

ST. CHRIS⁺OPHER



COUGARS

**DOCUMENTS MUST BE REVIEWED BY PARENT/GUARDIAN AND ATHLETE FOR
REGISTRATION OF STUDENT ATHLETE**

PLEASE RETURN:

REGISTRATION FORM

PARENT CONSENT FORM

IHSA SPORTS PHYSICAL

VOLUNTEER REQUIREMENT AND PAYMENT

ATHLETICS FEE



CODE OF CONDUCT

The purpose of the following Sports Code of Conduct is to help define appropriate parental/guardian actions that support the mission of the athletic program. Parents/guardians should read, understand, and sign this form prior to participation.

Any parent/guardian who does not follow the guidelines below will be asked to leave the sports facility and be suspended from the privilege of attending games.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these pillars of character.

As a parent/guardian, I therefore agree to the following:

1. I will not force my child to participate in sports.
2. I will remember that the game is for youth, not adults.
3. I will learn the rules of the game and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy towards all players, coaches, officials, and spectators at all games and practices.
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct (booing, taunting, etc.) or any other form of harassment towards any official, coach, player, or parent.
6. I (and my guests) will not use any profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials, and spectators with respect.
10. I will teach my child the importance of hustle, playing fairly, and doing one's best.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize the importance of skill development over winning and losing.
13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my own child.
14. I will respect the officials and their authority during games, and will never publicly question their decisions.
15. I will respect the coaches for the time they donate, and I will never publicly confront, question, or criticize them.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches for the team.
18. I will not post any defamatory, negative, or false comments, on any social media about players, coaches, officials, and spectators. This includes direct and/or implied comments.
19. I will keep my account current for all sport costs and fees and I will properly maintain any borrowed school and athletic equipment.



RULES OF ELIGIBILITY AND PARTICIPATION FOR A STUDENT-ATHLETE

The following is a guideline to provide a formal standard of a student-athlete's eligibility to participate in any St. Christopher School Athletics' event. These events include, but are not limited to, playing the regular season and/or playoffs with a sports team, practicing with a team, playing in an in-house or external tournament, attending any in-house sporting event, participating in fundraisers, and attendance at banquets or team gatherings.

Review of Eligibility

- All Student-Athletes are required to submit a current Sports Physical prior to the start of the first practice.
- Only active students of St Christopher School and of St. Christopher Religious Education are allowed to participate in St. Christopher School Athletics.
- All Student-Athlete up to 7th grade must participate in practices for their team and may not miss all practices for the week because of, but not limited to, practicing with club teams, other school teams, etc. The minimum requirement is one day a week, with penalty of limited and/or no playing time up to removal of athlete. Coaches are not required to accommodate the schedules for parents or student/athletes.
- All Student-Athlete in an 8th grade team must participate in All practices for their team and may not miss practices because of, but not limited to, practicing with club teams, other school teams, etc. The requirement is 100% commitment to the team, with penalty of limited and/or no playing time up to removal of athlete. Coaches are not required to accommodate the schedules for parents or student/athletes.
- All Student Athletes, of all grade levels, must participate in All scheduled playoff / championship games with penalty of removal of athlete from the program, no pictures, no participation at end of year open gym day, must return uniforms, and suspension from registering for other sports for a minimum of one year.
- The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition.
- The eligibility status will be determined on a variety of factors, including attendance to school/classroom, scholastic standing, and behavioral review. The severity of the penalty will be set forth by the principal/official representative based on his/her own guidelines.
 - Any question concerning your eligibility status set by this individual should be referred to your principal/official representative.



