

2026/2027

East Greenwich High School
and
Archie R. Cole Middle School
Athletic Handbook

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Director of Athletics
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Introduction

The purpose of this handbook is to provide student-athletes and their families with an overview of the East Greenwich Public Schools Interscholastic Athletic Program and the policies, procedures, and rules that govern it. Questions regarding any material in this handbook, as well as questions about any aspect of the program not addressed in this booklet, should be directed to Ms Casie Rhodes, Director of Athletics. [crhodes@egsd.net or (401 398-1562)]

East Greenwich High School and Cole Middle School are members of the Rhode Island Interscholastic League (RIIL), is a member of the Rhode Island Principals Committee on Athletics (RIPCOA) the purpose of the organization is to organize, regulate and promote interscholastic athletics within Rhode Island. As RIIL and RIPCOA member schools, East Greenwich abides by their [rules](#) and regulations, and subscribes to the guidelines set forth by these respective organizations. In addition, East Greenwich [School Committee \(School Committee\) policies](#) and school rules also govern the school's athletic program.

Being a member of an East Greenwich athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic team, students have inherited a tradition which they are challenged to uphold to a high standard. When students wear the maroon & white colors of East Greenwich, they indicate a willingness to assume the responsibilities that go with those traditions.

Philosophy

East Greenwich Public Schools Co-Curricular Interscholastic Athletic Program is an integral part of our educational community and curriculum. Therefore, a comprehensive program of athletic activities is vital to the educational development of every student. As a considerable part of each student's educational development, East Greenwich Athletics strives to help every student-athlete become the best person, student, self advocate, and athlete possible. To fulfill this lofty goal the athletic program provides a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life. To be successful all of the students within the East Greenwich Community must step out of their comfort zones, expand their horizons, and compete as Avengers and Lancers!!!

Winning is not the sole purpose of athletics at East Greenwich, but rather to compete at full potential with sportsmanship, tremendous effort, and a positive attitude is the objective for every team. Ultimately, the goal of the East Greenwich Athletic Department is to teach our student-athletes to strive for excellence in all they do, work hard everyday to improve week by week, and realize the potential of the team and every individual. The District and its coaches will guide each and every student-athlete to win with grace, lose with dignity, respect their opponents, and set an example of sportsmanship of which the East Greenwich community can be proud.

Attendance – Attitude – Effort - Ability- Punctuality

Statement on Sportsmanship

Coaches have the primary responsibility for setting a respectful pattern of behavior for the contest. The conduct of the coach in practice, games, and outside life establishes the tone of behavior to be projected to all participants. Coaches are role models for how to properly handle success as well as disappointment, and realize that athletes, parents, and fans expect only the highest standards of ethical behavior from a coach at all times.

Athletes are responsible to play each contest in a highly competitive way from beginning to end and according to the spirit and the rules of the game. The athlete is responsible to compete and behave in practice and games in a way that brings honor to their team, athletic department, school, and family.

All game participants, including spectators, are responsible for treating the officials with the respect and honor that is due to an authority figure. Game participants are to appreciate the officials' hard work and respect their decisions at all times. All stakeholders must remember that an athletic contest is only a game - not a matter of life or death for player, coach, school, official, fan, community, state, or nation.

Responsibilities of Coaches

- Each coach must be appointed by the East Greenwich School District.
- To be familiar with and adhere to all [RIIL and RIPCOA rules and regulations, including but not limited to:](#)
 - Articles 3, 6, 7, & 13.
 - The [coaching requirements of the RIIL](#).
- To be familiar with and adhere to [National Federation of High School Associations \(NFHS\)](#) & [RIIL rules](#) for those sports they are assigned to coach.
- To be familiar with and adhere to all School Committee policies, including, but not limited to:
 - [1205: Transgender Non-Discrimination Policy](#)
 - [1210: Non-Discrimination and Complaint Resolution Policy](#)
 - [1215: Title IX Policy](#)
 - [1225: Drug Free Workplace Policy](#)
 - [1230: Non-Smoking Policy](#)
 - [1235: Community-District Communication Protocol](#)
 - [1250: Section 504 Policy](#)
 - [2190: Fundraising, Gifts, Grants and Commercial Activities Policy](#)

