

Instruction

Interscholastic Athletics

Within budgetary limitations, there shall be interscholastic athletic programs at the high and middle/junior high school level which shall be conducted in accordance with CIAC (Connecticut Interscholastic Athletic Conference) rules and regulations.

Appropriately certified and qualified personnel shall be selected for coaching and supervisory positions. Voluntary student participation requires:

1. parental/guardian permission;
2. medical clearance to participate;
3. backup insurance provided by CREC for individuals participating on teams competing in CIAC activities;
4. appropriate student behavior and conduct;
5. compliance with CIAC standards at a minimum. Additional standards may be developed and published in student handbooks.

Good sportsmanship and good mental and physical health shall be the primary components of extra-curricular athletic programs.

Interscholastic athletic activities shall not be scheduled on Sunday unless necessary to comply with CIAC scheduling exigencies.

Each school year, in consultation with local emergency medical services providers and allied health professionals, CREC shall develop and implement an emergency action plan for responding to serious and life-threatening sports-related injuries that occur during interscholastic athletic events. Such plan shall be reviewed annually and updated as necessary; shall be distributed to the school/program staff that are responsible for implementing the plan; shall be posted in all athletic facilities and at all sites where interscholastic athletic event take place; and shall be posted on the CREC website.

The emergency action plan shall establish the procedures to be followed in the event that a student sustains a serious injury or illness while participating in an interscholastic athletic event, and shall include, but need not be limited to, the following:

- (1) A list of the staff in each school/program who will be responsible for implementing the emergency action plan, and who shall be certified in cardiopulmonary resuscitation and have completed a course in first aid offered by the American Red Cross, the American Heart Association, the Department of Public Health, any director of health or an organization using guidelines for first aid published by the American Heart Association and the American Red Cross, and their responsibilities under the plan;

- (2) An identification of the location or venue where the interscholastic athletic event is taking place;
- (3) A description and location of the equipment and supplies that may be available at the site of the interscholastic athletic event that will assist in responding to an emergency;
- (4) The procedures to be followed when a student sustains a serious sports-related injury;
- (5) The protocols to be followed during cardiac or respiratory emergencies;
- (6) The protocols to be followed when a student is observed to exhibit signs, symptoms or behaviors consistent with a concussion or is diagnosed with a concussion;
- (7) The protocols to be followed when a student suffers from a traumatic brain injury or spinal cord injury, including instructions that are based on the level of training of the person implementing the emergency action plan, in accordance with best practices and state law; and
- (8) The protocols to be followed in the event of heat and cold-related emergencies, in accordance with current professional standards.

CREC shall implement a model exertional heat illness awareness plan by utilizing written materials, online training or videos or in-person training that address, at a minimum: (1) The recognition of signs or symptoms of exertional heat illness, (2) the means of obtaining proper medical treatment for a person suspected of an exertional heat illness, (3) the nature and risks of exertional heat illness, including the danger of continuing to engage in athletic activity after experiencing exertional heat illness, (4) the proper procedures for allowing a student athlete who has experienced exertional heat illness to return to athletic activity, and (5) best practices in the prevention and treatment of exertional heat illness.

Student athletes shall be prohibited from participating in any interscholastic athletic activity unless they, and their parent/guardian (1) read written materials, (2) view online training or videos, or (3) attend in-person training pursuant to the model exertional heat illness awareness plan; and the parent/guardian has acknowledged their and the student's compliance by signing an athletic participation informed consent form.

CREC shall implement the mental health plan for student athletes developed by the Department of Education.

Legal Reference: Connecticut General Statutes

10-149h Exertional heat illness awareness education program

10-212i Emergency action plans for serious and life-threatening injuries during interscholastic and intramural athletic events

P.A. 22-81 An Act Expanding Preschool and Mental and Behavioral Services for Children

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