

2018-2019 Student Athletic Manual



Dear Parents & Guardians:

We believe participation in sports and other interscholastic activities offers students opportunities and experiences that will help them grow and develop into responsible adults.

A properly controlled, well-organized athletic program builds a student's self-expression, mental alertness, and physical growth. We wish to maintain a program that is sound in purpose and furthers each athlete's educational maturity.

A student who participates in an athletic program is choosing self-discipline and sacrifice. These are two reasons we stress good training habits. Students who will not discipline their mind and bodies for rigorous competition have no place in sports. We strive for excellence and will not accept mediocrity of effort. We also recognize the rights of the individual within the objectives of the team or activity. Students who do not follow the rules training and conduct will be dismissed from the program.

For our part, when your child enlists in one of our athletic programs, we promise to provide

- Adequate equipment and facilities
- Well-trained coaches
- Full schedules with qualified officials

The Athletic Department's role is to set rules to govern the spirit of competition. These rules are designed to provide fair play, while also preparing our students for life after high school. For the rules to work and the athletic programs to succeed, we must have community and parent support. We hope this manual will help improve communication between parents and staff.

Thank you.

Michael Hamlin, Darlington Middle School Athletics Director
Andy Hamilton, Hartsville Middle School Athletics Director
James Brown, Spaulding Middle School Athletics Director
Regina Damon, Rosenwald Elementary/Middle School Athletics Director
Michael Jordan, Darlington High School Athletics Director
Jamie Horton, Hartsville High School Athletics Director
Alan Poole, Lamar High School Athletics Director
Tony Thomas, DCSD Athletics Director
Larry Johnson, Assistant Superintendent for Operations and Administration
Dr. Tim Newman, Superintendent

I. Governance

A. Darlington County School District

- The Darlington County Board (“the Board”) of Education is the governing body for our school system.
- One of its responsibilities is to provide interscholastic athletic programs as a value to our students and community.
- All personnel involved with our interscholastic athletic programs are approved by the Board of Education.

B. South Carolina High School League (SCHSL)

- All schools are voluntary members of the South Carolina High School League (SCHSL) and compete only with member schools or out-of-state schools that are approved by the SCHSL.
- As a member school system, the secondary schools of Darlington County School District (DCSD) will follow all the SCHSL rules and regulations.
- The main role of the SCHSL is to maintain rules and regulations that ensure fair competition for the students and a balance with other educational programs.
- The SCHSL solicits input and is responsive to feedback from member schools, appointed committees, and coaches’ associations.

C. Regions

- Each secondary school in DCSD is a member of a region, as set by the SCHSL.
- Regions are established to promote interscholastic activities among member schools and the benefits gained by working together.
- Region membership makes it easier to arrange schedules, equalize competition, conduct meets/tournaments/play-offs, and determine championships.
- The region provides each school the opportunity for competition without excessive travel and with schools of similar size.
- Membership requires following region schedules, rules, and regulations.

II. Interscholastic Athletic Competition Philosophy

A. Statement of Philosophy

DCSD athletic programs should provide a variety of experiences to help students develop habits and attitudes that will prepare them for adult life in a democratic society. Our programs will follow the policies of our Board of Education and the regulations of the SCHSL. While our Board, district, and schools take great pride in winning, we do not believe in “winning at any cost.” We discourage any pressure that might adversely affect good sportsmanship. Our athletic programs will be positive educational activities for our students.

B. Goals and Objectives

Our main goal for a student-athlete is to help them become effective citizens in a democratic society. Our student-athletes will learn the following:

- **How to work with others:** A person must develop self-discipline, respect for authority and the spirit of hard work and sacrifice. The team and its objectives must be placed before an athlete’s personal desires.
- **How to be successful:** Our society is very competitive. We do not always win, but we succeed when we continually do our best. An athlete can learn to accept defeat only striving to win with earnest dedication. He/she must develop a desire to excel.
- **How to develop sportsmanship:** To accept any defeat like a true sportsman involves knowing we have done our best. We must learn to treat others the way we would have them treat us. An athlete must develop positive social traits, including emotional control, honesty, cooperation, and dependability.
- **How to improve:** Continual improvement is essential to athletic excellence. As a participant, you must establish goals and continually strive to reach them. You must try to better yourself in the skills required for success.
- **How to develop positive personal health habits:** To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop the desire to maintain this level of physical fitness after a formal competition has been completed.