- [2191: Student Fees Policy](#)
 - [2725: Advertising and Acknowledgment of Donations Policy](#)
 - [4210: Child Abuse and Neglect Policy](#)
 - [8130: Athletics Policy](#)
 - [8135: Athletic Trainers Policy](#)
 - [8140: Academic Eligibility for Student Participation in Extracurricular Activities Policy](#)
 - [8235: Access to Educational Records Policy](#)
 - [8245: Bullying, Intimidation and Harassment Policy](#)
 - [8300: Professional Conduct with Students Policy](#)
 - [8510: Special Education Policy](#)
 - [10310: Social Media Policy](#)
- To read and understand the [East Greenwich High School Student Handbook](#).
 - To read and understand the Cole Middle School Handbook.
 - To provide continuous Supervision to every athlete on their team at practice, contests, and travel.
 - To be primarily responsible for the safety of every athlete. Injured athletes are to be cared for directly by the Head Coach or by a qualified medical professional on site in accordance with [RIIL rules](#). Head Coaches must always retain all responsibilities for the care of the athlete and their return to play at all times.
 - To act professionally in a manner that is expected by the district and in accordance with Policy 8300: Professional Conduct with Students.
 - To treat students, athletes, parents, other coaches, administrators, spectators and all other individuals with the utmost dignity and respect. The District expects coaches to model the characteristics it wants its athletes to emulate.
 - To adhere to rules regarding ejection.
 - If a coach is ejected from a contest, the RIIL will suspend the coach for 2 contests and assess a fine. A second ejection from any sport during the same year will result in suspension for 365 days from all interscholastic athletics.

Application Process & Required Certifications

The Coaching Requirements listed below are for all Head, Assistant, and Volunteer Coaches (EVERY COACH) prior to being appointed by the Superintendent.

- Coaching Application
 - Must apply online through the [School Spring website](#). Returning coaches must inform the Director of Athletics of their interest in returning for the next season. Coaches are appointed on an annual basis.
- Current BCI Check (Federal and Local)
 - Must be completed on an annual basis for both Paid and Volunteer coaches.
- Current First Aid & CPR/AED
 - Must be renewed every 2 years.
 - Expiration date must be after the season ends.
 - The District will hold a free First Aid & CPR/AED certification course annually.
- All coaches must annually register online with the Rhode Island Interscholastic League.
- NFHS Fundamentals of Coaching Course
 - Must be completed once in a coaching career.
- NFHS Protecting Students From Abuse Course
 - Must be completed once in a coaching career.
- NFHS Sudden Cardiac Course
 - Must be taken annually.
 - Expiration date must be after the season ends.
- NFHS Concussion in Sports Course
 - Must be taken annually.
 - Expiration date must be after the season ends.
- Substance Abuse Training offered by District Personnel
 - Must be taken annually.
 - Expiration date must be after the season ends.
- Coaching Orientation
 - Must attend prior to each season to review District policies and expectations.
- (1) NFHS Online Sport-Specific Course
 - Within three (3) years of Initial Certification
- NFHS Implicit Bias Online Course

- Within three (3) years of Initial Certification
- NFHS Heat Illness Prevention Course
 - Within three (3) years of Initial Certification
- NFHS Student Mental Health and Suicide Prevention Course
 - Within three (3) years of Initial Certification
- NFHS Bullying, Hazing and Inappropriate Behaviors Course
 - Within three (3) years of Initial Certification
- NFHS Engaging Effectively with Parents Course
 - Within three (3) years of Initial Certification
- NFHS Sportsmanship Course
 - Within three (3) years of Initial Certification

Head Coach Responsibilities

1. Directly Reports to: Director of Athletics.
2. Supervises: Assistant Coaches, Volunteer Coaches, and student-athletes.
3. Basic Function: To provide leadership, supervision, and organization of a specific athletic team within the parameters of the total athletic department.
4. Primary Responsibilities:
 - a. Year-round Responsibilities
 1. ALWAYS be a proper role-model and representative of East Greenwich Athletics;
 2. Formulate objectives for the coming sport season;
 3. Keep abreast of new ideas and techniques by attending clinics and workshops, reading in their field and encouraging assistant coaches to do the same;
 4. Be knowledgeable of NFHS & RIIL rules and regulations concerning their sport;
 5. Work with Director of Athletics on selection of equipment; and
 6. Assists the Director of Athletics as needed.
 - b. Pre-Season Responsibilities
 1. Share and Conduct Sport Sign-Ups within three weeks of the opening date of the Coach's sport with permission of the Director of Athletics;
 2. Collect and organize all Assumption of Risk forms required by RIIL and Athletic Department for each student-athlete;
 3. Make sure all athletes' current physicals are valid through the end of their season;
 4. Inform Director of Athletics of all possible payments (necessary fees, including coaching dues and any tournaments);
 5. Know policy on accident reporting and insurance procedures;
 6. Assist Director of Athletics in compiling eligibility lists and other reports;
 7. Arrange for a systematic issuance of school equipment;
 8. Clarify to athletes the varsity letter award policy;
 9. Check arrangements for all bus trips with Director of Athletics;
 10. Review Athletic Department Code of Conduct with student-athletes;
 11. Present Director of Athletics with a copy of team rules & policies;
 12. Hold a pre-season meeting in accordance with RI General Law Section 16-11.1-2 and
 13. Attend a coaches preseason meeting with Athletic Director and other coaches in that season.
 - c. In-Season Responsibilities
 1. Assume responsibility for constant care of equipment & uniforms being used;
 2. Assume supervisory control over all phases of teams in the program;
 3. Supervise & Manage all Assistant & Volunteer Coaches. The Head Coach will determine the duties of each Coach within their program;
 4. Organize and schedule practice sessions on a regular basis with the idea of developing the athlete's greatest potential;
 5. Notify Director of Athletics of all practices off-campus in advance;
 6. Practice is not allowed if school is canceled or dismissed early. Authorization is required from the Superintendent through the Director of Athletics if a team wishes to practice;
 7. Assume responsibility for knowing the location of all away contests. Directions to all facilities located on RIIL & RIPCOA websites;

