



ATHLETIC/ACTIVITIES HANDBOOK



We encourage all our student athletes to take full advantage of the athletic opportunities provided. Through this participation, we hope students will be able to proudly represent their school and achieve personal athletic success, while inspiring a high level of respect and creating a positive impact on their lives now and in the future.

All athletics/activities subject to the following policies and procedures include, but are not limited to those posted at <https://www.csd49.org/CJSHS/Content2/cjshs-athletics>

Chimacum School District does not discriminate in any programs or activities based on sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employee has been designated to handle questions and complaints of alleged discrimination: Civil Rights, Title IX, and Section 504 Coordinator, Melinda Miller, PO Box 278, Chimacum, WA 98325, melinda_miller@csd49.org, (360) 302-5886.

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ATHLETES REPRESENT CHIMACUM SCHOOL DISTRICT

All athletes represent the Chimacum School District (hereafter referred to as the District). Participants are required to conform to the rules and regulations of their school, the League, and the Washington Interscholastic Activities Association (hereafter referred to as the WIAA), and to conduct themselves in a safe and sportsmanlike manner. Violators are subject to probation, suspension, or expulsion.

Any disciplinary action taken because of a violation of the activities code may, at the discretion of the Athletic Director and School Administration, be in addition to disciplinary action as outlined in the school's student handbook, state law, school board policies, and/or team rules.

ATHLETIC CODE

The District's Interscholastic Activities Program is governed by district policy and the WIAA rules. The eligibility standards for participation in interscholastic activities, established by WIAA rules, place athletes and participants of other interscholastic activities in a position of representing their student body as student leaders.

SPORTSMANSHIP

At CJSHS, we expect to always demonstrate positive sportsmanship, whether athletes, spectator, or staff. Please remember to always show CLASS:

- C – Cheer in a positive manner
- L – Lead by example
- A – Always display school pride
- S – Show respect to all
- S – Success through sportsmanship

In representing your school, you are expected to be aware of your influence on the behavior of others and model good sportsmanship. Cheering for your team and not against the other team, or the officials, is behavior expected from fans and students. Racial slurs, signs, fighting, and/or any other disparaging behavior of any type shall result in the following actions:

1. Conduct resulting in ejection or disqualification from an interscholastic contest administered by game officials, coaches or school administrators shall minimally result in the following:

First Violation (WIAA 18.27.3): The first violation of the season shall result, at a minimum, in the ejected person (student, coach, other school representative) being ineligible until after the next school contest in that sport at the same level of competition from which the person was ejected has been completed.

- A. An ejection due to violent conduct by a player or a coach or abusive language by a coach shall result in a suspension equal to twenty percent (20%) of the number of allowable contests for that sport as indicated in the WIAA Official Handbook.
- B. The WIAA staff and/or WIAA Executive Board may increase a suspension based upon the aggressive conduct, inappropriate language, and/or circumstances following an ejection.

Rule (WIAA 18.27.4): Should a participant be unable to complete a suspension during the sports season in which the ejection occurs, the suspension shall be carried over into the participant's succeeding season of participation.

Second Violation (WIAA 18.27.5): The second violation in the same sport and season shall result in ineligibility for the remainder of the season of that sport.

Third Violation: A third violation, regardless of the sport season, shall minimally result in the athlete's suspension from all sports for the remainder of the school year. In no instance shall participation in a school and/or community approved assistance program excuse an athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity and/or compliance with the athletic code by the athlete may allow him/her to have eligibility reinstated in the athletic program, pending determination by the school's Athletic Director.

2. We expect the highest degree of good sportsmanship from all participants, including fans and parents. Any fan or parent who abuses the ideals of good sportsmanship, as outlined in WIAA/District policies and procedures, may be asked to leave the athletic event, with future attendance subject to review and/or guidelines set forth by the school administration.

