



# Athletic & Activities Handbook

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## Guiding Principles

The Mead School District believes in the value of co-curricular (band, choir, orchestra, debate, drama, annual, newspaper, ASB, Pro-Start, HOSA, plus additional ASB recognized clubs/organizations) and extra-curricular (athletics) activities in a well-rounded education. To ensure students are provided safe and high quality programs the Mead School District adheres to the following foundational principles:

- The primary function of all co-curricular and extra-curricular programs is to provide opportunities for student learning in academic, music, drama, intramural, leadership, cultural and athletic areas. Additional benefits include the development of team and leadership skills.
- Programs offered should be age appropriate, open to all eligible students and designed to promote/develop each student's self-worth, confidence, responsibility, leadership, citizenship, ethical development and health/fitness. The cornerstone of all programs is an emphasis on participation, leadership, skill building and sportsmanship. Programs offered will promote excellence.
- The building of individual, as well as team, confidence through positive interactions and mutual respect are key to success.
- No program is more important than another even though participation numbers and media coverage may differ from activity to activity and sport to sport.
- A participant, staff member or fan should never, under any circumstance, compromise sportsmanship, honesty and integrity.
- Co-curricular and extra-curricular participants, as leaders and representatives of the Mead School District, have the responsibility to be professional, positive role models. Participation is a privilege, not a right.
- Equity in district funding will be provided for all district-approved co-curricular and extra-curricular activities.
- Parent/Guardian and student acceptance of the Mead School District **Honor Code** is required in order to participate in extra and/or co-curricular activities.

The Mead School District is committed to providing high quality, well-rounded co-curricular activities and extra-curricular athletic programs, with the goal of maximizing participation, while maintaining high levels of success. No program can guarantee maximum playing or participation time for every student. However, our desire is that all participants have a positive experience.

## **Statement of Non-Discrimination**

The Mead School District does not discriminate on the basis of race, creed, color, sex, marital status, sexual orientation including gender expression or identity, age, national origin, honorably discharged veterans or military status, the presence of any sensory, mental, or physical disability or the use of a trained dog guide or service animal by a person with a disability, religious or political belief or any other protected class in compliance with federal and state law. Inquiries regarding compliance should be directed to District Office (509-465-6000).

## **Extra-Curricular Athletic Program Offerings**

<b>High School</b>	<p><b>Fall:</b>  Cross Country (Boys &amp; Girls)  Football (Boys)  Soccer (Girls)  Softball - Slow Pitch (Girls)  Volleyball (Girls)</p> <p><b>Winter:</b>  Basketball (Boys &amp; Girls)  Gymnastics (Girls)  Wrestling (Boys)</p> <p><b>Spring:</b>  Baseball (Boys)  Golf (Boys &amp; Girls)  Soccer (Boys)  Softball – Fast Pitch (Girls)  Tennis (Boys &amp; Girls)  Track (Boys &amp; Girls)</p> <p><b>All Year:</b>  Cheerleading &amp; Dance/Drill</p>
<b>Middle School</b>	<p><b>Early Fall:</b>  6<sup>th</sup>, 7<sup>th</sup> &amp; 8<sup>th</sup> Cross Country (Boys &amp; Girls)  7<sup>th</sup> &amp; 8<sup>th</sup> Softball (Girls)  7<sup>th</sup> &amp; 8<sup>th</sup> Football (Boys)</p> <p><b>Late Fall:</b>  6<sup>th</sup> Volleyball (Girls)</p> <p><b>Early Winter:</b>  7<sup>th</sup> &amp; 8<sup>th</sup> Volleyball (Girls)  6<sup>th</sup>, 7<sup>th</sup> &amp; 8<sup>th</sup> Wrestling (Boys)</p> <p><b>Late Winter:</b>  7<sup>th</sup> &amp; 8<sup>th</sup> Basketball (Boys &amp; Girls)</p> <p><b>Early Spring:</b>  6<sup>th</sup>, 7<sup>th</sup> &amp; 8<sup>th</sup> Track (Boys &amp; Girls)  7<sup>th</sup> &amp; 8<sup>th</sup> Baseball (Boys)</p> <p><b>Late Spring:</b>  6<sup>th</sup> Basketball (Boys &amp; Girls)</p>

For athletic season start dates please visit school websites  
and click the “Athletics” tab.

## **Athletic League Affiliation**

**High School** – Mead High (3A) and Mt. Spokane (3A) are members of the Greater Spokane League (GSL).

**Middle School** – Highland, Mountainside & Northwood compete in various leagues depending upon the sport.

## **Co-Curricular Program Offerings**

Co-Curricular program offerings may vary from school to school. Typical offerings include band, choir, orchestra, ASB, debate, drama, newspaper and annual plus other ASB recognized clubs/organizations.

## **Participation Philosophy/Expectations**

Mead School District student learning goals state that human wellness and co-curricular/extra-curricular experiences are integral parts of the educational experience. To that end, the primary function of Mead School District activity and athletic programs is to provide opportunities for students to participate and to enhance the psychological, emotional, social and physical development of each student.

The district believes participation can enhance and develop the values of cooperation, honesty, sportsmanship, responsibility, respect, perseverance and commitment. Participants will be encouraged to develop their skills and compete to the best of their abilities. While individual achievements are valued and encouraged, team/group accomplishments are of primary importance. The district believes activities and athletics significantly contribute to and enhance the entire Mead community (students, staff, parents and patrons). The district places a high value on good sportsmanship, ethical conduct, school pride and loyalty, as well as demonstrated courtesy to visiting programs, teams and officials/judges.

To help support this philosophy it is important that:

- School and district administrators visibly support district co-curricular activities and extra-curricular athletic programs.
- Coaches/Directors/Advisors serve as good teachers and role models who develop trusting relationships with students and parents, place team/group goals before individual success and develop individuals and teams/-programs that perform/compete at the highest level possible.
- Students develop trusting relationships with their coaches, directors & advisors and do their best for the collective good of the team/program.

- At athletic contests student cheerleaders foster school spirit and encourage spectators to appropriately support athletic programs.
- Parents support their sons/daughters by attending contests/performance, appropriately (scheduling an appointment) communicate concerns to coaches/directors/advisors and administrators, have high but realistic expectations and, whenever possible, support booster clubs and other organizations that benefit Mead School District co-curricular and extra-curricular programs.

### **Athletic Participation Fee**

#### **Participation Fee Schedule:**

- \$35.00 – Middle School
- \$45.00 – High School

Students who are eligible for Free or Reduced Lunch will have the participation fee waived.

For fall sports, the prior school year Free/Reduced Lunch List will be used to determine eligibility.

Unless alternate arrangements are made, students who are eligible for F/R Lunch for the first time will pay the full participation fee and be reimbursed once their status is verified.

#### **Payment Guidelines:**

- Each student/athlete must pay a one-time, non-refundable, Participation Fee per academic school year. (If a student participates in a two sports seasons or three sports seasons there is only one Participation Fee for the entire year.)
- The fee must be paid before participating.
- The fee is non-refundable unless a student is cut from a team and it is the only sport he/she participates in during the school year. (Note: If a student declines to participate because he/she was placed on a “C” or “JV” team that does not constitute being cut from the activity/sport.)

**Drop Letter:** At the middle school level a drop letter for an athlete who has quit a team will be sent to the parent/guardian of the athlete.

### **Rules, Regulations & Policies**

District co-curricular and extra-curricular programs adhere to the rules, regulations and policies of the Mead School District, Washington Interscholastic Activities Association (WIAA), and Greater Spokane League (GSL). These rules

and regulations are in effect continuously (during the school year) from the day the student's first activity begins (first turnout) and continues until the participant ceases to be a secondary student in the Mead School District. All ASB recognized clubs and organizations shall be subject to these policies, rules & regulations.

WIAA establishes rules governing all interscholastic competitions. These rules are generally consistent with the rules of the National Federation of State High School Associations, the national governing body for interscholastic activities. Such rules include, but are not limited to, academic eligibility, transfer eligibility and specific sport rules. The GSL has the authority to add rules concerning the conduct of students, athletes and fans at all interscholastic activities. The Mead School District establishes rules that outline conduct expectations of participants many of which are required or dictated by the WIAA in order to insure fair competition among schools. For a full text of the WIAA handbook of rules and regulations, visit [www.wiaa.com](http://www.wiaa.com).

