

WESTFIELD PUBLIC SCHOOLS
Westfield, New Jersey 07090

PROGRAM
2431
Interscholastic Athletic Competition
M

Regulations Follow

Page 1 of 3

2431 INTERSCHOLASTIC ATHLETIC COMPETITION

The Westfield Board of Education believes individual pupils will benefit physically and intellectually through competitive interscholastic activities.

It is the Board's policy to provide secondary school pupils interscholastic athletic competition in a variety of team and individual sports. Pupils shall be allowed to try-out for interscholastic sports subject to rules and regulations of the district and New Jersey State Interscholastic Athletic Association (NJSIAA) regulations. A student cannot participate in two or more sports simultaneously unless they have approval from the Supervisor of Athletics. Qualified personnel shall be provided for coaching and supervising interscholastic sports.

This policy does not pertain to intramural activities. However, the Board recognizes the value in intramural athletic activities as an outgrowth of class instruction in physical education and provides intramural activities for pupils in grades six through twelve as possible.

The purpose of secondary school athletics is to compete, display sportsmanship and foster a team atmosphere. Major emphasis is to provide a valuable learning experience for the participant during the competitive season. Emphasis is placed on self-discipline and emotional maturity gained through respect for established rules and authority, and consideration of the rights of others.

A well-organized and well-conducted athletic program is a potent factor in the morale of a student body and an important phase of good community school relations. Winning, involving the spirit of competition, is an immediate goal in all athletic contests, but it is not an end in itself. The desire to succeed and excel as a member of a team is most important.

Eligibility for interscholastic athletic competition will be governed by NJSIAA regulations.

Participation

1. Participation in NJSIAA interscholastic athletics is limited to high school pupils in accordance with NJSIAA regulations which can be found at www.njsiaa.org.
2. A high school pupil who has been declared initially eligible for an interscholastic activity but, who after becoming involved in the activity or team encounters academic failures or demonstrates poor performance in his/her classes, will be subject to review for continued participation in the activity or sport.

**PROGRAM
2431
Interscholastic Athletic Competition**

M

Page 2 of 3

The committee selected to review each case will be composed of the pupil's guidance counselor, the coach, the Supervisor of Athletics, a member of the Child Study Team, if necessary, and the principal or designee. Each case will be reviewed individually. The pupil may be placed on immediate probation for a period of up to two weeks. During the probationary period, the pupil can continue to participate; however, the pupil's academic progress will be monitored. If the expected improvement is judged to be insufficient (sporadic completion of homework, disciplinary problems, tardiness, papers/projects submitted late, quizzes and tests failed, and excessive absenteeism) by the committee, he/she will be removed from participation in the activity or team.

If the pupil shows satisfactory improvement, the probation will be changed to conditional participation. Conditional participation will require the pupil to continue to show satisfactory participation in all academic areas for the entire season or the duration of the activity program.

If the pupil fails to meet the standards of conditional participation, that pupil will be subject to further actions, including removal from the activity.

3. No pupil may start practice for any athletic team until he or she has completed the required district athletic registration forms including NJSIAA forms, if applicable, been examined and approved by a medical doctor and until written consent has been obtained from the parent. Good physical condition, freedom from injury, and full recovery from illness are prerequisites to participation in athletic competition and practice for such competition. Information concerning a pupil's HIV/AIDS status shall not be required as part of the medical examination or health history pursuant to N.J.S.A. 26:5C-1 et seq. A candidate for a place on an athletic team or squad must receive a medical examination conducted once in each school year by the school district medical inspector or the designated team doctor, if any, not more than three hundred sixty five days prior to the first practice session. The school district medical inspector may accept the report, on a form provided by the district, of a medical examination conducted, at no expense to the Board, by the pupil's personal physician. Each candidate whose medical examination was completed more than sixty days prior to the first practice session must submit a health history update completed by the pupil's parent or legal guardian.

The medical examination conducted to determine the fitness of a candidate for athletic competition and the health history update must include, as a minimum, the respective medical history information and physical assessments set forth in rules of the State Board of Education including NJSIAA and incorporated in their entirety in regulations implementing this policy.

**PROGRAM
2431
Interscholastic Athletic Competition**

M

Page 3 of 3

The school district medical inspector or the designated team doctor shall approve or disapprove the pupil's participation in athletics based on the medical examination. Written notification of that determination, signed by the school district medical inspector or team doctor, shall be given to the pupil's parent or legal guardian and shall include the reasons for disapproval of the pupil's participation. The health findings of the medical examination shall be filed in the pupil's health examination record, subject to Board policy on pupil records.

