

## **GOALS**

The Green Mountain Union High School interscholastic philosophy acknowledges the importance of athletics in the middle school and high school. Green Mountain promotes athletic programs, which enable students to participate on the level of competition appropriate to their ability. These programs include middle school, junior varsity and varsity during the fall, winter and spring seasons.

Middle School programs are designed to teach fundamentals of sports and to give all participants an equal opportunity to compete on a team. Junior varsity sports programs are designed to continue the learning process of fundamentals and to improve and develop the skill of the developing athlete. All students on junior varsity teams receive meaningful exposure to game competition. The varsity program is the culmination of the middle school and junior varsity background. The varsity programs are designed to further instill concepts of leadership and of team contribution. The Green Mountain athletic staff attempts to field competitive varsity teams, selecting the players appropriate to the competition offered at a given time.

Besides learning the skills and techniques of a particular sport, athletes must exhibit self-control, discipline, fair play, sportsmanship, and dedication to the team concept.

It is important that all Green Mountain athletes strive to present an exemplary image to the community and to the school.

## **RULES AND REGULATIONS**

Teams will not be successful if athletes do not recognize the coach as the person who organizes and leads the team during practice and competition. It is important that everyone follows the rules and advice of the coach, as well as adheres to league rules and policies. This means before, during and following practice and competition, on buses and in locker rooms.

Athletes must submit a permission slip, a physical exam form and an Emergency Health Care Authorization form to the coach in a timely fashion, in order to participate in competitions or practices. After reading the Green Mountain Athletic Handbook, both the student and their parent or guardian must sign and return the form distributed by the coach, stating the handbook has been read and that they agree to comply with the information in the handbook.

## **FORMS**

Athletes must submit a permission slip, a physical exam form and an Emergency Health Care Authorization form to the coach ***before*** participation in competitions or practices. After reading the Green Mountain Athlete Handbook, ***both the student and their parent or guardian must sign and return*** the form distributed by the coach, stating the handbook has been read and that they agree to comply with the information in the handbook.

## **INSURANCE**

Students participating in athletic activities must show proof of insurance or take out school insurance prior to participation.

## **ATTENDANCE**

It is important for students at Green Mountain to understand that academics are the top priority. As a member of a team, attendance at practice is important. Students should organize their time wisely in order to do both class work and team training.

Since practices are an important part of any athletic program, the following attendance procedure has been initiated:

1. Coaches expect that all athletes attend all practices
2. Coaches have the authority to suspend a player from a game or competition, more than one game or competition or remove the player from the team for non-attendance.

The Athletic Department recommends that an unexcused absence be addressed at the first occurrence. It is further recommended that an athlete be dismissed from the team for multiple offenses.

Excused absences are defined as:

1. An absence that has been approved by the coach ahead of time
2. Medical emergency
3. Legal emergency

## **ELIGIBILITY FOR CO-CURRICULAR AND INTERSCHOLASTIC ACTIVITIES**

1. Students must carry a minimum of four academic credits or the equivalent, excluding physical education, driver education and/or teacher aide.
2. Students are ineligible for athletic competition or co-curricular or interscholastic participation when any grade falls below a 65.
3. A student must sign into school by 10:30 am in order to participate in athletic activities for that day, except for legal excuses other than illness. For a competition on a non-school day, a student may participate only if absent for a legal reason during the last school day preceding the competition.
4. A student is not allowed to participate or attend any co-curricular or interscholastic activity while on suspension.
5. Practices must be attended regularly and on time.
6. School policy follows the state's recommendation requiring students have a physical examination every two years. A physical examination form and parental permission slip must be completed in order to be a member of a team.

## **TRANSPORTATION**

The school provides transportation to and from all athletic competitions and students are expected to use the transportation provided by the school.

Requests not to travel with the team **must** be submitted in writing to the coach (refer to the Green Mountain Union High School Athletic Department Transportation Release distributed by the coaches).

**Under no circumstances will an athlete be given permission to ride with student drivers to or from athletic competitions.**

Failure to abide by the Green Mountain Athletic Department's transportation rules will result in consequences for the athlete. Review the Green Mountain Athletic Department's transportation release form and use it if necessary.

### **HARASSMENT POLICY**

Harassment, hazing and bullying have no place and will not be tolerated in Green Mountain Union High School. Unlawful harassment means verbal or physical conduct based on disability, marital status, national origin, race, religion, sex or sexual orientation which as the purpose or effect of substantially interfering with a person's performance or creating an intimidating, hostile or offensive environment. Complaints or harassment will be made to the school administration and will be investigated in accordance with school board policy.

