

WHITEPINE JOINT SCHOOL DISTRICT #288
ATHLETIC PHILOSOPHY

A student who makes the choice to become an athlete does so knowing that extra effort, time, and sacrifice are needed for success. With this choice comes the privilege of participating in a well-organized program that is of special interest to him/her and for which the school provides coaches, equipment, and facilities.

Whitepine Joint School District #288 believes athletics are an integral part of the educational program. Athletic opportunities should be tailored to the physical, mental, emotional, and social maturity levels of the students participating. We believe each student should have the opportunity to participate in a variety of sports based on his/her individual talents and interests. It is the intent of the District to encourage athletic participation.

District-sponsored athletics shall be approved by the Board of Trustees and supervised by building administrators. Excellent communication among coaches, athletes, and parents/guardians is essential. Decisions about playing time and other personnel matters are at the discretion of the coach. However, summer camps and non-school-sponsored events shall not be required for student participation by any coach.

Emphasis shall be placed on the ideals of sportsmanship, fair play, and ethical conduct by students, coaches, and spectators.

Participation in athletics is a privilege granted to students who meet the minimum standards of eligibility adopted by Whitepine Joint School District #288.

Successful achievement in athletics does not occur by chance or by athletic skill alone. There is another factor that cannot be measured but is easily recognized by every fan, coach, and athlete – **ATTITUDE**. A positive attitude can be shaped and reinforced by a strong athletic code. At WJSD, we invite students to become involved in athletics to the extent they are able. Along with this invitation is the expectation that, as athletes, students have a responsibility to themselves, their teammates, their school, and their student body to maintain high standards of conduct. This athletic code outlines the rules that govern student-athlete behavior and clarifies the expectations associated with participating in school sports.

It is important to remember that athletics is an extracurricular activity. The term extracurricular implies that it is nonessential – not required for education and not required for life. Many young people grow into well-developed, successful individuals without ever participating in organized sports.

However, under the right conditions, athletics can offer meaningful, positive experiences and opportunities for growth. For this reason, our district is proud to offer athletic programs. Athletic participation is not a right – it is a privilege. That privilege is extended only to those students who are willing to commit to and uphold certain standards of conduct. The code that follows defines those expectations clearly.

Students, these expectations are not difficult to meet. It is simply a matter of choice. If you do not intend to live by this code, please do not sign the agreement at the end of this document, and do not participate. We are looking for students who strive to live according to our country's laws and ethical standards and who are proud to represent our school and community. Our collective reputation is shaped by the actions of those who represent our schools. Signing the code of conduct signifies a commitment to its principles. Upholding integrity and personal honor are essential, as these qualities are foundational to lifelong trust and respect – once compromised, they are difficult to rebuild

Parents/Guardians, we ask that you sign this agreement (and allow your child to participate) only if you are committed to holding your child accountable to this code of conduct. If he/she breaks the code, we ask for your full support regarding any consequences that follow. Together, we are partners in helping students understand the benefits of making wise choices and the reality that poor choices bring consequences. Skill in a sport means little compared to the value of learning wisdom and developing integrity.

Integrity means accepting responsibility for one's actions, learning from mistakes, and moving forward with strength and purpose. In addition to teaching academic content, schools have a moral responsibility to help students become responsible citizens and individuals who will contribute positively to their community for generations to come. Young people will rise – or fall – to the expectations set by the adults in their lives. Let us commit to expecting – and supporting – the absolute best from our youth.

A. Parent/Student Responsibilities for Participation

1. **Physician's Clearance:** A physician's clearance for sport activities must be on file with the coach and the athletic director or principal for the 6th, 7th, 9th and 11th grades. New students to the district must produce a physician's clearance (IHSAA Rule 13-1)
 - a) **Students may not participate in practice until a completed physician's clearance (physical) has been filed.**
 - b) Students entering grades 10 and 12 must have the *IHSAA Interim Questionnaire* completed and on file with the coach and athletic director prior to participation in practice.
2. **Permission Form:** A permission form (*Appendix B – Athletic Participation Consent Form*) signed by a parent/legal guardian, must be on file with the coach and the athletic director or principal that:
 - a) States the student's and parent/legal guardian's knowledge of and agreement to abide by the guidelines and criteria contained in this athletic code.
 - b) Gives parent/legal guardian transportation authorization.
 - c) Indicates parent/legal guardian responsibility for health/accident insurance.
 - d) Gives parent/legal guardian consent for emergency treatment.
3. **Emergency Care Form:** A completed *Emergency Care Form* (*Appendix C*) must be completed prior to any travel for athletic events.
4. **Records:** *All records must be completed and on file before the student is eligible for competition.*

