN - THE SEATTLE TIMES

IMMEDIATE POST CONCUSSION INSTRUCTIONS

During the first 24 hours,

- Do not take any medications for pain. Taking Non-Steroid Anti-Inflammatory drugs (NSAIDS) including ibuprofen cause blood to thin, increasing the risk of complications from injury. Taking any medication including acetaminophen can mask symptoms of injury, making it more difficult for the athlete and caregivers to monitor for warnings signs.
- Limit both physical and cognitive activity. Limit screen time (no video games, television, computer, reading or texting). Failure to limit these will exacerbate symptoms.

- Monitor athlete for worsening symptoms. If any symptoms worsen, athlete must obtain emergency medical care.
 - Unequal pupil size
 - Clear drainage from nose or ear
 - Seizures
 - Slurred speech
 - Trouble recognizing people or places – increasing confusion
 - Weakness or numbness in arms or legs
 - Unusual behavior change – increasing irritability
 - Dizziness
 - Loss of consciousness
 - Blurred vision
 - Double vision
 - Loss of memory
 - Ringing in the ears
 - Vomiting
 - Nausea
 - Headache
 - Difficulty concentrating
 - Feeling unbalanced
 - Feeling foggy or in a daze
 - Sensitivity to light
 - Sensitivity to noise

- If at any time the condition of the athlete exceeds your level of comfort, be sure to seek immediate medical care.

Southern Maine Health Center Sanford – 490-7433

RETURN TO PLAY PROTOCOL

- Recovery from concussion and progression through the 'Return to Play' Stages individualized and determining on a case by case basis. Many factors influence the rate of progression and can include: previous concussion history, duration and types of symptoms, age, and sport/activity that the athlete participates in. Athletes with a history of prior concussions, extended duration of symptoms, or participation in collisions or contact sports may progress more slowly.

- The following table is adapted from the 3rd International Conference on Concussions in Sport and provides the framework for the return to play protocol.

- It is expected that athletes will start in Stage 1 and remain in Stage 1 until symptom free.

- The patient may, under the direction of their health care professional, as well as the guidance of the licensed athletic trainer or recognized concussion management program, progress to the next Stage only when their assessment battery has normalized. This includes a symptom assessment, cognitive assessment with computerized or other appropriate neuropsychological assessment.

- It is anticipated that at least 24 hours will be required, at a minimum, of being asymptomatic with each Stage before progressing to the next Stage.
- Utilizing this framework, in a best case scenario, a patient sustaining a concussion and being asymptomatic by the next day will start in Rehabilitation Stage 1 at post injury day 1 and progress through to Stage 6, 'Return to Play' by post injury day 6.
- There may be circumstances based on an individual's concussion severity, where the return to play protocol may take longer. Under all circumstances the progression through this protocol shall be overseen by the managing health care professional, licensed athletic trainer or recognized concussion management program.
- Each athlete with a concussion shall be personally evaluated by a health care professional at least one time during this process, at the parent/guardian's expense.
- When the athlete has successfully passed through Stage 5 (Full Contact Practice) and has previously been evaluated by a health care professional or recognized concussion management program, **written permission from a health care professional must be provided to the athletes Coach before they can return.**
- **It is the policy of the SSYAA that written permission from a health care professional must be provided to the athletes Coach before they can return.**

Table 6. Graduated Return to Play Protocol

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Symptom limited physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum permitted heart rate No resistance training	Increase HR
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer. No head impact activities	Add movement
4. Non-contact training drills	Progression to more complex training drills, eg, passing drills in football and ice hockey May start progressive resistance training	Exercise, coordination and cognitive load
5. Full-contact practice	Following medical clearance participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal game play	

STATEMENT OF ASSUMPTION AND ACKNOWLEDGEMENT OF RISK:

Even though athletics offers many benefits to the participants, it is recognized that there are dangers that may lead to injury. This Statement is to make all athletes and their parents/guardians aware that dangers do exist and that participation is voluntary with the understanding that risks are involved in all sports. It is to be understood that athletes must share in the responsibility for their own safety and the safety of others as each participates in the SSYAA athletic programs.

An athlete who participates in a program could mildly, moderately, or severely injure the anatomy of the following: muscles, tendons, ligaments, bones, skin, teeth, and any vital organ. Catastrophic injuries of death and permanent paralysis may also occur during athletic participation. There are no **absolute** preventative measures that guard against any of the aforementioned potential injury sites.

Before being approved to participate in SSYAA athletics, both the athlete and parent/guardian are required to sign and return to their Commissioner the last page of this document acknowledging that they have read and agree to follow the protocol set forth in the preceding Handbook. Please remove the signature page for the SSYAA and keep the rest of the handbook at home.

Once the signed document is received by the Commissioner, your child(ren)'s coach will be provided a copy that will be required to be on the field during all practices/games. The player will then be allowed to participate in the desired athletic program.

No player will be allowed to participate in ANY program until the parent & player have signed and returned the PARENT / PLAYER ACKNOWLEDGMENT FORM, in its entirety.

Please visit www.ssyakids.org to review the Athletic Code/Concussion Policy & Player/Parent Handbook. After reviewing with your player, please complete this form and return it to your Coach or Commissioner at the first practice.

****This form MUST be received before your player can participate.****

Sanford Springvale



Youth Athletic Association

(SSYAA)

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PARENT / PLAYER ACKNOWLEDGMENT FORM

By signing below, and allowing my child to sign, I attest to the following:

- I have read and understand the SSYAA Player/Parent Handbook, containing the Athletic Code of Conduct, Concussion Policy, and Statement of Assumption & Acknowledgment of Risk.
- I have read and discussed the contents of this Handbook with my child/ren, and am confident that they understand its contents.
- I understand that my participation in SSYAA athletic programs requires that I abide by these policies and procedures, and that my child/ren also abides by them.

Please remove this page only and sign/date the form.

Then return it to your Coach and/or Commissioner.

Thank-you & Welcome To The SSYAA Family!

Player Name (please print)

Sport

Age

Grade

Signature of Player

Signature of Parent/Guardian

Relationship to Player

Date

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