

EASTFORD ELEMENTARY SCHOOL

Student Athlete Handbook



2024– 2025

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

Derek Jeter



**Eastford School Athletic Coordinator:
860-974-1130**

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PHILOSOPHY AND DESCRIPTION OF ATHLETIC PROGRAMS

Eastford's mission is to provide a wholesome and dynamic program which is consistent with the basic philosophy of the Eastford Public School District. As an integral part of a student's total education, Eastford athletics make a significant contribution to the personal growth and development of those involved.

Eastford's Athletic Teams are extremely proud of the success of its many programs but does not support a "win at all costs" attitude. The purpose of the program is to ensure a positive experience for those students who choose to participate. It also is a goal to provide all student athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values, and a realization of their self-worth.

The Eastford Athletic staff takes great pride in their strong concern for the welfare of each athlete. They are aware of the tremendous influence of its position and strive to instill the highest ideals and character traits in our students.

ATHLETIC PROGRAM OBJECTIVES:

- 1. To develop good citizenship and respect for rules and authority;**
- 2. To promote an opportunity to exemplify and observe good sportsmanship;**
- 3. To encourage student athletes to achieve academic success and keep athletics in proper perspective;**
- 4. To teach and emphasize the fundamental skills of a sport to the individual;**
- 5. To stress the importance of physical fitness, conditioning, health habits, and safety in athletics;**
- 6. To provide opportunities to develop lasting friendships with teammates and opponents;**
- 7. To maximize the value of giving one's best effort, at all times, in pursuit of individual and team success.**

ATHLETIC DEPARTMENT POLICIES

Students shall be allowed to participate in individual sports on the basis of their physical condition and desire. Only qualified, certified personnel shall be provided for coaching and supervising individual sports.

Permission Form: All candidates and their parents/guardians must complete the athletic department Permission to Participate form (which is enclosed in this handbook) and return it to the athletic coordinator *before* they may *try out* or participate in any practice session. There *will not* be any exceptions to this rule.

Physical Examinations:

1. Prior to the first tryout/practice session, all candidates for athletic teams are *required* to be examined by their family physician, a walk-in clinic physician, or the school physician,
2. Current, completed physical examination forms (or copies of) must be on file in the Health Office prior to the first tryout/practice session.
3. "Current" means no more than 13 months old, and must remain current throughout the entire sports season to continue playing.
4. One physical per 13 month period will be adequate for any sport in the same year. But a medical release may be requested from the student's physician if any change in medical condition (from illness or injury) occurs anytime during the school year.

Injuries and Accident Forms: All injuries sustained by an athletic team member are to be reported *immediately* to the athletic coordinator. This is the responsibility of the student. The second responsibility of the student is to report the injury to the nurse, and to complete the accident report with the coach.

Insurance Coverage:

A plan of *Excess Insurance* covering interscholastic sports has been purchased by the Eastford Public School Board of Education. The form of the coverage provides that valid claims for injuries received as a result of participating in interscholastic athletics will be paid on an *excess basis*. This *Excess Insurance Policy* will cover bills after a parent/guardian's health insurance has first been applied. Remember, Eastford Public School District will cover only those *costs up to the limits* set forth in the *Excess Policy*. When an interscholastic sports injury occurs, the athlete should obtain a claim form from the school nurse. Complete this form in full, and include all bills showing credit received from the primary insurance company. No insurance forms will be provided unless an Accident Report is on file with the Health Office. Claims must be filed and mailed to the insurance company within 60 days from the date of injury. Any claim filed after the deadline date set by the insurance company will not be paid by the insurance company or the school.

Tryouts: Student athletes will be encouraged to go out for various athletic teams. A three to five day tryout period *may* be in effect for each team pending various circumstances.

Expectations of Athletes

Athletic Code of Conduct:

The community, school administration, and coaching staff believe high standards of conduct and citizenship while in school and at athletic practices and contests are essential to a sound athletic program.

- Athletes will conduct themselves as ladies and gentlemen at all times. Remember, athletes are representatives of the Eastford Public School District, their team, coach, and family.
- Athletes will conduct themselves in an exemplary manner in school, the community, on the bus and on any campus which their team is visiting.
- Acts of unacceptable conduct such as, but not limited to, theft, vandalism, or any violation of the law, will result in disciplinary action.
- Detentions and suspensions from school of any type will not be tolerated.