B. Student Requirements for Participation in Interscholastic Activities

1. **Enrollment:** Interscholastic Program; In order to participate in a school sponsored activity (including practice), a student must meet one of the following criteria:
 - a) Enrolled in five or more classes in the school of that extra-curricular activity and be taking a total of five classes for credit.
 - b) Private or home school students must fulfill the requirements listed by the state.
2. **Attendance:** In order to participate in a school sponsored activity (including practice) students must attend all classes on the day of the school activity, unless otherwise excused by the school.
 - a) Absences from practice are to be cleared with the coach ahead of time. Unexcused absences or excessive absences may affect playing time or result in suspension from the team. Student athletes must turn out within the first three days of practice unless prior clearance is given by the coach, athletic director, or principal.
 - b) If a student-athlete quits a sport, they may not join another sport without the agreement all coaches involved and the athletic director. Student-athletes may participate in two sports at the same time with approval from both head coaches, the athletic director, and principal.
3. **School Grade:** Students who have not entered ninth grade but are taking the credit equivalency of a *full-time* high school student, may compete in interscholastic athletic contests against high school students. If the student does compete, however, that season will mark the beginning of his/her eight semesters of eligibility. (IHSAA Rule 8-8-5)
4. **Age Eligibility:** A student who becomes twenty years of age shall be ineligible for interscholastic competition. (IHSAA Rule 8-2)
5. **Practice:** Athletic participants must have ten days of practice before they are eligible to compete in a game, unless a waiver has been granted because of participation in a continuous activity. The day of the first scheduled contest shall not be allowed to count as one of the ten days in meeting the ten-day practice rule. (IHSAA Rule 8-12-2) Holiday practices – No practices or contests will be held on Thanksgiving Day, Christmas Day, New Years Day, or Sundays. Practice during Christmas and Spring breaks are at the discretion of the coach
6. **Semester Participation:** A student is entitled to athletic eligibility, providing all other eligibility requirements are met, for eight consecutive semesters after the student first enrolls in the ninth grade. The semesters of eligibility continue to be spent even though a student might not participate every semester. No student shall be permitted to participate in more than four seasons of any one activity or more at the high school level. (IHSAA Rule 8-8-2 and Rule 8-8-3)

DEARY MUSTANGS ATHLETIC CODE

7. **Academic Eligibility:** An overall "C" average and an absence of any failing grades from the previous nine-week grading period is required for full participation in extracurricular activities. A student who does not have the required grade average may practice but not compete until the number of game penalties has been served. The ineligibility starts on the Monday following report card or progress report handout.
- a) Game Penalties (15%) for the following sports:
 - i. Football: $9 \text{ Games} \times 15\% = 1.35 \text{ games} = 1 \text{ game}$
 - ii. Volleyball: $16 \text{ Dates} \times 15\% = 2.40 \text{ matches} = 2 \text{ dates}$
 - iii. Basketball: $20 \text{ games} \times 15\% = 3.00 \text{ games} = 3 \text{ games}$
 - iv. Track: $9 \text{ meets} \times 15\% = 1.35 \text{ meets} = 1 \text{ meet}$
 - v. Baseball/Softball: $22 \text{ games} \times 15\% = 3.3 \text{ games} = 3 \text{ games}$
 - vi. Cheer: $9 \text{ Games} \times 15\% = 1.35 \text{ games} = 1 \text{ game}$
 - b) If the student has raised their grades to a 2.0 or better and have no current failing grades in addition to having met the required number of game penalties, the student will be allowed to participate in full standing upon confirmation by the athletic director
 - c) A teacher may declare a student ineligible at any point during the quarter for academic reasons. In the event this occurs, the student will have two days to address the issue before being added to the ineligibility list. Once the teacher and athletic director have determined the student has shown improvement and to be eligible, he/she will be reinstated for competition.
8. **Sportsmanship:** A student who represents the school in extracurricular activities is expected to exemplify the highest standards of good sportsmanship. Sportsmanship consists of courtesy, fair play, and respect for coaches, teammates, opponents, and all others associated with the activity.
- a) Disrespect for coaches may result in suspension from the activity. A second offense may result in dismissal.
 - b) Public displays of ill-temper or profanity may result in suspension from the activity. A second offense may result in dismissal from the team.
 - c) If individual coaches are unable to effectively address ongoing poor sportsmanship, the athletic director may intervene and impose additional consequences as necessary.
9. **Bus/Transportation Policies:**
- a) Food on the bus may be allowed at the discretion of each coach and bus driver. However, the bus must be cleaned upon returning to the school. Each student shall clean his/her own seating area.
 - b) Each group shall go as a team and come back as a team. The student must be released directly to a parent/guardian, who will sign a checkout list that is located in the teams' bus
10. **Appearance:** Game day dress for home and away contest shall be at the discretion of the coach. Neat, clean, consistent/uniform dress is the goal.
11. **Awards and Letters:** The criteria for awards and letters shall be available upon request to athletes and parents/guardians at the beginning of the sport season or school year as appropriate