4. Expenditures for the athletic program are incorporated as part of the general budget of the Board. No expenditures for athletic purposes may be made in excess of those listed in the budget without approval of the Superintendent.
5. District participation in interscholastic athletics shall be subject to approval by the Board. This shall include approval of membership in any leagues, associations, or conferences and annual sports schedules.
6. The Board of Education provides accident coverage for all students during school hours and at school sponsored functions at no cost to our parents. This plan acts as a secondary policy to any existing medical coverage. The district also offers a Voluntary Accident policy, which would be purchased at the parents' expense. This policy would cover students for accidents or injuries occurring 24 hours per day and while attending or participating in non-school sponsored events. This voluntary coverage would act as a secondary policy to any existing medical coverage.
7. Athletic coaches and the certified athletic trainer shall hold all state required certificates in accordance with the laws and regulations adopted by the state of New Jersey and NJSIAA, in the course of any athletic activity.
8. The Board shall approve annually a program of interscholastic athletics and shall require that all facilities utilized in that program, whether or not the property of this Board, properly safeguard both players and spectators and are kept free from hazardous conditions.

The Board adopts as Board policy the rules and regulations of the New Jersey State Interscholastic Athletic Association (NJSIAA) and shall review such rules annually to ascertain that they continue to be in conformity with the objectives of this Board.

N.J.S.A. 2C:21-11
N.J.S.A. 18A:11-3 et seq.
N.J.A.C. 6A:7-1.7; 6A:16-1.4; 6A:16-2 et seq.

Approved: February 20, 2001
Citation Revision: October 1, 2007
First Reading: June 9, 2020
Second Reading:

**R 2431.1 EMERGENCY PROCEDURES FOR
ATHLETIC PRACTICES AND COMPETITIONS**

A. Definitions

1. “Programs of athletic competition” means all activities sanctioned by the NJSIAA relating to competitive sports contests, games, events, or sports exhibitions involving individual pupils or teams of pupils when such events occur within or between schools within this district or with any schools outside this district. The programs of athletic competition shall include, but are not limited to, high school interscholastic athletic programs, middle school interscholastic athletic programs where school teams or squads play teams or squads from other school districts, intramural athletic programs within a school or among schools in the district, and any cheerleading program or activity in the school district.
2. “Health personnel” means the certified athletic trainer, school nurse, the school district medical inspector, the designated team doctor, a licensed physician, including physician assistant and nurse practitioner and members of the emergency medical system.
3. “Parent” means the natural parent(s) or adoptive parent(s), legal guardian(s), foster parent(s) or parent surrogate(s) of a pupil. Where parents are separated or divorced, "parent" means the person or agency who has legal custody of the pupil, as well as the natural or adoptive parent(s) of the pupil, provided such parental rights have not been terminated by a court of appropriate jurisdiction.
4. “Pupil” means a pupil enrolled in this district and a pupil enrolled in any district who is present in this district for the purpose of participating in a program of athletic competition sponsored by the Board of Education.

B. Precautions

1. All athletic coaches, must be certified in first aid to include CPR, AED, sports-related concussions and head injuries, sudden cardiac death, heat exhaustion, the identification of injured and disabled pupil athletes, and any other first aid procedures required by statute, administrative code, or by the Superintendent.

PROGRAM
R2431.1
Emergency Procedures for Athletic
Practices and Competitions

M

Page 2 of 4

2. Athletic coaches are responsible at all times for the supervision of pupils to whom they have been assigned. Pupils shall not be left unattended at any time.
3. Pupils who participate in athletic competition shall be trained in proper athletic procedures, in the proper use of athletic equipment, and in the proper use of protective equipment and clothing.
4. Pupil athletes shall be required to report promptly to the athletic coach any injury or disability occurring to the pupil himself/herself or to another pupil.
5. First aid kit and equipment shall be readily available at all athletic activities and shall be maintained in proper condition.
6. First aid and emergency medical procedures will utilize universal precautions in handling blood and body fluids as indicated in Policy and Regulation No. 7420 (Hygienic Management) and Regulation No. 7420.1 (Bloodborne Pathogen Exposure Control Plan).
7. Health personnel, including but not limited to, the certified athletic trainer, school/team physician, and members of the emergency medical system may be present at athletic activities and events as determined by the Superintendent or designee, or Supervisor of Athletics.

C. Emergency Procedures

The following procedures shall be implemented whenever a pupil athlete is injured or disabled in the course of an athletic practice or competition sponsored by this district. The coach is responsible for the pupil athlete while being cared for.

1. The athletic coach shall immediately notify the health personnel present at the activity and the health personnel shall assume responsibility for the emergency treatment of the pupil.
2. If no health personnel are present, or if none can be immediately summoned to the pupil's aid, the athletic coach shall administer such first aid as may be necessary.
3. If the pupil's injury or disability requires more than routine first aid, the athletic coach shall:
 - a. Summon emergency personnel by calling 911; or
 - b. Arrange for the pupil's transportation to the nearest hospital or the office of the school district medical inspector.