(continued) - RULES OF ELIGIBILITY AND PARTICIPATION FOR A STUDENT-ATHLETE

- No St Christopher Athletics board member, coordinator, coach, or volunteer of St. Christopher School is authorized to make any changes to the condition of eligibility that has been set forth by the principal/official representative.
- St. Christopher Athletics Board may also set penalties which can include in order of warnings, suspensions, and removal from participation, without refund of any fees. These penalties can be assessed to both the student-athlete and his/her parents or guardians.
 - Factors for which penalties can be assessed will be based on the following, but not limited to, failure to abide by the code of conduct, refusal to participate with team practices/games and events, refusal to following directions of a person in authority, damage to equipment or building, and unsportsmanlike conduct. This list is not comprehensive and will be supplemented at the discretion of the St. Christopher Athletics Board.
- Once a penalty has been given to an athlete, the case is considered closed. The choice to appeal the penalty will reopen the case and will result in the immediate withdrawal of the athlete from participation in practices, games, and any team event until the case is resolved and reclosed. The timing of resolution will be at the next availability of the principal, official representative, and/or St. Christopher Athletics Board.
- St. Christopher School, St. Christopher School Athletics, Religious Ed program, St. Christopher Parish, the principal/official representative of your school, or your school shall not be monetarily, financially, nor commercially liable for an ineligible status. An ineligible status will not constitute a refund, reduction in sport fee, or credit to the amount owed to St Christopher School Athletics. St. Christopher School Athletics reserves the right to pursue payment of an outstanding balance. This includes adding a fee and interest to your tuition and/or by any commercially available means.



GUIDELINES FOR RETURN TO LEARN AFTER A HEAD INJURY

After an athlete has been evaluated by an athletic trainer or physician and it has been determined that the athlete has sustained a concussion, the following protocol will be used to safely progress their return to learn. Under no circumstances will this protocol be accelerated. Should the athlete not be fully symptom free, they may progress through the RTL Protocol under parent or guardian direction. However, the athlete **MUST** be fully symptom free to progress through the RTP Protocol under Physician direction. Each athlete's return to learn guideline will be different and will not be compared to one another. The teaching staff and concussion management team will handle every case differently in order to provide the student-athletes with the best care. In opposition, it is strongly encouraged to be completely open and honest in regards to symptoms and triggers of symptoms during this process.

| Rehabilitation Stage | Cognitive Activity at Each Stage of Rehabilitation | Success Goal of Each Stage |
|---|---|--|
| 1. Controlled Cognitive activities | The student athlete should be exposed to normalcy until symptoms increase. The athlete is then encouraged to take note of different triggers of symptoms before the next stage. | Athlete can manage 35-45 minutes of cognitive function or activities of daily living without exacerbating symptoms. |
| 2. Begin educational sessions in school with permission of parent or guardian | The student athlete should attempt to carry out a normal school day until symptoms increase. Accommodations may include: having a reader, prepared notes from a teacher, delaying tests/quizzes, 15 minute breaks. The Parent may decide for the athlete to report to school later or the Nurse may decide to leave school earlier. | Increase the amount of classes each day until one full day of class can be completed with controlled symptoms using any accommodation necessary. |
| 3. Full class day symptom free | The student athlete can complete all and any school work given to him/her without symptoms of a concussion. | Completed RTL protocol |
| 4. Begin RTP protocol | The RTP 6 day protocol begins. (B.R.A.I.N.G) | Complete the RTP protocol without symptoms of a concussion. |



(continued) - GUIDELINES FOR RETURN TO LEARN AFTER A HEAD INJURY

After an athlete has been evaluated by an athletic trainer or physician and it has been determined that the athlete has sustained a concussion, the following protocol will be used to safely progress their return to play. Under no circumstances will this protocol be accelerated. There should be approximately 24 hours (or longer) for each stage, and the athlete should return to previous stages if symptoms recur. Resistance training should only be added in later stages.

| Rehabilitation Stage | Functional Exercise at each Stage of Rehabilitation | Success Goal of Each Stage |
|--------------------------|--|--|
| 1. No activity | Complete physical rest | Recovery (symptom free at rest) |
| 2. Biking | Stationary cycling keeping intensity <70% maximum predicted heart rate (30 min. max) | Increase heart rate without symptoms |
| 3. Running | Running while keeping intensity <70% maximum predicted heart rate (30 min. max) | Add movement without symptoms |
| 4. Agility Exercises | Sport-specific exercises. No head-impact activities. | Add coordination and cognition without symptoms |
| 5. Non-contact practice | Full practice without contact May start progressive resistance training | Increase exercise, coordination, and cognitive load without symptoms |
| 6. Full contact practice | Following medical clearance participate in normal training activities | Restore confidence and assess functional skills by coaching staff without symptoms |
| 7. Return to play | Normal game play | Normal game play |

Protocol established from: "Consensus statement on concussion in sport – The 3rd International Conference on concussion in sport, held in Zurich, November 2008." Journal of Clinical Neuroscience. (2009) 16:755–763



(continued) - GUIDELINES FOR RETURN TO LEARN AFTER A HEAD INJURY

Return to Participation: It is determined that an athlete is able to return to play when they are symptom free at rest and at exertion, and have returned to a baseline state of any of the tests they were administered. An athlete will not return to participation the same day as a concussive event. When returning athletes to play, they will follow the stepwise symptom-limited program outlined above. Once the athlete has received clearance from a physician licensed in all branches, and/or the athletic trainer, they may return to play. If an athlete receives clearance from a physician, the athletic trainer still reserves the right to hold the athlete out of participation. A parent's consent is not a sufficient means for an athlete to return to participation. A written script from a physician stating that the athlete is cleared to return to play is required.