C. **Middle School Eligibility:** "A" or "B" team when possible. Students will play on whichever team the coach deems suitable. Student athletes will only be able to play 3 years of athletics at the middle school level.

TRAINING RULES

A. Student Rules: Training rules are in effect and will be enforced from the first day of practice of that sport which the student participates in and will continue through the last event of that sport in which he/she participates. In the event an infraction occurs requiring suspension or other disciplinary action that could not be completed during the remaining school year, such suspension or disciplinary action will continue into the next school year. Random drug testing will be administered at any time during the athletic season. The school principal, athletic director or office personnel will administer the test.

- a) Use, under the influence, or possession of alcohol.
- b) Use, under the influence, or possession of illegal drugs.
- c) Use, under the influence, or possession of tobacco products.
- d) Use, under the influence, or possession of nicotine products (including vape)
- e) Misuse or abuse of prescribed drugs or over the counter substances.

1. First violation- Upon determination of a first violation during the school year, the student shall be removed from competition based on a 25% rule for individual sport.

- i. Football: $9 \text{ Games} \times 25\% = 2.25 \text{ games} = 2 \text{ games}$
- ii. Volleyball: $16 \text{ Dates} \times 25\% = 4 \text{ dates}$
- iii. Basketball: $20 \text{ games} \times 25\% = 5 \text{ games}$
- iv. Track: $9 \text{ meets} \times 25\% = 2.25 \text{ meets} = 2 \text{ meet}$
- v. Baseball/Softball: $22 \text{ games} \times 25\% = 5.5 \text{ games} = 6 \text{ games}$
- vi. Cheer: $9 \text{ Games} \times 25\% = 2.25 \text{ games} = 2 \text{ games}$

❖ For violations that occur late in a season, consequences will carryover at a prorated amount of missed competition.

2. Second violation- Upon determination of a subsequent violation during the same school year, the student shall be removed from competition based on a 40% rule for individual sport.

- i. Football: $9 \text{ Games} \times 40\% = 3.6 \text{ games} = 4 \text{ games}$
- ii. Volleyball: $16 \text{ Dates} \times 40\% = 6.4 \text{ dates} = 6 \text{ dates}$
- iii. Basketball: $20 \text{ games} \times 40\% = 8 \text{ games}$
- iv. Track: $9 \text{ meets} \times 40\% = 3.6 \text{ meets} = 4 \text{ meets}$
- v. Baseball/Softball: $22 \text{ games} \times 40\% = 8.8 \text{ games} = 9 \text{ games}$
- vi. Cheer: $9 \text{ Games} \times 40\% = 3.6 \text{ games} = 4 \text{ games}$

❖ For violations that occur late in a season, consequences will carry over at a prorated amount of missed competition.