Hazing means any act committed by a person, whether individually or in concert with others, against a student in connection with pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization which is affiliated with the District; and which is intended to have the effect of, or should reasonably be expected to have the effect of, or should reasonably be expected to have the effect of, humiliating, intimidating or demeaning the student or endangering the mental or physical health of the student. "Hazing" also includes soliciting, directing, aiding, or otherwise participating actively or passively in the above acts. Hazing may occur on or off school grounds.

### **AWARDS**

At the conclusion of the athletic seasons there is an awards ceremony in honor of Green Mountain Athletes. Attending the awards ceremony and banquet is important, as it shows loyalty to the team and coach that the athletes have worked so hard with, as well as to the parents and public who have supported the teams.

Dressing up for the occasion is important for the same reasons as attending. It shows a level of maturity expected of Green Mountain athletes and a dedication to the team.

### **TOBACCO AND SUBSTANCE ABUSE**

It is the overwhelming opinion of physicians, coaches and educators that athletes perform best when they follow intelligent training rules which include abstinence from tobacco, alcohol and illegal drugs. Medical research clearly substantiates the fact that the use of these substances produces harmful effects to the human body.

The entire Green Mountain Union High School community is concerned with the health habits of the student athlete and is convinced that athletics and the use of tobacco, alcohol and other illegal substances are not compatible.

Any infraction of this policy whether at off-campus, non-school events or at school-sponsored activities will lead to the following consequences:

The first substance abuse infraction will lead to immediate 10-day suspension from the team with a mandatory drug assessment and 10 days of social probation.

The second offense will lead to immediate dismissal from the team. Parents are an important key to tobacco, alcohol and drug abuse resistance and should supervise their athlete's activities.

### **UNIFORMS**

Athletes will be issued uniforms by the athletic department. It is the student's responsibility to properly launder the uniform during the season. The uniform must be washed and folded at the end of the season and returned to the athletic department. An athlete will not receive awards at the end of the season until the uniform is returned in good condition or payment is made for replacement. The cost of a uniform not returned for any reason will be charged to the athlete, and their family will receive a bill for the replacement cost.

### **PROCEDURES FOR ADDRESSING CONCERNS**

The athletic director will make himself available to athletes, coaches and parents whenever concerns arise. The procedure for addressing concerns is very simple and direct. Following is an example of the course of action recommended;

1. Player to player to coach problems should be immediately referred to the coach of the team for resolution.
2. If there is not resolution, the coach or player may refer to the head coach of the particular sport for a meeting and resolution.
3. If no resolution is reached through the meetings with the coach and head coach, the player and/or parent or guardian should contact the athletic director and meet to resolve the issue.
4. If the above steps do not satisfy the concerned party, a meeting with the administration team should be arranged.
5. If the meeting with the administration team does not end in the resolution of the problem, the player and/or parent or guardian should meet with the superintendent. If the parties are still not satisfied with the outcome of that meeting, the matter will be referred to the school board.

Beginning with the 2009-2010 school year, it is recommend that Vermont students competing in middle or high school sports receive a “Well Exam” prior to playing school sports. A Well Exam is a complete, research-based, specific type of exam developed by the American Academy of Pediatrics. Current data indicates that approximately 55% of adolescents in Vermont receive an annual Well Exam.

Well Exams address all aspects of child’s health including their physical, social, and emotional well-being. They are an opportunity to provide individualized education and prevention information by a medical provider. Well Exams identify, diagnose, and treat medical problems early in a child’s life. Early identification can lead to improved health outcomes, and ideally, prevent future medical problems later on in life. The Well Exam provides consistent care by the child’s medical provider.

With half of Vermont’s adolescents playing competitive sports that currently require some sort of “sports physical”, this is an opportune time to promote evaluating our student athlete’s total health. This recommendation is supported by the Vermont Principals’ Association, the Vermont Departments of Health and Education, the Vermont Chapters of the American Academy of Pediatrics and Family Physicians, and the Vermont State School Nurses’ Association.

The attached form titled, “Well Exam – Sports Participation Clearance Form”, has been reviewed by the entities listed above. The actual medical screening components to determine eligibility to participate in school sports were developed by the American Academy of Pediatrics Council on Sports Medicine and Fitness.



# Well Exam - Sports Participation Clearance Form

**NOTE:** How often a clearance form is needed to play sports, is determined by your school. This clearance form is the only Sports Participation Clearance Form supported by the Vermont Principals' Association, the Vermont Departments of Health and Education, and the Vermont Chapters of the American Academy of Pediatrics and the American Academy of Family Physicians. The American Academy of Pediatrics Council on Sports Medicine and Fitness developed the research based screening activities done during a Well Exam, to determine sports readiness.

