

Aug 6, 2019

**HAMILTON TOWNSHIP PUBLIC SCHOOLS  
ATHLETIC HANDBOOK SIGNATURE PAGE**

Student's Name: \_\_\_\_\_ Coach Initials: \_\_\_\_\_

Team: \_\_\_\_\_ Athletic Director's Initials: \_\_\_\_\_  
(circle one: F      JV      V)

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student/Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Dear Student/Athlete and Parent/Guardian:**

Student, parent/guardian, teacher, administrator, office and support staff all have important roles to play in the success of students attending our schools. With so many people working together, problems may occur from time to time. Rules and regulations have been established to address problems and reduce the frequency of occurrence while increasing the efficiency of the school district. Like laws, rules apply to everyone associated with our school district and work best when everyone is fully aware of them.

The district "Secondary Pupil Code of Conduct" found in your child's Parent-Student Handbook lists the rules and consequences necessary for students to attend schools that are safe, secure, and clean in order to receive a quality education. The rules and regulations listed in the Pupil Code and Student-Parent Handbook apply to all activities occurring on school grounds, on other sites being used for school-related activities and for any vehicle authorized for the transporting of students.

Therefore, your signature above indicates the following:

- **All signatures and dates are needed for consideration to participate.** If a signature is missing the student-athlete may be in jeopardy of denial of participation based on review by the principal/designee.
- You have received and read the Student-Parent Handbook and the Student Athletic Handbook.

The signed Athletic Handbook form is to be given to the coach on or before the first day of practice in order to participate. The coach shall keep the original signatures for his/her file and return a copy of the signed form to the eligible player for the parent/guardian file.

**NOTE:** Please **detach and return** this completed form to the coach on or before the first day of practice.

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## **NJSIAA STEROID TESTING POLICY**

### **CONSENT TO RANDOM TESTING**

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

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

By signing below, you consent to random testing in accordance with the NJSIAA steroid testing policy. If the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

\_\_\_\_\_  
Signature of student-athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date

**NOTE:** Please **detach** and **return** this completed form to the coach on or before the first day of practice.



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**HAMILTON TOWNSHIP SCHOOL DISTRICT  
SPORTS RELATED CONCUSSION AND HEAD INJURY FACT SHEET AND  
PARENT/GUARDIAN ACKNOWLEDGEMENT FORM**

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

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

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

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

**Quick Facts**

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

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

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

**Symptoms of Concussion (Reported by Student-Athlete)**

- |                                      |  |
|--------------------------------------|--|
| • Headache                           | • Sensitivity to light and sound                                     |
| • Nausea/vomiting                    | • Feeling of sluggishness or fogginess                               |
| • Balance problems or dizziness      | • Difficulty with concentration, short term memory, and/or confusion |
| • Double vision or changes in vision |  |

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

- **Don't hide it.** Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- **Report it.** Don't return to competition or practice with symptoms of a concussion or head injury. The sooner your report it, the sooner you may return to play.

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- Take time to recover. If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

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

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

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

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

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

1. **Step 1:** Complete a post-concussion assessment as soon as possible. (Policy # 2431.4)
2. **Step 2:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.
3. **Step 3:** Light aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.
4. **Step 4:** Sport-specific exercise including skating and/or running; no head impact activities. The objective of this step is to add movement.
5. **Step 5:** Non-contact training drills (e.g., passing drills). Student-athlete may initiate resistance training.
6. **Step 6:** Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.
7. **Step 7:** Return to play involving normal exertion or game activity.

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

[www.cdc.gov/concussion/sports/index.html](http://www.cdc.gov/concussion/sports/index.html)

[www.bianj.org](http://www.bianj.org)

[www.nsnj.org](http://www.nsnj.org)

[www.ncaa.org/health-safety](http://www.ncaa.org/health-safety)

[www.nfhs.com](http://www.nfhs.com)

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**Signature of Student-Athlete**

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**Print Student-Athlete's Name**

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**Date**

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**Signature of Parent/Guardian**

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**Print Parent/Guardian's Name**

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**Date**

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**MEDIA RELEASE FORM**

I hereby give permission for the Hamilton Public Schools to use my name, photographic likeness, artwork, writing, and/or quotes for educational purposes or public awareness. This includes approved newspapers, magazines, television shows, and school video/DVD productions.

Student's Printed Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I am the parent/legal guardian of the individual named above. I have read this release and approve of its terms.

Parent/guardian's printed name: \_\_\_\_\_

Parent/guardian's signature: \_\_\_\_\_ Date: \_\_\_\_\_

**OR**

We, the student and parent/guardian, **DO NOT** give permission for the release of information as stated above.

Student's Printed Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian's printed name: \_\_\_\_\_

Parent/guardian's signature: \_\_\_\_\_ Date: \_\_\_\_\_



State of New Jersey  
DEPARTMENT OF EDUCATION

**Sudden Cardiac Death Pamphlet**  
**Sign-Off Sheet**

Name of School District: \_\_\_\_\_

Name of Local School: \_\_\_\_\_

I/We acknowledge that we received and reviewed the Sudden Cardiac Death in Young Athletes pamphlet.

