

WHITEPINE JOINT SCHOOL DISTRICT 288

JR/SR HIGH 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 which 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. Athletics shall be tailored to the physical, mental, emotional and social maturity levels of the youth participating in them. We believe each student should have an opportunity to participate in a broad number of athletics based on his/her own talents and interests. It is the intent of the District to encourage participation in athletics. District sponsored athletics shall be approved by the board, and supervised/administered by the building administrator. Good communication among coaches, athletes and parents is essential. Decisions about playing time and other personnel decisions are at the discretion of the coach. However, summer camps and non-school sponsored activities, events shall not be a requirement for student participation by any coach.

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

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

Successful achievements in athletics do not occur by chance or by athletic skills alone. There is another ingredient, which cannot be measured, but is readily recognized by every fan, coach or athlete. It is **ATTITUDE**.

A positive attitude can be directed and guided by a positive athletic code. At Whitepine Joint School District 288, we invite students to become involved with the athletic program to the extent they are able. Along with this invitation is the charge that as athletes, students have an obligation to themselves, their school, their teammates, and their student body, to represent and maintain high standards of conduct. This athletic code should outline and clarify those rules that govern the student athlete.

It should be remembered that athletics is an extracurricular activity. The term extracurricular implies the fact that it is nonessential, not required for education, not even required for life. Many young people become fine well-developed individuals without any participation in organized sports whatsoever.

However, athletics under certain conditions can provide many positive experiences and opportunities for growth and because of this our school is proud to offer such programs. Student participation in these school programs is not a right, it is a privilege, and as such is only offered to those students willing to commit to and abide by certain levels of conduct. The code which follows defines in clear terms the standard of conduct necessary to maintain this privilege.

Students, these standards are not hard to maintain. It really is simply a matter of choice on your part. If you do not intend to live up to this code, please do not sign the agreement at the end of this document and don't participate. We only want those striving to live according to our country's laws and ethical standards to represent our school and communities. All of our reputations are affected by the conduct of those representing our school. If you're thinking of signing and then sneaking around and cheating on the code, just trying to make sure you don't get "caught" breaking it, please don't. Your honor and integrity is at stake, and through all your life you'll never earn or lose something so valuable.

Parents, we ask that you only sign this agreement (and thereby allow your child to participate) if you intend to hold him/her accountable to live up to this code of conduct. If he/she breaks the code, we expect your full support in regards to the consequences that will follow. Together we are partners in trying to teach your child the importance of making wise choices and that consequences follow foolish ones. Proficiency in a sport is of little value when compared to learning wisdom and developing integrity.

Integrity implies that when we make mistakes we accept the consequences of those mistakes, rise above them, and move on with our lives in a positive manner. Aside from teaching knowledge, schools also have a moral obligation to teach our youth to become fine upstanding citizens and contributors to society, the class of people that will improve our community generation after generation. Youth will rise or fall to the expectations of parents and others adults in positions to guide them so let's expect the best of our youth!

ATHLETIC CODE

STUDENT ELEGIBILITY

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 7th, 9th and 11th grades. New students must produce a physician's clearance (EHSAA Rule 13-1)
2. **Permission Form:** A permission form (Appendix A/Athletic Participation Agreement and 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. **Hold Harmless Form:** A completed Hold Harmless Form (Appendix A/High School Warning Assumption for Risk and Hold Harmless Agreement) must be on file with the coach and a copy must be on file with the athletic director or principal prior to any participation.
4. **Records:** *All records must be in order, and all forms must be on file before the student is eligible to begin practice in any program.*

B. Student Requirements for Participation in Interscholastic Activities

1. **Enrollment:**
 - a. Interscholastic Program; In order to participate in a school sponsored activity (including practice), a student must meet one of the following criteria:
 - 1) Enrolled in five or more classes in the school of that auricular activity and be taking a total of five classes for credit;
 - 2) 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.

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. One unexcused absence results in the participant missing one contest. The second unexcused absence results in dismissal from the team. Student athletes must turnout within the first three days of practice unless prior clearance is given by the coach, athletic director, or principal. Failure to turnout will result in one missed contest per absence (except in football where it will be ½ missed contest per absence).

If a participant quits a sport, it is not permissible to switch to another sport unless it is within the first three days of the season. Student athletes however, may participate in two sports simultaneously. Both of these rules are subject to approval of the varsity head coach(s), athletic director, and principal.
3. **School Grade:** Students in the eighth grade and below are ineligible for participation as members of high school athletic teams. This includes cheerleading. (IHSAA Rule 8-8-3)
4. **Age:** 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 separate 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. (IHSAA Rule 8-12-1) **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 may participate in interscholastic activities only during the first eight semesters of school after enrollment in the ninth grade and no more than four seasons per sport. (IHSAA Rule 8-8-1 and Rule 8-8-4)
- 7. Academic Eligibility:** An overall "C" average 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:
 - Football: $9 \text{ Games} \times 15\% = 1.35 \text{ games} = 1 \text{ game}$
 - Volleyball: $16 \text{ Dates} \times 15\% = 2.40 \text{ matches} = 2 \text{ dates}$
 - Basketball: $20 \text{ games} \times 15\% = 3.00 \text{ games} = 3 \text{ games}$
 - Track/Tennis: $9 \text{ meets/matches} \times 15\% = 1.25 \text{ meets} = 1 \text{ meet}$
 - Baseball/Softball:
 - Golf:
 - b. If the student has raised their grades to a 2.0 or better and the required number of contests have been served, the student will be allowed to participate in full standing once the grades have been confirmed by the athletic director.
 - c. Teachers may make a student ineligible at any time during the quarter. The student will have two days before they will be placed on the ineligibility list. Once the grade has improved to passing, the student 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 of 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 temper displays or profanity may result in suspension from the activity. A second offense may result in dismissal.
- 9. Bus Policies:**
- a. Food on the bus may be allowed at the discretion of each coach and bus driver. However, the bus must be cleaned when the bus returns 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 or guardian, who will sign a checkout list that is located in the teams' bus.
- 10. Appearance:**
- a. Game day dress for home and away contest shall be at the discretion of the coach. Neat, clean, consistent/uniform dress is the goal. Male athletes shall preferably be clean-shaven for all sports.
- 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.
- 12. Junior High Eligibility:** In the event the number of seventh and eighth grade student participations is below (12) by the third day of practice, the district will open participation in that sport program to sixth grade students. Junior High sports will consist of a Varsity and Junior Varsity team when possible. Sixth grade students will play on whichever team the coach deems suitable. Student athletes will only be able to play 3 years of athletics at the Junior High level if the individual sport is needed, starting in the 6th grade.

TRAINING RULES

A. Student Rules:

1. Training rules are in effect and will be enforced from the first day of practice of that sport in 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 and office personal will administer the test.
 - a. Use, under the influence or possession of alcohol;
 - b. Use, under the influence or possession of illegal drugs;
 - c. Misuses or abuses of prescribed drugs or over-the-counter substances;
 - d. Theft or possession of stolen property;
 - e. Use, under the influence or possession of tobacco products;
 - f. Actions of a misdemeanor or felony level.
2. **First violation**- Upon determination of a first violation during the school year, the student shall be removed from participation in that and any future sport they participate in for a period of 8 school weeks.
3. **Second violation**- Upon determination of a subsequent violation during the 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 20 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."
If testing positive for nicotine, the following will occur:

5. Nicotine Testing:

First violation - The student shall be removed from participation from all sports for a period of 14 (in season) days. The student will complete 5 hours of community service and will complete an awareness assignment given to the athlete by the athletic director. The athlete will also agree to extra conditioning assigned by the coach. This will be approved by the athletic director. Once an athlete tests positive, the administration will be able to require additional testing of the athlete at any time.

Second violation - The student shall be removed from participation from all sports for a period of 45 (in season) days. The student will complete 10 hours of community service and will complete an awareness assignment given to athlete by the athletic director. The athlete will also agree to extra conditioning assigned by the coach. This will be approved by the athletic director.

Third violation - The student shall be removed from participation from all sports for one calendar year.

Fourth violation - The student shall not be allowed to compete in sports at Deary High School.

Clarifications:

1. In season days - The athlete will miss the amount of days of the sports season, not calendar days. This will overlap to the next season if needed.
 - a. Example: A student tests positive for the second time with 10 days left of football, they will miss the remainder of football plus 35 days of the next sport they participate in. Days in between season do not count towards the suspension.

2. Community Service - The responsibility of finding and completing the community service is on the student. They will have the athletic director approve the community service prior to serving.
3. Awareness - This will be assigned by the athletic director. This may include educational videos, reading articles, writing an essay or any other educational awareness deemed appropriate by the athletic director.
4. Removal from participation - The athlete can still participate in practice and travel with the team but cannot compete in the games.
5. Violations - These violations do not “start over” at the beginning of the year, they are cumulative throughout their athletic career at Deary High School.
6. Testing positive vs. bringing a vaping pen, cigarettes, snoose, etc. on campus. Bringing illegal substances on campus is a different offense than testing positive for nicotine. If caught with a substance, the other procedures will be used.

No variance, exemption, or mitigation of this 8-week suspension will be allowed except as provided below under the heading “Reduction of Term of Suspension.”

REDUCTION OF TERM OF SUSPENSION

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/or his/her parents, will be considered by a committee made up of the Principal, athletic director, coach, the students parents and guidance counselor. If the committee approves the proposed project, committee members will receive progress reports from the student, and will meet to determine the impact of the student’s effort and the reduction of suspension time.

OTHER DISCIPLINARY INFRACTIONS

1. Suspension from activities for a period of time (1 to 3 contests) to be determined by the coach, 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:
 - a. Additional rules - Coaches may establish additional rules for participants (schedules, curfews, no earrings for males, no fingernail polish for volleyball players) 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 on file at the building administrator's office prior to the beginning of the season, and approved by the athletic director and principal.

REPORTING OF VIOLATIONS

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 signed form (available from the Athletic Director) outlining the alleged violations within three (3) business days of the incident in question.

If the party refuses, the principal will report to the student and parents that an incident has been reported, but further investigation will be minimal.

Procedures: Upon report of an alleged violation, the Principal shall immediately provide verbal notice, followed by written notice, to the student and his/her parents/guardian 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 will 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. The parent and or guardian may appeal this decision 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 and Athlete Concussion Information

What is a concussion?

A concussion is a brain injury. Concussions are 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 or Guardians

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

How can you help your teen 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 teen has a concussion?

1. **Keep your teen 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. A 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 concussion 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 teen that it's not smart 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 s/he's “just fine.”
4. **Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen 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 teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

If you think your teen has a concussion: Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

Symptoms Reported by 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?

- **Tell your coaches and your parents.** 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.
- **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.
- **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 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 protect you, it must be: The right equipment for the game, position, or activity- Worn correctly and the correct size and fit- 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.

WHITEPINE SCHOOL DISTRICT NO. 288

APPENDIX D
ATHLETIC PARTICIPATION CONSENT FORM

I have read the Whitepine School District No. 288 athletic guidelines and understand their contents.

I authorize the school to transport my child for any athletic activity I also 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 education 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 of this document.

I give consent for emergency treatment to be administered to my child.

Student Signature Parent/Legal 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 to play tackle football will be an activity involving many risks of injury. I understand that the dangers and risks of playing or practicing to play 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 to play 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 education 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 No. 288, its employees, representative, 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 shall 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/Legal Guardian Signature Date

