

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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[www.ciacsports.com](http://www.ciacsports.com)

47<sup>th</sup> ANNUAL 2021 CIAC GIRLS CROSS COUNTRY CHAMPIONSHIPS  
89<sup>th</sup> ANNUAL 2021 CIAC BOYS CROSS COUNTRY CHAMPIONSHIPS

Tournament Director

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The Cross Country Tournament information is arranged as follows:

1. Authority
2. Awards
3. Dates, Meets, Sites, Times
4. Divisions
5. Entry Procedure
6. Meet Director
7. Inspection of Course
8. Park and Admission Fee
9. Late Entry Fee
10. Meet Regulations
11. Numbers
12. Travel Expenses
13. Uniforms / Dressing Facilities
14. Road Race Participation
15. Competitors / Chutes
16. Scrimmages
17. Students with Special Needs
18. Decision by Game Officials / Protest Procedure
19. Unmanned Aerial Systems at CIAC Events
20. Sportsmanship

## SHOE CHIPS

In addition to the bib numbers that have been used in the past, each team will be issued seven (7) timing chips which will be placed on the athletes' left or right foot. The chip can be laced into the shoelaces or secured with the nylon ties provided. The chips will be issued in a zippered pouch. At the conclusion of the race, **coaches must retrieve** the chips from their athletes, place them in the pouch, and return them to the registration tent. There will be a charge of \$20 for each missing chip or pouch. Additional instructions will be provided in the packet coaches pick up upon arrival at the meet.

Because of the switch to chip timing, there will be no more chutes at the finish line. However, **athletes must still NOT stop on the finish line**, and must promptly proceed down the hill to the exits. To prevent congestion in this area, athletes should not remove their timing chips until after they have exited the finish line area. Again, coaches are responsible to collect the timing chips and return them to the registration personnel.

47<sup>th</sup> ANNUAL 2021 CIAC GIRLS CROSS COUNTRY SPORTS PACKET  
89<sup>th</sup> ANNUAL 2021 CIAC BOYS CROSS COUNTRY SPORTS PACKET

1. **AUTHORITY** – The decisions of the CIAC Girls and Boys Cross Country Committees and/or the Meet Director relative to the operation of the meets shall be final.
2. **AWARDS** – Individual awards will be given to the first twelve (12) finishers in each Divisional Championship, and also the first twenty-five (25) finishers in the Open Championship. Awards will be given to a maximum of twelve (12) runners listed on the entry form of the first and second place team in each divisional and open championship. A plaque will be awarded to the winner and runner-up teams in each divisional and open championship event. Awards will be presented at the finish area **approximately 30 minutes after the conclusion of the race. (Coaches please have your athletes in the area soon after the race.)**
3. **DATES OF MEETS / SITES / STARTING TIMES**

The **Girls and Boys Divisional Championship Meets** for 2021 shall be as follows:

All divisional championship races will be held at:

Wickham Park, Manchester, CT

Saturday, October 30, 2021

(Weather date – Sunday, October 31 and/or Monday, November 1)

Please note – if it becomes necessary to reschedule to Monday, the meet will be held during the school day.

**Boys starting times for each race will be:**

M Division	–	9:15 a.m.	LL Division	–	1:00 p.m.
MM Division	–	10:20 a.m.	S Division	–	2:05 p.m.
L Division	–	11:25 a.m.	SS Division	–	3:10 p.m.

**Girls starting times for each race will be:**

M Division	–	9:45 a.m.	LL Division	–	1:30 p.m.
MM Division	–	10:50 a.m.	S Division	–	2:35 p.m.
L Division	–	11:55 p.m.	SS Division	–	3:40 p.m.

All races will start **promptly** at the time listed.

The **Girls and Boys State Open Championship** will be held at:

Wickham Park, Manchester, CT

On Friday, November 5, 2021

(Weather date – Sunday, November 7 or Monday, November 8)

**Boys starting time** for the race will be 2:00 p.m. / **Girls starting time** for the race will be 2:45 p.m.

***\*\*\* Meet schedules may be subject to change due to course and/or weather conditions \*\*\****

The **New England Championship** will be held at:

Thetford Academy, Thetford, VT

on Saturday, November 13, 2021

4. **DIVISIONS** – The 2021 Boys and Girls Cross Country Championships will be operated in six (6) divisions. Placement of schools is based on the 2020-21 girl or boy enrollment in grades 9-12.

<b>Boys Divisions:</b>	LL Division – 732 and over	M Division – 322 - 423
	L Division – 565 - 731	SS Division – 221 - 321
	MM Division – 424 - 564	S Division – Up to 220

<b>Girls Divisions:</b>	LL Division – 708 and over	M Division – 330 - 421
	L Division – 561 - 707	SS Division – 226 - 329
	MM Division – 422 - 560	S Division – Up to 225

**Note: Schools should notify the CIAC of any incorrect placement by September 24, 2021. No changes will be made on the day of the event.**

NOTE: Tournament divisions are available on the cross country page at [ciacsports.com](http://ciacsports.com).