Athletes who have not been cleared to participate cannot be in uniform for any games.

This protocol is implemented to promote compliance with: IHSA Return to Play Policy, IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions, Illinois HB 0200, and City of Chicago Ordinance –Concussion Injuries in Student Athletes in Chicago Schools (Ch. 7-22 Municipal Code of Chicago) which outline that athletes exhibiting symptoms of a concussion cannot return to play until cleared by an appropriate health care professional.



(continued) - GUIDELINES FOR RETURN TO LEARN AFTER A HEAD INJURY

RETURN TO LEARN PROTOCOL

A. Concussion Management team will be notified of the student athlete's concussion.

- a. Management team includes
 - i. The Principal
 - ii. Athletic Director
 - iii. Coach
 - iv. Parent or Guardian

B. Returning to classroom

- a. The School's Principal will contact the individual student athlete's teacher via e-mail and will primarily oversee that proper academic accommodations are being made.
 - i. This e-mail will include the student's name, degree of concussion, and each symptom that the student has reported to the Physician or the Principal.
- b. The student should be able to maintain 35-45 minutes of normal mental activity or cognitive function before returning to the classroom.
 - i. The parent may decide when this is appropriate, unless the overseeing physician decides otherwise.
 - ii. if any days of absence are required, they will be considered excused absences.
- c. Once the student has resumed classes, appropriate accommodations will be established by the teachers with the assistance of the guidance counselor and school social worker.
 - i. Teachers are aware that no two concussions are ever the same and each student will have different accommodations for different triggers of symptoms.
 - ii. The teacher is to utilize the two pieces of literature given to them by the Athletic Director. These will be used to properly integrate the student athlete into their normal classroom activities as best as possible. Both Sources will be available on the School at <http://www.stchrisschool.org>.
 - 1. "Supporting the Student-Athlete's Return to the Classroom After a Sport-Related Concussion", By: Neal McGrath, PhD.
 - 2. CDC Guidelines and Informational Packets
- d. The final goal is to allow the student-athlete to complete one full day of school without the needs of any academic accommodation and free of symptoms.
- e. When all of the above guidelines are met, the Physician will communicate to the Principal and the athlete may begin the return to play protocol for St. Christopher School.



WAIVER AND RELEASE OF LIABILITY RELATING TO CORONA-VIRUS/COVID-19

I, for myself and on behalf of my child(ren) willingly agree with the following statements and agree to comply with all policies and procedures implemented by St. Christopher School ("School") and St. Christopher Athletics ("Athletics"):

- COVID-19 is contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state, health agencies have recommended wearing masks and maintain social distancing.
- The School and Athletics has put in place Operating Policies and Procedures, approved by the Archdiocese of Chicago, as a means to reduce the spread of COVID-19 during the re-opening of its facilities and programs.
- I understand that participation in activities and programs with Athletics includes possible exposure to and illness from infectious diseases, including COVID-19, even when these policies and procedures are followed.
- In consideration of being permitted to enter School facilities or allowed to participate in Athletics programming, I acknowledge the contagious nature of COVID-19 and the risk of injury that may result from exposure or infection to the same.
- I voluntarily agree to assume these risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my children) may experience or incur in connection with my child(ren)'s attendance at facilities operated by the School and Athletics or participation in programming at the School and Athletics ("Claims").
- On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the School and Athletics, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Park District, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Athletics program.
- I further expressly agree that the foregoing assumption of risk, release and waiver of liability, and indemnity agreement is intended to be as broad and inclusive as is permitted by the Laws of the State of Illinois and that if any portion thereof is held invalid, it is agreed that to balance shall, notwithstanding, continue in full legal force and effect.
- I have carefully read, I fully understand, and voluntarily sign this assumption of risk, release and waiver of liability, and indemnity agreement and further agree that no oral representations, statements or inducement apart from the foregoing written agreement has been made.



