

Nackawic High School Parent Athletic Information Course



Parent Athletic Information Course

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1. NHS Extra-Curricular Code of Conduct

We want our extra-curricular participants to know that it is a privilege to represent NHS in various activities and in doing so there comes a lot of dedication and responsibility.

Our participants need to remember who they are representing at all times and be proud in doing so. This includes activities during the school day, on trips, participating at other fields/gyms/arenas, tournaments, schools and during competition.

Nackawic High takes pride in our students and the sportsmanship that they continuously display makes us very proud!

Participant Expectations:

- Commitment to practices, meetings, games and conditioning.
- Demonstrates good sportsmanship.
- An athlete can only participate in a maximum of one major sport and one minor sport per season (unless otherwise granted permission)
- Performs duties as outlined in the Education Act.
- All fees (student & player) are to be paid in full by the indicated deadlines in order to be eligible for participation OR arrangements have been made with Athletic Director or Administration.
- Sign and adhere to the conditions of a performance contract with the school. Parents are required to sign this contract as well. This must be done before students are eligible to participate in extra-curricular activities.
- A student must carry a full complement of regular/credit courses during the four years of eligibility (Grades 9-12), unless otherwise approved by Administration. A fifth year student is required to enroll in the courses needed to fulfill graduation requirements.

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Participant Expectations:

Here are guidelines that ALL of our students must adhere to throughout the course of the school year:

Academic - School comes first. **ALWAYS!**

Attendance - You must be present in **ALL** classes on practice and performance days, **ALONG** with the day after, unless the absence is due to illness, medical appointment or other excused absence approved by Athletic Director and/or Administration. An email or telephone call from your parent to the school are acceptable means of communication.

Behaviour - All school policies and behaviour expectations are in effect for all extra-curricular activities.

Drug/Alcohol Policy - Students who are in possession of/or under the influence of alcohol and/or narcotics in any capacity or quantity (whether legal or illegal substances), while at school or on any school sponsored trip or activity, **will be suspended from school based on school & district policy.**

Suspension Policy - If a student is suspended for any reason, then they are ineligible for all extra-curricular activities for the duration of the suspension. If the suspension happens on a Friday to begin Monday, the student cannot participate in any extracurricular activity Friday night, Saturday, or Sunday as well as the weekdays included in the suspension.

Smoking/Vaping - Smoking and vaping are detrimental to your ability to perform. In addition, it is damaging to your personal health; therefore, smoking/vaping is not an acceptable activity for students who wish to represent NHS. Students are to refrain from smoking/vaping on school property, at the venue of a school-supported activity, or while traveling to and from such an activity. Coaches, at their discretion, may introduce their own guidelines.

Social Media Use – Students are reminded that when using social media they still represent the school and their team. Posting of inappropriate material or pictures (drugs, alcohol, sexually explicit material, etc) may result in disciplinary action handled by the Athletic Director and/or Administration.

Student & Participant Fees – For students to be eligible for participation in extra-curricular activities (this includes practices), you must have your student fee and any applicable participant fees paid in full. The student fee is set at \$40.00 per student OR \$80.00 per family. This fee is to be paid to the office.

2. a) Player Information

- > NHS Activity Registration Form
 - Only needs to be completed once for entire year
 - This will be emailed to all student & parent emails at the start of school year. If paper copies wanted, please contact Ann Fitton and they will be sent home
 - Please be sure to disclose any health concerns and/or previous injuries
 - Copies of this form will be given each team your son/daughter participates on

2. b) Sport Fees

> Sports Fees

- These fees are used to cover various fees and costs incurred throughout the season
 - » NBIAA Player Dues
 - » NBIAA Player Insurance
 - » Western Conference Fees
 - » Referee Cost
 - » Ice Rental
 - » Uniforms
 - » Etc..

1. **Player Fee** - All sports at NHS have a player fee. The following is a breakdown of fees required for participation in each sport offered.

All sport fees must be paid to **Ann Fitton – Athletic Director OR using the SchoolCashOnline system**. After the payment deadline, if payment has not been received in full, then the athlete is not eligible to continue participation until paid, unless arrangements have been made with Athletic Director and/or Administration.

Uniform deposits must be received before a student will be given a uniform. These can be paid with a post-dated cheque or cash, given to **Miss Fitton**.