PROGRAM
R 2431.1
Emergency Procedures for Athletic
Practices and Competitions

M

Page 3 of 4

4. The athletic coach or his/her designee shall promptly notify the health personnel, Supervisor of Athletics, Building Principal, the Superintendent, and the pupil's parent(s) or legal guardian(s) of the pupil's injury or disability and the condition and location of the pupil.
5. An injured or disabled pupil who has been transported away from school premises must be accompanied by the athletic coach, a member of the athletic department, a health professional, or other responsible adult known to the athletic coach.
6. These emergency procedures shall be followed when the injured or disabled pupil is a member of a visiting team or district. In the event the visiting team has health personnel or staff members present, every effort shall be made to cooperate with the health personnel and/or staff of the district in which the pupil is enrolled.

D. Reports

1. The athletic coach, in cooperation with the certified athletic trainer, shall complete and file a report of every injury or disability that occurs to a pupil in the course of his/her participation in the athletic program of this district, regardless of the severity of the injury or disability. The report shall include:
 - a. The date of the incident;
 - b. The name, age, grade level, and gender of each injured or disabled pupil;
 - c. The district in which the pupil is enrolled;
 - d. The name and district of each pupil involved in the incident;
 - e. A narrative account of the incident;
 - f. A detailed description of the injury or disability;
 - g. The treatment given on school premises and the names of the health personnel, if any, who treated the pupil;
 - h. The place, if any, to which the pupil was taken and the persons who accompanied the pupil; and
 - i. A memorandum of the notice given to the pupil's parent(s) or legal guardian(s).

PROGRAM
R 2431.1
Emergency Procedures for Athletic
Practices and Competitions

M

Page 4 of 4

2. Copies of the report shall be filed with the school nurse and the Building Principal within twenty-four hours or by the end of the next school day after the incident.
3. The Supervisor of Athletics or Building Principal shall report the incident to the Superintendent, who may report the incident to the Board.
4. A copy of each report of an incident of pupil injury or disability that occurs in the course of athletic activities shall be maintained by the athletic director, who shall analyze reports for patterns that indicate a need for revision of the district's safety and/or athletics program. The athletic director shall report the findings of his/her analysis to the Superintendent at the close of each sport season.
5. The parent(s) or legal guardian(s) of each injured or disabled pupil will be given assistance in the completion and filing of insurance claim forms when requested.

E. Readmission to Athletic Activities

A pupil injured or disabled in the course of an athletic activity will be permitted to participate in athletic competition only on the written permission of the pupil's personal physician, health personnel, school district medical inspector or designated team doctor, who must first examine the pupil to determine his/her fitness to participate in athletics. Notice of that determination by the health personnel, signed by the school district medical inspector or designated team doctor as appropriate, shall be given to the pupil's parent(s) or legal guardian(s). The prevention and treatment of suspected sports-related concussions and head injuries shall be in accordance with the provisions of N.J.S.A. 18A:40-41.1 et seq. and Policy and Regulation 2431.4.

First Reading: June 9, 2020

Second Reading:

Adopted:

**Practice and Pre-Season Heat Acclimation
For School-Sponsored Athletics
And Extra Curricular Activities**

**2431.3 PRACTICE AND PRE-SEASON HEAT-ACCLIMATION FOR
SCHOOL-SPONSORED ATHLETICS AND EXTRA-CURRICULAR
ACTIVITIES**

The Board of Education adopts this Policy as a measure to protect the safety, health, and welfare of students participating in school-sponsored athletic programs and extra-curricular activities. The Board believes practice and pre-season heat-acclimation guidelines for students will minimize injury and enhance a student's health, performance, and well-being.

Therefore, the Board of Education requires the implementation of the practice and pre-season heat-acclimation procedures as recommended by the New Jersey State Interscholastic Athletic Association (NJSIAA) for students participating in all school-sponsored athletic programs and extra-curricular activities during warm weather months. The Superintendent or designee shall ensure the implementation of the Practice and Pre-Season Heat-Acclimation Procedures.

The Superintendent or designee may reduce practice times or adjust other provisions that would reduce a student's exertion if weather and/or temperature warrant such action.