8. Apply timely discipline in a firm and positive manner. All discipline shall be reported to the Director of Athletics;
 9. See that facility regulations are understood and enforced;
 10. Emphasize safety precautions and use accepted training and injury procedures;
 11. Report outcome of every varsity contest to the league website;
 12. Instruct players on rules and rule changes, new ideas and techniques;
 13. Directly supervise or designate a supervisor of athletic locker room and lock up all appropriate facilities at the close of each practice or contest;
 14. Immediately report all behavioral incidents Director of Athletics;
 15. Immediately report all injuries to the Director of Athletics and Athletic Trainer; and
 16. Follow all RIIL & East Greenwich policies & procedures.
- d. Post-Season Responsibilities
1. Return all program equipment, keys, supplies, etc. to the Director of Athletics for storage in the high school during the off-season;
 2. Arrange for the systematic return of all school equipment and uniforms to Director of Athletics;
 3. Hold an end of year meeting with athletes to return all equipment and uniforms;
 4. Recommend student athletes who have fulfilled requirements for athletic letters; certificates or special awards through an end of season report;
 5. Recommend additions and/or improvement for the care and maintenance of facilities;
 6. Submit recommendations for schedule for next year;
 7. Select equipment and make recommendations for future purchases to the Director of Athletics;
 8. Maintain records of team and individual statistics & accomplishments;
 9. Submit score book or a copy to the Director of Athletics;
 10. Submit a review of the season that includes but not limited to individual and team awards, along with any other information that would give the Director of Athletics a better understanding of the season just completed; and
 11. Clean up the entire practice or competition area in time for the next team to arrive and at the end of the season, put away all equipment in its proper place and locked up till next season.

Communication of Coaches to Student Athletes and Families

- Coaches may not be alone with an athlete in an area that is secluded or that is not openly accessible/visible to others, such as a room without windows or without visibility through a door. If a coach wants to meet or speak 1:1 with an athlete, that meeting must be observable and interruptible. This includes at away games or practice fields, off of school premises.
- Coaches are prohibited from direct communication with students for any reason through methods that include, but are not limited to, telephone calls, text messages, email to a non-District email address, social media, and direct messages through social media platforms.
- Coaches may only communicate with students using student District-issued email addresses; District-sanctioned social media accounts formed for educational, school-related purposes; or via

third-party District-sanctioned applications that are also accessible by District faculty, administrators, and parents. The team may choose a free app for communication until the District obtains one that will work for all teams.

- Only under exigent circumstances related to immediate health and safety of a student, a coach may contact a student directly.

Student-Athlete Requirements for Participation

Academic Eligibility:

In order to participate unrestricted in interscholastic athletics, students must pass all of their courses at the end of the most recent marking period. Therefore, students' eligibility will be determined equally and fairly at the conclusion of every quarter as follows:

- Eligibility for the first quarter will be based on the Final Average in each course at the completion of the previous school year.
- Eligibility for the second quarter will be based on first-quarter grades.
- Eligibility for the third quarter will be based upon the second-quarter grades.
- Eligibility for the fourth quarter will be based upon third-quarter grades.

Additionally:

- If at any time an East Greenwich High School student-athlete is failing a class, with a grade equivalent of a 59 or below, the student-athlete is required to attend the Learning Lab. In order to maintain eligibility, student-athletes must attend the Learning Lab consistently until the end of the quarter or until the student's grade increases to a **70% or higher** and is sustained for a minimum of a two-week time period.
- If a student receives more than 1 failing grade at the end of a quarterly marking period, they are ineligible until the conclusion of the next quarterly marking period (when report cards are issued).

Students are NOT eligible if:

- They are excused from physical education for medical reasons (including a nurse's note).
- Their 19th birthday occurs prior to September 1.

- They have represented the school in any one sport for more than four seasons or have been in attendance for more than eight semesters beginning on the first day of enrollment in the 9th grade.
- They have changed schools without a change of legal residence, unless a transfer rule affidavit is approved from the Rhode Island Interscholastic League. Students may have to sit 50% of the first scheduled varsity contests of that season.
- They do not comply with all rules outlined by the Rhode Island Interscholastic League.

Athletic Department Eligibility:

All student-athletes are required to register online prior to the day of tryouts on www.egsd.net under Athletics. This includes uploading an updated physical and completing every section of the online registration. New student athletes must also submit a notarized Assumption of Risk form (located on the document section of the RIIL.org website) to the Director of Athletics prior to the start of their team's season.

Student Athletes must have the following paperwork **completed & uploaded** before they are allowed to practice.