Student Signature: \_\_\_\_\_

Parent or Guardian  
Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## **HAMILTON TOWNSHIP SCHOOL DISTRICT**

**DEPARTMENT OF STUDENT SERVICES AND PROGRAMS  
OFFICE OF SCHOOL HEALTH SERVICES**

### **Use and Misuse of Opioid Drugs Fact Sheet Student-Athlete and Parent/Guardian Sign-Off**

In accordance with *N.J.S.A. 18A:40-41.10*, public school districts, approved private schools for students with disabilities, and nonpublic schools participating in an interscholastic sports program must distribute this *Opioid Use and Misuse Educational Fact Sheet* to all student-athletes and cheerleaders. In addition, schools and districts must obtain a signed acknowledgement of receipt of the fact sheet from each student-athlete and cheerleader, and for students under age 18, the parent or guardian must also sign.

This sign-off sheet is due to the appropriate school personnel as determined by your district prior to the first official practice session of the spring 2018 athletic season (March 2, 2018, as determined by the New Jersey State Interscholastic Athletic Association) and annually thereafter prior to the student-athlete's or cheerleader's first official practice of the school year.

**TO:** Hamilton Township School District

**SCHOOL:** \_\_\_\_\_

**I/We acknowledge that we received and reviewed the Educational Fact Sheet on the Use and Misuse of Opioid Drugs.**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Student Print Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent/Guardian Signature**  
(needed if student is under age 18)

\_\_\_\_\_  
**Parent/Guardian Print Name**

\_\_\_\_\_  
**Date**

## **NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION**

**1161 Route 130 North, Robbinsville, NJ 08691**

**Phone 609-259-2776 ~ Fax 609-259-3047**

Acting to address the increased risk of opioid abuse among high school athletes, the Office of the New Jersey Coordinator for Addiction Responses and Enforcement Strategies (NJCARES) and the New Jersey State Interscholastic Athletic Association (NJSIAA) announced on February 19, 2019, a new partnership to educate student athletes and their parents/guardians on addiction risks associated with sports injuries and opioid use.

This educational initiative, spearheaded by Attorney General Gurbir Grewal and approved by the Executive Committee of the NJSIAA, is a collaborative effort to use video programming to raise awareness among high school athletes that they face a higher risk of becoming addicted to prescription pain medication than their fellow students who do not play sports.

Beginning with the 2019 fall season, we are making available to all student athletes and their parents/guardians, an educational video about the risks of opioid use as it relates to student athletes. The video will be available on August 1, 2019 and can be found on the NJSIAA website under "Athlete Wellness" which is located under the "Health & Safety" tab. We are strongly encouraging student athletes and parents/guardians to watch the video as soon as it becomes available. An acknowledgement that students and their parents/guardians have watched the video will be required starting with the 2019-2020 winter season.

All member schools are asked to add to their current athletic consent forms the sign-off listed below. The sign-off acknowledgment is an NJSIAA mandate; student athletes are required to view the video only once per school year prior to the first official practice of the season in their respective sport, but the signed acknowledgment is required for each sport a student participates in. Athletes that are 18 years or older do not need the parents/guardians to watch the video.

**Opioid Video is located at: <https://youtu.be/3Rz6rkwpAx8>**

### **NJSIAA OPIOID POLICY ACKNOWLEDGEMENT**

We have viewed the NJ CARES educational video on the risks of opioid use for high school athletes. We understand the NJSIAA policy that requires students, and their parents(s)/guardian(s) if a student is under the age of 18, to view this video and sign this acknowledgement.

**Student's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## **Sportsmanship Rule/Policy Contract**

High standards of courtesy, fair play and sportsmanship must be featured at association competitions.

While this rule is a general statement and one which may be difficult to reduce to objective standards in terms of enforcement, it is the heart of the entire Association program. Good sportsmanship, respect for rules, respect for others, and fair play, are basically the motives through which an interscholastic athletic program is justified and defended.

It shall be the responsibility of each member school to ensure that all individuals employed by or directly associated with the athletic program, including its Student-Athletes, comport themselves in a sportsmanlike manner when representing their school, especially at interscholastic events.

Unsportsmanlike conduct shall subject the individual to disciplinary action. The member school with which the individual is associated may also be subject to disciplinary action if it is found that the member school's policies, actions, or failure to act, substantially contributed to the individual's conduct.

Unsportsmanlike conduct shall include but not be limited to the following:

- A. Any person (athletic department, staff member, Student-Athlete or a fan or spectator associated with a member school) who strikes or physically abuses an official, opposing coach, player, or spectator.
- B. Any person (athletic department, staff member, Student-Athlete or a fan or spectator associated with a member school) who intentionally incites participants or spectators to violent or abusive action.
- C. Any person (athletic department, staff member, Student-Athlete or a fan or spectator associated with a member school) who uses obscene gestures or profane or unduly provocative language or action towards officials, opponents, or spectators.
- D. Any person (athletic department, staff member, Student Athlete, or a fan or spectator associated with a member school) who engages in harassing verbal or physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion at an interscholastic event.
- E. Any school or athletic staff member who is publicly critical of a game official, opponents and/or opposing coaches/players.
- F. The administration of a member school will be responsible for the unsportsmanlike conduct of that school's fans or spectators.

## **Consequences of Unsportsmanlike Behavior**

- A. Any coach/player disqualified before, during or after an interscholastic event for unsportsmanlike flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one (1) game disqualification, at that level of competition and all other game(s) meet(s) in the interim at any level in addition to any other penalties which the NJSIAA or a league/conference may assess. Such disqualification prevents a coach/player from being present at the site.

Student Athlete Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_