First Reading: June 9, 2020
Second Reading
Adopted

**Prevention and Treatment of Sports-Related
Concussions and Head Injuries**

M

Regulations follow

Page 1 of 3

**2431.4 PREVENTION AND TREATMENT OF SPORTS-
RELATED CONCUSSIONS AND HEAD INJURIES**

A concussion is a traumatic brain injury caused by a direct or indirect blow to the head or body. In order to ensure the safety of pupils that participate in interscholastic athletics, it is imperative that student-athletes, coaches, and parents are educated about the nature and treatment of sports-related concussions and other head injuries. Allowing a student-athlete to return to play before recovering from a concussion increases the chance of a more serious brain injury.

Every school district that participates in interscholastic athletics is required to adopt a policy concerning the prevention and treatment of sports-related concussions and other head injuries among student-athletes in accordance with the provisions of N.J.S.A. 18A:40-41.1 et seq. For the purpose of this Policy, “interscholastic athletics” shall be Kindergarten through twelfth grade school-sponsored athletic programs where teams or individuals compete against teams or individuals from other schools or school districts.

The school district will adopt an Interscholastic Athletic Head Injury Training Program to be completed by the team or school physician, licensed/certified athletic trainer(s) involved in the interscholastic athletic program, all staff members that coach an interscholastic sport, designated school nurses, and other appropriate school district personnel as designated by the Superintendent. This Training Program shall be in accordance with guidance provided by the New Jersey Department of Education and the requirements of N.J.S.A. 18A:40-41.2.

The Principal or designee shall distribute the New Jersey Department of Education Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form to every student-athlete who participates in interscholastic sports. The Principal or designee shall obtain a signed acknowledgement of the receipt of the Fact Sheet by the student-athlete’s parent and keep on file for future reference.

Prevention of a sports-related concussion and head injuries is an important component of the school district’s athletic program. The school district may require pre-season baseline testing of all student-athletes before the student-athlete begins participation in an interscholastic athletic program.

PUPILS
2431.4
Prevention and Treatment of Sports-Related
Concussions and Head Injuries

M

Page 2 of 3

Any student-athlete who exhibits the signs or symptoms of a sports-related concussion or other head injury during practice or competition shall be immediately removed from play and examined by the health personnel which may result in no return to play on that day. Emergency medical assistance shall be contacted when symptoms get worse, loss of consciousness, direct neck pain associated with the injury, or any other sign the supervising school staff member determines emergency medical attention is needed. If available when the student-athlete is exhibiting signs or symptoms, the student-athlete will be evaluated by the school health personnel or team physician. The Principal or designee shall contact the student-athlete's parent and inform the parent of the suspected sports-related concussion or other head injury.

Possible signs of a concussion can be observed by any school staff member or the school health personnel or team physician. Any possible symptoms of a concussion can be reported by the student-athlete to: coaches; licensed/certified athletic trainer; school health personnel or team physician; school nurse; and/or parent.

A student-athlete who participates in interscholastic athletics and who sustains or is suspected of sustaining a concussion or other head injury shall be required to have a medical examination conducted by their physician or licensed health care provider. The student-athlete's physician or licensed health care provider shall be trained in the evaluation and management of concussion to determine the presence or absence of a sports-related concussion or head injury.

The student-athlete's physician or licensed health care provider must provide to the school district a written medical release/clearance for the student-athlete indicating when the student-athlete is able to return to the activity. The medical release/clearance must indicate the student-athlete is asymptomatic at rest and either may return to the interscholastic athletic activity because the injury was not a concussion or other head injury or may begin the district's graduated return to competition and practice protocol outlined in Regulation 2431.4. A medical release/clearance not in compliance with this Policy will not be accepted. The medical release/clearance must be reviewed and approved by the school health personnel or team physician

The school district shall provide a copy of this Policy and Regulation 2431.4 to all youth sports team organizations that operate on school grounds. In accordance with the provisions of N.J.S.A. 18A:40-41.5, the school district shall not be liable for the injury or death of a person due to the action or inaction of persons employed by, or under contract with, a youth sports team organization that operates on school grounds, if the youth sports team organization provides the school district proof of an insurance policy in the amount of not less than \$50,000 per person, per occurrence insuring the youth sports team organization against liability for any bodily injury suffered by a person and a statement of compliance with the school district's Policy and Regulation 2431.4 - Prevention and Treatment of Sports-Related Concussions and Head Injuries.

**Prevention and Treatment of Sports-Related
Concussions and Head Injuries**

For the purposes of this Policy a “youth sports team organization” means one or more sports teams organized pursuant to a nonprofit or similar charter or which are member teams in a league organized by or affiliated with a county or municipal recreation department.

This Policy and Regulation shall be reviewed and approved by the school physician and shall be reviewed annually, and updated as necessary, to ensure it reflects the most current information available on the prevention, risk, and treatment of sports-related concussion and other head injuries.