3. Third Violation - Upon determination of a third violation during the same school year, the student shall be removed from participation in that and any future sport they participate in for the remainder of the school year, or for 20 consecutive school weeks, whichever is longer,

4. Self-Reporting - If a student/athlete self-reports a violation of the athletic policy to the coach, athletic director or principal, a reduction of sentence will be considered. This reduction would fall under the same guidelines as "Reduction of Term of Suspension." Self-Reporting must be initiated by the student and occur prior to a student testing positive for a banned substance.

B. REDUCTION OF TERM OF SUSPENSION

1. Students may request a reduction of suspension time. A student may contact the principal for more information about this option. A plan initiated entirely by the suspended student and their parent/guardian will be considered by a committee made up of the principal, athletic director, coach, and the students' parent/guardian. If the committee approves the proposed plan, committee members will receive progress reports from the students and will meet to determine the impact of the students' effort and the reduction of suspension time.

TRAINING RULES

C. OTHER DISCIPLINARY INFRACTIONS

1. Suspension from activities for a period of time (1 to 3 contests) to be determined by the athletic director and principal shall result from:
 - a) Fighting.
 - b) Attending a party where alcohol or drugs are used or present.
 - c) Insubordination to a staff member.
 - d) Obscene gestures or swearing directed at a staff member.
 - e) Other disciplinary situations that may arise.
2. Additional Coaches Rules & Codes of Conduct:
 - a) Additional rules - Coaches may establish additional rules for participants as approved by the athletic director and principal. If established, these rules must be furnished prior to the season to participants and their parent/guardian.
 - b) All rules shall be filed at the building administrator's office prior to the beginning of the season and approved by the athletic director and principal.

D. REPORTING OF VIOLATIONS

1. Reporting of alleged violations coming from any individual having personally witnessed the alleged violation must be investigated. The witness must submit to the principal a formal statement outlining the details of the alleged violation five (5) business days of the incident in question.

If the witness refuses to submit a formal statement, the principal will report to the student(s) and parents/guardians that an incident has been reported, but further investigation will be minimal.

2. **Procedures:** Upon reporting of an alleged violation, the principal shall immediately provide verbal notice, followed by written notice, to the student and their parents/guardians that an investigation of the alleged violation is taking place. The reason for the investigation and the possibility of suspension or removal from the sport in which the athlete is participating will be included in the notice. The activity advisor and/or coach, as well as the school counselor, shall be informed immediately. The counselor may meet with the student as soon as possible to determine if further intervention is necessary.

The student and the student's parents/guardians will meet with the principal and other staff, as appropriate, within two days following the initial notification of the alleged violation. Those attending the meeting will be given an opportunity to question the information upon which the alleged violation is based, and to submit additional information or explanations.

Once the principal makes a final determination in the matter, verbal and written notice will be given promptly to both student and the parents/guardian. Should a parent/guardian choose to appeal this decision, they must send a written notice within 10 school days to the Superintendent.

*Additional information such as coach's code and conduct, and appeals process forms are available upon request in the main office of the school or from your student's coach.

APPENDIX A

Parent & Athlete Concussion Information

What is a concussion?

Concussions are brain injuries caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports *one or more* symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed by Parents/Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgetting an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even if briefly*)
- Shows mood, behavior, or personality changes
- Can’t recall events *prior* to a hit or fall
- Can’t recall events *after* a hit or fall

How can you help your child prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your child has a concussion?

1. **Keep your child out of play!** If your teen has a concussion, her/his brain needs time to heal. Don’t let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it’s *OK* to return to play. Repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
2. **Seek medical attention right away!** A health care professional experienced in evaluating for a conclusion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
3. **Teach your child that it’s not safe to play with a concussion!** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don’t let your teen convince you that they are “just fine.”
4. **Tell all of your child’s coaches and the school administration about ANY concussion!** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your child may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your child’s coaches, the school nurse, and teachers. If needed, they can help adjust your teen’s school activities during their recovery.

If you think your teen has a concussion: Don’t assess it yourself. Take them out of play and seek the advice of a health care professional.

APPENDIX A

Parent & Athlete Concussion Information

Symptoms Reported by an Athlete:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

What should I do if I think I have a concussion?