5. **ENTRY FEE / ENTRY FORM**

- Each girls and/or boys team entering the championships will be assessed an entry fee of \$100, which must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. Make check payable to CIAC.
- Entry Forms / Tournament Rosters can be submitted on the eligibility center or the submit scores / forms option under the CIAC for Coaches menu at [ciacsports.com](http://ciacsports.com). Rosters must be submitted no later than Noon, Monday, October 25, 2021.**
- Start List** – Start list will be posted on CIAC web site approximately five (5) days prior to the class meets. Schools should follow the online substitution procedure and **BRING THE SUBSTITUTION FORM TO THE MEET.**
- Results – Class** – Results of individual Class Meets will be announced and posted following the conclusion of each race. **Results will be available on the CIAC web site – [www.ciacsports.com](http://www.ciacsports.com).** Coaches should report any errors or omissions immediately to the finish line tent.

6. **MEET DIRECTOR** – The Boys and Girls Meet Director for both the Divisional and Open Championships will be Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074 – Telephone (860) 644-1264 (home) / Email: [baronwm71@gmail.com](mailto:baronwm71@gmail.com)

The Boys and Girls CIAC Cross Country Chair is Donn Friedman, 57 Northern Boulevard, Colchester, CT 06415 – Telephone (860) 416-1884 (cell) / Email: [donn@cnesspa.org](mailto:donn@cnesspa.org).

- INSPECTION OF COURSE** – Schools are encouraged to inspect the course prior to the day of the meet to keep the course free of traffic for the racers. On the day of the class meets the Wickham Park course will not be open for inspection until 8:00 a.m. On the day of the Open Meet the park will not be open until 12:00 Noon.
- PARKING FEE** -- Be advised that a spectator parking and CIAC event admission fee of \$10 per car will be collected for both the Class and Open Championships.

Cars illegally parked outside the Wickham Park facility, especially on Tolland Turnpike near the back entrance to the park, may be ticketed and towed.

9. **CIAC LATE ENTRY POLICY**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**

- b. Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per corrections to a maximum of \$250.
- c. All requests for corrections must be submitted on a support ticket via the online eligibility center. **No telephone requests will be considered.**

**TOURNAMENT REGULATIONS VIOLATIONS** – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings which non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

10. **MEET REGULATIONS** – All state meets shall be governed by the following regulations:

- a. Only institutional members of the Conference may enter these championships.
- b. For girls races – All courses will be 5,000 meters  
For boys races – All courses will be 5,000 meters
- c. The team roster for the state and open meet shall consist of seven (7) runners, plus all others eligible to compete. There is no minimum as to the number of competitors a school may enter be it 1, 2, 3, etc., there is a maximum of seven (7) runners who may run in an event. Seven (7) runners may compete in the state and open meets, these seven (7) runners need not be the same for each meet. Substitutions may be made to the original seven up to thirty (30) minutes before the start of the race.
- d. The Open Meet will be made up of the top two (2) teams from each division decided by points, plus eight (8) additional teams decided by having the fastest team times. In a division, any team ranked higher in place scoring than a team advanced to the Open based on time will also advance.
- e. Individual qualifiers for the Open Meet will include the top **twelve (12)** runners in each division plus the thirty (30) fastest runners overall on time beyond the automatic qualifiers. Athletes who have qualified as part of a team are not withdrawn from the pool of individual qualifiers.
- f. Qualifiers for the New England Championships will be the **top six (6) teams** and the **top twenty-five (25) individual** finishers from each boys and girls race at the Open Meet.
- g. Each runner must be eligible for interscholastic competition under the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and have been a member of his/her team for four (4) separate regular season meets held on four separate dates.
- h. Coaches are expected to maintain discipline over their runners at all times. We are guests at the Championship site and every precaution must be taken to insure that the site is not damaged or that acts of theft and vandalism do not occur. Coaches and their schools will be held liable for the action of their runners. **PRINCIPALS AND COACHES ARE ASKED TO INFORM THEIR RUNNERS AND FANS THAT GRILLS, FOOTBALLS, FRISBEES, RADIOS AND OTHER SUCH ITEMS ARE NOT TO BE BROUGHT TO THE CHAMPIONSHIP SITE.**
- i. Runners will not be allowed to participate without the presence of their coach or an adult officially designated in writing by their principal.
- j. Scoring will be in accordance with National Federation Rules.