N.J.S.A. 18A:40-41.1; 18A:40-41.2; 18A:40-41.3; 18A:40-41.4; 18A:40-41.5

First Reading: August 30, 2011

Approved: September 27, 2011

First Reading: June 9, 2020

Second Reading:

**Prevention and Treatment of Sports-Related
Concussions and Head Injuries**

M

Page 1 of 7

**R 2431.4 PREVENTION AND TREATMENT OF
SPORTS-RELATED CONCUSSIONS AND HEAD INJURIES**

A concussion is a traumatic brain injury caused by a direct or indirect blow to the head or body. Allowing a student-athlete to return to play before recovering from a concussion increases the chance of a more serious brain injury that can result in severe disability and/or death. The following procedures shall be followed to implement N.J.S.A. 18A:40-41.1 et seq. and Policy 2431.4.

A. Interscholastic Athletic Head Injury Training Program

1. The school district will adopt an Interscholastic Athletic Head Injury Training Program to be completed by the school or team physician, licensed/certified athletic trainer(s) involved in the interscholastic athletic program, all staff members that coach an interscholastic sport, designated school nurses, and other appropriate school district personnel as designated by the Superintendent.
2. This Training Program shall be in accordance with the guidance provided by the New Jersey Department of Education and the requirements of N.J.S.A. 18A:40-41.1 et seq.

B. Prevention

1. The school district may require pre-season baseline testing of all student-athletes before the student-athlete begins participation in an interscholastic athletic program or activity. The baseline testing program shall be reviewed and approved by the school or team physician trained in the evaluation and management of sports-related concussions and other head injuries.
2. The Principal or designee will review educational information for student-athletes on prevention of concussions.

PUPILS
R 2431.4
Prevention and Treatment of Sports-Related
Concussions and Head Injuries

M

Page 2 of 7

3. All school staff members, student-athletes, and parents of student-athletes shall be informed through the distribution of the New Jersey Department of Education Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form and other communications from the Principal and coaches on the importance of early identification and treatment of concussions to improve recovery.

C. Signs or Symptoms of Concussion or Other Head Injury

1. Possible signs of concussions can be observed by coaches, licensed/certified athletic trainer, school or team physician, school nurse, or other school staff members. Possible signs of a concussion may be, but are not limited to, the student-athlete:
 - a. Appears dazed, stunned, or disoriented;
 - b. Forgets plays, or demonstrates short-term memory difficulty;
 - c. Exhibits difficulties with balance or coordination;
 - d. Answers questions slowly or inaccurately; and/or
 - e. Loses consciousness.
2. Possible symptoms of concussion shall be reported by the student-athlete to coaches, licensed/certified athletic trainer, school or team physician, school nurse, and/or parent. Possible symptoms of a concussion are, but not limited to:
 - a. Headache;
 - b. Nausea/vomiting;
 - c. Balance problems or dizziness;
 - d. Double vision or changes in vision;
 - e. Sensitivity to light or sound/noise;

**PUPILS
R 2431.4
Prevention and Treatment of Sports-Related
Concussions and Head Injuries**

M

Page 3 of 7

- f. Feeling sluggish or foggy;
- g. Difficulty with concentration and short-term memory;
- h. Sleep disturbance; or
- i. Irritability.

D. Emergency Medical Attention for Concussion or Other Head Injury

1. Any student-athlete who is exhibiting the signs or symptoms of a sports-related concussion or other head injury during practice or competition shall immediately be removed from play and activities and may not return to the practice or competition that day.
2. The school staff member supervising the student-athlete when the student-athlete is exhibiting signs or symptoms of a sports-related concussion or other head injury shall immediately contact emergency medical assistance when symptoms get worse, loss of consciousness, direct neck pain associated with the injury, or any other sign the supervising school staff member determines emergency medical attention is needed.
 - a. In the event the school or team physician is available when the student-athlete is exhibiting signs or symptoms of a sports-related concussion or other head injury, the physician may make the determination to call emergency medical assistance.
3. The school staff member supervising the student-athlete when the student-athlete is exhibiting signs or symptoms of a sports-related concussion or other head injury during practice or competition shall report the occurrence to the Principal or designee. The Principal or designee shall contact the student-athlete's parent and inform the parent of the suspected sports-related concussion or other head injury.