1. *Current Physical* (annually online)
 - a. Physicals are valid for 13 months
 - b. Must be completed prior to any athletic participation
- In order to try out for a team, a student must have a health physical on file prior to participation. The physical covers all sports provided the examination occurred within 13 months of the ending date of the respective athletic season(s).
2. *Parent Acknowledgement* (completed online)
 - a. Must be completed online at the beginning of every season
 - b. Each parent or guardian will certify that they understand the athletic eligibility rules and policies of the school district.
3. *Personal Insurance Form & Waiver* (annually online; must include Ins. Company & Policy Number)
 - a. All students must have insurance to participate in Athletics at East Greenwich
 - b. In the absence of personal insurance for a student, enrollment in School Insurance is mandatory
4. *School Insurance* (annually)
 - a. Mandatory 24hr coverage for students who do not have personal insurance
 - b. Optional for students with personal insurance

The school has arrangements with an insurance company through which parents can secure accident/medical insurance for their children at a nominal cost. Students participating in interscholastic sports are required to carry *accident/medical insurance*. The school does not assume responsibility for medical expenses resulting from injuries to participants in sports. The family's personal medical

insurance is the first step in covering medical expenses. Accident/medical insurance can only be used to help pay for expenses not covered by your personal insurance. [The Rhode Island Interscholastic Injury Fund](#) will cover students, coaches and officials who participate in yearly scheduled scrimmages. Please see the Director of Athletics for additional information.

5. [NFHS Concussion Information Sheet](#) (online, annually)

Rhode Island State Law requires that Athletes and Parents/Guardians review materials about signs and symptoms of a concussion. Online consent will be required by both the Athlete and Parent/Guardian.

6. [Code of Conduct](#) (online, annually acknowledge both Athlete and Parent/Guardian have reviewed)

7. [RIIL Assumption of Risk form](#)

Athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. In order to participate in interscholastic sports, students and parents/legal guardians are required to sign the [Rhode Island Interscholastic League's Assumption of Risk Form](#). This form must be notarized and submitted to the coach prior to participation. This process is required only once during the four years of high school for each new athlete. According to RIIL regulations, students transferring from one school to another must file a new Assumption of Risk form.

COLE MIDDLE SCHOOL ATHLETIC PARTICIPATION PAPERWORK

All athletes wanting to participate in any Interscholastic sport must have the following paperwork **completed and uploaded** before the first day of tryouts on the www.egsd.net under the Athletic tab.

1. **Physical:**

- a. Physicals are valid for 13 months
- b. Must be completed prior to any athletic participation

In order to try out for a team, a student must have a health physical on file prior to participation. The physical covers all sports provided the examination occurred within 13 months of the ending date of the respective athletic season(s).

2. **RIIL Middle School Assumption of Risk Form :** All new students must completely fill out one form and have it notarized once in their Middle School career. Please hand into the front office prior to trying out.

3. **Acknowledgement and Parent Permission Form:** (completed online)

- a. Must be completed online at the beginning of every season

- b. Each parent or guardian will certify that they understand the athletic eligibility rules and policies of the school district.

4. **School Insurance:**

- a. Mandatory 24-hour coverage for students who do not have personal insurance
- b. Optional for students with personal insurance

The school has arrangements with an insurance company through which parents can secure accident/medical insurance for their children at a nominal cost. Students participating in interscholastic sports are required to carry *accident/medical insurance*. The school does not assume responsibility for medical expenses resulting from injuries to participants in sports. The family's personal medical insurance is the first step in covering medical expenses. Accident/medical insurance can only be used to help pay for expenses not covered by your personal insurance.

5. Concussion Awareness Statement:

Rhode Island State Law requires that Athletes and Parents/Guardians review materials about signs and symptoms of a concussion. Online consent will be required by both the Athlete and Parent/Guardian.

All paperwork must be complete and uploaded and Assumption of Risk forms must be handed into the front office prior to the start of the first tryouts or first day of tryouts. No athlete will be allowed to participate without the completion of all the above paperwork.

For any information or questions regarding athletics please contact Ms. Rhodes, Director of Athletics, 401-398-1562, crhodes@egsd.net

Selection of the Team and Determining Playing Time on Varsity

Selection of athletic teams and determination of playing time during varsity games is the sole responsibility of the coaches of those teams. Their actions, however, must be consistent with the philosophy and policies of the athletic department while fielding the most competitive team possible with our given student-population. A student-athlete's Attendance, Attitude, and Effort must be the first determination. Once a student-athlete fulfills those three requirements, their ability within the sport becomes a major factor in determining their role on the team and playing time.

When a team cut is necessary, the process will include three important elements. Each candidate should have:

- Competed in a minimum of three (3) practice sessions.
- Performed in at least one intra-squad scrimmage when adequate facilities are available.

- Been personally informed of the cut and the reasons for the action by the coach either by email or in a face-to-face meeting.