REGISTRATION REQUIREMENTS FOR ATHLETICS

An athlete and his/her parent/guardian(s) must complete all required athletic registration forms prior to participation. **A participant/parent/guardian who provides false information or falsified signatures may be declared ineligible from athletic participation for a period of one year.**

Athletic Registration Forms Include

1. Contact Information
2. Eligibility Form
3. Medical Emergency Authorization Form
4. A Current Physical (**WIAA 17.11.0**)
 - Prior to the first practice for participation in interscholastic athletics, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination.
 - A physical exam is good for a twenty-four (24) month period and must be signed by a physician.
 - If an athlete's physical expires during the season they plan to participate in, they must obtain a new physical before the first practice of the season.
5. Proof of Insurance
6. Participation Fee Contract
7. Consent to Share Nutrition Information
8. Concussion Information Sheet
9. Athletic Handbook
10. Code of Conduct
11. Sport Specific Safety Form
12. COVID Disclosure and Release Activity Participation Form Addendum

In Addition To The Above Forms The Following Are Also Required

1. Student must have paid all fines previously incurred.
2. Student has paid the user fee:
 - \$80 per sport for High School, except \$130 for football
 - There are no fees for Middle School athletics

Students who qualify for free or reduced lunches are eligible for reduced athletic user fees.

- ½ price for all sports or no cost

3. Any student participating in an Associated Student Body Activity supported by ASB funds must purchase an ASB card.
 - \$25 per year

ELIGIBILITY AND DISQUALIFICATION

ACADEMIC ELIGIBILITY POLICY (WIAA 18.0.0)

WIAA 18.1.0 Student Eligibility Criteria – All participants must be eligible under the rules of the WIAA to participate in an interscholastic contest.

WIAA 18.2.0 Cleared for Participation – No student shall participate in a practice unless they are on the cleared for participation list on file in the Athletic Directors office.

WIAA 18.3.0 Eligible to Compete – Only students who are currently eligible to participate in an activity may appear in the team uniform on the team bench, sideline, court, field, or deck during the contest.

WIAA 18.4.0 Age Limits –

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.

Junior High School – A student shall not have reached their 16th birthday prior to June 1 of the previous school year.

Middle School – A student shall not have reached their 15th birthday prior to June 1 of the previous school year. Middle school is defined as a school with at least seventh and eighth grade levels.

WIAA 18.5.0 Student Member of a School – Students must be regular members of the school they represent in order to participate in an interscholastic activity. Students are a “regular member” of a school if they are enrolled half time or more, exclusive of interscholastic activities.

Definitions:

WIAA 18.5.1 Home Based Education – Home School Contract must be on file annually in the Athletic Director’s office. Home based students must register with a public school district with the intent to home school.

WIAA 18.5.2 Alternative Education – Alternative Education Contract must be on file annually in the Athletic Director’s office. Alternative education programs are academic learning opportunities that fall outside of the traditional schoolhouse format. These programs include, but are not limited to, Online Schools, Parent/School District Co-Op, Virtual Academics, etc. A school district receives FTE funding for students involved in these programs.

WIAA 18.5.3 Private School Education – A student who is a regular member in a private school may participate on the interscholastic teams of their resident public school if the student resides within the service area of that public school and if the interscholastic activity is unavailable to the student in the private school.

WIAA 18.6.0 Running Start Eligibility Standards – A Running Start Contract must be on file annually in the Athletic Director’s office. A running Start student’s eligibility is through the public school of residence/record, where the student accesses the Running Start program.

WIAA 18.7.0 - All students participating in extracurricular activities must be enrolled in at least five classes in both the current and previous grading periods. Any student not passing five classes from the previous grading period, or not enrolled in five classes for the present grading period, will automatically be removed from the activity. Students must have a passing grade in all classes to be considered eligible to participate in athletic contests. In addition, a minimum of a 2.0 grade point average from the previous grading period is required.

****The PI and FOCUS student must have gained at least five credits the previous grading period. They must also be making adequate progress during the current grading period, as deemed by the administration.**

WIAA 18.7.0 - The “Running Start” student shall maintain passing grades during the previous and current high school semesters in the equivalent of four full-time high school class. One – 5 credit quarter course is equivalent to one high school credit. One – 3 credit semester course is equivalent to one high school credit.

