

TROY SCHOOL DISTRICT NO. 287

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.

Troy School District No. 287 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 Troy School District No. 287 and those additional standards established by each school for its own students.

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**.⁽¹⁾

A positive attitude can be directed and guided by a positive athletic code. At Troy School District No. 287, 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.

⁽¹⁾"Training Rules vs. High Expectation", by George E. Egofske, A.D., Rich South High School, Righton Park, Il.

OBJECTIVES FOR ATHLETES

The Troy School District No. 287 athletic program should assist you to learn in the area of academics, athletics and attitudes. These three are reflected within the following areas. By participating in athletics you should learn:

1. **Academics**- You will learn to plan and organize your time to balance your academic responsibilities along with athletic responsibilities;
2. **Responsibility**- As an athlete you will learn much about responsibility. You will be responsible for attending practices, performing at contests, taking care of equipment and communicating schedules with your parents;
3. **Self Improvement**- You will learn to set goals and improve yourself both physically and mentally;
4. **Cooperation**- You will learn to cooperate with your coach and team members;
5. **Sportsmanship**- Learning to win, to lose, to accept referee's decisions are all part of sportsmanship. To carry yourself with dignity and pride is part of being an athlete in the Troy School District.

GRADE LEVEL PHILOSOPHY

Sub-varsity

The Primary goal of the sub-varsity athletic program is to encourage student participation and to afford individual students the opportunity to further develop the skills required to participate in their chosen activity.

Priority should be given to the development of individual abilities while emphasizing the concept of “having fun” in a safe and healthy environment within the framework of furthering the principles of sportsmanship, teamwork, and commitment to a goal. All athletes shall be given the opportunity to participate in interscholastic contests to the point where the athlete feels as if he/she has contributed to either the winning or losing of the game. This does not necessarily mean equal playing time. Participation in sub-varsity contests is a must for all junior high and junior varsity athletes, provided they adhere to the expectations set forth by the coaching staff, athletic code and other school requirements.

Varsity

The primary goal of the varsity athletic program is to involve students in district sponsored activities that serve their interests and talents. These programs should promote positive attitudes through active participation, individual improvement, healthy competition, and the involvement of the community.

At the varsity level it is understood that the league standings and post-season play require that the goal of a coach is to win. The use of all players is preferred, but will be at the discretion of the coach.

ATHLETIC CODE

STUDENT ELIGIBILITY

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 9th and 11th grades. New students must produce a physician's clearance (IHSAA Rule 13-1)
2. **Permission Form:** A permission form (Appendix A/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 student and parent/legal guardian knowledge of the guidelines.
 - 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.
 - e. All injuries occurring while participating in athletics must be reported to the coach. Athletes who are treated by a physician and removed from participation must obtain written permission from the physician in order to return to the activity.
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 four or more classes in the school of that curricular 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 or on the last regular day of the week for weekend activities, unless otherwise excused by the school. Students must be in attendance the whole school day after the event or activity, unless otherwise excused by the school. Violation of this rule makes the individual ineligible for the next event.

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)
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:** To remain eligible a student must maintain a C average without any failing grades.

Grades will be checked at the end of each quarter and every 3 weeks within each quarter.

- a. If the student falls below the requirement during one of these checks, if it's the first deficiency (strike one) within that sport season, the student will have one week (5 school days) to produce an acceptable grade report. At the one week progress check, if the student still does not qualify (strike two), the student must practice but not compete for two weeks (ten school days).
- b. After the second deficiency, if at any point during the sport season the student has a deficient grade report (strike three), the student is removed from the team.
- c. Quarter grade average determines academic eligibility at the end of each quarter and impacts the succeeding sports season. Semester grades do not impact athletic eligibility.
- d. A student whose grade falls below passing level in any class during a grading period may be made ineligible by the teacher until the grade is brought up. The student will remain ineligible until the specific deficiency is made up and the teacher informs the office that the student is again eligible. In this case, a notice of ineligibility will be mailed to the parents.
- e. Ineligible students do not travel with the team.

Grade checks shall be submitted via technology to the office. Each coach shall receive an eligibility report at grade check time.

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 will result in suspension from the activity. A second offense will result in dismissal.

- b. Public temper displays or profanity will result in suspension from the activity. A second offense will 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 home. Each student should 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. No written notes can be accepted by the advisor or bus driver.
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.
 - b. Hair style/color must not impede the performance, be deemed a safety hazard, or be distracting/stand out.

PARTICIPATION GUIDELINES

A. Student Rules:

1. Training rules are in effect and will be enforced from the first day of the season. In the event an infraction occurs when a suspension could not be completed in that school year, the suspension from activities would continue into the next school year. Students must attend all practices and home contests while suspended. Failure to do so will result in continued suspension. An athlete shall be suspended for the following reasons:
 - 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 of tobacco products;
 - f. Actions of a misdemeanor or felony level.
2. **First violation-** The participant shall be suspended for 50% of the regular season scheduled contests. When the full penalty cannot be imposed, the remaining portion of the suspension will be carried over and served during the next activity participated in by the student.
 - a. For a controlled substance violation, the participant must also attend a controlled substance education program approved by the school district before he/she is eligible for reinstatement. The cost of the program will be borne by the participant and/or his/her parents.
 - b. Failure to complete the program will result in continued suspension from activities.
 - c. The athlete is required to continue to positively participate in practices and to attend home events. If the athlete's attitude during participation is deemed to have a negative impact on the team, the coach, in consultation with the principal and athletic director, may remove the athlete from the team. In this case, the remaining suspension will be served during the athlete's next sports season. He/she is not allowed to travel with the team.
 - d. No letter is awarded for participants who violate the student training rules code.
 - e. Any athlete who is ineligible at the conclusion of the regular season (1 or more competition suspensions remaining) will be ineligible for postseason play. Missed postseason competitions do not count towards fulfilling the suspension requirement and the athlete must serve the remainder of the suspension during her/his next sports season.
 - f. If the first violation occurs at a school sponsored event, the second violation consequence will be used.

3. **Second violation** – A participant who commits a second violation shall be suspended from all participation in extra-curricular activities for one calendar year from the date it is determined a second violation occurred. If the violation is of a controlled substance nature, second time offenders are required to complete a controlled substance education program approved by the school district before he/she is eligible for reinstatement. The cost of the program will be borne by the participant and/or his/her parents.
4. **Disciplinary Situations:** 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 which may arise.
5. **Uniforms/Equipment:** Items issued to student athletes are their responsibility. These items must be returned in good condition or replaced.
6. **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.
 - c. Holiday practices – No activities or practices shall be held on: Thanksgiving Day, Christmas Day, New Years Day, or Sundays (this includes open gym). Practice during Christmas and Spring breaks are at the discretion of the coach.
7. **Awards and Letters:** Each participant will receive a certificate of participation when he or she has participated in any games, matches, or events held for that particular activity for the entire season.
 - a. Students will receive a varsity letter for Football, Volleyball, Basketball, Baseball, Softball, when he/she:
 - i. Has participated in over 40% of the quarters (FB & BB), games (VB) or innings (SB & BB) of that particular activity.
 - b. Cross Country, Tennis, Track, and *Cheerleading participants will receive letters if he/she attends all meets or scheduled activities, unless excused for valid reason.

Each participant who, except for a hardship, would have achieved the requirement for an award may be granted a letter on the recommendations of the “committee for interscholastic activities” (which may include the athletic director and extra-curricular staff at the high school). The participant must have been involved in at least 20% of the games, matches, innings, or events of that activity.

* Cheerleading letters will be given to participants following two sport seasons consecutive or nonconsecutive. Cheerleaders who compete in local, regional or state competitions will receive letters even if they only cheer for basketball due to the amount of time involved in preparing for these competitions. In order to letter for competitions they must compete in at least one long program at a competition.

DISTRICT AND SCHOOL GUIDELINES FOR IMPLEMENTING ATHLETIC PROGRAMS

- A. Whenever possible, school vehicles (usually buses) shall be used for transporting students to games, contests, events, and practices.
- B. In disciplinary situations coaches, athletic director, and principal shall communicate as a team to insure objectivity and proper gathering of information for decision making.
- C. Doctors appointments, dental appointments, deaths in families and bad roads are excused absences. Participants should always make every effort to communicate those types of needed absences to coaches as soon as possible. In most cases this should happen before the practice or event occurs.
- D. Every effort shall be made by the school to avoid team, group or individual participant travel to a school sponsored event on a Sunday. Exceptions may be made with Board approval.

ENFORCEMENT OF GUIDELINE POLICIES/APPEALS

Student Infraction Policy Due Process

A. Level I – Suspension from Athletic Teams for Violation of Handbook Regulations

When a school has cause to believe that a student has violated law, policy, regulation or school district activity handbook or coach's rules that could result in suspension from a team for the remainder of the season, the administrator or his designee shall conduct a hearing that meets the following due process conditions.

Prior to any disciplinary action taken, the student shall be provided:

- a. Oral or written notice of the charge;
- b. An explanation of the evidence if the student denies the charges;
- c. An opportunity to present the student's view of the incident.

* If it is determined by the investigation that there is not substantial evidence to warrant suspension from the activity, parents will be notified of the findings concluding the investigation process.

If a student is charged with a rule violation, an informal hearing shall be held as soon as knowledge of the violation is known to the school. The student's parent/guardian shall be notified orally or in writing of the decision prior to the student's removal from any team or as soon afterward as practical.

Students suspended from athletic teams shall not be permitted to participate in other school-related or school supervised activities following removal by the unit administrator from one activity until other provisions of activity guidelines are fulfilled, or until an appeal filed by the student or his parent/guardian, causes the removal to be overturned.

The school administrator shall be reasonably free to determine what evidence shall be considered and the weight given to it. Hearsay evidence is not excluded on those grounds alone. Activity participation may be denied when there is relevant evidence to the extent that a reasonable mind might accept as adequate to support the conclusion that a violation occurred.

The student or parent/guardian may appeal this decision within 10 school days.

B. Level II – Appeals of Building Administrator Decision for Student Infractions

The Superintendent shall, upon request for an appeal of a level one decision, conduct a fact finding investigation within three (3) days of such a request. Every reasonable attempt will be made to review the charges, evidence, and testimony of all parties relevant to the case.

1. Examine the charges against the student.
2. Review the procedure used in making the ruling by the unit administrator or school official.
3. Allow presentation by the administration of the evidence used in determining guilt.
4. Allow an opportunity for the student or parent/guardian of the student to cross examine the administration and examine relevant evidence.

C. Level III – School Board Appeal of Suspension

The school board or their designee shall, within three (3) school days, notify the appealing party of the date when such appeal hearing shall be conducted. In most cases this would be the next regularly scheduled school board meeting, from the time such request was made, or not later than 45 days from the time of the alleged incident.

Procedures for such hearings shall follow normal school board practice.

COACHES CODE OF ETHICS AND CONDUCT

INTRODUCTION

The following ethical standards and code of conduct outline a philosophy that is paramount to athletics and must be emphasized in combination with skill and knowledge development.

Within this context, coaches should prioritize the welfare of their players and dedicate themselves to upholding the highest standards of professional conduct and competence. Sportsmanship and ethical values highlighting respect, fairness, civility, honesty, integrity and accountability are a foundation for athletics. Adults who enter the education profession should advocate these standards with their own moral conduct and behavior.

Coaches' ethical behavior is demonstrated in relationships with athletes, colleagues, officials, parents, administrators, clients and communities. Coaches are ambassadors for their programs and school. They are role models and must understand the tremendous influence their words and actions have on the players who comprise their teams. For this reason, coaches should consider their primary responsibility the continuance of moral values and ethical conduct which advance the spirit of the game and adhere to established rules.

Article One Responsibility to Players

1. The importance of winning must never supercede the players' safety and welfare. Winning is the result of preparation and discipline with considerable emphasis on the highest societal ideals and character traits. These values are not sacrificed for prestige or personal gain.
2. Requirements for participation on a team must not impede a player's opportunity for achieving academic success. The student-athlete's education must be of foremost concern.
3. Coaches must adhere to the rules of the game. They must not seek unfair advantage by teaching deliberate unsportsmanlike behavior or accepting illegal gains over an opponent.
4. The demands coaches place on their players must be consistent with the guidelines established by respective governing bodies, leagues, schools, and/or associations overseeing athletic competition.
5. The diagnosis and treatment of injuries is a medical problem and coaches must defer to the proper medical personnel without interference. Coaches must follow the directives of appropriate medical authorities.

Article Two Responsibilities to the Institution

1. Coaches must promote the educational goals and missions of their school and behave in such a manner that the principles, integrity and dignity of their school are not compromised.
2. Coaches must not ask faculty members or teachers to give inappropriate considerations or exceptions for athletes.
3. Coaches must discuss problems with their athletic directors in a professional manner and then support institutional decisions concerning policies, rules and regulations relating to their sport.

**Article Three
Rules of the Game**

1. Coaches must thoroughly acquaint themselves with the rules. They are also responsible for assuring their players understand the intent and application of the rules.
2. Coaches must adhere to the letter and spirit of the game's rules and not circumvent the rules to gain advantage.
3. Coaches are responsible for their players' actions on the field. Unsportsmanlike tactics (i.e., the intent to injure opposing players), illegal substitutions, taunting, deliberate faking of injuries and "professional fouls" are considered unethical.
4. Fair play must be encouraged and emphasized within the training sessions and competitions.

**Article Four
Officials**

1. Impartial, competent officials are essential for the success of any competition. Coaches must not criticize officials publicly or privately and must follow institutional, conference, and organizational rules dealing with comments on officiating.
2. Coaches should attend the official's rules meeting prior to the beginning of the sport session.
3. The following points outline game day conduct:
 - a. Treat officials with respect;
 - b. If possible, provide officials with a private room, away from opposing teams;
 - c. If criticism is going to be leveled against officials, complaints must be made in writing to the appropriate organizations or local boards responsible for officiating assignments;
 - d. Coaches and teams must not address the referee before, during or after the game in a demeaning way;
 - e. Coaches must not incite players or spectators against referees.

**Article Five
Other Responsibilities**

1. Coaches must avoid any conduct which is construed as physically or verbally abusive.
2. Coaches must avoid verbal dissent during a game with an opposing coach's bench.
3. A coach's behavior and values must bring credit to his/her program, school and the sport.

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.

APPENDIX B

GLOSSARY OF HANDBOOK TERMS

- Eligibility:** A student must maintain eligibility in order to participate on a team/activity. Eligibility includes:
1. A current physical on file at the school (for sports).
 2. A current parent permission form signed and on file.
 3. Attendance in all enrolled classes (minimum of 4 or equivalent).
 4. A "C" average for all enrolled classes based on cumulative quarter grades and at each eligibility check.
 5. Abiding by all basic training rules as outlined.
- Ineligible:** A student who is ineligible may not participate in contests, travel with the team, or act in capacity for the team. However, academically ineligible students may practice with the team.
- Participation:** When a student with other team members travels to, attends, dresses, and prepares for an activity.
- Unexcused Absences:** Essentially means a skip; a missed practice or missed event when no pre-arrangement is made or approved by the coach, athletic director or principal.
- Excused Absences:** Pre-arranged clearance obtained by participant from coach, athletic director or principal; including doctor/dental appointments, deaths in families or bad roads.
- Misdemeanor:** misbehavior or a breaking of law less serious than a felony.
- Felony:** Any of a variety of offenses (including murder, burglary) for which punishment is death or imprisonment of more than a year.

APPENDIX C

TROY SCHOOL DISTRICT NO. 287
ATHLETIC PARTICIPATION CONSENT FORM

Student Consent

1. I have read the Troy School District No. 287 athletic guidelines, understand their contents, and will adhere to the stated rules.
2. I have read and understood the above statement of risk.
3. 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.
4. 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.

Statement of Risk

I am aware that all athletic activities have a certain inherent risks, and that playing or practicing in high school sports can involving *many risks of injury*. I understand that the dangers and risks of participation or practice may include injuries ranging from minor sprains and contusions to major injury, possible paralysis, or even death. I also understand also that the dangers of participation and practice may result not only in injury but also in serious impairment of 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

Date

Parent/Guardian Consent

1. I have read the Troy School District No. 287 athletic guidelines, understand their contents, and will support my child/ward in adhering to the stated rules.
2. I have read and understood the above statement of risk.
3. 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.
4. 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 Troy School District No. 287, 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.
5. 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.
6. I give consent for emergency treatment to be administered to my child.

Parent/Guardian Signature

Date