Sub-Varsity Teams

JV, Freshman, and Middle School athletic programs are designed to maximize student opportunities to participate. The program is intended as a feeder program for the high school and should not be a “Win At All Cost” league. The ultimate goal of the program is to push all athletes to strive for excellence while balancing 1) the athletic development of all student-athletes and 2) being a competitive team within the state. It is in the best interest of all student-athletes that a positive educational environment is built to allow coaches to teach the value of sportsmanship, excellence, attendance, full effort, a positive attitude, and the fundamentals of the individual sport.

Athletics Attendance Expectations

All student-athletes are expected to adhere to the attendance policies outlined in the student handbook, including being on time and remaining in school for the entire day. In addition, student-athletes must demonstrate consistent and active participation in all practices and competitions as part of their commitment to the team. They are required to be appropriately dressed at all times during practices and games.

Qualifications for a Varsity Letter

1. Player maintains a POSITIVE TEAM ATTITUDE ;
2. Player must play in **half** of the varsity team’s game increment (quarter, half, inning, etc....);
 - a. Entering a contest for any amount of time is equal to playing
3. Player is required to have excellent attendance (On time and few, if any, missed practices);
4. Player needs to finish the season in good standing with the team; and
5. Player maintains passing grades and has few, if any, school discipline issues

Individual Coach's Rules

Coaches may establish (with advanced approval of the Director of Athletics) additional rules and regulations for their respective teams. These rules must be given in writing by the coach to all team members and explained fully at the start of the season. Penalties for violation of team rules must also be in writing and will be administered by the coach. Additional team rules must be consistent with all other school rules and regulations. Copies will be kept on file in the Director of Athletics office. Coaches may take reasonable disciplinary action pertaining to any problem that may arise that has not already been reviewed in the Student Athlete handbook. Any action by an athlete that requires disciplinary action will be reported to the Director of Athletics.

Transportation to/from Away Contests

Athletes must travel to and from contests in transportation provided by the school. The only exceptions are:

- a. Injury to a participant which would require alternate transportation.
- b. Parent of a student-athlete who lives out of District, form found [here](#).

Responsibilities of Captains

- To abide by all the rules and regulations of the Handbook for Student Athletes.
- To assist the coach as a liaison between the athletes and the coaching staff.
- To represent the team during all team contests.
- Captains are not permitted to run practices in place of a coach.

Appointment of Captains

Only varsity team coaches will appoint captains. Captains will be appointed by the coaches. Student athletes will be informed by the coach of the criteria for selection and obligations of the position. Criteria will include, but is not limited to, consistent school attendance and exemplary student conduct in alignment with our Vision of a Graduate. The position of team captain is one of honor, leadership and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner on and off the field, both inside and outside of school. This standard includes social media presence. Any student who is involved in a violation of the [East Greenwich Student Code of Conduct Policy 8310](#) will lose the ability to serve as captain of any school-sponsored athletic team for a period of one calendar year. Any sitting captain of an East Greenwich athletic team will have that position rescinded and will be ineligible to serve for a period of one calendar year.

RI Interscholastic Injury Fund

Under certain circumstances, the [Rhode Island Interscholastic Injury Fund](#) provides some assistance for medical expenses which are not covered by either personal insurance or accident/medical insurance. The Rhode Island Interscholastic Injury Fund is a nonprofit organization which provides financial assistance for medical expenses incurred by an athlete during Interscholastic League competition. The Injury Fund will consider payment for medical bills and physical therapy above and beyond what the primary medical insurance of the athlete will pay. The Injury Fund is not an insurance company, but a Board of dedicated volunteers committed to the health and well being of Rhode Island athletes. Parents are asked to complete an application to request reimbursement from the Injury Fund.

Accident Report

Any accident or injury that occurs to a student while participating in a sport must be reported in a timely manner. The coach must complete a Student Accident Report and submit it to Administration via the Director of Athletics within 24 hours. Any injury that requires an athlete to be removed from the practice/contest and not return will be accompanied by an Accident Report. Parents must be notified by the Head Coach of any injury immediately after the practice/contest.

Return to Play Policy

No athlete who has been injured sufficiently to necessitate medical attention by a physician may resume playing (games or practices) until a written physician's medical clearance has been received by the Director of Athletics, Athletic Trainer and School Nurse. This clearance will be kept on file and provided to the Head Coach as soon as clearance is received and reviewed.

1. Accident Reports must be filled out and submitted immediately for all injuries. The coach must follow up with a phone call to the parents the night of the injury/treatment. Any pertinent information and verification of the phone call should be recorded in writing.
2. After an athlete is sidelined with an injury for which they seek professional medical care, the following must be observed in order to return to physical participation:
 - a. A medical release needs to be signed by the doctor who treated the athlete and must be submitted to the School Nurse, Athletic Trainer, and Director of Athletics.
 - b. An Athletic Director/Head Coach/Athlete/Athletic Trainer conference will take place to discuss the athlete's limitations and the plan for returning to play.

Concussion Policy

Coaches should always err on the side of caution when dealing with all injuries, especially those that may involve a concussion.