E. Sustained Concussion or Other Head Injury

1. A student-athlete who participates in interscholastic athletics and who sustains or is suspected of sustaining a concussion or other head injury shall immediately be removed from practice or competition and shall be required to have a medical examination conducted by their physician or licensed health care provider. The student-athlete's physician or licensed health care provider shall be trained in the evaluation and management of concussion to determine the presence or absence of a sports-related concussion or head injury.
2. The student-athlete suspected of sustaining a concussion or other head injury shall be provided a copy of Board of Education Policy and Regulation 2431.4 and a copy of Board of Education approved suggestions for management/medical checklist to provide to their parent and their physician or licensed health care professional.
3. The student-athlete's physician must provide to the school district, upon the completion of a medical examination, a written medical release/clearance when the student-athlete is able return to the activity. The release/clearance must indicate:
 - a. The medical examination determined the injury was not a concussion or other head injury, the student-athlete is asymptomatic at rest, and the student-athlete may return to the interscholastic athletic activity; or
 - b. The medical examination determined the injury was a concussion or other head injury, the student-athlete is asymptomatic at rest, and can begin the graduated return to competition and practice protocol outlined in F. below.

A medical release/clearance not in compliance with this requirement will not be accepted. The student-athlete may not return to the activity or begin the graduated return to competition and practice protocol until he/she receives a medical evaluation and provides a medical clearance/release that has been reviewed and approved by the school or team physician.

**PUPILS
R 2431.4
Prevention and Treatment of Sports-Related
Concussions and Head Injuries**

M

Page 5 of 7

4. Complete physical, cognitive, emotional, and social rest is advised while the student-athlete is experiencing symptoms and signs of a sports-related concussion or other head injury. (Minimize mental exertion, limit over-stimulation and multi-tasking, etc.)
- F. Graduated Return to Competition and Practice Protocol
1. Upon the school physician's acceptance of the written medical release/clearance, the student-athlete may begin a graduated return to competition and practice protocol supervised by a licensed/certified athletic trainer, school or team physician, or designated school nurse trained in the evaluation and management of concussions and other head injuries. The following steps shall be followed:

Step 1 - Completion of a full day of normal cognitive activities (attendance at school, studying for tests, watching practice, interacting with peers, etc.) without re-emergence of any signs or symptoms. If there is no return of signs or symptoms of a concussion, the student-athlete may advance to Step 2 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur, the student-athlete shall be required to have a re-evaluation by the student-athlete's physician or licensed healthcare provider. The student-athlete shall not be permitted to begin the graduated return to competition and practice protocol until a medical clearance, as required in E.3. above, is provided and approved by the school or team physician.

Step 2 - Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity less than 70% maximum percentage heart rate. There shall be no resistance training. The objective of this Step is increased heart rate. If there is no return of any signs or symptoms of a concussion, the student-athlete may advance to Step 3 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur, the student-athlete shall return to Step 1.

PUPILS
R 2431.4
Prevention and Treatment of Sports-Related
Concussions and Head Injuries

M

Page 6 of 7

Step 3 - Sport-specific exercise including skating and/or running. There shall be no head impact activities. The objective of this Step is to add movement and continue to increase the student-athlete's heart rate. If there is no return of any signs or symptoms of a concussion, the student-athlete may advance to Step 4 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur, the student-athlete shall return to Step 1.

Step 4 - Non-contact training drills such as passing drills, agility drills, throwing, catching, etc. The student-athlete may initiate progressive resistance training. If there is no return of any signs or symptoms of a concussion, the student-athlete may advance to Step 5 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur, the student-athlete shall return to Step 1.

Step 5 - The student/athlete's medical condition, upon completing Step 4 with no return of any signs or symptoms of a concussion, shall be evaluated for medical clearance based upon consultation between the school district's licensed/certified athletic trainer, school or team physician, designated school nurse, and the student-athlete's physician. After this consultation and upon obtaining written medical release/clearance approved by the school or team physician, the student-athlete may participate in normal training activities. The objective of this Step is to restore the student-athlete's confidence and for the coaching staff to assess the student-athlete's functional skills. If there is no return of any signs or symptoms of a concussion, the student-athlete may advance to Step 6 below on the next day. If a re-emergence of any signs or symptoms of a concussion occur or if the student-athlete does not obtain medical release/clearance to proceed to Step 6, the school or team physician, in consultation with the student-athlete's physician, shall determine the student-athlete's return to competition and practice protocol.

Step 6 - Return to play involving normal exertion or game activity. If the student-athlete exhibits a re-emergence of any concussion signs or symptoms once he/she returns to physical activity, he/she will be removed from further activities and returned to Step 1.

G. Temporary Accommodations for Student-Athletes with Sports-Related Head Injuries

1. Rest is the best "medicine" for healing concussions or other head injuries. The concussed brain is affected in many functional aspects as a result of the injury. Memory, attention span, concentration, and speed of processing significantly impact learning. Further, exposing the concussed student-athlete to the stimulating school environment may delay the resolution of symptoms needed for recovery. Accordingly, consideration of the cognitive effects in returning to the classroom is also an important part of the treatment of sports-related concussions and head injuries.