III. Message To Parents/Guardians and Student-Athletes

A. Parental Involvement

The role of parenting is extremely important in athletics. Both parenting and coaching are difficult vocations. By establishing an understanding of each position, we are better equipped to accept the actions of others and provide greater benefit to our children.

1. Communication a parent should expect from a coach:
 - a. Philosophy
 - b. Expectations
 - c. Practice and contest locations, as well as times
 - d. Team requirements
 - e. Procedures to follow should your child become injured
 - f. School Athletic Department policies and procedures
2. Communication coaches expect from parents:
 - a. Concerns expressed directly to the head coach
 - b. Notification of any scheduling conflicts well in advance
3. Appropriate concerns to discuss with coaches
 - a. The treatment of your child
 - b. Ways to help your child improve
 - c. Concern's about your child's behavior
4. Issues not appropriate to discuss with coaches
 - a. Playing time
 - b. Team strategy
 - c. Play calling
 - d. Other student-athletes
5. To discuss a concern with the head coach
 - a. Call to set up an appointment with the head coach
 - b. Please do not attempt to confront a coach before, during, or after a practice or a contest
 - c. The phone call should be to set the appointment time
 - d. The meeting in person should help create a resolution
6. Positive ways parents can support teams and athletes
 - a. Rewards the team
 - b. Cheer for your team with positive remarks and actions
 - c. Remember, good sportsmanship is contagious
7. Negative behavior while attending events will not be tolerated
 - a. Verbal warning
 - b. Dismissal
 - c. Third offense – removed from all events

As your children become involved in the many athletic programs offered at their school, they will experience some of the most rewarding and memorable moments of their lives. Please join us as we share these special moments together.

B. Message to Student-Athletes

Membership on a Darlington County School District interscholastic team is the fulfillment of an ambition for many students. The attainment of this goal carries with it traditions and responsibilities that must be upheld. A great competitive tradition is not built overnight. It takes hard work from many people over many years. As a member of an interscholastic team, you will be faced with maintaining an already successful tradition or establishing a successful tradition.

It is not easy to build a great tradition in interscholastic athletics or academics. When you represent your school, we assume you understand our goals and traditions and will meet the responsibilities that go with them. We hope that the contributions you make will be a satisfying accomplishment for you and your family.

- **Responsibilities to yourself:** Your most important responsibility is to strengthen your character. You owe it to yourself to get the greatest possible benefits from your school experiences. Your academic studies and your participation in extracurricular activities, as well as sports, prepare you for adulthood.
- **Responsibilities to your school:** Your school cannot build or maintain a reputation as an outstanding school unless you do your best in each activity in which you engage. By participating in an interscholastic competition, you are contributing to the reputation of your school. You also assume a leadership role if you are on an interscholastic team. The student body and citizens of the community know you. The student body, the community, and other communities judge our school by your conduct and attitude in and out of school. Because of your leadership role, you can contribute greatly to school spirit and community pride.
- **Responsibilities to others:** As a team member you bear a heavy responsibility to your family. You should never bring shame to your family. When you know in your heart that you have met all training rules, that you have practiced to the best of your ability and that you have played the game “all-out,” you can maintain your self-respect. Your family can be justly proud of you and your effort. Always remember that younger students are watching you and will copy you in many ways. Always set good examples for them.

C. Individual Coaches Rules:

Coaches may establish additional rules and regulations with the approval of the Athletics Director and principal for their respective sports. The rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Specific discipline and the penalties for violations will be provided in writing by the coach. The coach will retain a signed statement from the athlete and parent stating they have read and agreed to all rules and regulations.

IV. Athletic Academic Requirements

All athletes must meet all academic standards of the South Carolina High School League and the Academic Performance guidelines in the student-athlete code of conduct for the Darlington County School District.