(NOTE: If fewer than five (5) competitors of a team finish, the places of all members of that team shall be disregarded and all other team scores re-ranked. **Also, runners must finish within 26 minutes for boys and 31 minutes for girls after the start of the race to be tabulated in the scoring.**)

- k. **ANY RUNNER WHO USES AN ILLEGAL AID OTHER THAN A WATCH, SUCH AS A HEART RATE MONITOR, SHALL BE DISQUALIFIED.**
  - l. Athletic trainers will be available on site and located past the finish area.
  - m. The finish line area is “off limits” to coaches, spectators and parents. Team or competitor disqualification may occur.
  - n. Coaches are to bring a large plastic garbage bag so that what the team packs in may be packed out.
11. **NUMBERS** – Coaches are to check in at the registration area no later than 30 minutes prior to the start of the race in which their runners are competing. Numbers will be given at that time. Pins will be provided by the meet director.
12. **TRAVELING EXPENSES** – Competing schools must provide their own transportation at their expense.
13. **UNIFORMS / DRESSING FACILITIES** –Uniforms must be in compliance with the National Federation rules as stated in the National Federation rule book. All team and individual runners must come dressed for competition. Dressing room accommodations will not be available.

For safety and weather related conditions, the CIAC cross country committee has the authority to permit wearing additional attire for competitors.

14. **ROAD RACE PARTICIPATION** – With the approval first given by the Coach and then with the approval of both the Athletic Director and Principal, a member of the cross country team may enter a road race of 5K or less as an “UNATTACHED ATHLETE” in a maximum of four (4) road races per season provided he/she complies with weekly limitations and satisfies all of the requirements of an “UNATTACHED ATHLETE” stated in the CIAC Handbook. **“Maniac Type” races and other similar events that usually include obstacle courses and other risky and physical challenges are prohibited.** (Sunday is considered the first day of the week. Coaches are responsible for ensuring that their team members know the “road race regulations.

NOTE: Teams and individual runners qualifying for the New England Championship are subject to all CIAC rules. The season for those competing in the New England Championship ends after the New England Meet.

### **ROAD RACE QUESTIONS AND ANSWERS**

- 1) **After obtaining the permission of the coach first and then the athletic director and the principal, may a cross country team member run in one regular season meet on Tuesday and then run unattached in a road race of 5K or less on Saturday of the same week?**

*YES, provided this race does not exceed the four (4) road race limit per season, the road race would count as the second meet of the week, which complies with the weekly limitation of two (2) meets per week. For clarification, the two (2) meets per week limit includes all regularly scheduled meets, all invitational meets and all road races. When calculating the number of meets per week, it is important to note that the calendar week starts on Sunday and ends on Saturday.*

- 2) **After obtaining the permission of the coach first and then the athletic director and the principal, may a cross country team member participate in a league meet on Monday, an invitational meet on Friday and then run unattached in a road race of 5K or less on Sunday?**

*YES, since Sunday is the first day of the new week, the athlete would be in compliance with weekly limitations in both weeks, provided he/she only competes in one (1) additional meet in this particular week. The Sunday road race would count as meet #1 and the additional meet would be meet #2, which complies with the weekly limit of two (2) meets per week.*

- 3) **May a cross country team member compete unattached in a charity road race of 5K or less on Sunday, a regular season meet on Tuesday and an invitational meet on Saturday?**

*NO, since the first day of the week is Sunday and the last day of the week is Saturday, this would be considered three (3) meets in the same week, which violates the weekly limitation of two (2) meets per week. The coach is responsible for knowing the weekly limitations and how it is calculated. In this scenario the coach should NOT give approval for the road race. Note: regardless of whether a road race is for charity or not, ALL road races are counted when calculating the weekly limitations and the four (4) road races per season limit.*

- 4) **May a cross country team member compete in a road race if the coach denies approval?**

*NO, once the coach says "No" to the road race, the decision is final. The coach is responsible for monitoring the training program of all team members, and therefore, the athlete cannot pursue the matter any further when the coach says "No"!*

- 5) **What is the penalty if a cross country team member competes unattached in a road race that violates the distance limit, the weekly limitations or the four (4) meets per season limit?**

*It is important to note that this violation will render the athlete ineligible for further competition that season unless the athlete is reinstated by the CIAC Board of Control. When applicable, the coach, the team and/or the athletic department will also be subject to additional sanctions.*

**TRIATHLON EVENTS** – Competing in a triathlon event during the cross country season will not jeopardize the eligibility of a cross country runner provided that the running segment is 5K or less.

A member of the cross country team:

- 1) MAY enter track events up to and including two (2) miles, (under track conditions only).
- 2) MAY enter any and all field events.

**WHAT A CROSS COUNTRY COACH MAY DO WITH TEAM DURING OFF SEASON** – CIAC has been asked to clarify what a cross country coach may do with members of their team during the off-season, especially during the summer. The following will hopefully clarify what is permissible.