Prior to participation in extra-curricular and co-curricular activities each student must submit a fully executed copy of the *Mead School District Honor Code*. Additionally, athletes must submit a completed Athletic Eligibility Packet and pay the appropriate Participation Fee as set forth above. Incomplete paperwork will not be accepted.

**1. Athletic Age Limits (WIAA Rule 18.4.0)**

Senior High School – A student shall be under 20 years of age on September 1 for the fall sports season, on December 1 for the winter sports season and on March 1 for the spring sports season.

Middle School – A student shall not have reached his/her 15<sup>th</sup> birthday prior to June 1 of the previous school year. Middle school is defined as a school with 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade levels.

**2. Athletic Amateur Standing (WIAA Rule 18.24.0)**

A student who represents a school in an interscholastic sport must be an amateur in that sport. In order to maintain amateur standing in that sport under WIAA jurisdiction, the student-athlete may not accept merchandise or in-kind gifts of more than \$500 in fair market value per sport during any one calendar year (August 1 – July 31), advertise, recommend or promote a commercial product or service, or accept payment of expense allowances over the actual and necessary expenses for an athletic trip.

**3. Co-Curricular & Extra-Curricular Student Eligibility Criteria**  
(WIAA Rule 18.1.0)

All contestants must be eligible under the rules of the WIAA and Mead School District to participate in interscholastic contests and competitions. Eligibility lists must be kept on file in the school office.

**4. Foreign Exchange Students Athletic Participation**  
(WIAA Rule 18.11.4.B)

A student whose transfer is the result of participation in a one-year cultural or educational exchange experience with another country must file the cultural exchange form with his/her District Eligibility Chairperson.

An international exchange student coming to this country for a one-year cultural/educational experience is eligible at the varsity level for one (1) year only in the school in which he/she has been placed, provided all other rules of eligibility have been met and the student has not graduated from the high school equivalent in his/her home country. F-1 Visa students remaining for more than one (1) year will be considered transfer students. Graduated students cannot compete interscholastically at any level (i.e., varsity or sub-varsity). This rule may not be appealed.

**5. Athletic Hardship** (WIAA Rule 18.26.0)

The WIAA District Eligibility Committee and the Executive Director are given the authority to make specific exceptions to those student eligibility regulations contained in Article 18 provided such exceptions are based upon hardship conditions that are deemed to have contributed in a significant way to non-compliance with specific regulation(s) that may be appealed.

Any waiver of student eligibility regulations shall be based upon extenuating circumstances, beyond the student's, or where applicable, the parent's or legal guardian's control, that are deemed to have significantly influenced or contributed to the cause of the student's non-compliance to the eligibility regulation(s) involved.

**6. Co-Curricular & Extra-Curricular Academic Eligibility** (WIAA Rule 18.7.0 + Mead School District Requirement)

- a. The WIAA requires a student be passing a minimum of five (5) full-time subjects in order to be eligible for participation in interscholastic activities.



- b. The Mead School District additionally requires that co-curricular & extra-curricular participants must achieve either a 2.0 GPA or be earning at least a “C” in four (4) full-time subjects, or be placed on academic probation for the next grading period. If, at the end of the probationary period, the student is still not achieving a 2.0 GPA or earning at least a “C” in four (4) full-time subjects, that student will be placed on academic suspension. Teacher’s Aid (TA) and Study Hall courses DO NOT qualify as full-time subjects.

Probation: While on probation a student has no participation limitations. However, the student should work with his/her teachers and coaches/directors/advisors to improve grades in classes that are deficient.

Suspension: While on academic suspension a student cannot participate in contests/competitions/performances on any level and, if an athlete, may not suit-up for games. However the student may, at the coach/director/advisor’s discretion, travel with the team or group.

- c. Home school, private school, Five Mile Prairie, North Star and Running Start students must provide written verification that all academic eligibility requirements have been met. Please see the Athletic Director or Principal of the school where the student will be competing for official academic verification form.

**7. Athletic Physical Examination** (WIAA Rule 17.11.0, WIAA Rule 17.11.1 + Mead School District Requirement)

Prior to the first practice/participation in interscholastic athletics, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical professional authority licensed to perform said examination. Those licensed to perform physical examinations include Medical Doctor (M.D.), Doctor of Osteopathy (D.O.), Advanced Registered Nurse Practitioner (ARNP), Physician’s Assistant (P.A.) and Naturopathic Physician.

The Mead School District requires all 9<sup>th</sup> graders to obtain a current physical due to the intensity of high school athletics (exam date prior to their first practice and after June 1<sup>st</sup>). Sports physicals are then good for two years from the date of exam.

Results of the physical examination shall indicate:

- a. Documentation of a detailed review of the student's medical history with special attention to the presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
- b. Documentation of satisfactory examination of the cardiopulmonary system.
- c. Documentation of satisfactory sport-specific orthopedic screening examination.
- d. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

## **8. Attendance (School, Class, Practice & Contests/Performances)**

### Previous Semester/Trimester School Attendance (WIAA Rule 18.8)

For athletics the student shall have been in regular attendance as a full-time student as defined by WIAA Rule 18.7.0 in an elementary, intermediate, middle level, or high school during the semester/trimester immediately preceding the semester/trimester in which the contest is held.

### Current Semester/Trimester School Attendance (WIAA Rule 18.9)

For athletics the student shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester or first ten (10) school days in a trimester at the start of the current semester/trimester in order to participate in interscholastic contests during the current semester/trimester.

### Practices, Meetings & Contest/Performance Attendance

Students are expected to attend all practices, meetings and contests/-performances as directed by the coach/director/advisor. If a participant finds it necessary to miss a practice, meeting, contest or performance prior arrangements must be made with the coach/director/advisor. Failure to do so is grounds for discipline and may lead to suspension from the team/activity.

If a student is to be removed from a practice/activity in excess of the current school day by the coach/director/advisor, the coach/director/-advisor imposing such discipline shall notify the parent/guardian. If the proposed removal is in excess of one day the coach/director/advisor, and the principal/designee, shall informally review the proposed discipline prior

to its imposition. A student who has lost the privilege to participate may petition the principal for reconsideration.

#### Academic Class Attendance

A student who is absent from school for one or more periods on the day of a contest/practice/performance must obtain prior permission from the school principal or designee before he/she is eligible to take part in the contest, practice or performance. For the protection of both the student and coach/director/advisor, a student who cannot attend school because of illness should not practice or take part in a competition or performance on that same day. If the student absence was for a reason other than illness, the principal or designee will determine the propriety of the absence.

Note: Even if a student attends school all day he/she may be held out of practice or participation if he/she is unable to, due to illness or injury, take part in all of his/her regularly scheduled class/classes. In such instances a determination on whether or not to allow practice/contest/performance participation will be made by the building athletic director and/or program coach/director/advisor.

#### **9. Illegal Recruiting (Athletics) (WIAA 24.0.0)**

Students who demonstrate special skills and talent in any of the activities under the jurisdiction of the Washington Interscholastic Activities Association should not be subjected to pressures to enroll or continue to be enrolled in a member school outside of their normal enrollment area.

#### **10. Athletic Season Limitations (WIAA Rule 18.14.0)**

After entering or being eligible to enter the sixth (6<sup>th</sup>) grade students shall have seven (7) consecutive years of interscholastic eligibility. (See Middle School Athletic Director for exceptions.) After entering or being eligible to enter the ninth (9<sup>th</sup>) grade, a student shall have four (4) consecutive years of interscholastic eligibility.

#### **11. Athletic Summer Activities (WIAA Rule 17.10.0)**

Summer is defined for high schools as the first day following the WIAA spring tournaments through July 31<sup>st</sup>. Summer is defined for middle levels as the first day following the final day of the spring sports schedules through July 31<sup>st</sup>.

**12. Transferring Students (Athletics) (WIAA Rule 18.11.0)**

After registering with, attending, or participating with a middle level or high school, a student changing enrollment to/from one school district to another school district, or from one high school to another high school within a multiple high school district, shall be considered a transferring student. In order to be eligible for varsity competition a transferring student must meet the transferring student requirements of the WIAA. Specific transfer questions should be directed to the school Athletic Director.

**13. Mead School District *Honor Code***

**Citizenship Expectations**

Students participating in co-curricular and extra-curricular activities shall comply with all district and school rules as set forth in student handbooks, Mead School District policies/procedures, the *Mead School District Honor Code* and WIAA rules and regulations. Students are subject to the provisions of the Honor Code continuously (during the school year) until they complete their eligibility as graduating seniors.

Students participating in co-curricular and extra-curricular activities are visible representatives of their team/program, school and community. Participants are expected to maintain high standards of conduct in school and during all school related travel and events. If a participant engages in any willful or overt act that will embarrass or detract from, or be detrimental to, the activity, group, school or community he/she shall be subject to discipline up to and including loss of privilege to participate.

Sportsmanship and integrity are expectations of all participants. Displaying unsportsmanlike conduct, using profanity, game/event ejections, technical fouls, unsportsmanlike conduct penalties, etc. may result in suspension from participation.

Harassment, discrimination or hazing (initiation) are prohibited. This includes discriminatory behavior that occurs on the basis of gender, race, ability, religion, position, etc. Violations of these expectations will result in suspension and, if applicable, referral to law enforcement officials.

Co-curricular and extra-curricular participants suspended or removed from school for disciplinary reasons (either in-school or out-of-school suspension) cannot participate in practices, performances or contests

during the period of suspension. Serious classroom discipline problems may also result in suspension from practices, performances and contests.

Citizenship Expectations – Discipline Procedures: If a student is removed from an activity for violating any of these Citizenship Expectations, in excess of the current school day by a coach/director/-advisor, the coach/director/-advisor imposing such discipline shall notify the parent/guardian. If the proposed removal is in excess of one day, the coach/director/advisor and assistant principal shall informally review the proposed discipline prior to its imposition. A student who has lost the privilege to participate may petition the principal for reconsideration.

Progressive disciplinary sanctions imposed for a Citizenship Expectations infraction in grades 6, 7 & 8 terminate at the end of the 8<sup>th</sup> grade year. Citizenship Expectation sanctions shall be cumulative in grades 9-12, or until the student has no remaining eligibility under WIAA rules and regulations.

Citizenship Expectations – Appeal Process: Upon the imposition of penalty for infraction(s) of the Citizenship Expectations set forth above, any aggrieved student and parent/guardian of said student, shall have the right to an informal conference with an assistant principal and the coach/-director/advisor. If the student and parent/guardian do not make a written request for this informal conference within five (5) school days of the disciplinary action, they will have waived their right to the conference and appeal procedure. The informal conference is to be held within three (3) school days of the request.

The aggrieved party may appeal, in writing, to the principal within three (3) school days of the decision of the informal conference. The principal, after reviewing the case, shall render a decision within three (3) school days of the hearing.

If the party remains aggrieved they may appeal the principal's decision, in writing, to the Mead School District Activity/Athletic Discipline Appeals Council, within three (3) school days. This body, after hearing the case, shall render a decision within three (3) school days. The Mead School District Activity/Athletic Discipline Appeals Council is comprised of an administrator from each secondary school plus one district office administrator. Representatives are selected annually prior to the start of the school year. If a member of the Activity/Athletic Discipline Appeals Council was involved in the discipline being appealed that individual will be recused and another administrator from the school they represent will take their place for that specific appeal only.

## Use of Illegal Substances Expectations

Co-Curricular & Extra-Curricular participants, which includes all ASB recognized clubs or organizations, are not permitted to possess and/or use non-prescribed or illegal drugs, alcohol, marijuana, drug paraphernalia or tobacco. Non-alcoholic beer, tobacco-less chewing products, electronic cigarettes, vaping, etc., will be treated the same as real alcohol or tobacco products.

In addition to the prohibition against possession or use, a student shall not attend any party or gathering of students where alcoholic beverages, tobacco products, electronic cigarettes, marijuana, drugs, controlled substances, or other mood-altering chemicals are present. Such functions include parties in homes or outdoors, or while riding in a vehicle. Failure to leave such a situation immediately, in a safe manner, shall constitute a violation of the *Mead School District Honor Code*.

If a student cannot safely leave a situation where prohibited substances are present, the student must self-report the incident to an administrator immediately upon returning to school. Verification of the circumstances by the administrator will result in no disciplinary penalty.

### Use of Illegal Substances – Discipline Procedures: (WIAA Rule 18.25.0)

- a. A first violation, either in-season or out-of-season (school year), will result in suspension from participation in contests, awards and recognition based on the following guidelines:

Percent of Contests Forfeited	Investigation Circumstance
20%	Student self-reports & takes responsibility
40%	Student admits guilt during investigation
100%	Student is found guilty, but denies fault

- The percent penalty of contests/performances forfeited will follow the student into subsequent seasons if the consequence has not been fully served in the current season.
  - In order for a student to receive recognition and/or awards at the end of the season/year, he/she must end the season/year as a team member/participant in good standing.
- b. A second violation, either in-season or out-of season (school year), will result in suspension from participation in contests, awards and recognition for one calendar year from the date of determination of the second violation.

- c. A third violation, either in-season or out-of-season (school year) will result in permanent ineligibility.
- d. For either an in-season or out-of-season (school year), the student may be required to participate in a district designated chemical/-tobacco use education program prior to competing in another sport season or returning to a year-long activity. A parent/guardian, or another district approved adult, must participate with the student in at least the initial session of the education program.
- e. Any willful or overt act by a student that will embarrass or detract from the team/activity/group may jeopardize participation.
- f. Students are subject to the provisions of the Honor Code continuously (during the school year) until they complete their eligibility as graduating seniors.
- g. The “school year” is defined as the beginning of the fall sports season for athletics, or in the case of Marching Band the first day of Band Camp, to the last day of scheduled classes in the spring. A “sport season” is defined as the first day of practice to the awards ceremony at the end of the season.
- h. As defined by the WIAA, Cheerleading and Dance/Drill are year-long activities. Many other co-curricular activities are also year-long activities. For the purposes of enforcement of an Honor Code violation, the year will be divided into three seasons that run concurrently with the start of each of the three sports seasons and end at the latest culminating event (state tournament or contest), for the involved sport.

Use of Illegal Substances – Appeal Process: Upon the imposition of penalty for infraction(s) of the Use of Illegal Substances Expectations set forth above, any aggrieved student and parent/guardian of said student, shall have the right to an informal conference with an assistant principal and the coach/director/advisor. If the student and parent/guardian do not make a written request for this informal conference within five (5) school days of the disciplinary action, they have waived their right to the conference and appeal procedure. The informal conference is to be held within three (3) school days of the request.

The aggrieved party may appeal, in writing, to the principal within three (3) school days of the decision of the informal conference. The principal, after

reviewing the case, shall render a decision within three (3) school days of the hearing.

If the party remains aggrieved they may appeal the principal's decision, in writing, to the Mead School District Activity/Athletic Discipline Appeals Council, within three (3) school days. This body, after hearing the case, shall render a decision within three (3) school days. The Mead School District Activity/Athletic Discipline Appeals Council is comprised of an administrator from each secondary school plus one district office administrator. Representatives are selected annually prior to the start of the school year. If a member of the Activity/Athletic Discipline Appeals Council was involved in the discipline being appealed that individual will be recused and another administrator from the school they represent will take their place for that specific appeal only.

### **Social Media**

Co-curricular and extra-curricular participants should be aware that third parties, including media, school district staff, future employers and WIAA officials can easily access social media sites and view personal information. This includes pictures, videos, comments and posters. Posted items that are inappropriate in nature are easily discovered and can impact the perception of the student, the team/activity/group, the school and the school district. Inappropriate posts can also be detrimental to a student's future education and employment opportunities.

Examples of inappropriate/offensive social media participation may include, but are not limited to, the following:

- Photos, videos, comments and/or posters showing the personal use of alcohol, drugs and/or tobacco. This includes holding cups, bottles, cans, shot glasses, etc.
- Photos, videos and/or comments that are of a sexual nature. This includes links to websites of a pornographic nature or depicting other inappropriate material.
- Photos, videos, comments and/or posters that condone drug-related activity. This includes images that portray the personal use of marijuana and/or drug paraphernalia.
- Content that is unsportsmanlike, derogatory, demeaning or threatening toward another individual or entity. This includes derogatory comments regarding another school, taunting comments directed at another student, coach/director/advisor or team and derogatory race/gender comments.
- Content that depicts or encourages unacceptable, violent or illegal activities. This includes hazing, sexual harassment/assault, gambling,



discrimination, fighting, vandalism, academic dishonest, underage drinking and illegal drug use.

- Content that is in violation of team/activity/group, school, school district, WIAA or GSL rules. This includes commenting about a coach/director/advisor, teammate, opponent, official and/or school district employee.
- Information that is sensitive or personal in nature or is proprietary to the team/activity/group or school, which is not public information. This includes tentative or future team/group schedules, student injuries, student eligibility status and/or team/activity/group travel information (plans/-itineraries).

### **Transfer Requests**

A parent, guardian or student may request a transfer to another school within the district but outside of the student's designated school attendance boundary. See Mead School District Policy/Procedure 3131, Assignments to Schools, for additional information.

A transfer from one secondary school to another within the school district, if not accompanied by a bona-fide change of residence by the family unit, may result in one year of ineligibility for VARSITY athletics (WIAA transfer rule). Note: WIAA Form 6 must be completed for all transfers.

A student who moves out of the district during a school year must be reported as a non-resident student for athletic purposes.

### **Middle/High School Travel & Transportation**

The Mead School District will furnish transportation for co-curricular and extra-curricular participants to and from contests. All participants will ride the bus to and from contests/performances/competitions. A coach/director/advisor may excuse a student from travel to and from an off-site practice or contest on the bus under the following conditions:

- The student is riding with his or her parent or guardian.
- A signed Alternative Travel Form is on file in the school office allowing the student to ride with another adult. Students will not be allowed to ride without approved adult supervision even if they have a parental note.

Students on school related trips and overnight stays are subject to all school district rules and regulations. Any violation of travel rules/expectations may result in suspension from the activity and additional consequences for violation of general school rules.

## **Equipment**

Equipment owned by the Mead School District is intended for exclusive use in school/district authorized programs. Each student is responsible for equipment checked out to him/her. Lost or damaged equipment will result in a charge for replacement. Failure to turn in equipment, or pay for lost or damaged equipment, may result in the withholding of awards and/or possible suspension from future participation.

## **Injuries – Care & Prevention**

The possibility of minor and/or major injury is inherent in all extra-curricular and many co-curricular activities. Sprains, fractures, joint injuries and bruises are a few of the more common, but not all-inclusive potential injuries. More serious injuries, such as paralysis or even death, although rare, can occur. Therefore, the Mead School District adheres to the following injury care and prevention guidelines:

1. Parents/Guardians who have concerns regarding the safety of a program, or have knowledge of an injury or health problem associated with a program, which school personnel may not be aware of, should contact the appropriate coach as soon as possible. If the problem persists the school Athletic Director should be notified.
2. Each coach/director/advisor will inform students of the inherent risks and specific safety guidelines associated with that particular activity. Whenever possible this same information will be provided to parents/guardians.
3. In the event of a serious injury to a student, and in the absence of trained medical help on site, the coach/director/advisor will call 911 requesting emergency medical personnel come to evaluate and treat the injured individual. The coach/director/advisor should not diagnose or treat seriously injured students.
4. It is the responsibility of the coach/director/advisor to submit – to the school principal or designee - an accident report for each significant/serious injury. Accident Report forms are available in the main office at each school location. For the protection of the student, coach/director/advisor and school district the Accident Report must be completed in its entirety including sufficient detail that anyone reading it at a later date will know exactly what occurred. Assistant coaches/directors/-advisors must report all injuries to the head coach/director/advisor.

5. The following protocols should be used with an injured student:
- a. The responsible coach/director/advisor should stay with the injured student or delegate this responsibility to another individual if the responsible coach/director/advisor must leave to attend to the well-being of said student by calling 911 and/or meeting the emergency response unit.
  - b. A seriously injured student should not be moved, especially if the injury involves the head, neck or back.
  - c. A student who experiences any of the signs or symptoms of a concussion after receiving a bump or blow to the head will not practice or play/participate until cleared by a medical professional (preferably a sports medicine physician or neurologist). After receiving medical clearance the student will be placed on a “return-to-play” protocol by the school’s trainer (high school level). Once the student successfully passes all levels of the “return-to-play/participate” protocol, he/she will then be cleared for participation.
  - d. The responsible coach/director/advisor should make any necessary emergency calls (i.e. 911) or delegate this responsibility if he/she determines they cannot step away from the injured student leaving them in the care of another adult, to make the call/s.
  - e. The responsible coach/director/advisor should contact the parent/guardian of the injured student as soon as possible.
  - f. The responsible coach/director/advisor should meet the emergency response unit in the area where the unit will enter the school grounds or delegate this responsibility if he/she determines they cannot leave the injured student in the care of another adult, to fulfill this obligation.
  - g. The injured student’s medical information should be provided to the emergency response personnel.
  - h. The building principal and/or athletic director should be notified of the incident as soon as possible.
  - i. The responsible coach/director/advisor should make a follow-up call/s to check on the injured student’s status.

### **Insurance (Athletics)**

The Mead School District does not carry medical insurance on athletes and is not responsible for medical expenses resulting from participating in athletic activities. Therefore, in order to be eligible for participation parents/guardians must provide written verification that they have medical insurance that covers the student-athlete or purchase a student accident insurance plan. Said documentation is part of the Athletic Eligibility Packet.

## **High School Athletic Pre-Season Parent Meetings**

Athletic pre-season parent meetings provide an opportunity to explain program history and expectations. While attendance is not mandatory, it is highly recommended. Typical meeting agenda items include:

- Player requirements including academic, attendance, behavior, Honor Code and other eligibility expectations.
- Safety, participation risks and nutritional considerations.
- Practice and game schedules.
- Player, parent and coach communication.
- Awards criteria.
- Ways parents can be supportive.

## **Athletic Program Restructuring Considerations**

From time to time athletic programs are evaluated and, if necessary/appropriate, a change may be necessary. When restructuring an athletic program the following criteria are thoughtfully and objectively considered (items listed are in no particular rank order):

- |                                  |                               |
|----------------------------------|-------------------------------|
| • Number of Participants         | • Income                      |
| • Indirect Participation         | • Facilities                  |
| • Student Interest               | • School Spirit/Morale        |
| • Community Alternatives         | • Community Financial Support |
| • Equity                         | • Intramural Possibilities    |
| • Diversity                      | • Liability                   |
| • Cost Per Participant           | • Majority Benefits           |
| • Cost Per Participant Per Event |                               |

## **Sports Camps**

Some athletic programs offer sports camps during the summer. Fees for these camps are determined by the director of each camp and approved by the Mead School District Board of Directors. Camp directors are responsible for determining camp staff. Every effort will be made to coordinate camp schedules so that offerings do not conflict with one another.

Camp directors reserve the right to establish special arrangements for students who are unable to cover the cost of camp.

For athletics, summer is defined for high schools as the first day following the WIAA spring tournaments through July 31. Summer for middle level schools is the first day following the final day of the spring sports schedules through July 31.

### **College Athletics – NCAA Eligibility Center**

High school athletes who are considering participating in college athletics at the Division I or Division II level must be declared eligible by the NCAA Eligibility Center.

- **Freshman Year** (9<sup>th</sup> grade) – Check your high school's list of NCAA approved courses at [NCC.org/course](http://NCC.org/course) list.
- **Sophomore Year** (10<sup>th</sup> grade) – Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org)
- **Junior Year** (11<sup>th</sup> grade) – Check with high school counselor to make sure you are on track to complete the required number of NCAA approved courses. Take the ACT or SAT and submit scores to the NCAA Eligibility Center.
- **Senior Year** (12<sup>th</sup> grade) – Complete final NCAA core courses. Take ACT or SAT and submit scores to the NCAA Eligibility Center.

For additional information visit [www.eligibilitycenter.org](http://www.eligibilitycenter.org)