As a rule: “When in Doubt, Sit Them Out!!!”

Concussion Management Best Practice Guidelines from the NFHS & RIIL

- All coaches shall complete a head injury training program.
- All players/parents shall sign an acknowledgement that they have received a head injury fact sheet.
- Any player who has sustained a head injury or has been hit in the head shall be removed from play immediately.
- Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from

the contest or practice and shall not return to play until cleared by an appropriate health care professional.

- The determination for clearance for graded return to physical activity shall come from a physician. The Athletic Trainer will then be responsible for managing the 5 day Return to Play Protocol.
 - Day 1 - Static Exercise. Stretching & Aerobic Exercises: 20-30 minutes of activity (Exercise bike, Elliptical, or light jog).
 - Day 2 - Static Exercise. Stretching, Aerobic, & Resistance Exercises. Weight lifting permitted (50-75% of usual routine).
 - Day 3 – Heavy, non contact physical activity providing no symptoms, can return either during or after activity (Extensive sprint specific drills, agility training, plyometrics, and repetitive jumping drills for 45-60 minutes)
 - Day 4 – Full contact drills & practice.
 - Day 5 – Return to game action.

Emergency Action Plan

All coaches paid or volunteer must understand and implement the school district protocol in case of any emergency on school grounds or other athletic facilities where practices or contests occur.

Head Coaches are required to keep with them at all times a copy of their official eligibility list and a list of emergency contact information for each athlete. Athletes are required to inform their coaches of any major illnesses or allergies.

Head Coaches must have a plan in place with specific duties assigned to coaches and athletes in the event of:

- Serious Injury to an athlete, coach, or official that requires immediate medical attention
 - Identify a coach to accompany an athlete who requires ambulance transportation, in the absence of a parent.
- An altercation ensues on the field of play between competitors or in the vicinity
 - Head Coach assist in settling the situation, while Assistant Coaches are mandated to maintain control of their team on the bench.

Other Policies & Procedures:

Heat Acclimatization Rules (Fall Sports)

- See RIIL handout

EEE/West Nile Protocol (Fall Sports)

- IF notified by DEM, all activities suspended at dusk with no exceptions.
- Athletes are allowed to wear long sleeves and sweatpants during all contests & practices.
- The Athletic Department will provide insect repellent to all teams.

Lightning Policy (Fall & Spring Sports)

- All outdoor activities must be suspended until a half hour after the last incident of lightning.

Attendance

Head and paid Assistant Coaches must be present for all practices and contests unless previously arranged through the Director of Athletics. Head Coaches must travel with their team to and from away contests. Head Coaches must attend the end of year East Greenwich Athletic Department Banquet to present their team awards. Coaches are also expected to attend all school related and Rhode Island Interscholastic League meetings. Coaches must be present until all athletes have left the practice area, bus, school and/or locker room.

Vacation

A student athlete that makes a team is expected to be present at every practice and game. If a student athlete chooses to go on a vacation, they must notify the coach at the beginning of the season of their plans. In the event that the student athlete does not notify their coach at the beginning of the season regarding vacation, it will cause the student athlete to sit out the next league game upon their return. Also, student athletes must realize that their absence from the team could cause them to lose playing time and possibly their position to the student athlete that performed in their absence.

Scheduling of Contests and Practices

Scheduling of contests and practices shall be the responsibility of the Director of Athletics, with input from the coach of that team. All schedules will be entered online and coaches need to review the interscholastic league website for accuracy. It is their responsibility to immediately notify the Director of Athletics with any changes in the schedule. All changes must be approved by the Director of Athletics of both schools.

Rosters/Eligibility Lists

Eligibility lists must be online with the RIIL prior to the first contest of the season.

An alphabetical eligibility list (name/grade) must be presented to the Director of Athletics prior to the first contest of the season. Once it is submitted, it is the coach's responsibility to verify all correct information. Coaches must inform the Director of Athletics of any athlete joining or leaving the team immediately. Rosters (uniform numbers/positions, etc...) must be managed on the RIIL website with access through the head coach's username and password.

Supervision

Coaches must be present for all practices and contests unless previously arranged through the Principal and/or Director of Athletics. Coaches must be present until all athletes have left the practice area, bus, school and/or locker room. Coaches must supervise their athletes when the team is in the locker room before and after practice. A coach must be present at all times when their team is in the weight room facility or any practice area. Athletes are not permitted to practice without direct supervision of their coach.

Code of Conduct for Student Athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. Further, the District believes that high standards of conduct and citizenship are essential in maintaining a sound athletic program. Athletes are expected to abide by this code of conduct which will earn them the honor and respect that participation and competition in the interscholastic athletics affords. Conduct which results in dishonor to the athlete, the team, or the school will not be tolerated. All rules apply to all athletes including players, managers, trainers, cheerleaders and all other students representing the school district.