Student's Name \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

This Athlete is:

Cleared without restriction

Cleared, **with restrictions:**

Not cleared for:  All sports

Certain sports: \_\_\_\_\_

Reason: \_\_\_\_\_

## Relevant Medical Information For Coaches and Athletic Department:

Allergies: \_\_\_\_\_ EpiPen Necessary: Yes No

Asthma: Yes No Emergency Medications: \_\_\_\_\_

Diabetes: Yes No Emergency Medications: \_\_\_\_\_

Seizure Disorder: Yes No Emergency Medications: \_\_\_\_\_

Well Exam using ICD-9-CM code:

99383 or 99393  
5 - 11 years

99385 or 99395  
12 - 17 years

99384 or 99394  
18 - 39 years

**NOTE: Clearance form is not valid unless one of these Well Exam codes is checked by Provider**

Comments:

\_\_\_\_\_

\_\_\_\_\_

Name of Provider (print/type): \_\_\_\_\_ Provider Phone # \_\_\_\_\_

Signature of Provider: \_\_\_\_\_ Date of Exam: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Suggestion for Athletic Department: Please make copy for School Nurse's Office records**

GREEN MOUNTAIN UNION HIGH SCHOOL  
CHESTER, VT 05143  
802-875-2146

PHYSICAL EXAMINATION FORM

\*\*\*physical examination is required every two years\*\*\*

(To be completed by examining physician)

Student \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_

Heart \_\_\_\_\_

Lungs \_\_\_\_\_

Muscular-Skeletal:

1. Upper Extremities \_\_\_\_\_

2. Lower Extremities \_\_\_\_\_

3. Spine \_\_\_\_\_

Hernia \_\_\_\_\_

Details of any other areas of concern: \_\_\_\_\_

\_\_\_\_\_

General condition:

Fitness to participate: All sports

Reservations if any

Immunizations given:

Tdap \_\_\_\_\_ Varicella \_\_\_\_\_

Meningococcal \_\_\_\_\_

\_\_\_\_\_  
Signature of Examining Physician

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Physician

\_\_\_\_\_  
Phone Number

GREEN MOUNTAIN UNION HIGH SCHOOL  
STUDENT AND PARENT CONSENT FORM

Complete Legal Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Place of Birth \_\_\_\_\_

This application to participate in athletics at Green Mountain Union High School is voluntary on my part and is made with the understanding that I will abide by all rules set up by the Athletic Handbook and the coach of my sport.

Signature of Student \_\_\_\_\_ Date \_\_\_\_\_

PARENT OR GUARDIAN CONSENT

I hereby give my consent for the above high school student to engage in interscholastic athletics at Green Mountain Union High School during the current school year. I understand that my son/daughter will be expected to adhere firmly to all established athletic policies. I also understand and assume there is always potential risk of injury to our child while participating in athletics.

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



EMERGENCY INFORMATION AND MEDICAL TREATMENT CONSENT

In emergency, contact \_\_\_\_\_ Phone \_\_\_\_\_

or \_\_\_\_\_ Phone \_\_\_\_\_.

I, \_\_\_\_\_, the parent or guardian of

\_\_\_\_\_ recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary and further recognize that the school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then existing circumstance. Please make the following notations on my son/daughter's record:

Allergies to medications \_\_\_\_\_

Relevant medical information \_\_\_\_\_

Date \_\_\_\_\_ Grade of Athlete \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Name of Insurance Company \_\_\_\_\_

Group # \_\_\_\_\_ Certificate # \_\_\_\_\_

Please indicate all sports your son/daughter will participate in throughout the school year:

## **GMUHS ATHLETES CONTRACT**

Any student who represents Green Mountain Union High School in interscholastic competition will be required to sign the following contract and deliver it to the Athletic Director PRIOR to participating in any interscholastic event.

### **TOBACCO AND SUBSTANCE ABUSE**

Any infraction of this policy whether at off-campus, non-school events or at school-sponsored activities will lead to the following consequences:

The first substance abuse infraction will lead to immediate 10-day suspension from the team with a mandatory drug assessment and 10 days of social probation. The second offense will lead to immediate dismissal from the team. Parents are an important key to tobacco, alcohol and drug abuse resistance and should supervise their athlete's activities.

### **UNIFORMS**

Athletes will be issued uniforms by the athletic department. It is the student's responsibility to properly launder this uniform during the season. The uniform must be returned to the coach as the end of the season. An athlete will not receive awards at the end of the season until the uniform is returned in good condition or payment is made for replacement. Report cards will not be issued for students with outstanding materials/uniforms or who owe for lost or damaged items. The cost of a uniform not returned for any reason will be charged to the athlete, and his/her family will receive a bill for the replacement cost.

I \_\_\_\_\_ have read and understand the Green Mountain Athlete Handbook. I will abide by the guidelines established in this contract along with the Athlete Handbook and those set down by the Vermont Principals Association. I also understand by violating the guidelines I will endanger my eligibility as a representative of Green Mountain Union High School.

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date