

Gordon Athletics 2019-2020

Kristen Fraza, Athletic Director kfraza@gordonschool.org 401 434-3833 x165

Student _____ Grade _____

Fall ☐ Soccer ☐ Cross country ☐ Field hockey ☐ Instructional tennis (\$240 fee)

Winter ☐ 6th-8th grade basketball ☐ 5th grade instructional basketball ☐ Instructional tennis (\$240 fee)

Spring ☐ Lacrosse ☐ Track and field ☐ Baseball ☐ Tennis

With a few exceptions, athletics are open to fifth through eighth grades. Due to league rules, fifth graders cannot compete in cross country or track and field, but Gordon fifth graders do practice with those teams. Fifth grade basketball is an instructional program with a limited practice and game schedule.

Students invited to join the G-Notes a cappella group cannot participate in fall or winter tennis, or baseball. The spring baseball program meets on Wednesdays and Fridays. Baseball players are welcome to play another sport on Mondays, Tuesdays and Thursdays.

There is a \$240 per season non-refundable fee for fall and winter instructional tennis. Enrollment is limited, and families who are interested should get in touch with the Athletic Director in advance of the season. Enrollment is also limited in the spring competitive tennis program. To be considered for the spring tennis team, students need to have participated in at least one of the instructional seasons. Even then, no one is guaranteed a place on that team.

Release of Liability

I, the undersigned _____ (Parent/Guardian Name), do hereby certify that _____ (Student Name), who is my son/daughter/ward, has my permission to train for and compete in the sports indicated above and that in exchange for his/her being given the privilege to participate in said sport by Gordon, I hereby agree to accept for myself full responsibility for any injury which may befall him/her either in training for such competition or in the competition itself or in traveling to and from such training sessions and competitions.

I do hereby agree for myself and _____ (Student Name) to hold Gordon and its employees and agents, including but not limited to teachers, coaches, trainers, drivers, nurses and doctors, free of all liability for any such accidental injury to my son/daughter/ward, and I further agree to indemnify Gordon and its employees and agents for any liability imposed on them for any such accidental injury to my son/daughter/ward. I have read all materials supplied by the Athletic Director and understand the commitment required to participate in the Gordon Athletics Program.

Gordon Athletics Commitment Statement to be completed by the student and a parent

I have chosen to be a part of a team and I understand that my participation on that team matters.

I understand that in order to be a good teammate, I must be present at all practices and games (with the exception of religious school and other pre-established commitments that have been approved by my coach or Mrs. Fraza). This means that not only will I attend all games and practices, but that I will come ready to listen, learn, and try new things.

I understand that in order to show TRUE Gator Pride and represent my school in the larger community, that everyone on my team must practice skills that go beyond the sport itself.

Together, we must strive to improve, be positive, work together, communicate effectively, win and lose with integrity, and ALWAYS support one another with encouraging words and actions during times of celebration as well as times of difficulty.

I will listen to and be respectful of my coaches.

I will be the best teammate I can be by showing support and being kind.

I will ask for help if I am not feeling comfortable or confident.

I will bring all necessary equipment to practices.

I will treat our practice, game, and locker room spaces with care.

I will try—no matter how difficult the challenge seems.

I will be proud of myself and my teammates when the season is over—this means that I will have done everything possible to make the season be fun, productive, and successful for all.

I have read the above statement. By signing below I am indicating that I understand what is expected of me and pledge a strong commitment to my Gordon sports team.

_____ I have read and will comply with Gordon's Concussion Policy (on the back of this sheet)

_____ I know the Saturday tournament date/State meet for my team (A teams only, cross country, track)

Student-athlete signature _____ Date _____

Parent/guardian signature _____ Date _____

Gordon School

Student Concussion Policy

Background

“A concussion is a brain injury caused when the brain moves rapidly inside the skull, all concussions are serious, they can occur without loss of consciousness, in any sport. Recognition and proper management when they first occur can prevent further injury and even death...Concussion symptoms can take hours or days after injury to appear.” (From the Centers For Disease Control and Prevention)

Response

The follow protocol is to be followed if a student is rendered unconscious after hitting their head:

1. Do not move the injured student
2. An airway, breathing, and circulation assessment is to be performed
3. Perform cervical spine stabilization.
4. If immediate help is needed call 911.
5. The school nurse and the parent are to be called
6. If injury is considered serious, do not wait for the parent to arrive before the injured student is transported to the hospital
 - a. A member of the school staff is to ride with or follow the ambulance to the hospital
 - b. The school representative will take a copy of the student's health form to the hospital. (If time does not allow it may be faxed to the Emergency Room).

The person who has a suspected head injury is to be assessed using the CDC Concussion Signs and Symptoms Checklist. The following protocol is to be used when applying the CDC Concussion Signs and Symptoms Checklist:

1. Injured student should be monitored every 15 minutes for a minimum of 30 minutes.
2. Injured student may be monitored by the nurse, if available, or another member of the faculty or staff.
3. If an injured student reports one or more of the symptoms on the checklist, their parents should be notified AND they should be referred to a health care professional.
4. When the injured student's parents arrive they should be given a copy of the CDC Checklist to take with them to the health care professional.
5. Parents are to be provided a “Head Injury Letter” which notes the signs and symptoms of head injuries and what they should be looking for.

Subsequent to the injury

The following protocol will be followed subsequent to the injury:

1. An injured student, who has been referred to a health care provider, will need to provide a letter from their health care professional clearing them for participation in recess games, physical education or after school sport.
2. The injured student will be taken out for any recurrence of symptoms.
3. Any subsequent incidents will be treated as separate events.
4. Academic accommodations deemed necessary by the health care professional will be taken into consideration.