2. Mental exertion increases the symptoms from concussions and affects recovery. To recover, cognitive rest is just as important as physical rest. Reading, studying, computer usage, testing, texting, and watching movies if a student-athlete is sensitive to light/sound, can slow a student-athlete's recovery. In accordance with the Centers for Disease Control's toolkit on managing concussions, the Board of Education may look to address the student-athlete's cognitive needs in the following ways. Student-athletes who return to school after a concussion may need to:
 - a. Take rest breaks as needed;
 - b. Spend fewer hours at school;
 - c. Be given more time to take tests or complete assignments (all courses should be considered);
 - d. Receive help with schoolwork;
 - e. Reduce time spent on the computer, reading, and writing; and/or
 - f. Be granted early dismissal from class to avoid crowded hallways.

In Effect: September 27, 2011

5450 ATHLETIC AWARDS

The Board of Education believes that interscholastic sports are an important part of the school program and will recognize the achievements of pupils who give many hours of their time in the district athletic program. Individual athletic achievement will be recognized by the award of varsity letters.

Community groups and individuals may recognize the athletic achievements of pupils provided that the award and the criteria by which its recipient is selected have been approved by the Superintendent and/or Supervisor of Athletics.

The Superintendent shall develop procedures for the recognition of pupil athletes that insure the equitable selection of award recipients, the designation of appropriate awards, and the arrangement of suitable presentation ceremonies.

Approved: November 13, 2001
Revised: August 28, 2018
First Reading: June 9, 2020
Second Reading:

R 5450 ATHLETIC AWARDS

The following criteria apply to all sports:

- A senior who has participated in the program for at least 2 years.
- An injured athlete, who in the opinion of the head coach, would have earned a varsity letter and continued to be an active member of the team.
- If the team wins a Group State Championship, all of the team members who have been a part of the varsity team throughout the regular season should receive a letter.

A. Eligibility

1. Awards will be made to members of the varsity teams in the following sports, provided the member has participated as indicated.

| <u>Sport</u> | Minimum participation for award eligibility |
|-----------------------|---|
| Baseball and Softball | Compete in one inning over half of the total innings of the season except in the case of a pitcher who must participate in one third of the total innings or play in championship game. |
| Basketball | Compete in one quarter over half of the total quarters in the regular season or play in a championship game. |
| Bowling | Compete in half of the total number of games played in the regular season or play in a championship match. |
| Cheerleading | Cheerleaders may be awarded varsity letters after 2 seasons of successful contribution to the squad as recommended by the coach. |
| Cross Country (Boys) | Must finish in the top 7 for the team in a varsity championship or invitational race during the season, not including class meets where a total team score is calculated by adding scores from all classes. Must score in a dual meet. |

| | |
|-----------------------|---|
| Cross Country (Girls) | Must finish in the top 7 for the team in a varsity championship or invitational race during the season, not including class meets where a total team score is calculated by adding scores from all classes. Must score in a dual meet. |
| Field Hockey | Compete in half of the total quarters in the regular season or play in a championship game. |
| Football | Compete in one quarter in excess of a half of the total number of quarters in the entire season. |
| Golf | Compete in one-half the total number of dual matches or play in a championship match. |
| Gymnastics | Compete in half of the dual meets in the regular season, must qualify for the Sectional Meet and or compete in the county tournament. |
| Ice Hockey | Compete in half the total number of periods in the regular season or in a championship game. |
| Lacrosse | Compete in half of the total number of quarters/halves in the regular season or in a championship game. |
| Manager | Complete at least two years as manager with faithful attendance at all practices and games and be recommended by his/her coach. |
| Soccer | Compete in half of the total quarters in the regular season or play in a championship game. |
| Swimming | Score one more point than double the number of regular season meets or compete in a championship meet. |
| Tennis | Compete in half of the dual matches/regular season and compete in the UCIAC Tournament or championship match. |

Spring Track & Field (Boys)

Must achieve one of the following:

- Compete in UCIAC Championship (not relays) and/or Sectional/Group/Meet of Champions
- Meet the performance standards below: (hand times OK, relay splits OK, except for 100)

| <u>Track Events</u> | | <u>Field Events</u> | |
|---------------------|--------------|---------------------|--------|
| 100 | 12.0 (11.7h) | LJ | 19'0" |
| 110HH | 16.0 | TJ | 38'0" |
| 200 | 23.5 | HJ | 5'10" |
| 400 | 53.0 | PV | 11'6" |
| 400IH | 60.0 | SP | 40'0" |
| 800 | 2:04 | DT | 110'0" |
| 1600 | 4:40 | JT | 130'0" |
| 3200 | 10:00 | | |

Spring Track & Field (Girls)

Must achieve one of the following:

- Compete in UCIAC Championship/UCIAC Relay Championship (Relay must be top 3) and/or Sectional/Group/Meet of Champions
- Meet the performance standards below. (hand times OK, relay splits OK, except for 100)

| <u>Track Events</u> | | <u>Field Events</u> | |
|---------------------|--------------|---------------------|-------|
| 100 | 13.0 (12.7h) | LJ | 16'0" |
| 100HH | 18.0 | TJ | 30'0" |
| 200 | 27.0 | HJ | 5'0" |
| 400 | 62.0 | PV | 9'0" |
| 400IH | 70.0 | SP | 30'0" |
| 800 | 2:24 | DT | 80'0" |
| 1600 | 5:25 | JT | 90'0" |
| 3200 | 11:50 | | |

Winter/Indoor T&F (Boys)

Must achieve one of the following:

- Compete in UCIAC Championship (not relays) and/or Sectional/Group/Meet of Champions
- Meet the performance standards below: (hand times OK, relay splits OK, except for 100)

| <u>Track Events</u> | | <u>Field Events</u> | |
|---------------------|------------|---------------------|--------|
| 55 | 7.0 (7.3h) | LJ | 18' 6" |
| 55HH | 9.0 | HJ | 5'8" |
| 200 | 24.0 | PV | 11'0" |
| 400 | 54.0 | SP | 38'0" |
| 800 | 2:07 | | |
| 1600 | 4:45 | | |
| 3200 | 10:15 | | |

Winter/Indoor T&F (Girls)

Must achieve one of the following:

- Compete in UCIAC Championship or UCIAC Relay Championship (Relay must be top 3) and/or Sectional/Group/Meet of Champions
- Meet the performance standards below. (hand times OK, relay splits OK, except for 100)

| <u>Track Events</u> | | <u>Field Events</u> | |
|---------------------|-------|---------------------|-------|
| 55 | 8.0 | LJ | 15'6" |
| 55HH | 10.0 | HJ | 4'8" |
| 200 | 27.5 | PV | 8'6" |
| 400 | 63.0 | SP | 28'0" |
| 800 | 2:27 | | |
| 1600 | 5:30 | | |
| 3200 | 12:00 | | |

Wrestling

Compete in half of the dual matches, or accumulate eighteen points in varsity competition (forfeits not to count) or place in the top three of the district tournament to qualify for the Regional Tournament.

4. No pupil will be denied an athletic award or the opportunity to compete for an award solely on the basis of the pupil's race, color, creed, religion, ancestry, national origin, disability, or social or economic status.
5. If a pupil does not complete the season due to a violation of the code of conduct or substance abuse policy, they may not receive a varsity letter/award.

C. Presentation

Athletic awards will be presented at end of season banquets.

In Effect: November 13, 2001

Revised: August 28, 2018

Revised:

7243 SUPERVISION OF CONSTRUCTION

The Board of Education directs that the Business Administrator be responsible for the supervision of all building construction in this school district. Supervision shall include field inspection of the construction contractor's operations, administrative review of the activities of the architect relating to the construction, and any other construction matters relating to the interests of the school district.

The Business Administrator shall report periodically to the Board on the progress of the work of the construction contractor(s).

The Board shall not employ for pay or contract for the paid services of any person serving in a position which involves regular contact with students unless the Board has first determined, consistent with the requirements and standards of N.J.S.A. 18A:6-7.1 et seq., that no criminal history record information exists on file in the Federal Bureau of Investigation, Identification Division, or the State Bureau of Identification which would disqualify the individual from being employed or utilized in such capacity or position.

The Superintendent shall direct the School Business Administrator/Board Secretary or designee to act as liaison to all construction contractors for school facility and construction projects to obtain a list of the individuals who will have regular contact with students and will be employed by or working for the contractor on a school district project that will be undergoing a criminal history record check pursuant to the requirements of N.J.S.A. 18A:6-7.1 et seq. The liaison shall provide the list of those contracted employees to the Superintendent or designee and the Human Resources Specialist. The Superintendent or designee and the Human Resources Specialist who receive any adverse action correspondence from the New Jersey Department of Education (NJDOE) related to the criminal history record check process shall review the contracted company list in order to determine if the subject of that correspondence is either a school employee or an employee of any contract service provider and take appropriate action. No employee of a contracted service provider shall commence work at a school facility without having first obtained an approval for employment from the NJDOE. Approvals for employment of these contracted employees shall be maintained with the liaison and copies forwarded to the Superintendent's office.

A change order involving additional cost will be submitted to the Board for review and approval.

N.J.S.A. 18A:6-7.1 et seq.; 18A:18A-16; 18A:18A-43; 18A:18A-44

First Reading: June 9, 2020
Second Reading:
Adopted: