Frankston Independent School District
Extracurricular Activities
Handbook
2026-2027

Table of Contents

Vision, Core Beliefs & Strategic Goals 1
Purpose 2
Extracurricular Program Goals 2
Eligibility 2
Team/Club/Organization Rules 3
UIL Governed Activities 3
Advanced Course Waivers.....3
Student Commitments 3
Separation from Organization.....4
Care and Use of Equipment/Materials 4
Rules for Equipment Use 4
Meetings & Practice 5
Practice During Final Exams & STAAR Testing 5
Extracurricular Activities During Final Exams.....5
Sunday Participation Protocols 5
Communication Protocols for Event Schedule Changes.....6
Travel 6
Character and Behavior 7
Classroom Behavior.....8
Drug & Alcohol Use 8
Hazing.....9
Social Media.....9
District Alternative Educational Placement (DAEP).....10
Expectations for Parents 10
FISD Chain of Command 11
Expectation for Fans and Spectators 11
Parenting/Sponsor/Coach Relationships 12
Booster Clubs 12
College Recruiting 12
Lettering Policies.....12
Physical Guidelines 13

Health and Welfare 14
Multiple Sport Participation.....14
Off-Season Programs 15

Table of Contents Appendix

Overnight Travel Rules.....16
Parent Permission for Travel.....19
Acknowledgment of Rules 20

The Frankston Independent School District

OUR VISION

The Frankston Independent School District will provide all students a comprehensive educational experience and a culture of excellence with world class standards, ensuring that each child learns, grows, and achieves to their potential.

OUR CORE BELIEFS AND COMMITTMENTS

Core Belief One:

We believe that all students must graduate with the knowledge, skills, and confidence to successfully engage in college, career, or the military.

Core Belief Two:

We believe that our students must have effective and meaningful instruction in every classroom, every day, so that each child achieves to their potential.

Core Belief Three:

We believe that it is the collective responsibility of our school district, our students, our families, and our community to nurture each of our children, academically, physically, socially, and emotionally, creating a foundation for healthy and fulfilling lives.

STRATEGIC GOALS

1. *Increase on-grade-level performance in all subject areas.*
2. *Every student will graduate with the knowledge and skills necessary to be successful in college, career, or the military.*
3. *Provide a school culture & climate that promotes participation in extracurricular activities and the development of positive character traits.*
4. *Attract, develop, and retain world class educators dedicated to serving each student in Frankston ISD.*
5. *Strengthen strategic communication with students, families, employees, and community members to foster engagement and increase transparency, support, and confidence in FISD.*

Purpose

The creation of a handbook for extracurricular activities reflects the district's priority for the safety, well-being, and conduct of its students who choose to participate and compete as athletes and as members of special interest clubs and student organizations. Since extracurricular participation is optional, students who choose to participate will be held to higher standards of behavior and performance, in and out of school. This handbook is neither a contract nor a substitute for the official district policy manual. FISD policies and procedures can change at any time. Additionally, participants and their parents are reminded that participation in extracurricular activities is a privilege, not a right. In addition to obeying rules set forth in the FISD Student Code of Conduct, all those who participate in our extracurricular programs will be required to comply with the following guidelines and disciplinary regulations.

In Frankston ISD, we recognize that representing our community as a participant in any extracurricular activity is a source of pride that will last a lifetime. Our dedicated staff, coaches, and sponsors have developed quality programs for our students that develop character, promote organization and time management, promote a growth mindset and foster goal attainment through self-discipline.

Our guidelines, expectations, and standards embedded in board policy and in this handbook are the foundation for governing all extracurricular participation and this document exists to provide a common platform for the many individual sports, clubs, and organizations found in our schools. Through that lens, the coach and sponsors may establish additional rules that are aligned to our Student Code of Conduct and with those identified in this handbook, but specifically tailored to the needs of their activities.

In summary, we are committed to maintaining the culture of excellence that our community expects and recognize that it is imperative that all of us; students, parents, coaches, fans, and sponsors, understand and agree to follow our established expectations for behavior and to always conduct ourselves in a way that honors the traditions and history of our Frankston schools.

Our Goals for Frankston ISD Extracurricular Programs

- *Increase participation in extracurricular activities across all schools and all students*
- *Provide equitable and adequate funding for all extracurricular programs*
- *Develop strong character traits in each of our students that will support a lifetime of success*
- *Encourage all students in their physical, mental, social, and emotional growth*
- *Promote the virtues of sportsmanship, loyalty, discipline, training, courage, self-improvement, and school pride*
- *Instill habits and routines that promote mental and physical fitness and the foundation for an active and healthy life*

Eligibility

Eligibility requirements for participating in extracurricular activities are set forth by FISD Board Policy, the

"U*niversity Interscholastic League (UIL) Constitution and Contest Rules"*, "*FISD Student Handbook"*, "*FISD Extracurricular Activity Handbook"*, "*FISD Code of Conduct" and* in the bylaws of our Board approved clubs and organizations.

Team/Club/Organization Rules

Team rules are to be established by each head coach or sponsor and based on UIL/FISD policies and administrative guidelines and regulations. Team rules should be approved by the campus principal and/or appropriate district administrator.

UIL Governed Activities

All activities governed by the UIL shall follow UIL mandates and regulations. These are found in the UIL Side by Side document, as well as the UIL Constitution and Contest Rules (19 TAC § 76.1001, Subchapter AA). UIL rules generally prohibit interschool athletic, academic and fine arts competition (including marching contests) on Sunday; exceptions are noted in the Side-by-Side document.

http://www.uiltexas.org/policy/tea-uil-side-by-side

http://www.uiltexas.org/policy/constitution

Advanced Courses and Academic Eligibility

The grade requirements do not apply to an Advanced Placement (AP), honors, or dual credit course in the subject areas of English language arts, mathematics, science, social studies, economics, or a language other than English. (Texas *Education Code 33.081(d-1))*

In addition to the courses listed above, the following are considered honors classes for purposes of eligibility to participate in extracurricular activities:

1. Pre-calculus
2. College concurrent enrollment classes in ELA, math, science, economics, and social studies, and Languages other than English

A student suspended under Education Code 33.081 may practice or rehearse with other students for an extracurricular activity but may not participate in a competition or other public performance.

Student Commitments

Frankston students take the decision to join an extracurricular team seriously, understanding that with competition comes hard work, time, and dedication. Our students also understand that quitting is an even

tougher decision. They know that quitting impacts not only themselves, but their team as well. Quitting any sport or activity, once started, will be highly discouraged.

Separation From Team, Club, or Organization

There will be times when an athlete finds it necessary to quit playing a sport before, during, or after the season. The following should be followed in order to quit a sport:

1) Any athlete who wants to quit after the sport begins must have the "coaches grace" under whom he/she is quitting. The athlete will not be permitted to begin the next sport until the previous sport has concluded. The athlete may also be required to do make up work for any day of practice missed
2) A second quit of a varsity sport by an athlete may result in permanent denial of all athletic events for six weeks. The athlete must continue the physical conditioning program during this time, without conflict.
3) The third quit of a varsity sport may result in permanent dismissal from the athletic program.
4) Only orders from a doctor will override a quit.
5) Any athlete that is dismissed from the athletic program and wishes to re-enter the program must have the Athletic Directors approval. He/She must stay out of trouble with any outside sources. They will also complete a re-entry program. The re-entry program consists of intense training and conditioning. During this time the athlete will not be allowed to participate in any activities. The athlete must also avoid any trouble during this time period. Upon successful completion of this phase the athlete will regain his/her playing status.

Care and Use of Equipment/Materials

Our students recognize the sacrifices that our community makes to provide resources for extracurricular competitions and understand that it is their responsibility to maintain and care for our school uniforms, equipment, and facilities. In return, our students and families commit to being financially responsible for all FISD equipment and property issued to them, or under their direct use or control.

Students will always keep equipment clean and well maintained. They will immediately return all unused or unneeded equipment to the appropriate staff. Students know that they should not borrow equipment assigned to other students, and always report missing equipment to their coach or sponsor, immediately.

Rules For Equipment Use

1) Any district equipment issued to an athlete is the financial responsibility of the athlete and for the athlete's use while participating in a school-related activity. At no time is district equipment used for personal use.
2) Athletes must care for district-issued equipment as if it were their own. Equipment must be properly stored, in a proper location, and shall be kept clean and maintained. Athletes who lose or damage

district equipment due to negligence will be required to pay for the cost of replacement.

3) All district equipment must be returned at the end of the season or school year, as directed by the coach.
4) Individually owned equipment is the sole responsibility of the athlete; FISD will not be responsible for any loss or damage that occurs to athlete-owned equipment.
5) As uniforms are required for all sports, the athlete shall be required to ensure that the uniform is worn only at appropriate times and is neat and clean for the practice, performance, and/or competition.

Meetings & Practice

Practice is an essential part of developing our students, academically, athletically, and for any extra-curricular competition. Practice develops our students and helps them to achieve on the goal of becoming the best that one can be. Our students always participate to their fullest potential, in practice and in competition. They realize that absence from any practice is an important decision and one that should be pre-approved by the coach or sponsor. Students must always inform their coach or sponsor before missing any practice or competition.

Our students understand that they must follow the rules and directives of coaches or sponsors. They also know that consequences for inappropriate conduct are to be expected and that those consequences are meant to remind our students of their role as student leaders and that their individual behavior is a reflection on the whole team.

Practice during Final Exams and STAAR Testing

STAAR tests take priority over practice. FISD policy regarding practice during the STAAR testing period; all athletic practices should end by 6:00 p.m. and students should be off the campus by 6:30 p.m. on the day prior to a STAAR testing day. Practice during the week of final exams shall be limited to teams whose sport is in season and should conclude by 6:00 p.m. the day before an exam.

Extracurricular Activities during Final Exams

Care and consideration should be taken to avoid conflicts whenever possible.

Sunday Participation Protocols

Frankston ISD recognizes the involvement and commitment of its student athletes, performers, and extracurricular sponsors. We strive to provide diverse opportunities for student participation, while working to maintain a balance between extracurricular and family commitments. For these reasons, and in alignment with UIL guidelines, Sunday activities are discouraged.

Communication Protocols for Event Schedule Changes

Staff Communication

In the event that a competitive event is postponed, delayed, or rescheduled due to unavoidable circumstances, the following protocol shall be followed:

1. The sponsor will call the campus principal and/or athletic director and make a recommendation for participation.
2. The principal and/or athletic director will then call the supervising coordinator and make a recommendation for participation. Together, they reach consensus.
3. The principal and/or athletic director and supervising coordinator will call the assistant superintendent and inform them of their joint recommendation.
4. The assistant superintendent will then notify the superintendent of the situation and decision.

Parent and Student Communication

Once the participation decision is made, the sponsor will communicate the information to the students and parents, through Parent Square. In the event that parents would like to discuss a decision or a pending decision beyond the sponsor, they may contact the campus principal and/or athletic director directly for additional information.

Travel

All students in middle school and high school in Frankston ISD recognize that they are representatives of our community, school, and coaches and must exhibit exemplary behavior at all times. As student representatives, they will dress in an acceptable manner and conduct themselves in a way that reflects pride in self and community. At a minimum, students should follow the school dress code when representing a Frankston ISD extracurricular program. Sponsors/Coaches may impose stricter dress requirements on students.

Students are expected to be on time for all contests. Time of departure will be set by the sponsor/coach. Tardiness impacts the whole team and may even jeopardize the opportunity for competition. It is important that all participants and members of the team be prompt and on time so that travel runs safely and smoothly.

The trip to the game or event should be used for mental preparation, building team chemistry and connecting with your teammates. You may talk quietly or utilize this time to work on class projects or homework. Electronic devices may be used, respecting those around you so that they aren't disturbed. Please note that while cell phones are allowed on extracurricular trips, each coach or sponsor may have additional rules that you will need to respect.

Our students know that academic success is a priority and that there are increased responsibilities that come with extracurricular participation. Students who miss class to attend an extracurricular event, will be responsible for securing assignments, notes, materials, etc. and for completing all classwork that is missed. Students are also responsible for getting the help and support necessary to ensure that the time away from class does not interfere with the learning expectations for content and skills covered during their absence.

Once at the destination, students will always show respect for opposing teams' facilities and property. Students also recognize the importance of appropriate behavior when in restaurants and other public places.

Students are expected to ride with their team on district-provided transportation when traveling to and from games and contests, unless there is an emergency situation or when parents have made prior arrangements with the coach or sponsor for the student to ride with them. Arrangements for alternate transportation after an extracurricular event must be made between the parents and the head coach. This arrangement must be in writing and signed by the parent with whom the student will leave.

In summary, FISD students who travel will:

- Be on time for all trips;
- Make it a priority to ride with their team on district-provided transportation;
- Dress neatly and in compliance with the district's dress and grooming policy and that of the individual coach or sponsor;
- Be on their best behavior in restaurants and hotels;
- Care for any equipment assigned to the coach and return it to the proper storage location upon return to the school;
- Be on their best behavior while on the bus or other vehicle;
- Promptly obey all instructions given by either the coach or any adult chaperon.

Character and Behavior

At Frankston, we expect all our students to reflect positive character traits and to have a strong moral compass. Our student leaders who choose to participate in extracurricular activities will demonstrate good citizenship and act as role models for other students.

Our students know that both winning and losing are inherent in all competition. Our students are disciplined to be able to learn, grow, and improve with losses and have the character to win with grace and humility. Our students never flagrantly violate the rules of contest, use profanity, or allow anger to betray their strong moral character. Our students never resort to inappropriate tactics to advance their interests, and always show respect to officials.

Our student leaders know that living up to these high standards is essential to being an ambassador of Frankston ISD and they commit to always acting in accordance with our Student Code of Conduct. Our students know that the consequences for serious misbehavior are aligned with the importance of their role in our schools. While occurrences of serious infractions of our code of conduct are rare, there will be consequences for their actions that may result in suspension from play or practice and possible removal from the athletic program.

Classroom Behavior

Students are expected to behave as leaders inside and outside of the classroom. Students who participate in extracurricular activities will achieve at high levels, academically, and behaviorally. Students who behave inappropriately or who do not meet established expectations for academic grades will be suspended from extracurricular participation in accordance with school, district, and UIL policy.

Students who are suspended from participating in extracurricular activities may be reinstated by meeting the academic and behavioral conditions for reinstatement to participate in extracurricular activities set forth by the school sponsor, coach, and/or athletic director.

Drug and Alcohol Use

Students who represent our school district in extracurricular activities understand that their behavior and character are a reflection of the team, their school, and Frankston ISD. Our students also know that there are negative consequences associated with using illegal drugs and alcohol, including the potential for serious health problems and legal implications.

Additionally, FISD has a random drug-testing program in which all students are required to participate. The consequences for testing positive for illegal drugs or alcohol are serious. If a student tests positive for an illegal drug or alcohol:

1. A student may not participate in any extracurricular events for 30 calendar days, and;
2. May not participate in any extracurricular event until they have completed a drug awareness course.
3. Any student who does test positive will then be automatically selected to test again at every testing date until they graduate.
4. If a student has a positive test a second time, that student is suspended from all extra-curricular activities for one calendar year, after which the student is required to complete a drug awareness class.
5. If a student tests positive a third time, they are suspended from all extracurricular activities permanently.

Hazing

Hazing is a serious misbehavior and is never acceptable under any circumstance. For clarity, **hazing** is defined as "any action or activity that, regardless of location, intent, or consent of participants, causes or intends to cause: 1) physical harm, 2) mental harm, 3) anxieties, or 4) degrading or disgracing a child for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization".

To emphasize the seriousness of hazing, it is a violation of the FISD Student Code of Conduct and is a crime under Texas law (Texas Education Code 37.151-37.157). Even failure to report hazing is a criminal offense in our state.

Our students will always treat each other with the dignity, respect, and honor that all individuals deserve. Frankston students know that hazing is unacceptable and that it will never be tolerated in our schools.

Students understand that any hazing violation will result in immediate disciplinary action and suspension from extracurricular participation and referral to law enforcement officials, as appropriate.

Social Media

Social media is part of all our lives. It's important for all of us to know that everything posted in social media is public information, including texts, photos, comments, and just about anything else that we post there. Sometimes we forget that this is true, even if we mistakenly think our security settings will make them "private". All this information (including pictures, videos, and comments) may be accessible even after it is removed. Once it's posted that photo, comment, or video becomes the property of the site and may be searchable even after being removed.

Inappropriate postings on social media by students who participate in extracurricular activities will not be tolerated and will be considered a serious misbehavior, and subject to disciplinary consequences. Students who are a member of an extracurricular organization, sports team, or club, shall not:

1. post negative comments or other information about teammates, coaches, or any administrator, teacher, or those from other schools or opposing teams.
2. post disrespectful material, derogatory language, or remarks that may harm others.
3. post incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances.
4. post anything that creates a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
5. post comments indicating knowledge of an unreported school or team violation—regardless of if the violation was unintentional or intentional.

6. or any other post that violates the FISD Student Code of Conduct.

In addition to administrative consequences found in the FISD Code of Conduct and applied at the school level, students who participate in extracurricular activities and who violate these social media standards may be subject to punishment by their sponsor, coach, or athletic director.

District Alternative Educational Placement (DAEP)

One of the pillars of extracurricular activities is that participation and competition done well builds strong character in our students. We know that it is just as important to educate the heart as well as the mind. At Frankston ISD, we have high standards and expectations for student character and for academic success. Our students also understand that they are role models for other students and that they must always act in a way that reflects positively on our schools and community.

Though rare, there are times when students make the wrong decision and act in ways that are inconsistent with our values. When that happens, there are clear consequences for serious misbehavior.

Students who are assigned to a District Alternative Education Program (DAEP) are ineligible for extracurricular participation during their placement and may not participate in games or practices. With the head coach and the athletic director's approval, a student returning from DAEP placement may enter an off-season program. If a student is allowed to return to the extracurricular program, coaches and sponsors will provide appropriate opportunities to assist the student in preparation for a successful return to participation and competitive activities.

Expectations for Parents:

Parents are encouraged to attend extracurricular events and to encourage all students to work hard and perform to their potential. Parents are reminded that they must be positive and always model good sportsmanship. Spectators who fail to abide by these guidelines could be removed from events; if such behavior is repetitive the parent could be banned from attendance.

Parents who have concerns regarding their athlete's involvement in any sport should first direct their questions or concerns to the coach, if the coach is unable to respond to the concern in a way that satisfies the parent, the parent is encouraged to appeal to the coach's direct supervisor and then to the principal of the school. If the campus does not satisfy the parent request, an appeal may be made to the appropriate administrator.

When there are situations that may require a conference between the sponsor and parent, we encourage resolution at the lowest possible level.

Parents with concerns should not approach the coach or sponsor immediately following an extracurricular contest or practice. Sponsors have responsibilities at these times that limit the time they have available to

meet with parents. In addition, the time immediately following practices or games can be emotional times for both the parent and coach or sponsor. Meetings of this nature are generally not an effective environment for resolving a concern and could possibly escalate it. When conferences are necessary, the following steps are a positive way to promote resolution.

1. Call the school (903-876-2556) to set up an appointment with the coach. If the coach is an assistant coach, include the head coach of the sport in the conference.
2. Decide exactly what you expect to accomplish as a result of the meeting.
3. Stick to discussing the facts, as you understand them.
4. Listen to the coach's response.
5. If the concern is still not resolved, a conference involving the student and/or parent, head coach of the sport, and/or the Athletic Coordinator/Director should be scheduled.

FISD Chain of Command

1. **Board of Trustees** – is the ruling agency for the district and is responsible for interpreting the needs of the community and governance of the organization.
2. **Superintendent of Schools** – is responsible for administering and managing the schools according to adopted polices by the Board of Trustees, the Texas Education Agency, and in accordance with UIL rules and Texas school codes. The Superintendent shall represent the school district as its chief executive officer and its foremost professional educator in its dealings with other school systems, social institutions, and businesses. Is ultimately responsible for all phases of the public-school program. Will delegate authority for the administration of the athletic program through the assistant superintendent, principal, and athletic director.
3. **Principal –** is the official representative of the school and is directly responsible for being the official representative in dealing with UIL matters pertaining to the school. Is closely involved with the operation of the athletic program.
4. **Athletic Director –** is responsible for the administration and supervision of the interscholastic athletic program in the high schools and middle schools. Provides day-to-day leadership necessary for the operation of the athletic department. Prepares the athletic budget.
5. **Head Coach/Club/Organization Sponsor–** is responsible to the athletic director or principal of their campus for the total operation of their respective sports programs. Will carry out the duties described in their job description, and/or any other duties delegated by the assistant superintendent, principal, or athletic director.

Expectations for our Fans and Spectators

We recognize that:

- Our fans and spectators are essential to promoting school and community spirit.
- We encourage our fans and spectators to respect our schools and our children by modeling good sportsmanship and positive behavior.

- Our fans and spectators will always respect officials, visiting coaches, players, and cheerleaders and treat them as our guests, acting in a way that makes them feel welcome and eager to return to our community.
- All of our spectators will observe and abide by our rules and be respectful of others and our facilities by never smoking, drinking, littering, and by following the requests of our school and district administrators and other officials.

Any spectator who is removed from an event for verbal or physical assault of an official will be suspended from future events. The school will consider all circumstances of each incident when determining the length of the suspension from future events and activities sanctioned by the league.

Parent /Sponsor/Coach Relationships

Parenting and coaching are always challenging in the sense that all want what is in the best interest of their children. With an understanding between coaches and parents, both are better able to accept and support the actions of the other and provide a positive experience for everyone.

Parents need to be kept informed of the expectations placed on them and their children by the coach or sponsor. When there are concerns by either party, it is essential that there be an opportunity, at the appropriate time and place, to meet and discuss the best possible resolution.

Booster Clubs

Booster clubs can be extremely important to the success of our extracurricular programs, and we encourage our parents to be involved. Information on all parent and school-based organizations and fundraising is found in our FISD Fundraising Guidelines and is available on our website. Booster clubs must operate within the guidelines and procedures set forth by FISD. For UIL Guidelines on Booster organizations, please refer to UIL Rules and Regulations – UIL Website.

College Recruiting

For information and assistance with information related to college recruiting and rules and requirements for recruiting high school students for college athletics, please see the FISD athletic director or your head coach or sponsor.

Lettering Policies

All awards and Letters to athletes and club or organization participants must meet criteria set forth in the individual activity guidelines, as established by the coach or sponsor leading the activity and approved by the appropriate district level official. Awards must be in accordance with UIL guidelines for those activities governed by the UIL. This information will be distributed to athletes and extracurricular participants and parents annually, before the season begins.

The final decision for the awarding of a letter is at the coach's discretion and based on pre-established criteria. If at any time an athlete quits or is eliminated from athletics in or out of season, he/she gives up all rights to any honors/awards which he/she has earned, but not yet received. Students eliminated for injury may be exempted from this exclusion. Any athlete may receive a letter in any one of the four years in high school if they fulfill the lettering requirement for that sport, club, or organization.

Physical Guidelines

Each athlete must be cleared by the athletic trainer prior to participation at the high school level. Each athlete must be cleared by one of the coordinators prior to participation at the junior high level.

- All **required forms** must be completed in their entirety and returned to the athlete's head coach or athletic trainer before a student participates in any try-out, practice, athletic competition, travels, etc. with an athletic team for any purpose.

The required forms include:

Middle/High School

- UIL Pre-Participation Physical
- Steroid Acknowledgement Form
- UIL Cardiac Awareness Form
- Concussion Acknowledgement Form
- UIL Acknowledgement of Rules
- Student Handbook Signature Page
- Medical Records Release
- Emergency Release

Training Room Guidelines

1. Treatments are to be administered only to athletes from Frankston High School or Frankston Middle School that are injured during certain school sponsored activities.
2. Any athlete who is under the care of a physician must provide written documentation of treatment protocol, restrictions, and/or release for return to play.
3. Athletes who are members of a school sponsored activity who are injured in non- UIL activities will only receive first aid care until they are evaluated by a physician. The physician must provide, in writing, a treatment protocol for the athletic trainer to follow.

Non-Athletic Injuries

Non-athletic injuries will be seen in the athletic training room under the following guidelines:

1. Due to liability concerns, the athlete must first see a medical doctor prior to being treated by the athletic training staff.
2. The athlete must provide a prescription for treatment/rehabilitation from the medical doctor. The information must be specific as to what type of rehabilitation is to be done.
3. No injuries that are the result of a motor vehicle accident will be seen.

Health and Welfare

Every athlete involved in extracurricular athletics must have a medical emergency information sheet on file with the coach or sponsor. All athletes must obtain a bi-annual physical, recorded on the UIL designated form, before practicing or participating in any sport.

All injuries should be reported immediately to the coach. Doctor's notes should also be made available to the coach. If possible, rest and rehab should be done under the coach's care.

Heat & Hydration Guidelines

Practice or competition in hot and humid environmental conditions poses special problems for student-athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

General Considerations for Risk Reductions

1. Encourage proper education regarding heat illnesses (for athletes, coaches, parents, medical staff, etc.) Education about risk factors should focus on hydration needs
2. Acclimatization, work/rest ratio, signs and symptoms of exertion related heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
3. Assure that onsite medical staff has authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals form participation based on environment and/or athlete's medical condition.

Multiple Sport Participation

Participation in multiple sports is encouraged as it creates cross-training and increases the ability for the athlete to be more coachable. In cases where a sport overlaps, an athlete must complete that season's sport before entering the next sport unless agreed on by both head coaches. **No coach shall discourage any athlete from participating in multiple sports.**

Non-School Sports and Camps Participation

Athletes and coaches must be aware of UIL/FISD policies, guidelines and regulations in regard to non-school activities. Various UIL restrictions apply and can be accessed by clicking here.

Off-Season Programs

Summer strength and conditioning camps must be in compliance with UIL/FISD guidelines. All camps must be approved by the campus athletic coordinator and FISD athletic department.

Rules for Overnight Travel

These guidelines are to be reviewed with students and parents prior to any overnight travel. Clubs, teams, and organizations may impose additional guidelines, as appropriate to the trip.

1. No male may be inside a female's hotel room at any time for any reason. No female may be inside a male's hotel room at any time for any reason. Students may not switch their assigned hotel room without prior approval of the trip sponsor. If caught, consequences may be assigned depending on the situation, up to and including immediate removal from the trip and being returned home at parents' expense.

2. Once "Lights Out" is declared, every student must be in his/her assigned hotel room with the door closed and lights out.

3. Keys will be taken up by the sponsor. The doors may be taped following bed check. If the tape is broken, everyone in the room may be suspended upon return to the campus. If there is a perceived emergency during the night, other than a fire evacuation, the student must call the sponsor to open the door to the hotel room. Sponsors will take the tape off every morning and let the students out. Sponsors will conduct room/door checks throughout the night, to assure that students remain in their rooms and tape has not been disturbed.

4. Sponsors will establish a meeting location for students, in the event of a fire alarm at the hotel. Sponsors will assure that all students have evacuated appropriately and will then meet the students at the prearranged location to confirm that all are present.

5. All students must participate in all activities set forth by sponsors. No student may deviate from the itinerary; all students must be on time for all scheduled meetings, events, and activities. All decisions about the trip will be made by sponsors. Students must be in groups of at least 2 or 3 at all times. This includes when going to the restroom. No one student is ever allowed to be by himself/herself at any time. Students who do not remain with the group or who are not in the correct areas, as reflected on the itinerary, including in their hotel room after lights out, will receive consequences on the trip and may be sent home at the expense of the parent(s).

6. Any student caught shoplifting or breaking the law; caught with any illegal item or substance, including but not limited to weapons, alcohol, drugs, or tobacco may be sent home at the expense

of the parent(s) and may be arrested, in accordance with provisions of the law. Upon arrival at school, the student will face disciplinary consequences set forth by the campus administration and the FISD Student Code of Conduct.

7. Students are to be on their best behavior at all times, as they are representing their campus and FISD. All disciplinary issues will be handled by trip sponsor(s) only. Sponsors will report all serious infractions immediately to the appropriate campus and/or district administrator, per the campus' protocol. Severe disruptions may result in the student's removal from the trip and return home, at the parents' expense.

8. Students are to immediately notify their sponsor if they become aware that another student has violated a safety rule or Rules for Overnight Travel. Failure to do so may result in disciplinary consequences for the student who remained silent.

9. Disrespect will not be tolerated. Any disrespect toward chaperones, sponsors or others, including other schools, will result in disciplinary consequences on the trip as well as consequences upon arrival at school. Students are to be respectful of other hotel guests. There is to be no loud music, running in the halls, prank calling to other rooms, or disruptive behavior of any kind.

10. No one is to use the hotel room phone to make out-of-hotel phone calls. No movies and no room service may be ordered. No items may be taken from the hotel, including hotel towels, robes, remotes, pillows, linens and the like. Any fees charged to the district for damages, missing items, noise disturbances, etc, will be reimbursed to the district by the students involved.

11. Everyone is to maintain a positive attitude at all times. If things run late, something goes wrong, etc. everyone is to deal with all situations calmly. Any negative attitudes may prevent the entire group from participating in scheduled events. No emotional outbursts from students, including arguments, will be tolerated.

12. Students must bring enough money for expenses, as set forth by sponsors, and dress appropriately for each day's activities and weather.

13. Parents not acting in the capacity of an approved chaperone may travel to the team/group/club's destination but must do so on their own accord. Exceptions must be preapproved in writing by campus administration. Parents traveling as chaperones for the trip must be officially cleared as volunteers by FISD prior to preapproval by campus administration.

14. A parent or relative may not remove their student from assigned activities set forth by the sponsor. The group must travel as a group. If a parent insists on pulling their student away from

the group, the parent forfeits their student's spot on the team/group and will assume all financial responsibility for their student from that point forward. This includes remaining lodging, meals, airfare/bus/transportation, etc.

15. Other than health or safety issues, parents may not address the trip sponsor with any concerns dealing with their child during the trip and must wait until they return to school.

16. Parents may not share lodging with their own child or any student who is a member of the traveling group while on the trip.

I have read, understand and agree to abide by all the Rules of Overnight Travel as stated above.

Student's Printed Name_____Date_____

Student's Signature_____Date_____

Parent's Printed Name_____Date_____

Parent's Signature_____Date_____

Parent Permission and Information Form for Student Travel

I, the parent/guardian of_____, have read, understand and agree to abide by the FISD Extracurricular Activities Handbook. I also give my child permission to travel and to participate in extracurricular activities with Frankston ISD. I release Frankston ISD and all employees of financial responsibility, which may arise as a result of any injury to my son/daughter while representing Frankston ISD in any camp, contest, practice session, or while traveling to and from the same. I also certify that I have sufficient insurance coverage for any injury, or I am financially able to handle all costs due to any injury.

Signatures:

Mother/Guardian_____Date_____

Father/Guardian_____Date_____

Medical Release Form and Hold Harmless Agreement

To whom it may concern:

I, as the legal guardian of Name: _____, hereby authorize any necessary medical treatment for my child while participating in extracurricular activities or traveling with FISD. I also guarantee payment of all charges incurred during this medical treatment (physician, hospital, x-ray, lab drugs, ambulance, etc.) and submit the following medical information.

Allergies to foods, medications, etc. (if none, so state) _____

Allergy: _____

Allergy: _____

Special medical problems (if none, so state) _____

Medical Problem: _____

Medical Problem: _____

Does participant carry medications on person? (if so, please list)

Medication_____Purpose_____

Medication_____Purpose_____

Medication_____Purpose_____

Date of last Tetanus shot_____

Family Physician_____

Office Address_____ City_____State_____Zip_____

_____

Parent Signature Parent Printed Name

Student Name: _____

Parents' Address: _____

Daytime Phone _____ (Father) _____ (Mother)

Nighttime Phone _____ (Father) _____ (Mother)

Organization Name: _____

Sponsor's Signature _____

Please include a copy of the family/student insurance card for emergency purposes

In an emergency, indicate the person to be contacted if parents/legal guardian cannot be reached:

Name _____ Phone _____

The sponsors and/or adults may administer

_____ Tylenol

_____ Aspirin

_____ (indicate other medication), if needed.

_____ _____

Parent Signature Date

Student Permission and Information Form

I, _____, have read, understand and agree to abide by the FISD Extracurricular Activities Handbook.

_____ _____

Student Signature Date