SC High School League Rules for Student Eligibility

Section 1

In order to participate in athletic activities of the South Carolina High School League, a student must be enrolled in and attending a member or associate member school. The student must also meet other necessary requirements of all sections of this article.

Section 2 - Age Limitations

- A student who becomes 19 years of age prior to July 1 of the upcoming school year, will not be eligible to compete in any athletic activities during that school year.
- Should a student become 15 years of age prior to July 1 of the upcoming school year, he/she shall be too old for a 7th- and 8th-grade team, he/she may be considered as enrolled in the 9th grade for eligibility purposes.
- The SCHSL's age rule may not be set aside under the special conditions provisions of the governing documents of the SCHSL.

Section 3 - Birth Certification

- Schools shall have on file a copy of an official birth document for all student-athletes. Any questions on authenticity will be submitted to the SCHSL Office.
- Official birth documents must meet the following criteria:
 - It must be an original certified document.
 - It must be obtained from the state, county, or city government in which the student was born.
 - It must include the given and surnames.
 - It must be legible and unaltered.
- Children born abroad may supply one of the following documents:
 - If born abroad of American citizens:
 - Foreign Service Forms 240 or 545
 - Department of State Form 1350
 - Citizenship papers
 - Passport

2. If born abroad of alien parents who are now U.S. citizens:
 - i. Immigration and Naturalization Service Form G-350
 - ii. Original Naturalization Papers
3. If born abroad and still a citizen of the foreign country:
 - i. Birth Certificates
 - ii. Alien Card
 - iii. Passports issued in foreign countries
4. The following will not be accepted:
 - i. Hospital Certificates
 - ii. Birth Notices
 - iii. Copies certified by Notaries

Section 4 - Academic Requirements

- A. A student, while participating, must be a full-time student as determined by guidelines set forth by the South Carolina Department of Education. A student who is repeating a course for which he/she has previously received credit cannot count this course as one required for eligibility. This is considered as monitoring a course.
- B. To participate in interscholastic athletic activities, students in grades 9-12 must achieve an overall passing average in addition to the following:
 1. To be eligible in the first semester a student must pass a minimum of five Carnegie units applicable toward a high school diploma during the previous year. At least two units must have been passed during the second semester or summer school.
 2. To be eligible during the second semester the student must meet one of the following conditions:
 - a) If the student met first-semester eligibility requirements then he or she must pass the equivalent of four half-units during the first semester.
 - b) If the student did not meet first-semester eligibility requirements then he or she must pass the equivalent of five half-units during the first semester.

In most cases on a traditional or AB block schedule, the following example would apply:

- *If eligible first semester, must pass four subjects*
- *If not eligible first semester, must pass five subjects*

In a 4 x 4 block schedule where units or half-units are granted at the end of the first semester, the following will apply:

- *If eligible first semester, must earn 2 units*
- *If not eligible first semester, must earn 2 ½ units*

3. Students must satisfy eligibility requirements in the semester preceding participation.
 - a) Credits earned in a summer school that are approved by the S.C. Department of Education may apply for first-semester eligibility. A maximum of two units per year may be used.
 - b) Students eligible for a first-semester sport will be permitted to complete that sport even if it extends into the second-semester. Under the current SCHSL program, this will apply to participants in basketball and wrestling in high school and middle school programs.
4. Students with Disabilities
 - a) Students diagnosed with disabilities and being served in a non-diploma program shall be considered eligible for participation in interscholastic activities if he/she is successfully meeting the requirements of his/her Individual Education Plan.
 - b) Students diagnosed with disabilities and being served in a program leading to a high school diploma must meet all eligibility requirements previously stated for participation in interscholastic activities.
5. A course that is dropped after the 20th day of a semester with a failing average will be considered as a failed course when determining academic eligibility for the following semester
6. Credit courses used for eligibility purposes must be courses that are applicable as credit toward a high school diploma. A student may also use college credit courses, provided the student has met or is meeting all requirements for graduation.
7. Academic deficiencies may not be made up through enrollment in adult education programs.
8. A maximum of two credit-recovery units may be used toward eligibility, to include the two units presently allowed in summer school. A credit-recovery course must be accepted by the S.C. Department of Education for graduation. To be eligible for recovery credits, the student must have received a minimum grade of 60. Credit-recovery/incompletes must be completed by the second Monday in August for first-semester eligibility and by the second Monday in March for second-semester eligibility.

- C. A student must not have received a high school diploma or its equivalent.
- D. Academic requirements for students enrolled in the 7th and 8th grades, including first-semester 9th graders
 1. Students passing the 6th, 7th, and 8th grades by academic promotion pursuant to district policy are considered as having met the requirements for academic eligibility for the first semester.
 2. Students in grades 7 and 8 must be meeting the school district promotion policy at the end of the first semester in order to be eligible second semester. Second-semester 9th grade students must meet SCHSL academic regulations.
 3. A 7th- or 8th-grade repeater shall not be eligible during a school year if academic requirements for promotion were met during the previous year.
 4. A student who previously failed the 7th or 8th grade is eligible during the second semester if he/she has satisfactorily passed first-semester work. Second-semester eligibility begins when the first semester ends and the student is added to the certificate of eligibility form signed by the principal.
- E. Schools will follow the procedures outlined in the School Administrators Guide, published by the S.C. Department of Education, in accepting or rejecting credits received by a student while the student is enrolled in private schools, including home schools and/or out of state schools.

V. Academic Performance

Academic performance comes first. The athlete's primary responsibility is schoolwork. Grades and/or progress reports of student-athletes will be reviewed every interim by the coaching staff to apprise them of the student-athlete's academic status. For failing classes, the coach will contact teachers for additional help or tutoring after school

VI. Requirements for Participation

A. Physical Examination

1. A yearly physical examination is required.
2. The physical must be completed after April 1.
3. Must be completed by a licensed physician.
4. Must be on a form approved by the SCHSL.

B. Parent's Permission and Acknowledgment of Risk of Participation

All athletes and parent(s)/guardian(s) must realize serious injury may occur as a result of athletic participation. DCSD and the SCHSL require that the parent's permission and risk of participation form be signed by athletes and parent(s)/guardian(s) prior to participation.

C. Concussion Form (copy of this included at the end of this manual)

It is mandated by the state that every athlete be given information on the causes, signs, and symptoms of concussions. Every athlete prior to participating on an athletic team must read the required information regarding concussions. Before participating on an athletic team, the approved form must be signed by the student/athlete and parent(s)/guardian(s) and returned to be filed in the athlete's individual file in the Athletics Director's office.

D. Emergency Medical Health information and Authorization

Each athlete's parent(s)/guardian(s) must complete an Emergency Medical Authorization Form giving permission for treatment by a physician/hospital when the parent(s)/guardian(s) is not available. This form must be completed prior to participation on any athletic team. Forms are to be kept by the AD or certified athletic trainer at each school.

E. Insurance (copy of this included at the end of this manual)

DCSD provides a supplemental accident insurance policy for student-athletes, which helps pay 70 percent of usual and customary medical expenses after the primary insurance. The district's policy can be accessed by filling an insurance claim at the time of an injury.

3. Claim forms are available from the Athletics Director or from our certified athletic trainers.
4. Claim must be initiated within 90 days of the date of the accident or injury in order to be honored.
5. It also requires that medical treatment be sought within 90 days of the injury.
6. SCHSL also provides accident insurance coverage for serious injuries, which are in excess of \$25,000 in total medical costs.

VII. Basic Interscholastic Participation Policies

A. Participation

1. Athletes may participate in only one interscholastic activity per season unless all coaches/sponsors agree and priorities are set to resolve conflicts prior to the season.
2. If choosing to participate in more than one sport during a season, coaches/sponsors must inform the Athletics Director for eligibility purposes.
3. A student chosen to be a member of a team is a representative of that sport, their school, community, and the Darlington County School District. It is vital that student-athletes continue their involvement and participation throughout the season. The list below are the consequences for not continuing their commitment for the entire season.
 - **Dismissal** - An athlete dismissed from a team for violation of rules or conduct cannot practice with or join an other team until the season of dismissal is complete.
 - **Quitting** – An athlete quitting a team for any reason during the season will not be permitted to try-out/work out for another team until the sport he/she quit is complete.
 - ***If a student-athlete is dismissed or quits a team twice in one year, he/she is not allowed to participate in sports for the remainder of the year.***

B. Equipment

1. School equipment and uniforms issued to the student/athlete are the athlete's responsibility.
2. Loss of any equipment or uniform is the athlete's financial obligation.
3. Failing to return or replace equipment or uniforms will result in a stop card on the student's report card and also may result in denial of participation in the athletic program.

C. Attendance

1. Athletes marked absent for more than half of the school day will not be able to play in a contest or practice on that date.
2. Athletes with just reason may be excused from this policy. Just reason shall be anything beyond the control of the student, with the exception of illness. Doctor/dental appointments and DCSD activities absences are just reason. However, confirmation notes must be given to the AD or coach of that sport.
3. An athlete who leaves school early due to an illness is considered too ill to participate in athletics.
4. An athlete who arrives at school late because of sickness must arrive before 11:30 a.m. to be granted permission to compete. Students must comply with the minimum attendance requirements in all classes to remain eligible.

D. In-School and Out-of-School Suspensions

1. Athletes assigned in-school suspension will be allowed to participate in practice and/or a contest the day of the served suspension.
2. Athletes assigned out-of-school suspension will not be allowed to participate in practice and/or a contest the day(s) of their suspension.
3. Athletic penalties for in-school or out-of-school suspensions will be determined by the individual coach or Athletics Director.

NOTE: Students and coaches should be aware that students serving out-of-school suspensions are not allowed to be on campus or attend any school function.

E. Team Selection

1. Choosing members of the athletic teams is the responsibility of the coaches, and they have the final authority in doing so.
2. Selections are based on skill and knowledge of the sport.
3. All of the team must meet the eligibility requirements of the SCHSL.

F. Reporting Injuries

1. All injuries should be reported to the coach/athletic trainer.
2. If medical treatment is needed, secure an insurance form from either the Athletics Director or certified athletic trainer.
3. Parent(s)/guardian(s) must complete the form, and it must also be signed by a school representative.
4. This completed form should be taken to the physician or hospital.
5. A copy needs to be retained for any further treatments needed pertaining to the specific injury.

G. Individual Coaches Rules:

Coaches may establish additional rules and regulations with approval of the Athletics Director and principal for their respective sports. The additional rules need to include specific discipline. These rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violations of the rules shall also be in writing and shall be administered by the coach. The coach will retain a signed statement from the athlete and parent stating they have read and agreed to all rules and regulations.

VIII. Athletic Code of Conduct

A. Code of Conduct

A firm policy of enforcement is necessary to uphold the regulations and standards of the DCSD athletic programs. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration. Another consideration is the instilling of honor, duty, loyalty, and values within the students that participate in athletics. All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct, while in season or out of season, that results in dishonor to the athlete, the team, or the school, whether on campus or off campus, will not be tolerated.

B. Penalty for Unacceptable Conduct:

Due to the serious nature of this rule, the coach should involve the Athletics Director and the principal to determine the penalty according to the degree of the infraction. The penalty shall range from a minimum of one game/contest suspension in the season or subsequent season to a maximum of permanent denial of participation.

Unacceptable conduct and definitions:

- **Theft** - stealing, borrowing without permission, or taking of personal property that belongs to another person, school, team, or organization.
- **Vandalism** - willful or malicious breaking, destruction, or defacement of public or private property.
- **Disrespect** - actions that show or express a lack of high regard or reverence for others, including fellow students, opponents, and especially those who have earned a position of honor such as a teacher, coach, official, administrator, parent, or adult. Disrespect includes the use of unacceptable language, such as cursing, in addressing others. Profanity will not be tolerated.
- **Immorality** - any action that shows or expresses a disregard of right and wrong.
- **Hazing** - any action that humiliates, degrades, abuses, or endangers another person, regardless of that person's willingness to participate. These actions may include initiation rituals into a team or club.
- **Sexual Harassment** - actions, comments, threats, verbalization, coercion, jokes, teasing, or intimidation that are of sexual nature and are unwelcome by those exposed to them, whether they are staff members, visitors, or other students.
- **Social Media** - any type of cyber bullying, posted derogatory comments, negative pictures of any student, athlete, coach, official, teacher, and/or administrator, or any violation of the district's code of conduct in a digital forum.

IX. District Athletic Program Disciplinary Policies

Substance Abuse Policy

Any student/athlete determined by DCSD authorities to be using, under the influence of, or having illegal possession of alcohol, drugs, unauthorized controlled substance, or drug paraphernalia on school property or at a school event will be subject to the DCSD code of conduct in the same manner as any other student. This also applies to offenses that are deemed by DCSD to be "crimes in the community." A "crime in the community" is a case in which the offender could pose a danger to students, the school campus, and/or the school climate.

If the substance abuse offense does not occur on school property, during school hours, or at a school event, the consequences will include but are not limited to the disciplinary sanctions listed below consistent with the District's policy and code of conduct. In addition to the sanctions listed below, a student may be referred to the District's hearing officer depending on the nature and severity of a particular offense. The student/athlete's head coach has the authority to assign additional consequences.

Rationale: The use of alcohol can be injurious to one's health and is prohibited by law for those who are underage. The unauthorized use of drugs or other controlled substances can be injurious to one's health and is prohibited by law.

Substance Abuse Policy (continued):

A. First Offense

1. The student/athlete will be suspended for the entire next upcoming sport season in which he/she wishes to participate.
2. Should the offense occur after the mid-point of the current season in which the student/athlete is participating, the suspension will carry over to the entire next sport season in which he/she wishes to participate.
3. The suspension may be waived after a minimum one-game suspension if the student/athlete participates in and ultimately completes a school-approved counseling program to address the substance abuse problem. The suspension will be lifted at the time the student athlete presents evidence that he/she is enrolled in an approved program.
4. Lack of satisfactory progress in the counseling program will result in the suspension being reinstated immediately.
5. If the student/athlete faces legal charges, the suspension will be lifted after a minimum one-game suspension if the charges are dropped, or if he/she is found in court to be “not guilty” of the charges.
6. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum one-game suspension if the principal determines that the individual is not guilty of the offense.
7. The student/athlete may be required to complete 10 hours of school service assigned by the principal and/or Athletics Director, in consultation with the student’s parent(s) or legal guardian(s). The community service hours will be supervised by a school official.

B. Second Offense

1. Suspension immediately from athletic participation for one calendar year. The student/athlete cannot participate in an athletic function (in-season or out-of-season) until the suspension is served.
2. If the student/athlete faces legal charges, the suspension will be lifted after a minimum two-game suspension if the charges are dropped (for reasons other than participation in a counseling program), or if the individual is found in court to be “not guilty” of the charges.
3. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum two-game suspension if the principal determines that the individual is not guilty of the offense.
4. The student/athlete may be required to complete 20 hours of school service assigned by the principal and/or Athletics Director, in consultation with the student’s parent(s) or legal guardian(s). The community service hours will be supervised by a school official.

C. Third Offense

1. Prohibition from any participation on any sport team for remaining years of eligibility at any school within the Darlington County School District.
2. If the student/athlete faces legal charges, the prohibition will be lifted after a minimum three-game suspension if the charges are dropped (*for reasons other than participation in a counseling program*), or if the individual is found in court to be “no guilty” of the charges.
3. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum three-game suspension if the principal determines the individual is not guilty of the offense.
4. The student/athlete may be required to complete 30 hours of community service assigned by the principal and/or Athletics Director, in consultation with the student’s parent(s) or legal guardian(s). The community service hours will be supervised by a school official.