A. Sportsmanship

"Good sportsmanship, ethical behavior, integrity, and the respect for others" are the guiding principles that permeate all interscholastic activities in our school. In perception and practice, sportsmanship is defined as those qualities, which are characterized by generosity and genuine concern for others. All individuals, regardless of their role, are expected to model sportsmanship because of their influence on the behavior of others.

STUDENT ATHLETES MUST:

- Appreciate and understand that their behavior is observed and emulated by many who are younger;
- Live up to the high standard of sportsmanship established by the RIIL;
- Accept and understand the seriousness of their responsibility and the privilege of representing their school and community;
- Live up to the standards of sportsmanship established by the school administration and the coaching

staff;

- Learn the rules of the game thoroughly and discuss them with parents, fans, and peers;
- Treat opponents the way they would like to be treated, as a guest or friend;
- Refrain from taunting, trash-talking, or making any kind of derogatory remarks, especially comments of ethnic, racial or sexual nature, to their opponents during the game;
- Wish opponents good luck before the game and congratulate them in a sincere manner that they would like to receive following a victory or defeat;
- Respect the integrity and judgment of game officials; and
- Win with humility and lose with grace.

B. Alcohol and Drugs, Including Tobacco

Medical research substantiates that the use of alcohol and mood-modifying substances produces harmful effects on the human body and will affect athletic performance. Student-athletes cannot compromise their participation with substance abuse. Students who experiment with such substances jeopardize program morale, reputation and success, and they do physical harm to themselves and risk personal injury and harm to others during their activity. Students must decide if they want to hold a leadership position or want to be part of an athletic team. If they do wish to be a participant, they must make the commitment in order to do so. A big part of this decision means refraining from the use of alcohol, drugs, tobacco, and steroids. Student athletes are considered in violation of this policy if they “possess”, “consume” (including being under the influence of), and/or “distribute”, other than as prescribed by a physician for personal use, any tobacco product, controlled drug and/or intoxicant or steroid at any time whether during school, at any school activity, on school property, or at locations off school property.

Alcohol and Drugs

For a first offense, a student athlete will be:

- Suspended from all interscholastic competitions and practices for the next fifteen (15) consecutive calendar days. After ten (10) days, the athlete may return to the team for practice only. The suspension must include at least the next two (2) scheduled interscholastic contests of the season. The student will be fully reinstated for athletic competition after the fifteenth day, once all the requirements have been met.
- Reinstated to the team, provided the athlete meets with the Athletic Director, Coach, and Student Assistance Counselor.

- Parent(s)/Guardian(s) and student will meet with Athletic Director and/or Assistant Principal before reinstatement to the team.
- Required to forfeit their captaincy if they hold that position.
- If there is not sufficient time remaining in that season to complete the suspension, it will be carried over to the next interscholastic sport season in which that athlete participates.

For any additional violation in the same calendar year or subsequent calendar year, a student athlete will be suspended from all interscholastic athletic competitions and extracurricular activities for 365 calendar days.

Cigarette, Cigar and Smokeless Tobacco

Students who use or possess tobacco products, including but not limited to, cigarettes, e-cigarettes, cigars or smokeless tobacco, etc... will be in violation of school policy.

For a first offense, a student athlete will be:

- Suspended from all interscholastic competitions and practices for the next fifteen (15) consecutive calendar days. After five (10) days, the athlete may return to the team for practices only. The suspension must include at least the next one (1) scheduled interscholastic contest of the season. This suspension will be completed during an athlete's season. The athlete will be required to meet with the Athletic Director, Coach, and School Counselor. The student will be reinstated for athletic competition after the fifteenth day, once all the requirements have been met.
- Enrolled in the EGHS Diversion Program, which requires the student to participate in the Stanford Medicine's MY Healthy Future curriculum.
- Parent(s)/Guardian(s) and student will meet with Athletic Director and/or Assistant Principal before reinstatement to the team.
- Required to forfeit their captaincy if they hold that position.
- If there is not sufficient time remaining in that season to complete the suspension, it will be carried over to the next interscholastic sport season in which that athlete participates.

For any additional violation in the same calendar year or subsequent calendar year, a student athlete will be suspended from all interscholastic athletic competitions and extracurricular activities for 30 calendar days. For a third or more offenses, a student athlete will be suspended from all interscholastic athletic competitions and extracurricular activities for 365 calendar days each time.

Hazing and Bullying

Under no circumstances will any type of hazing and/or initiation be tolerated. The term “hazing”, as defined by Rhode Island State Law, means any conduct or method of initiation that any student organization, which willfully or recklessly endangers the physical or mental health of any student or other person (abbreviated from [State of Rhode Island Hazing Law, section 11-21-1\(b\)](#)). Coaches are responsible to make sure these types of activities do not occur on their team. [Link to district policy.](#)

Multi-Sport Encouragement

All Coaches, but especially Head Coaches must encourage their athletes to participate for East Greenwich in multiple seasons. The Athletic Department as a whole and each individual team will benefit more with increased participation overall and our current athletes playing additional sports. If a student athlete wishes to play two sports in a season, they must: 1. Declare Primary Sport 2. Receive support from both coaches 3. **If** allowed to play on two teams the student athlete will always honor Primary sport #1 if scheduling conflicts arise during the season. Each team has different requirements and expectations. Therefore, there is no guarantee that a coach has to agree.