Process for Violation of Academic Standards Policy

Students grades will be checked every two (2) weeks to ensure they are on track to pass their classes. If a student is not meeting the grade requirement, they will be placed on a two (2) week probation period, where they will be required to attend the 7th period study hall until they are back on track.

WIAA 18.7.6 Academic Suspension Period – A student who failed to make the grade requirements shall be placed on suspension. The student shall be ineligible during the suspension period. If, at the end of the suspension period, the student is passing in the minimum number of classes required above, the student may then be reinstated for interscholastic competition.

The suspension period for high school students shall be from the end of the previous semester through the fourth (4th) Saturday in September in the fall or the first five (5) weeks of the succeeding semester. **If the suspension period falls during a non-school week (as defined in 17.15.1) and the athlete is missing scheduled competition, the week may count toward the five (5) week suspension.**

The suspension period for middle level students shall be from the end of the previous semester through the first three (3) weeks of the succeeding semester.

Each student is eligible on the Monday of the week following the end of the suspension period.

Students who qualify for the state special education program may be eligible and participate if he/she makes satisfactory progress and effort, consistent with his/her ability, toward the goals described in the Individualized Education Program (IEP). The Special Education staff will work closely with the administration and Athletic Director in determining if the student is progressing satisfactorily.

RESIDENCE RULE

The WIAA residence rule is intended to create an equitable environment in which its members schools can compete, and at the same time prevent those abuses that taint the goals of interscholastic activities. Primarily, the residence rule is intended to prevent athletic recruiting, prevent students from choosing schools for athletic reasons, and to promote the varied family units as the best environment for students to live in while attending school. Determining students from running away from or avoiding imposed discipline, protecting school programs, by discouraging athletic transfers, and protecting the opportunities for bona fide resident students to participate are also viable reasons for the residence rule.

WIAA 18.10.0 Definition of Residence and Family Unit

Residence - The place where the family unit has established its home and/or the place where the student is habitually present and to which, when departing, the student intends to return.

Family Unit - The adult(s) who has/have had legal custody, legal guardianship, or has/have acted in a parental capacity of the student and any siblings high school age or younger with whom the student resides for a period of at least one (1) year.

WIAA 18.10.0 - In order to be eligible to participate and/or represent a member school in an interscholastic contest, the student of that school must be residing within the boundaries of that school district and designated attendance area of the school.

WIAA 18.10.2 – Unless otherwise provided, a student shall become varsity eligible at the school in which that student resides with the family unit, provided the student continuously attended that member school, or a feeder school of that member school, for a period of one (1) year.

WIAA 18.10.3 - A student who cannot meet the Residence Rule requirements would be eligible for all interscholastic competition below the varsity level, subject to 18.26.3.

WIAA 18.10.4 - Residence Area for private schools shall be a fifty (50) mile radius from the school address. Any move by the family unit within the 50-mile radius from the school would require continuous enrollment at the original private school of residence.

TRANSFER RULE

The Transfer Rule is intended to create and maintain a consistent and level playing field for students in member schools. In keeping with the belief that participation in activities is a privilege and not a right, certain standards of eligibility have been established. The transfer rule protects students who have previously participated in athletic competition at a member school from being replaced by students who transfer. It encourages fair play, communication and determination while discouraging “School shopping” and abuses of promotion and recruiting by member schools and their agents. While recognizing the educational experiences that each member school provides, the WIAA member schools support the right of parents and students to attend a school of their choice during the window of transfer. Our membership also recognizes the unpredictable nature of the high school experience. Therefore, the WIAA supports the right of parents and students to attend a school of their choice, however, this does not guarantee varsity athletic eligibility. Once a student establishes themselves at a school, there must be an acceptable set of circumstances or “hardship” to warrant varsity athletic eligibility if a student transfers schools.

WIAA 18.11.0 Transferring Students - After residing in, registering with, attending, or participating with a middle level or high school, students 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 transferring students. In order to be eligible for varsity competition, transferring students must meet the transferring student requirements of 18.11.1, 18.11.2, 18.11.3, or be granted a waiver under 18.13.0 and 18.26.3. This section shall also apply to those students receiving home-based instruction.

WIAA 18.11.1 - A student who is ineligible in a member school for interscholastic activities may not become immediately eligible at another member school without completing the conditions of ineligibility.

WIAA 18.11.2 - The following students who are attending a member school shall be deemed to meet the residence rule requirement and transferring student rule requirements:

- A. A student whose transfer is based on a bona fide change of residence to a new school (district) due to an actual physical relocation of and with the entire family unit to a different residence and preceded by termination of all occupancy of their previous residence.
- B. A student attending a school outside of his/her residence district for one (1) calendar year or more is eligible thereafter at that school provided the enrollment/attendance is continuous.

- C. A student whose parent(s) or legal guardian(s) reside at different abodes as the result of a divorce or court approved legal separation is allowed one (1) transfer between parents or guardians after entering the ninth grade without being restricted to sub-varsity competition for one (1) year.
- D. A student who is under commitment to the Department of Social and Health Services, a student who is on juvenile parole status and a student who has been adjudicated as a ward of a juvenile court where residence is the result of assignment by the government entity charged with their care.
- E. A student who has a residence change because of the death of a member of the family unit or military deployment in order to reside with a relative.
- F. A seventh and/or eighth grade student who transfers to a school without a corresponding change of residence by his or her family unit and who meets all other conditions of eligibility shall be eligible at the new middle school when properly enrolled. High school eligibility is subject to the transfer rule and one (1) year of continuous enrollment.
- G. A student, except F-1 Visa students to a private school, upon enrollment to the initial first level of a private school within a 50-mile radius of the family residence from their public school of residence or their public school of residence from a private school within a 50-mile radius of the family residence.
- H. A student who wishes to transfer to a school without a corresponding change of residence by their family unit and who meets all other conditions of eligibility shall have initial eligibility at the new school only during the window of transfer.
 - 1. The window of transfer may be accessed one (1) time during the natural break between junior high/middle school and high school.
 - a) If the school declares its ninth graders as junior high athletes, the window of transfer is between the ninth and tenth grade years.
 - b) If the school declares its ninth graders as high school athletes, the window of transfer is between the eighth and ninth grade years.
- I. Provided all other conditions of eligibility are met, a student who has established their athletic eligibility at a high school of choice, public or private, located outside their resident public school during the window of transfer described above, will be required to have continuous enrollment at the established school of choice regardless of any family unit move within the student's original or chosen resident public school district attendance boundaries.

WIAA 18.11.3 - A student attending a member school for one (1) calendar year or more is eligible in the same school/school district during subsequent attendance, so long as the enrollment/attendance is continuous.

WIAA 18.11.4 - 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 their District Eligibility Chairperson.

- A. A student leaving this country for a one-year international exchange experience shall file the cultural exchange form with their District Eligibility Chairperson prior to departure and will be eligible at their school of origin upon their return, provided all other rules of eligibility have been met.
- B. 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 their 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.

ALCOHOL, TOBACCO, AND DRUGS

As a school we believe that no student should be involved in pursuits such as tobacco, alcohol, legend drugs, controlled substances, and paraphernalia and we have policies in place that deal with substance use during school and at school sponsored events. *This includes vaping in any form, as it is unknown what is actually in the vape pen.* Team membership requires an additional commitment, and we expect our athletes to refrain from the use of any of these substances in or out of school and in or out of season.

WIAA 18.25.0 Use of Illegal Substances - School and WIAA rules and regulations are intended to discourage the use of alcohol, tobacco, legend drugs, controlled substances, and paraphernalia and to encourage the use of school and community resources. School and community resources should be identified for students who have had a violation and seek help or who are referred for assessment.

WIAA 18.25.1 Alcohol and tobacco - Each WIAA member school shall adopt reasonable rules and regulations pertaining to the use of alcohol or tobacco products that are specific to the middle or high school levels.

Chimacum High Schools alcohol, tobacco, and marijuana (all forms of marijuana including vaping) rules and regulations:

FIRST VIOLATION

Use/Possession

- * Athletic Director/Principal/Player Conference
- * Up to a two-week ineligibility for competition
- * Meet with a substance abuse counselor

SECOND VIOLATION

Use/Possession

- * Athletic Director/Principal/Player Conference
- * Up to a four-week ineligibility for competition
- * Meet a minimum of three times with a substance abuse counselor

THIRD VIOLATION

Use/Possession

- * Athletic Director/Principal/Player Conference
- * Ineligible for interscholastic competition for the remainder of the current sport season
- * If the violation happens at the end of the season, the athlete will be ineligible for the next sport season
- * Meet a minimum of ten times with a substance abuse counselor

FORTH VIOLATION

Use/Possession

- * Athletic Director/Principal/Player Conference
- * Ineligible for interscholastic competition for a period of one (1) calendar year from the date of the fourth violation
- * Meet a minimum of twenty times with a substance abuse counselor

WIAA 18.25.2 Legend Drugs and Controlled Substances – Penalties for the possession, use, or sale of legend drugs (drugs obtained through prescription, RCW 69.41.020-050) and controlled substances (RCW 69.50) shall be as follows:

FIRST VIOLATION

A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student accesses the assistance program outlined in B (below.)

An athlete that is found to be in violation of the legend drugs and controlled substances rule shall have two options.

- A. The athlete will be ineligible for participation in contests for the remainder of that interscholastic sports season and must meet the school's requirements in order to be eligible to compete in the next interscholastic sports season. The school principal will have the final authority regarding the student's participation in further interscholastic sports programs.
- B. The athlete may choose to seek and receive help for a problem with use of legend drugs or controlled substances. Successful utilization of school and or community assistance programs may allow him/her to have eligibility re-instated in that athletic season, pending recommendation by the school.

SECOND VIOLATION

A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

THIRD VIOLATION

A participant who violates for a third time RCW 69.41.020 - 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

Appeals Due to Hardship

WIAA 18.26.0 Hardship – 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.

ATTENDANCE

Any student participating in school-sponsored events must attend all classes and class activities in order to participate that day. Exceptions to this requirement must be approved in advance by the school administration in accordance with the guidelines below:

- You may miss class and still participate **only if** your absence is excused by a parent that confirms you were at a doctor, dental or legal appointment, funeral or a personal emergency, or for a school field or activity trip. A note from the physician/dentist may also be required if applicable.
- A student may be excused for family matters such as death, severe illness, or some other emergency. The final decision resides with the Athletic Director.
- You will not be allowed to participate in practice, game or perform if you:
 - Are truant from class.
 - Are absent from any period of the day.
 - Are tardy more than ten (10) minutes from any class.
 - Leave class without your teacher's permission.
 - Sleep in and come to school late.
 - Go home because you are sick.
 - Stay home because you are ill and come to school later because you are feeling better.

- Coaches/advisors will receive a list of students who cannot participate.

DISCIPLINE

If a consequence of any disciplinary action has been imposed resulting from the violation of SBP 3200: Student Rights and Responsibilities, the student shall not be permitted to participate until the consequence is completed.

MISCELLANEOUS INFORMATION

ATHLETIC EQUIPMENT

- All athletes are responsible for school equipment issued to them
- Lost or damaged equipment will be the athlete's financial obligation
- Fines will be issued at the current replacement cost for any lost or damaged equipment
- Fines must be paid, or equipment turned in, before participation in the next sport season
- Students participating in school sports and activities must have their own equipment approved by the coach and must meet the WIAA and National Federation standards set for equipment

ATHLETIC AWARDS

Athletic awards are symbolic of athletic accomplishment, good conduct, and observance of high athletic ideals.

- To be eligible for an athletic award, an athlete must successfully complete the sports season
- The athlete must be recommended by their coach
- The athlete must meet the criteria for lettering set forth by the coach

FACILITIES USE AND SUPERVISION

Athletes and students are not allowed to use secured OR unsecured district facilities without the direct supervision of district staff, coaches or adult advisors

SUMMER SPORTS CAMPS

- A school athlete's participations in a commercial summer camp, school sponsored summer camp, summer clinic, or other similar program in any sport shall not begin until the conclusion of the final WIAA State tournament of the school year.
- Participants in a school sponsored sport may not have any contact with a school coach or participate in any practice, clinic or camp after July 31st
- Participation in summer sport activities are not a requirement for playing that sport during regular season

TRAVEL REGULATIONS

The following rules will be enforced whenever travel is involved to other schools for athletic or activity events.

- All athletes must travel to and from activities or athletic events in transportation provided or arranged by the school district
- Athletes and students will remain with their team and under the supervision of their coach or advisor when attending away events
- Athletes and students will follow all school and district rules when attending away events and riding district transportation
- Athletes and students will represent their school and District in a prideful and appropriate way showing good sportsmanship at away events

- Students may only be released to their legal guardian(s) after a road event. The guardian must sign out with the coach. Students will not be released to anyone else, even if the legal guardian signs a note or talks to the coach.

PRANKS AGAINST OTHER SCHOOLS

Athletes may not travel to rival schools' campuses (unless they have been invited for a school sanctioned event) with the intention of committing a mischievous act. They may not enter into any buildings/private offices, remove any piece of school property or interfere with members of other schools' student body/faculty for the purposes of a prank. Specifically, athletes may not travel to rival schools to steal the school mascot before an athletic event.

If any student athlete does not abide by these rules, he or she will be dismissed from the team for the remainder of the season, the team will suffer a penalty and any further consequence will be decided at the administrative level.

HEALTH AND SAFETY

PHYSICALS

Before students are allowed to participate, they must have a current physical on file with the Athletic Director (WIAA 17.11.0)

INSURANCE

It is required that athletes be covered by medical and dental insurance while participating in school sponsored activities. Parents/guardians must:

1. Provide proof of medical insurance, or
2. Purchase insurance for athletics available through the school.

INJURIES

All injuries received during an athletic activity should be reported to the coach on the day it occurred. If your child comes home with an injury: ask if the coach(es) were notified and when appropriate, try to elevate and ice the injured part 20 minutes every hour until bedtime (20 minutes on, 20 minutes off). Remember RICE as a good rule of thumb: Rest, Ice, Compression, and Elevation.

When injuries are iced for the first 24-72 hours, the swelling to the injured area(s) is kept to a minimum and the injured area tends to heal quicker.

If for any reason your child must be seen for medical reasons (injury, illness, or other) by a physician, chiropractor, physical therapist, or any other medical staff, he/she must have the health care provider complete a Return to Play Form in order for the athlete to return to practices/games.

EMERGENCY TRANSPORT

We will always transport via ambulance for the following conditions: pulmonary arrest (not breathing), cardiac arrest (no heartbeat), dyspnea (severe difficulty breathing), heat stroke, suspected neck or back injury, major uncontrollable bleeding, significant head injury, prolonged unconsciousness (2 minutes or longer), open fractures (bones appearing through broken skin), and major joint dislocations.

We will also transport via ambulance if the parents of the injured athlete are not present or cannot be reached and it is felt that the athlete needs immediate medical attention. If for any reason an injury occurs

which requires medical attention, every effort will be made to notify the parents if they are not present. The parent/guardian of the student will be responsible for ambulance costs.