Volunteer Requirement and fee:

Are you aware player registration fees are set less than the expected costs for an athlete? Athletic costs include but are not limited to uniforms, tournaments, referees, facility maintenance/updates, and year-end gathering. The Athletic Association hosts a number of games, events, tournaments, and fundraisers each year in order to keep fees down and maintain the St. Christopher gym. Successful operation of these fundraisers requires parent involvement. Failure to participate not only hurts the athletic program but limits the ability and funds available for the team and athlete.

A lack of volunteers requires the Athletic Program to hire individuals to cover needed positions during games and tournaments. These added costs then detract from their goal of lowering fees for the athlete causing athletics fees to increase. To encourage volunteering, we are requiring each athlete's family to commit to 10 hours per sport per athlete. A family with two athletes would commit to 20 hours, which is 10 hours per athlete. In addition, a volunteer fee of \$150 may be assessed per athlete for lack of Volunteering and support. The volunteer fee is refundable once you have completed the hours and followed the below guidelines for your athlete.

Fall sports must have $\frac{1}{2}$ the hours completed by October 1st. 100% of the hours must be completed by November 1st. Hours cannot be rolled to the next sports season
Winter sports must have $\frac{1}{2}$ hours completed by February 1st. 100% of the hours must be completed by March 30th. Hours cannot be rolled to the next sports season

Volunteer hours will be made available throughout the season using a sign up system. Families must sign in and out during the event when volunteering to verify hours served. It will be the responsibility of the family to register, maintain, and ensure hours are completed.

Student Athletes in 6th, 7th and 8th grade may volunteer to fulfill required hours. The athlete must be available, free from distraction, and working during the entire volunteer shift. If the athlete is found not working or distracted during the times requested, the times will not be recorded towards the volunteer hours. Certain jobs may not be available for this grade level.

Student Athletes in pre-K to 5th grade may not volunteer to fulfill required hours. The parent or guardian, or family member in 6th grade or higher may volunteer for their time. Same rules apply to being present during requested time. Certain jobs may require an adult.

The St. Christopher Athletic Association is an all-volunteer program. We appreciate all the assistance families have provided over the years and the continued support through this year. This involvement creates and maintains a family atmosphere that is embedded into our Christian beliefs.



PARENT CONSENT FORM

By signing this form, I acknowledge I have been provided, understand, agree, and will abide by the Policy and Procedures regarding:

- CODE OF CONDUCT**
- RULES OF ELIGIBILITY AND PARTICIPATION FOR A STUDENT-ATHLETE**
- GUIDELINES FOR RETURN TO LEARN AFTER A HEAD INJURY**
- WAIVER AND RELEASE OF LIABILITY RELATING TO CORONA-VIRUS/COVID-19**
- VOLUNTEER REQUIREMENT AND PAYMENT**
- SUBMISSION OF SPORTS PHYSICAL**
- REGISTRATION DOCUMENT AND FEES**

I agree to fulfill my responsibilities set forth by these policies and agree that deliberate violation of these policies can result in my suspension from participating as a spectator, coach, and/or official and may include suspension of my child from participating in the athletic program, based on recommendation from the St. Christopher Athletic Board, St. Christopher School, and/or St. Christopher Parish.

I agree to fulfill my financial responsibility as parent/guardian of my child(ren)'s participation in the St. Christopher Athletics program

I agree to provide a completed and current Sports Physical

Where applicable, I also acknowledge that I understand that these procedures are in accordance with current practices in the field of sports medicine and current IHSA and State of Illinois legal requirements.

Circle One: St. Christopher Student Religious Ed Student

STUDENT:

Student Name (Print): _____

Student Signature: _____

(If more than one student, please add names to back of this page)

PARENT OR LEGAL GUARDIAN

Name (Print): _____

Signature: _____

Date: _____ **Relationship to student:** _____

Failure to provide this completed form will result in immediate withdrawal of the student-athlete from participation in practices, games, and team events.

ST. CHRISTOPHER



(If more than one student, please add names here)

STUDENT:

Student Name (Print): _____

Student Signature: _____

Student Name (Print): _____

Student Signature: _____

Student Name (Print): _____

Student Signature: _____

Student Name (Print): _____

Student Signature: _____

PARENT OR LEGAL GUARDIAN:

Name (Print): _____

Signature: _____

Date: _____ Relationship to student: _____