Any violation of the aforementioned rules may lead to *dismissal from the team for the duration of the season or indefinite suspensions*.

Attendance – School, Practice, and Games:

- You will attend all classes regularly and on time. Tardiness and cutting will not be tolerated.
- You will not use your sport as an excuse to miss class or portions of class unless the team is departing early from school. In the case of an early dismissal, teachers will be notified by the administrators and coach.
- Any student athlete who has not reported to school by noon will not be permitted to practice or play that afternoon. Exceptions to this rule will be considered only if the player's parent explains the unusual circumstances to the principal.
- Any violation of the three aforementioned rules may lead to *dismissal from the team for the duration of the season or indefinite suspension*.

- Attendance at all practice sessions and competitions for all team members is mandatory.
- An exception may be made in the case of a previously agreed upon commitment that the coach, parent and athlete discuss in advance.
- For the safety of student athletes, they should participate in a minimum of 5 practices prior to participating in a game or match for most sports. This will allow time for proper conditioning and training.
- If an athlete will be absent or tardy from any practice or competition for any other reason, then the coach (or the athletic coordinator if the coach is not in the school) must be notified by a parent/guardian, either in writing or by phone before noontime of the day the absence will occur. This will be considered an EXCUSED absence. If it occurs on a day directly prior to a competition, then the athlete will still be eligible to participate, but will not be able to start in that competition. In the case of track, this would result in a reduction of events that the athlete may participate in for that meet only.
- Any other absences will be considered UNEXCUSED and will result in the athlete not participating in the next competition. If this occurs, athletes are still expected to participate in regular practices and attend the competition as a member of the team. For example, if an athlete has an unexcused absence from practice on Monday, and the next game is on Wednesday, the athlete would be expected to attend practice on Tuesday and sit with the team on Wednesday, although s/he wouldn't be allowed to participate in that competition.
- Students who are absent from school, or dismissed early by the nurse due to illness, are not expected to attend practice/competitions on that day. This would be considered an excused absence.
- Students who are not able to participate due to an illness or injury should contact the coach as they would for an excused absence, but still attend practices and competitions to watch as a member of the team whenever possible. The nurse may require a doctor's note prior to resuming play.
- Athletes are not permitted to leave practice/competitions early without approval of the coach.
- Athletes should be aware that contests may be rescheduled and they should make the necessary arrangements to be at the rescheduled events.
- The principal reserves the right to make exceptions to these rules when there are extenuating circumstances.

TRAVEL

- Athletes will remain with their team and under the direct supervision of the coach.
- Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and only with the coach's approval.
- Parents will not transport athletes unless approval is granted by the coach.
- If someone other than the parent is picking an athlete up from a game, a *written note must be given to the coach*.
- Detentions and suspensions from school of any type will not be tolerated.

Athletes are expected to conduct themselves properly and abide by all school rules when participating in sports. In addition to all information contained in the parent/student handbook, athletes should also be aware of the following:

1. Hazing is not permitted. "Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.
2. Fighting Prior to, During, or After an Athletic Contest: This type of behavior by an Eastford Public School athlete will not be tolerated for any reason. It does not matter if the Eastford athlete is the victim of an unsportsman-like act, if he/she is provoked or taunted, or verbally or physically abused, or any other set of circumstances.
 - The relevant question is, did the Eastford athlete actively participate in a fight, retaliate in a fight or leave the bench or sideline to join in a fight in progress?
 - If the answer is YES to any part of this question, the athlete will be subject to serious sanctions such as, but not limited to, suspension or dismissal from the team. *ZERO TOLERANCE* will be in effect when it comes to fighting while representing the Eastford Public School District.
3. Respect: All team members are expected to treat opponents, officials, coaches, and spectators with respect.
4. Uniforms and Equipment: All team members are responsible for all items issued to them. This includes uniforms, equipment and supplies. Athletes will be held financially responsible for any items damaged or not returned. Any student with an obligation to the athletic department may not participate in any other sport until the obligation is cleared. (Policy 6164)
5. Additional Team/Sport Regulations: Players must adhere to all rules and regulations that the coach may require for his/her sport. These rules will be discussed at the beginning of each season.
6. Dress: All team members are expected to be well groomed and dressed neatly for all games.
7. Suspension or Team Dismissal: At the beginning of the season, the students will be notified of the types of behavior which may warrant suspension or removal from the team. Each case will be considered individually. Parents and the principal will be notified by telephone as soon as possible after a student has been suspended or permanently removed from the team.

ACADEMICS

Academic Requirements for Athletes

Those students who exhibit the greatest effort and ability are selected to participate. Our school follows the guidelines set forth by the Connecticut Association of Secondary Schools. The academic requirements for participation in the interscholastic sport program are:

1. Athletes must attend scheduled classes to participate in practice or games played on a particular day. Any athlete tardy to school after 12:00 will not compete in the contest or practice on that day. Extenuating circumstances must be approved by the building principal prior to participation.
2. Any student receiving a failing grade in any subject area, either on a report card or mid-term report, will be restricted from trying out, practicing, or competing on a school team.
3. At the beginning of the school year, any sixth, seventh or eighth grade student may try out for fall sports, but anyone receiving a "failing" warning on the interim progress note will be dropped immediately.
4. Students who are failing at mid-term have the opportunity to be reinstated at any time within a

two-week period following the issuance of the mid-term. In order to be reinstated, the student will be required to provide the coach with a written notice from the teacher(s) who issued the failing mid-term. The notice must state the student is no longer failing the course.

5. Students who receive a failing grade on a report card will no longer be able to participate on a sports team that trimester or the next trimester.

PROCEDURE FOR CONTACTING COACH and PROBLEM RESOLUTION

1. Afford your son or daughter the opportunity to discuss any issue with the coach. Many times these types of meetings may resolve an issue or concern.
2. If your son's or daughter's meeting with the coach did not resolve the issue, then call to set up an appointment to meet with the coach. The school's number is 860-974-1130.
3. If the coach cannot be reached, call the athletic coordinator, and a meeting will be arranged for you. Contacting the principal should be a last resort.
4. *Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.*
5. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the athletic coordinator to discuss the situation. The athletic coordinator and he can be reached at the school phone number: 860-974-1130. If the coach and the athletic coordinator are the same person during any given season, you may set up an appointment to discuss the situation with the principal, Mrs. McCombe at cmccombe@eastfordct.org.

What Is Good Sportsmanship?

Good sportsmanship is when people who are playing or watching a sport treat each other with respect. This includes players, parents, coaches, and officials.

How Can I Be a Good Sport?

- Have a positive attitude.
- Give your best effort.
- Shake hands with the other team before and after the game.
- Support teammates by saying "good shot" or "good try." Never criticize a teammate for trying.
- Accept calls and don't argue with officials.
- Treat the other team with respect and never tease or bully.
- Follow the rules of the game.
- Help another player up who has fallen.
- Take pride in winning but don't rub it in.
- Accept a loss without whining or making excuses.

By being a good sport, you learn respect for others and self-control. These skills can help you manage many other parts of your life. They're also key to becoming a mature, respectful, and successful adult.

(TeensHealth.org, February 2019)

Connecticut Interscholastic Athletic Conference (CIAC) Rules for Sportsmanship

The Student Athlete:

As members of their team, a student-athlete serves as a role model. They are admired and respected by many, including younger athletes and their behavior and actions often have a significant impact on others. The student-athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship.

1. Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
2. Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
3. Will win and lose graciously.
4. Will have a thorough knowledge of and abide by all rules of the game and CIAC.
5. Will work for the good of the team at all times.
6. Will cheer for your team, not against your opponent.
7. Will congratulate opponents in a sincere manner following either victory or defeat.
8. Will refrain from the use of illegal or unhealthy substances to gain an unfair advantage.

The Parent/Spectator:

Controlling parent and spectator behavior at games is proving to be a major challenge for school and athletic administrators. Leagues and schools that have well defined standards for sportsmanship that are discussed with parents at pre-season meetings and announced at game sites experience more positive behavior at games. Parents and spectators need to keep the activity in perspective. School athletics is an extension of the school's academic program and is designed to build the athlete's character, values and ethics and is not designed to be the avenue for an athletic scholarship. Parents and spectators should support the coaches, players and officials in a positive manner.

Parents and spectators will:

1. Respect the integrity and judgment of game officials.
2. Be respectful of all players, coaches, officials and other spectators.
3. Never target anyone for abuse whether it be physical, verbal or emotional.
4. Never engage in name calling, taunting, harassment, obscenities, and any other disrespectful language or gestures.