CONCUSSION INFORMATION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|------------------------------------|--|
| • Headaches | • Amnesia |
| • “Pressure in head” | • “Don’t feel right” |
| • Nausea or vomiting | • Fatigue or low energy |
| • Neck pain | • Sadness |
| • Balance problems or dizziness | • Nervousness or anxiety |
| • Blurred, double, or fuzzy vision | • Irritability |
| • Sensitivity to light or noise | • More emotional |
| • Feeling sluggish or slowed down | • Confusion |
| • Feeling foggy or groggy | • Concentration or memory problems (forgetting game plays) |
| • Drowsiness | • Repeating the same question/comment |
| • Change in sleep patterns | |

Signs observed by teammates, parents and coaches include:

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|---|---|
| • Appears dazed | • Slurred speech |
| • Vacant facial expression | • Shows behavior or personality changes |
| • Confused about assignment | • Can’t recall events prior to hit |
| • Forgets plays | • Can’t recall events after hit |
| • Is unsure of game, score, or opponent | • Seizures or convulsions |
| • Moves clumsily or displays incoordination | • Any change in typical behavior or personality |
| • Answers questions slowly | • Loses consciousness |

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that an adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of

how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember, it’s better to miss one game than miss the whole season and ***when in doubt, the athlete sits out.***

For most current information on concussion go to: <http://www.cdc.gov/ConcussionInYouthSports/>

COMMUNICATION BETWEEN PARENTS AND COACHES

We are very pleased that your student has chosen to participate in the athletic program, and we will do all we can to provide a positive experience. Possibly the most important ingredient to achieve this outcome is to ensure that lines of communication are developed to allow for free and easy resolution of questions before they become issues. As a parent, you have a right to know what expectations are placed on your athlete.

Communication You Should Expect From Your Athlete's Coach

- Philosophy of the coach.
- Guidelines for selecting the team.
- Expectations for your athlete.
- Locations and times of all practices and contests.
- Team requirements: equipment, off-season training, team rules, etc.
- Procedure to follow should your athlete become injured during participation.
- Requirements to earn a letter.
- How to best contact the coach.
- Communication concerning your athlete’s role on the team and how he/she fits into the future of the program.

Communication Coaches Expect From Parents

- Concerns expressed directly to the coach through an appropriately scheduled conference.
- Notification of any schedule conflicts well in advance.
- Specific concerns regarding a coach’s philosophy and/or expectations.
- Notification of **any** injury or illness.

As your athlete becomes involved in the various programs in the District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your athlete wishes. At these times, discussion with the coach may be the quickest and most effective way to clear up the issue and avoid any misunderstanding.

Appropriate Concerns To Discuss With Coaches

- The treatment of your athlete, psychologically and physically.
- Ways to help your athlete improve.
- Concerns about your athlete's behavior.

At times it may be difficult to accept the fact that your athlete is not playing as much as you or the athlete would like. Coaches are professionals who make judgment decisions based on what they believe to be the best for the team and all involved. As you have seen from the list above, certain things can be and should be discussed with your athlete's coach. We ask that other things, such as those listed below, be left to the discretion of the coach.

Coach's Decisions

- Playing time
- Team strategy
- Play calling
- Matters concerning other student/athletes

Procedure to Voice Concerns

There are situations that may require a conference between the coach, the athlete, and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other person's role and position. When these conferences are necessary, the following procedure should be followed to help promote a resolution:

- Your athlete should first talk with the coach about their concerns.
- If, after the athlete meets with the coach, the matter is still unresolved, parents may call to set-up an appointment with the coach.
- If the coach cannot be reached after a reasonable time, call the Athletic Director at your athlete's school. The Athletic Director will arrange an appointment for you to meet with the coach.
- Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings at these times usually do not work well for the coach, the parent, or the player.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and set up an appointment with the Athletic Director to discuss the situation.
- At this meeting, the appropriate next step can be determined.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you may have regarding your athlete's experience on one of the District's sports teams.:

Please make contact as follows:

1. Assistant Coach (if applicable)
2. Head Coach
3. Athletic Director
4. Principal
5. Superintendent

Student Privacy: All student information must be kept confidential per federal law. Disclosing any information about a student including academic, medical, and personal information is a violation of the Family Educational Rights and Privacy Act of 1974 (FERPA).