#### Permissible Coaching Efforts

- Conditioning programs utilizing any forms of physical fitness development short of running – weight training, plyometrics, elliptical machines, stationary bicycles, etc., are all permitted and coaches may be present to supervise those workouts.
- Advising cross country candidates to develop their cardiovascular transport system by gradually increasing their mileage over the summer. This is normally done at end of school when the coach meets with runners interested in competing on the cross country team in the fall season.
- Encouraging cross country runners to attend distance training camps is permitted.
- Coaches are permitted to attend distance camps with their team members under certain conditions (CIAC Handbook – 3.0 CIAC By-laws – Section 2.2.7)

A member school coach working in the camp as a volunteer, employee, or employer during the summer, or portion thereof, as a coach where his/her athletes attend, may coach if the following conditions are met:

- The contact period between coach and his/her athletes is not more than ten (10) days.
- The coach does not coach or instruct his/her team as an exclusive team unit.
- The number of athletes from a member school team who have remaining eligibility does not exceed 10% of the total number of athletes in attendance at the camp during a specific time period.

- Coaches may run with their cross country team members or candidates for the cross country team; however, any instruction would be considered out-of-season coaching. For example, employing specific running strategies during the run or providing any form of coaching would be a violation of CIAC rules.

Note: Incorporating interval training, fartlek or other training techniques specific to distance running and prescribed by the cross country coach outside the competition season would be in violation of CIAC rules.

15. **COMPETITORS / FINISH LINE** – Coaches are to instruct their runners to continue forward to the end of the exits. Runners are not to stop after crossing the finish line. 180 plus runners compete in each race.
16. **SCRIMMAGES** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage.  
  
All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.
17. **STUDENTS WITH SPECIAL NEEDS** - Coaches are reminded to inform contest officials prior to each competition of any students with special needs who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.
18. **DECISIONS BY GAME OFFICIALS** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest must be in accordance with the NFHS rules and the CIAC protest procedure stated in the packet. Protests will not be considered after the official conclusion of the meet. The decisions and interpretations of the rules by the officials are final. The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by CIAC.
19. **UNMANNED AERIAL SYSTEMS AT CIAC SANCTIONED EVENTS** – The use of unmanned aerial systems, often referred to as drones, are prohibited for any purpose by any persons at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purposes of this policy, an unmanned aerial system is any aircraft without a human pilot on board.
20. **SPORTSMANSHIP** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. **The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school.** To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

**CIAC Sportsmanship Guidelines**

- The CIAC requires that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC Sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC Sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC Sportsmanship standards of conduct be prominently posted to all sports venues.

- When event programs are provided, the CIAC Sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgment which would show that they have read the student-athlete handbook and understand the CIAC Sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC Sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC Sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC Sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC Sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

### **The CIAC “Class Act” Sportsmanship Standards**

#### **ALL Spectators (including parents):**

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school referenced in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

#### **Game Personnel / Announcers:**

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

#### **Coaches:**

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.



- Will respect the integrity and judgment of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

**Players:**

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

## **2021 CIAC CROSS COUNTRY TOURNAMENT ENTRY FORM**

All tournament forms must be submitted via the online eligibility center section of the CIAC web site located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's username and password for entry.

Tournament Rosters / Entry Forms can also be submitted on the submit scores/forms option under the CIAC for Coaches Menu at [ciacsports.com](http://ciacsports.com).

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of cross country:

1. Entry Form \*
2. Substitution Form – if making any changes to your line-up at the meet you must do so on the substitution form which can be printed from the online eligibility center.

\*For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.

## **CIAC ONLINE ELIGIBILITY CENTER CROSS COUNTRY WORKSHEET**

Information Required:

The seven runners most likely to run are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Head coach:

School telephone

Home telephone

Principal:

Athletic Director:

Certifying Medical Official:

## Certifications/Coaching Certifications

### **Required Coaching Certifications**

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <http://www.ctcoachinged.org/CEU.html>
- Temporary coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_186.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf)
- 5 Year coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_185.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf)
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches\\_sudden\\_cardiac\\_arrest\\_awareness\\_annual\\_review.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en)
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form for Coaches: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion\\_and\\_Head\\_Injury\\_Annual\\_Review\\_for\\_Coaches\\_2021-22.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion_and_Head_Injury_Annual_Review_for_Coaches_2021-22.pdf?la=en)
- **Mandated Reporter Training:** <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- **EpiPen Training:** <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Heat Illnesses <https://www.nata.org/practice-patient-care/health-issues/heat-illness>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.casciac.org/pdfs/ExertionalHeatIllnessReviewSheet.docx>

### **Volunteer Coaches**

The state of Connecticut Department of Education does not distinguish between volunteer and paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct, students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.