5. Always be a positive role model for other spectators and your child.
6. Cheer for your team not against your opponent.
7. Make an effort to know and understand the rules of the game.
8. Recognize that attending a middle or high school athletic contest is a privilege, not a license to verbally assault officials, coaches or opposing team(s) and their spectators.
9. Recognize and show appreciation for an outstanding play by either team.

HEADS UP: CONCUSSION IN YOUTH SPORTS

Separate Cardiac Arrest and Concussion forms are provided for parents/guardians and students to sign. These are included in the handbook and will be available at each preseason meeting. These forms are required once per school year.

WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out or hit in the head. You can’t see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

Parents and Guardians

What are the signs and symptoms of a concussion observed by Parents/Guardians?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to being hit or falling
- Can’t recall events after being hit or falling
- Coaches and “other qualified school employees” will notify a student athlete’s parent/guardian when he/she is removed from play due to a concussion or suspected concussion within 24 hours of removal, but will make every reasonable effort to provide such notice immediately after the student’s removal.

How can a Parent/Guardian help their child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

What should a Parent/Guardian do if they think their child has a concussion?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports. Notify your child's coach if you think your child has a concussion.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion in ANY sport or activity. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Athletes

What are the symptoms of a concussion for Athletes?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

What should an athlete do if they think they have a concussion?

- Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.
- It is better to miss one game than the whole season.

How can athletes prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and fit well
 - Used every time you play
 - Repaired and maintained

For more detailed information on concussion and traumatic brain injury, visit:

[HEADS UP to Youth Sports](#)

Sudden Cardiac Arrest Fact Sheet

What is Sudden Cardiac Arrest (SCA)?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students too. However, the causes of SCA in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a function in the heart's electrical system, causing the heart to suddenly stop beating.

What are the warning signs and symptoms? (These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion.)

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Dizziness
- Extreme fatigue
- Chest pains
- Racing heart

Removal From Play

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed health care professional. The symptoms can happen before, during or after activity.

Risks of continuing activity after experiencing warning signs and symptoms

There are serious risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops pumping efficiently, the brain and other vital organs are compromised. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA will die from it. Any student-athlete who shows signs or symptoms of SCA must be immediately removed from the athletic activity.

What should occur when a person experiences Sudden Cardiac Arrest?

When a person experiences SCA, three actions should be taken immediately:

1st: Get Help - Call out for assistance and call 911.

2nd: Start CPR - Begin hands-only CPR.

3rd: Attach and activate an Automated External Defibrillator (AED) An AED should be attached, activated and the user should follow the prompts. The AED will be able to determine if a shock should be given to the heart or if CPR should be continued without a shock. If the AED determines that a shock should be given, it will give instructions on how to proceed.

Only CPR and AED use have been proven to help a person get out of a cardiac arrest. For every minute a person does not receive a shock, the chances of survival go down by 10% per minute. Keep in mind that the average response time for emergency medical services (EMS) is approximately 5-8 minutes. The AED will not allow the user to deliver an electric shock if it is not clinically applicable. The person using the AED can attach the device to the person suffering the SCA, turn it on and push the shock button, but the AED will not allow a shock to be delivered if it is unwarranted. No harm can be done by applying an AED to an individual.

Return to Play

Before returning to play, the athlete must be evaluated by a licensed medical provider. Following the evaluation, written clearance, signed by the licensed medical provider, must be given prior to the student-athlete engaging in any athletic activity.

Exertional Heat Illness Fact Sheet

Heat Illness associated with physical exertion is known as exertional heat illness (EHI). EHI is a spectrum of disorders to include:

Part I – Exertional Heat Illness -

There are four types of Exertional Heat Illnesses (EHI):

1. Heat Cramps - are painful, involuntary cramping often in the legs, arms and abdomen with muscle contraction.
2. Heat Syncope - is a fainting episode that occurs when an individual in a hot environment does not have adequate blood flow to the brain and loses consciousness.
3. Heat Exhaustion - is the inability to continue to exercise in the heat due to cardiovascular insufficiency and energy depletion that may not be associated with physical collapse and is the most common heat related condition.
4. Heat Stroke - occurs when the body's temperature rises so much that the cooling system stops working. Heat Stroke is a life threatening condition and should be treated immediately.

Part II - Signs and Symptoms of Heat Exhaustion and Heat Stroke

	Signs and Symptoms
Heat Exhaustion	Cool, moist skin Heavy sweating Headache Nausea or vomiting Dizziness Lightheadedness Weakness Thirst Irritability Fast heartbeat
Heat Stroke	Temperature greater than 105°F (40.5°C) Altered consciousness, disorientation or Dizziness Headache Confusion or just look "out of it" Nausea or vomiting Loss of muscle function/balance Profuse sweating Rapid pulse Low blood pressure Quick breathing

To prevent exertional heat illness, a coach must be aware of an athlete's medical history. Some health conditions such as obesity can cause athletes to be more vulnerable to heat, which can lengthen their adaptation to the heat. A coach must make sure athletes are hydrating enough. Athletes should have unlimited access to water during exercise/activity. When exercise is greater than 60 minutes or if exercise is going to be intense and, in the heat, athletes should have access to sports drinks. Coaches should encourage athletes to hydrate before and after practice.

Part III Treatment

Heat Cramps - rest, stretching of the muscle, and provide fluids for rehydration. .

Heat Syncope - cool the individual by moving them to a shaded/cool area and elevate legs to promote blood returning to the heart.

Heat Exhaustion - move the individual to a cool/shaded area and remove excess clothing; elevate legs to promote blood return; cool the individual with fans, rotating ice towels, or ice bags; and provide fluids for rehydration.

Heat Stroke - Remove all equipment and excess clothing; cool the individual as quickly as possible via whole body ice water immersion (place them in a tub/stock tank with ice and water approximately 35–58°F); stir water and add ice throughout the cooling process. If immersion is not possible (no tub or no water supply), take the individual to a shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible. Maintain airway, breathing and circulation, after cooling has been initiated, activate the EMS by calling 911. Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion) was initiated within 10 minutes of collapse. Cooling should continue until the body temperature reaches 102°F, known as “Cool First, Transport Second.”

RETURN TO PLAY (RTP)

Individuals who suffer from an EHI must be cleared by a healthcare professional before returning. The athlete must be asymptomatic and lab tests must be normal. The length of recovery time is primarily dictated by the severity of the incident. In cases of heat stroke, the athlete should avoid exercise for at least one (1) week after the incident. When the athlete returns, they should begin a gradual RTP protocol in which they are under the direct supervision of an appropriate health-care professional such as an athletic trainer or physician. The type and length of the RTP program may vary among individuals, but a general program may include:

- Easy-to-moderate exercise in a climate-controlled environment for several days, followed by strenuous exercise in a climate-controlled environment for several days
- Easy-to-moderate exercise in the heat for several days, followed by strenuous exercise in the heat for several days
- If applicable to the individual's sport: easy-to-moderate exercise in the heat with equipment for several days, followed by strenuous exercise in the heat with equipment for several days

Sources: Korey Stringer Institute

EASTFORD ELEMENTARY SCHOOL
Student and Parent Concussion Informed Consent Form
2024-2025

This consent form was developed to provide students and parents with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education* and Section 10-149c: *Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.*

****A signature is required on page number 25 indicating you have read this information and are aware of the Eastford School Policy regarding Concussions.**

What is a Concussion?

National Athletic Trainers Association (NATA) - *A concussion is a "trauma induced alteration in mental status that may or may not involve loss of consciousness."*

Centers for Disease Control and Prevention (CDC) - *"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth."* -CDC, Heads Up: Concussion <https://www.cdc.gov/heads-up/about/index.html>

Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious" -CDC, Heads Up: Concussion Fact Sheet for Coaches
<https://www.cdc.gov/heads-up/training/youth-sports.html>

Section 1. Concussion Education Plan Summary

The Concussion Education Plan and Guidelines for Connecticut Schools was approved by the Connecticut State Board of Education in January 2015.

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity ,<70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to her/his medical provider.

Section 4. Local/Regional Board of Education Policies Regarding Concussions

See the Eastford Board of Education Policy 4119.2

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>.
http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2014.

**Eastford Elementary School
Sudden Cardiac Arrest Awareness
Student & Parent Informed Consent Form
2024-2025**

NOTE: This document was developed to provide student-athletes and parents/guardians with current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept on file by the student-athlete's associated school district annually to comply with Connecticut General Statutes Chapter 163, Section 10-149f: SUDDEN CARDIAC ARREST AWARENESS EDUCATION PROGRAM.

****A signature is required on page number 25 indicating you have read this information regarding Sudden Cardiac Arrest.**

Section 1. – SUDDEN CARDIAC ARREST - What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

Section 2. - HOW COMMON IS SUDDEN CARDIAC ARREST IN THE UNITED STATES?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. It is a leading cause of death for student athletes.

According to an April 2014 study for PubMed the incidence was

- 0.63 per 100,000 in all students (6 in one million)
- 1.14 per 100,000 athletes (10 in one million)
- 0.31 per student non-athletes (3 in one million)
- The relative risk of SCA in student athletes vs non-athletes was 0.65
- There is a significantly higher risk of SCA for boys than girls

Leading causes of sudden death among high school and college athletes, according to the National Collegiate Athletic Association (NCAA) (on CBS News, June 28, 2012)* are heat stroke, heart disease and traits associated with sickle cell anemia. Prevention of sudden death, the same study concludes, is associated with more advanced cardiac screening with attention to medical histories and birth records, improved emergency procedures, and good coaching and conditioning practices. SCA can be prevented if the underlying causes can be diagnosed and treated.

Section 3. - WHAT ARE THE WARNING SIGNS AND SYMPTOMS?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion.

Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes sudden cardiac death. With fast, appropriate medical care, survival is possible. Administering cardiopulmonary resuscitation (CPR) – or even just compressions to the chest – can improve the chances of survival until emergency personnel arrive.

(<http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/>)

WHAT ARE THE RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING THESE SYMPTOMS?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

REMOVAL FROM PLAY

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed health care professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity.

RETURN TO PLAY

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

To summarize:

- SCA is, by definition, sudden and unexpected.
- SCA can happen in individuals who appear healthy and have no known heart disease.
- Most people who have SCA die from it, usually within minutes.
- Rapid treatment of SCA with a defibrillator can be lifesaving.

- Training in recognition of signs of cardiac arrest and SCA, and the availability of AEDs and personnel who possess the skills to use one, may save the life of someone who has had an SCA. (National Heart, Lung, and Blood Institute)

Section 4. Local/Regional Board of Education Policies Regarding Sudden Cardiac Arrest

See the Eastford Board of Education Policy 4121

**Eastford Elementary School
Exertional Heat Illness Awareness
Student & Parent Informed Consent Form
2024-2025**

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Most of the heat-related problems have been associated with football, due to the special equipment and uniforms needed, but it can happen in any sport. From 1995 through the 2005 football season there have been 19 high school heat stroke deaths in football. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

****A signature is required on page number 26 indicating you have read this information regarding Exertional Heat Illness and Heat Stress.**

Section 1.

During hot weather conditions the athlete is subject to the following:

Heat Cramps – Heat cramps are a mild heat illness that can be easily treated. These intense muscle spasms usually develop after an athlete has been exercising for a while and has lost large amounts of fluid and salt from sweating.

Heat Syncope – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.

Heat Exhaustion – Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

Heat Stroke – Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated. An acute medical emergency related to thermo-regulatory failure, associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned EHI/heat stress issues can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the physical condition of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for gradual acclimatization to hot weather. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used, and that 80% acclimatization can be expected to occur after the first 7 to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has no scientific foundation. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. Water should be available in unlimited quantities. Check and be sure athletes are drinking the water.
5. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. Never use rubberized clothing.
6. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
7. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
8. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
9. Parents and Coaches Guide to Dehydration and Other Heat Illnesses in Children

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.

Section 2. - EDUCATION AND TRAINING IN EXERTIONAL HEAT ILLNESS FOR COACHES, PARENTS, GUARDIANS AND STUDENTS.

- "Exertional heat illness" means an illness resulting from engaging in physical activity in the heat, including, but not limited to, heat cramps, heat syncope, heat exhaustion and heat stroke.
- "Heat cramps" means sudden or progressively and noticeably evolving, involuntary, painful contractions of skeletal muscle during or after engaging in physical activity in the heat.

- "Heat exhaustion" means the inability to effectively engage in physical activity in the heat, secondary to a combination of factors, including, but not limited to, cardiovascular insufficiency, hypotension, energy depletion and central fatigue and is manifested by an elevated core body temperature and associated with a high rate or volume of skin blood flow, heavy sweating and dehydration.
- "Heat stroke" means a medical emergency characterized by neuropsychiatric impairment and a high core body temperature, typically 105.8° Fahrenheit or above.
- "Heat syncope" means sudden dizziness, feeling faint and fainting experienced after engaging in physical activity in the heat.

Further guidance is available here: [HEAT STRESS AND ATHLETIC PARTICIPATION](#)

Section 3.. Local/Regional Board of Education Policies Regarding Exertional Heat Illness Awareness

[See the Eastford Board of Education Policy 4119.4](#)

Sign all forms and return this page to the Athletic Coordinator

Student and Parent Concussion Informed Consent Form

I have read and understand this document the "Student and Parent Concussion Informed Consent Form" and understand the severities associated with concussions and the need for immediate treatment of such injuries.

Student name: _____ Date: _____

Signature _____
(Print Name)

I authorize my child to participate in _____ for school year _____
(Sport/Activity)

Parent/Guardian name: _____ Date _____

Signature _____

Student and Parent Sudden Cardiac Arrest Informed Consent Form

I have read and understand this document the "Student & Parent Informed Consent Form" and understand the severities associated with sudden cardiac arrest and the need for immediate treatment of any suspected condition.

Student name: _____ Date _____

Signature _____
(Print Name)

I authorize my child to participate in _____ for school year _____
(Sport/Activity)

Parent/Guardian name: _____ Date _____

Signature _____
(Print Name)

Student and Parent Exertional Heat Illness Informed Consent Form

I have read and understand this document the "Student & Parent Informed Consent Form" and understand the severities associated with Sudden Heat Stress and Athletic Participation and the need for immediate treatment of any suspected condition.

Student name: _____ Date _____

Signature _____
(Print Name)

I authorize my child to participate in _____ for school year _____
(Sport/Activity)

Parent/Guardian name: _____ Date _____

Signature _____
(Print Name)

SOCCER BALL GIRL/BOY PERMISSION FORM

NAME _____

GRADE _____

I give permission for my child to participate as ball girl/boy (please circle) for home soccer games.

I understand that she/he is expected to attend all home games. Please refer to the attendance policy for athletes on page #.

Games begin at 3:30. Students will be dismissed at 3:15. Games are roughly an hour to an hour and a half in duration. Students will be expected to have a ride home immediately following the game.

I have read the law regarding concussions, sudden cardiac arrest (SCA), and Exertional Heat Illness (EHI) for student-athletes. I understand that if my child suffers from a head or body injury and/or is suspected of having a concussion or symptoms of SCA or EHI, they will not be allowed to resume play or practice until cleared by a licensed health care professional.

My child is allowed to go home with the following people. (Please include parents' first and last name.)

Parent/Guardian Signature Date

Student Signature Date

Please sign the Concussion, SCA, and EHI forms contained in this handbook on pages 23 and 24.

Please remove all of these required form pages and return them to the athletic coordinator prior to the start of the season.

BASKETBALL CLOCK/BOOKKEEPER PERMISSION FORM

NAME: _____

GRADE: _____

/_/ I give permission for my child to participate as:

_____ Clock person for girls/boys (Circle one) basketball games

_____ Bookkeeper for girls/boys (Circle one) basketball games

/_/ I understand that she/he is expected to attend all home games as clock keeper and all home and away games as a bookkeeper. Please refer to the attendance policy for athletes on page 6.

/_/ Games begin at 3:30. Students will be dismissed at 3:00 for home games, and at approximately 2:00 p.m. for away games. Home games will be over at approximately 5:00, and the bus will return to E.E.S. by 7:00 from away games. Students will be expected to have a ride home immediately following the game.

/_/ I have read the law regarding concussions, sudden cardiac arrest (SCA), and Exertional Heat Illness (EHI) for student-athletes. I understand that if my child suffers from a head or body injury and/or is suspected of having a concussion or symptoms of SCA or EHI, they will not be allowed to resume play or practice until cleared by a licensed healthcare professional.

/_/ My child is allowed to go home with the following people. (Please include parents' first and last name).

Parent/Guardian Signature

Date

Student Signature

Date

- Please sign the Concussion, SCA, and EHI forms contained in this handbook on pages 23 and 24.
- Please remove all of these required form pages and return them to the athletic coordinator prior to the start of the season.

INTERSCHOLASTIC SPORTS PERMISSION FORM

NAME: _____ GRADE _____

NAME OF COACH _____ SPORT SOCCER

/ / I have read the Interscholastic Sports' rules and give permission for my child to participate in the sport noted above. A record of my child's physical exam is on file with the school nurse.

/ / I give permission for my child to travel on the school bus with the team.

/ / According to Board Policy #6164, students shall be held responsible for any loss of or damage to the property of the school when the loss or damage occurs through fault of the student. The Board of Education may impose sanctions against students who lose or damage textbooks, educational materials or school property including athletic equipment and/or uniforms.

/ / I have read the law regarding concussions, sudden cardiac arrest (SCA), and Exertional Heat Illness (EHI) for student-athletes. I understand that if my child suffers from a head or body injury and/or is suspected of having a concussion or symptoms of SCA or EHI, they will not be allowed to resume play or practice until cleared by a licensed healthcare professional.

/ / My child is allowed to go home with the following people. (Please include parents' first and last name).

Parent/Guardian Signature

Date

Student Signature

Date

- Please sign the Concussion, SCA, and EHI forms contained in this handbook on pages 23 and 24.
- Please remove all of these required form pages and return them to the athletic coordinator prior to the start of the season.

INTERSCHOLASTIC SPORTS PERMISSION FORM

NAME: _____ GRADE _____

NAME OF COACH _____ SPORT: **BASKETBALL**

/ / I have read the Interscholastic Sports' rules and give permission for my child to participate in the sport noted above. A record of my child's physical exam is on file with the school nurse.

/ / I give permission for my child to travel on the school bus with the team.

/ / According to Board Policy #6164, students shall be held responsible for any loss of or damage to the property of the school when the loss or damage occurs through fault of the student. The Board of Education may impose sanctions against students who lose or damage textbooks, educational materials or school property including athletic equipment and/or uniforms.

/ / I have read the law regarding concussions, sudden cardiac arrest (SCA), and Exertional Heat Illness (EHI) for student-athletes . I understand that if my child suffers from a head or body injury and/or is suspected of having a concussion or symptoms of SCA or EHI, they will not be allowed to resume play or practice until cleared by a licensed healthcare professional.

/ / My child is allowed to go home with the following people. (Please include parents' first and last name).

Parent/Guardian Signature

Date

Student Signature

Date

- Please sign the Concussion, SCA, and EHI forms contained in this handbook on pages 23 and 24.
- Please remove all of these required form pages and return them to the athletic coordinator prior to the start of the season.

INTERSCHOLASTIC SPORTS PERMISSION FORM

NAME: _____ GRADE _____

NAME OF COACH _____ SPORT: **TRACK**

/_/ I have read the Interscholastic Sports' rules and give permission for my child to participate in the sport noted above. A record of my child's physical exam is on file with the school nurse.

/_/ I give permission for my child to travel on the school bus with the team.

/_/ According to Board Policy #6164, students shall be held responsible for any loss of or damage to the property of the school when the loss or damage occurs through fault of the student. The Board of Education may impose sanctions against students who lose or damage textbooks, educational materials or school property including athletic equipment and/or uniforms.

/_/ I have read the law regarding concussions, sudden cardiac arrest (SCA), and Exertional Heat Illness (EHI) for student-athletes. I understand that if my child suffers from a head or body injury and/or is suspected of having a concussion or symptoms of SCA or EHI, they will not be allowed to resume play or practice until cleared by a licensed health care professional.

/_/ My child is allowed to go home with the following people. (Please include parents' first and last name).

Parent/Guardian Signature

Date

Student Signature

Date

- Please sign the Concussion, SCA, and EHI forms contained in this handbook on pages 23 and 24.
- Please remove all of these required form pages and return them to the athletic coordinator prior to the start of the season.

Dear Parents and Athletes:

In an effort to help defray the cost of the District's athletic program, the Eastford Board of Education has implemented a mandatory \$20.00 athletic fee. This modest fee will help to defray the cost of officials, transportation and uniforms.

No child will be deprived of the opportunity to participate because of the inability to pay. If paying the fee is a burden at this time, please speak privately with a trusted member of the staff and arrangements will be made to ensure that your child has the opportunity to participate.

The fee must be paid, or waived, prior to the issuance of uniforms. Please give the money to the athletic coordinator.

Thank you in advance for your anticipated cooperation.

Sincerely,

Athletic Coordinator