NO Firearms and Dangerous Weapons: It is a violation of district policy (4210) and state law for any person to carry a firearm or dangerous weapon on school premises, school provided transportation or areas of other facilities being used exclusively for school activities.

NO Tobacco/Drugs/Alcohol: Use of tobacco products, drugs and alcohol by staff, students, visitors, and community members shall be prohibited on school district property which includes all district buildings, grounds and district-owned vehicles.

RESPONSIBILITIES OF COACHES, ATHLETES, PARENTS

- A successful experience is the goal of all participants within an athletic program. It is the responsibility of many groups of people that will make this goal possible. The individual responsibilities are listed in the chart below. The District is committed to providing a successful experience for all participants; the following responsibilities will make these successful experiences a reality.
- Participation in athletics is a privilege. Participation is voluntary, but requires that all student athletes meet certain expectations. Those expectations include meeting all academic, conduct, and citizenship requirements explained in this pamphlet, with a focus on displaying an attitude of good sportsmanship.

	STUDENT-ATHLETE	COACHES	PARENT-GUARDIANS
H O M E	<ul style="list-style-type: none"> • Get adequate rest • Eat a nutritious diet • Follow all training rules • Complete all homework • Maintain conditioning during off-season 	<ul style="list-style-type: none"> • Set team goals • Organize and use good time management • Keep current all program rules 	<ul style="list-style-type: none"> • Provide a nutritious diet • Allow homework time • Encourage and support • Recognize the positive experience of participating, whether the student is a starter or reserve
S C H O O L	<ul style="list-style-type: none"> • Practice good citizenship • Maintain high academic standards. • Promote team accomplishments and those of teammates • Take pride in dress and appearance • Set academic goals 	<ul style="list-style-type: none"> • Have a preseason parent meeting • Communicate openly with parents • Be a positive role model • Push to increase your program participation • Participate in workshops and clinics 	<ul style="list-style-type: none"> • Follow established procedures when communicating with school or coach • Be an active volunteer/ join a support organization • Support all academic efforts • Attend the parent meeting
P R A C T I C E	<ul style="list-style-type: none"> • Meet all eligibility requirements • Be there, make the time commitment • Set goals and work to improve. • Be prepared to practice, play, listen, and take directions • Push self and others to reach full potential. • Support team goals • Be a positive team member • Follow all practice guidelines • Know when to focus and when to have fun • Accept accountability for results 	<ul style="list-style-type: none"> • Display a positive attitude • Organize and plan practices • Have informal meetings with parents • Supervise athletes at all times • Enforce rules about attendance for school and practice • Model good work ethics through leadership, punctuality, and team goals • Teach Skills • Explore avenues to help take athletes to the next level • Promote “team” building • Discipline in an appropriate and consistent manner • Recognize contributions by all • Make decisions based on what is best for the athlete 	<ul style="list-style-type: none"> • Have transportation when needed in a punctual manner • Volunteer • Accept team discipline, support team rules • Work cooperatively with coach to encourage work ethics
G A M E S	<ul style="list-style-type: none"> • Be a good representative of CSD • Play hard and play to win • Play fairly and safely • Accept your role within the team • Demonstrate good sportsmanship towards opponents/teammates • Be positive on the court and on the bench • Accept game results graciously • Respect decisions made by coaches and officials • Keep winning and losing in perspective. 	<ul style="list-style-type: none"> • Have good control of team activities • Display good sportsmanship. • Respect the decision of Officials • Allow players to perform their best without fear of failure • Coach in a positive manner • Accept accountability for results • Teach winning as an objective, but not the only measure of individual and team success 	<ul style="list-style-type: none"> • Model good sportsmanship • Respect the decision made by officials and coaches • Recognize outstanding performances by all competitors • Keep winning and losing in perspective • Support all athletics • Respect coaching decisions involving playing time • Do not coach from the stands • Value the contributions of all players