Coaching Out of Season

Purpose:

To allow students to seek informal and individualized extra help from high school coaches in the same way teachers may provide extra help for a student academically.

Coaches Can:

- Only participate voluntarily and without financial gain or compensation.
- Participate in informal and individualized instruction with no more than three (3) high school students at any one time or in any one facility.
- Participate in informal and individualized instruction with any one (1) student for a maximum of three (3) hours per week. Regularly scheduled instruction is not within the spirit of these rules.
- Informal and individualized instruction is open to all students enrolled in the school and eligible to participate by all RIIL eligibility rules and regulations.
- All informal and individualized instruction must be sanctioned and approved in advance by the school administration (Principal and/or Athletic Director).
- Informal and individualized instruction must not conflict with a student’s in-season sport schedule (practices, games and team commitments).
- Coach or instruct their son(s) or daughter(s) without restriction during the academic year.

Parent and Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, the District and parents are better able to accept the actions of the other and provide greater benefit to the students. Parents have the right to understand what expectations are placed on their child. This begins with clear communication from the coach.

Communication parents should expect from coaches:

- Philosophy of the coach;
- Expectations the coach has for your child as well and the players on the squad;
- Locations and times of all practices and contests;
- Team requirements (ie: practices, special equipment);
- Procedure followed should your child be injured during participation; and
- Discipline that may result in the denial of your child's participation.

Communication coaches should expect from parents:

- Concerns expressed directly to the coach;
- Notification of any schedule conflicts well in advance; and
- Specific concerns with regard to a coach's philosophy and/or expectations.

As children become involved in the programs at East Greenwich, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way a parent or child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

- The treatment of your child: mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

- Playing time
- Team strategy
- Play calling
- Other student athletes

There are situations that may require a conference between the coach and the parent. **This should occur only after the student athlete has spoken to the coach regarding their concern. The only time a student athlete should not try to resolve their concern directly with a coach is when a parent feels the treatment of their child is either physically and/or mentally inappropriate.** It is very helpful that your child begins to learn how to self-advocate for themselves at this time in their development. Conversations between player and coach should always be encouraged. Both parties involved need a clear understanding of each other's position. If the meeting with the coach did not provide a satisfactory resolution, a parent may call and set up an appointment with the Director of Athletics to discuss the situation. Appeals of decisions made by the Coach and Athletic Director can be made to the Principal of the HS or MS.

Recommended steps for conflict resolution between Student athlete and Coach:

1. Student athlete must attempt to resolve concerns with coach in a private respectful manner.
2. Parent/Player/Coach meeting should occur when Student Athlete and Coach meeting did not resolve the concern or additional information is needed to better understand all parties involved and steps that will be taken to resolve the concern.
3. Parent/Coach meeting should never happen without an attempt by student athlete and coach to resolve concern unless there is a concern regarding the physical or mental health of a player brought forward by the parent directly to the coach.
4. Parent/Coach/Player/Director of Athletics meeting should occur when steps 1 through 3 have been attempted and no resolution can be agreed upon.
5. A parent may contact the Athletic Director first; however, they will be encouraged to speak with the Coach.

Coaches will have a better understanding of a concern/situation and will be able to answer direct questions about a student within their program.

Parents should not attempt to confront a coach before or after a contest or practice. These times can be emotionally sensitive for both the parent and the coach. Meetings of this nature do not promote a positive resolution. (Use the 24 hour rule before you have a conversation.)

If the meeting with the coach did not provide a satisfactory resolution, parents may call and set up an appointment with the Director of Athletics to discuss the situation (401-398-1562), crhodes@egsd.net. If parents are still not satisfied with the outcome of the meetings, they have the right to appeal to the Principal and then to the Superintendent.

Employee Acknowledgement

I have received a copy of the East Greenwich High School and Archie R. Cole Middle School Athletic Handbook, which outlines the responsibilities of all coaches and student-athletes and the policies and procedures of the District. If I have any questions, I should contact the Athletic Director. This handbook does not create an express or implied employment contract. I understand that the information in this handbook represents guidelines to assist employees during their tenure. All East Greenwich School Committee policies, including, but not limited to, those that are outlined in the Employee Handbook are published on the district website under the School Committee tab. In the event of any conflict or inconsistency between provisions within this handbook and any districtwide policy, the provisions within district policies shall prevail. I understand it is my responsibility to read all District policies, including those which are not specifically outlined in the Employee Handbook, and I agree to comply with all the guidelines, policies, and procedures of East Greenwich Public Schools. This Handbook is subject to change without notice. All changes in procedure/policy will supersede or eliminate those found in this Handbook. I will be notified of such changes through district communication.

Print Name:

Sign Name:

Date:
