

What is needed Before You Can Play

1. Students must completely fill out the "Family ID" registration form. This form can be found on the CCT athletic web page.
2. Confirm with the nurse that you have a current physical on file. Physicals are valid for 13 months from the date it was given.
3. You will not be eligible for practice or games unless both above requirements are completed.
4. Students must complete the State of Massachusetts Pre-Participation Concussion History Form and turn it in.
5. Students must have completed the Baseline Impact Test within the past 2 years.
6. All equipment and uniforms issued must be returned at the end of the sport season.
7. The athletic department will certify that each athlete is academically eligible to participate prior to the start of the season.

IMPORTANT DATES FOR PRE-SEASON PRACTICE:

Football and Golf: Third Friday in August

Soccer, Volleyball, Cross Country: Second Tuesday prior to Labor Day

Basketball and Ice Hockey: First Monday after Thanksgiving

Baseball, Softball, Lacrosse, Track and Field: Third Monday in March

Captain's practice on campus is not permissible, pre-season workouts without a coach present must always have a staff member present.

A coach must be present at every official practice.

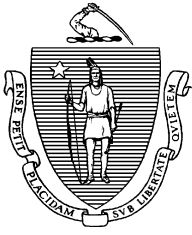
Cape Cod Tech Athletic Department Policies

All students who wish to participate on an athletic team should be familiar with our athletic regulations.

- Athletes will be required to follow all Massachusetts Interscholastic Athletic Association rules, a copy is in the athletic director's office.
- Students must attend school for the entire school day in order to participate unless excused by the school administration prior to the function. Students should be in their classes by 8:00 am. Students who arrive after 9:00 am or leave before 2:35 pm without a valid, written excuse from a doctor, dentist, etc., cannot practice or participate in sporting events on that day.
- Cape Cod Tech athletes must maintain sound sportsmanship and school citizenship in class, in student affairs, and on the team.
- Students assigned to in-school or out-of-school suspension are ineligible for athletic activities on the day(s) of the suspension. Should non-school days fall between suspension days, students will be ineligible during that period. i.e., a weekend game between a Friday and Monday out of school or in school suspension.
- All athletes must adhere to the MIAA loyalty to the high school team rule, as explained by the coach. We require our athletes to attend all practice sessions on a regular basis as well as games and other team functions. Students must report planned absenteeism to the appropriate coach in advance.
- Prior to participation in a sport, students and parents must sign the athletic participation form as well as the MIAA Pre-Participation Concussion History Form. This is mandated by the MIAA.
- All students participating on an athletic team must have a physical exam on file with the school nurse. This physical exam is good for 13 months from the date of the exam.
- Once every 2 years, each student-athlete must take the Impact Baseline Test. This is used if a student-athlete sustains a concussion during a season and is used in the "return to play" policy by the doctor.
- During the season of practice or play, students shall not, regardless of the quantity, use/consume, possess, buy/sell, be under the influence of, or distribute any beverage containing alcohol, any tobacco products, marijuana, steroids, e-cigarettes, (vape devices) or any other mind-altering substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.
- Students will be held to HIGH standards of conduct inside the classroom or school building, on the bus, at games and in the community.
- Student-athletes may only go home with their own parents if not riding school provided transportation. Prior to leaving with a parent, the student-athlete will confirm departure with the team coach.
- When an athletic event is cancelled due to weather, communication will be given as soon as possible to the student-athlete.

Contact Information: Alan Harrison, Athletic Director aharrison@capetech.us

508-432-4500 extension 1037



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Pre-Participation Head Injury/Concussion Reporting Form
for Extracurricular Athletic Activities

This form should be completed by the student's parent(s) or legal guardian(s). Please submit this form to the Athletic Director, or official designated by the school, prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Student Information

Student's name	Sex	Date of birth	Grade
School name	Sport(s)		
Home address	Phone number		

Has student ever experienced a traumatic head injury (a blow to the head)? Yes_____ No_____ If yes, when? Dates (month/year):
Has student ever received medical attention for a head injury? Yes_____ No_____ If yes, when? Dates (month/year): If yes, please describe the circumstances:
Was student diagnosed with a concussion? Yes_____ No_____ If yes, when? Dates (month/year):
How long did symptoms last for the most recent concussion? (i.e., headache, difficulty concentrating, fatigue)

SOURCE: MIAA HANDBOOK

56.4 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 and shall not return to play until cleared by an appropriate health care professional.

56.4.1 School and athletic leaders are reminded that football and ice hockey have rules regarding health care professionals.

56.4.2 Each school must define the health care professional(s) and/or procedure(s) that must be satisfied before an athlete is allowed to return to participation. The individual(s) and/or procedure(s) must be in place for all student-athletes, sports and levels