1. **Tell your coaches and your parents/guardians!** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
2. **Get a medical check-up!** A doctor or other healthcare professional can tell if you have a concussion and when it is OK to return to play.
3. **Give yourself time to get better!** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat-concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional so that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to properly protect you, it must be the correct equipment for the game, position, or activity, worn correctly with the correct size and fit, and used every time you play or practice.
- Follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

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APPENDIX B

Athletic Participation Consent Form

I have read the Whitepine Joint School District #288 Athletic Philosophy and understand the# contents.

I authorize the school to transport my child for any athletic activity. I understand that my child will be released only to custodial parent/guardian upon prior proper approval from the coach.

I understand that neither the local Board of Trustees nor the Idaho High School Activities Association carries sports or activity insurance and will not assume responsibility for injuries sustained in the program. I also understand that accident insurance coverage is my responsibility.

I have reviewed the signs and symptoms of concussion and head injury, and the risks associated with continuing to play after concussion or head injury, as found in *Appendix A – Parent & Athlete Concussion Information* included in this document.

I give consent for emergency treatment to be administered to my child as attested to in *Appendix C – Emergency Care Form* included in this document.

I have reviewed the *Deary Mustangs Athletic Code and Training Rules* and agree to abide by the procedures outlined therein.

Student Signature

Parent/ Guardian Signature

Date

FOR ALL SPORTS EXCEPT FOOTBALL

I recognize that all athletic activities have a certain degree of risk. I also understand these risks may include injury ranging from minor sprains and contusions to major injury, possible paralysis, or even death. I understand the possibility of serious injury may impair my future abilities to earn a living; to engage in other business, social, and recreational activities; and to enjoy life generally.

Having read and understood the above warning, I recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, and I agree to obey such instructions.

Student Signature

Grade

Date

FOR PARTICIPATION IN FOOTBALL

I am aware that tackle football is a contact sport and that playing or practicing tackle football will be an activity involving *many risks of injury*. I understand that the dangers and risks of playing or practicing tackle football may include injuries ranging from minor sprains and contusions to major injury, possible paralysis, or even death. I understand also that the dangers and risks of playing or practicing tackle football may result not only in injury but also in serious impairment of my future abilities to earn a living; to engage in other business, social, and recreational activities; and to enjoy life in general.

Having read and understood the above warning, I recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, and I agree to obey such instructions.

Student Signature

Grade

Date

I understand that since neither the local Board of Trustees nor the *Idaho High School Activities Association* carries sports or activities insurance, I agree to assume all medical costs incurred should injury result from participation in these activities. I hereby agree to hold Whitepine School District # 288, its employees, representatives, and coaches **harmless** from any and all liability, actions, debts, or claims of every kind whatsoever which may arise by or in connection with participation of my child/ward in activities related to the above-mentioned high school programs. The terms hereof serve as a release for my heirs, estate, executor, and all members of my family.

I have reviewed the signs and symptoms of concussion and head injury, and the risks associated with continuing to play after concussion or head injury as found in *Appendix A* of this document.

Parent/ Guardian Signature

Date

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APPENDIX C

EMERGENCY CARE FORM

Participation Year: _____

Student Name: _____

Date of Birth: _____

MALE () FEMALE ()

Mother or Guardian		Father or Guardian	
Phone #	()	Phone #	()
Place of Employment		Place of Employment	
Business #	()	Business #	()

1st Emergency Contact: _____

Relationship: _____ Phone () _____

2nd Emergency Contact: _____

Relationship: _____ Phone () _____

I hereby give authorization to the coaches, athletic training staff, and or medical consultants to treat and render first aid to any injuries that occur to my son/daughter while participating in Deary MS/HS Athletics.

Parent/Guardian Initials: _____

In the event that the above-named child should be seriously injured or ill at, or during, a Deary MS/HS Athletic event, and none of the individuals listed above can be reached, I give my permission for the school personnel and/or medical consultants to:

- 1) Transport my child to the local medical clinic for treatment or call an ambulance and have my child transported to a hospital or clinic.
Yes ☐ No ☐
- 2) If the above-named child should suffer an injury and the attending physician determines that immediate treatment is necessary, I give my permission to administer essential medical treatment immediately.
Yes ☐ No ☐

I understand that I will be responsible for all costs of such treatment. Parent/Guardian Initials: _____

Parent/Guardian Signature_____
Date