Uniforms MUST be returned by the due date, in order to receive uniform deposit back

1. **Fall Sports (due September 30)**
 1. Soccer = \$60.00 Uniform Deposit : \$60.00
 2. Golf = \$75.00 Uniform Deposit : \$40.00
 3. Cross-Country = \$40.00 Uniform Deposit : \$30.00
2. **Hockey (due November 30)**
 1. Hockey = \$500.00
 2. Can be paid in full or by the following installments:
 1. Nov. 30 - \$150.00
 2. Jan. 15 - \$150.00
 3. Feb. 15 - \$200.00
3. **Winter Sports (due December 15)**
 1. Basketball = \$150.00 Uniform Deposit : \$100.00
4. **Spring Sports (due March 30)**
 1. Badminton = \$40.00
 2. Senior Volleyball = \$100.00 Uniform Deposit : \$60.00
 3. Junior Volleyball = \$75.00 Uniform Deposit : \$60.00
5. **Rugby, Track and Field (due April 30)**
 1. Rugby = \$50.00 Uniform Deposit : \$60.00
 2. Track & Field = \$40.00 Uniform Deposit : \$30.00

****Please note that due to COVID 19, we are asking parents to make every attempt to make payment via SchoolCashOnline to reduce contact. Receipts for this year will be issued electronically, being sent to the email the school has on file.****

****Due to COVID 19, there may be changes to the above fees, based on season of play, etc. Any changes will be clearly communicated to all participants and their families.****

Parent/Guardian Requirements

Parent/Guardians of students who participate in any extra-curricular Athletic programs, must adhere to the following guidelines:

Ensure payment of all required fees is made before the deadline or arrangements have been made with Athletic Director and/or Administration for payment.

Must sign and be familiar with all aspects of the NHS Extra-Curricular Code of Conduct and the **NEW** NHS Parent Code of Conduct. Parents must also complete the Athlete Registration form. All of these will be emailed to parent and students by Sept. 3, 2020

Must complete the Nackawic High School Parent Athletic Information course BEFORE any student is eligible to participate in any competition. This course is available on the Nackawic High website - nhs.nbed.nb.ca. This course is required to be taken at a minimum of every 4 years OR at the discretion of the Athletic Director and/or Administration.

Nackawic High School - Extra-Curricular Referral Process

The process for Extra-Curricular referrals for academics, attendance and/or behavior is as follows:

A student can be referred by teachers either with the Response to Interventions (RTI) form or directly to Administration/Athletic Director. Depending on the nature and severity of the referral, a decision will be made which may include, but is not limited to the following:

- Verbal or written plan for improvement
- A pre-determined review period, during which improvements must be made at school, but the student can still participate in extra-curricular activities
- Removal from extra-curricular activities for a set period, remainder of season or remainder of year

Extra-Curricular Travel Policy

- Each team/club will designate a player who will complete a driver's list when travel is required for an extra-curricular event.
- The driver list will contain all player names, parent names and contact information, as well as contact information for the school.
- All drivers must be approved by the administration and MUST be at least 21 years of age.
- Parents are encouraged to arrange travel amongst themselves, but the school still needs to be informed of these arrangements. No waiver form is required to be signed when parents make their own travel arrangements.
- For those students with no travel opportunity, the coach can help make arrangements on their behalf with parents. When the coach or any school official asks anyone to transport a child, that driver MUST sign the waiver. The signed waivers will be given to the administration with the driver's list BEFORE students travel.
- Students not abiding by travel regulations will be subject to disciplinary action by the coach, Athletic Director and/or administration.
- UNDER NO CIRCUMSTANCE ARE STUDENTS PERMITTED TO TRANSPORT THEMSELVES TO ANY AWAY EVENT!!

6. New Brunswick Interscholastic Athletic Association Information

- > The NBIAA is the governing body for high school sport in New Brunswick. As such, each school that is a member, must adhere to the rules & regulations set forth by the NBIAA.

NBIAA Discipline Procedures

- All game incidents are reported to the NBIAA and the conference discipline committees
- Suspensions are handed out by the Western Conference Discipline Committee and/or the NBIAA office - depending on the severity of the incident in question
- Any behaviours and/or actions which bring dishonour to a team, school, the NBIAA, etc are tracked during a students' 4 years in high school. (EX: fighting, verbal abuse, etc)
- A student may be removed from all NBIAA activities if they accumulate these types of behaviours.
- Be sure to check with your coach OR Athletic Director to find out more detailed information in regards to discipline procedures.

NBIAA Insurance

The NBIAA has secured Accident Insurance Policy through **ALLSPORT Insurance**.

Policy Number: **ACL6626**

Accident Insurance Forms are to be filled out within 30 days of a sport accident.

All claims must be submitted with itemized statements and paid receipts.

The **original** claim form and **original** receipts are only required if there is no other insurance coverage available and must be mailed to the NBIAA Office.

For secondary insurance coverage, copies of the claim form and receipts can be emailed.

In the '**Certification of Association or Club Executive**' section at the bottom of page 1, the school will complete the required information and the NBIAA office must approve and sign the bottom of that section.

The NBIAA office will send the documents to the insurance company for processing.

The parents or guardians will be contacted by the ALLSPORT Insurance company, within 2 months.

Return your forms and receipts to Ann Fitton to be certified by the school and sent to the NBIAA

Fair Play Code for Athletes

- I will train and compete because I want to and not just because my parents or coaches.
- I will play by the rules and in the spirit of the game.
- I will control my temper - fighting and "mouthing off" and inappropriate actions, language.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning isn't everything - that having fun, improving skills, making friends.
- I will remember that coaches and officials are there to help. I will accept their decisions.
- I will never criticize or use social networking to criticize or threaten in an unprofessional manner.

Fair Play Code for Spectators

NBIAA is committed to ensuring that all athletes have the opportunity to participate in a safe and

- I will cheer for all athletes in a positive manner, modeling good sportsmanship, respect for others
- I will show respect to all individuals, treating everyone with courtesy, including but not limited to
- I will present any protest or disagreements via the correct avenue and in a respectful manner
- I will refrain from engaging in foul or profane language or otherwise offensive behavior.
- I will not use physical force or engage in verbal abuse, or violent acts of any kind.
- I will not partake in the unlicensed use of alcohol or the illegal use of drugs at an Athletics Event

Fair Play Code for Coaches

- I will be reasonable when scheduling games and practices.
- I will teach my athletes to play fairly and to respect the rules, officials and opponents.
- I will ensure that all athletes get instruction, support and an opportunity to compete.
- I will not ridicule my athletes for making mistakes or for performing poorly. I will remember that athletes learn from mistakes.
- I will make sure that equipment and facilities are safe and match the athletes' age and abilities.
- I will practice good sportsmanship and not gamesmanship and will win or lose with honour.
- I will remember that athletes need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will abide by all of the by-laws, operating regulations and written policies of the NBIAA, as well as the expectations of the school.
- I will never criticize or use social networking to criticize in an unprofessional manner another school's administrator or coach.

7. NHS Athlete Commitment

Students are to make every effort to attend all games and practices.

If they are unable to attend they are to speak to their coach.

Please remember that coaches/teammates are committed to being present, so it is very important you are there

Students must be present at school the day of and the day after a sporting event

8. NHS Athlete Injury

1. The following procedure MUST be followed anytime a student is injured and requires medical attention when competing in either practices or games.
 1. At the discretion of the student's parents/guardians and/or coaches, if required the student must seek medical attention in regards to their injury.
 2. If medical attention is received, then the following forms must be completed by the coach and/or manager and submitted to Ann Fitton – Athletic Director
 1. Nackawic High School Injury Report Form
 2. New Brunswick Education Policy 129 – Student Accident Report Form
 3. The student must successfully complete the injury rehab as directed by their health care professional.

9. Concussions

Concussion 101 Video Information:

Please watch the following 2 videos to help you understand a little bit more about concussions and the protocols that need to be in place to effectively manage them:

 https://www.youtube.com/watch?v=_55YmbIG9YM

 https://www.youtube.com/watch?v=V_6mci2Qd3c

A Concussion:

1. A concussion is:

is a traumatic brain injury that causes changes in how the brain functions, leading to signs and symptoms that can emerge immediately or in the hours or days after the injury.

signs and symptoms can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotions/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep).

may be caused by a jarring impact to the head, face, neck or body, with an impulsive force transmitted to the head, that causes the brain to move rapidly and hit the walls of the skull.

can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness; and, cannot normally be seen on X-rays, standard CT scans or MRI's).

Concussions

All coaches and bench personnel MUST have completed as of August 2019, the NBIAA updated coaching course (A Coaches' Guide to the NBIAA) and the Concussion Awareness Course – Making Head Waves available on the coach.ca website.
(Previously this was required for only high risk sport coaches.)

All coaches and bench personnel must submit their NCCP # to Ann Fitton – Athletic Director, from The Locker.

All teams MUST complete the NBIAA Emergency Action Plan prior to their first game. This plan must be present at all practices and games and practiced with all team members present. A completed copy must be submitted to Ann Fitton – Athletic Director at NHS

Concussions

1. The following procedure MUST be followed any time a student may have a suspected concussion:
If a student suffers a direct blow to their head, they must be immediately removed from the practice or game, and must not participate in any form with their team for 24 hours, regardless of whether there are any symptoms of a concussion.

If a student suffers a direct or in-direct blow to their head, or any impact to their body which may cause a jarring effect to their brain AND they report any of the concussion signs and/or symptoms, then they will automatically be placed on the Nackawic High School Concussion Protocol and as such complete all requirements before they can compete in any form

NACKAWIC HIGH CONCUSSION PROTOCOL:

Student suffers a direct blow to their head – MUST be removed and sit for a minimum of 24 hours.

If no concussion symptoms present, then at the discretion of their parents/guardians and/or coaches, they may return to competition

Student suffers a direct OR indirect blow to their head AND report any signs or symptoms of a concussion, the student will automatically be placed on the concussion protocol.

If concussion signs or symptoms present, then student must be seen by a medical professional.

Please see Concussion Protocol..

Student MUST be referred to Ann Fitton – Athletic Director and to the Educational Student Services Team (ESST).