Tobacco Use Policy

Any student/athlete determined by DCSD authorities to be using tobacco products on school property or at a school event will be subject to the DCSD Code of Conduct in the same manner as any other student.

If the use of tobacco products does not occur on school property, during school hours, or at a school event, the consequences will include but are not limited to the disciplinary sanctions listed below consistent with the District’s policy and code of conduct. . The student/athlete’s head coach has the authority to assign additional consequences.

Rationale: The use of tobacco products is injurious to one’s health, and is prohibited by law for those who are underage.

A. First Offense

1. Suspension for a number of games (including playoff games, if necessary) equal to 10% of the regular season contests.
2. Should the season end before the suspension is completed, the remainder of the suspension will carry over to the next season for that sport.

Tobacco Abuse Policy (continued):

3. The suspension may be waived after a minimum 1-game suspension if the student/athlete participates in and ultimately completes a school-approved counseling program to address the tobacco use problem. The suspension will be lifted at the time the student/athlete presents evidence that he/she is enrolled in an approved program.
4. Lack of satisfactory progress in the counseling program will result in the suspension being reinstated immediately.
5. If the student/athlete faces legal charges, the suspension will be lifted after a minimum one-game suspension if the charges are dropped, or if the individual is found in court to be “not guilty” of the charges.
6. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum one-game suspension if the principal determines the individual is not guilty of the offense.
7. The student/athlete may be required to complete 10 hours of school service assigned by the principal and/or Athletics Director, in consultation with the student’s parent(s) or legal guardian(s). The community service hours will be supervised by a school official.

B. Second Offense

1. Suspension for a number of games (including playoff games, if necessary) equal to 25% of the regular season contests.
2. Should the season end before the suspension is completed, the remainder of the suspension will carry over to the next season for that sport.
3. If the student/athlete faces legal charges, the suspension will be lifted after a minimum two-game suspension if the charges are dropped (for reasons other than participation in a counseling program), or if the individual is found in court to be “not guilty” of the charges.
4. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum two-game suspension if the principal determines that the individual is not guilty of the offense.
5. The student/athlete may be required to complete 20 hours of school service assigned by the principal and/or Athletics Director, in consultation with the student’s parent(s) or legal guardian(s). The community service hours will be supervised by a school official.

C. Third Offense

1. Suspended immediately from athletic participation for one calendar year.
2. The student/athlete cannot participate in any athletic function (in-season or out-of-season) until suspension is served.
3. If the student/athlete faces legal charges, the suspension will be lifted after a minimum three-game suspension if the charges are dropped (for reasons other than participation in a counseling program), or if the individual is found in court to be “not guilty” of the charges.
4. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum three-game suspension if the principal determines that the individual is not guilty of the offense.
5. The student/athlete may be required to complete 30 hours of school service assigned by the principal and/or Athletics Director, in consultation with the student’s parent(s) or legal guardian(s). The community service hours will be supervised by a school official.

Criminal Conduct Policy

Any student/athlete arrested or detained for a criminal offense (not to include minor traffic violations) will be subject to consequences that will include but are not limited to the disciplinary sanctions listed below, consistent with the District’s policy and code of conduct. In addition, to the sanctions listed below, a student may be referred to the District’s hearing officer depending on the nature and severity of a particular offense. Depending on the severity of a particular criminal offense, a student/athlete may be prohibited from participating in any team sports for the remainder of a season or the remainder of his/her time as a student in the Darlington County School District on the first offense and may receive disciplinary consequences up to and including expulsion from school. The student/athlete’s head coach has the authority to assign additional consequences.

A. First Offense

1. Suspension for a number of games (including playoff games, if necessary) equal to 25% of the regular season contests.
2. Should the season end before the suspension is completed, the remainder of the suspension will carry over to the next season for that sport.

Criminal Conduct Policy (continued):

3. The suspension may be waived after a minimum one-game suspension if the student/athlete participates in and ultimately completes a school-approved counseling program to address the nature of the offense. The suspension will be lifted at the time the student/athlete presents evidence that he/she is enrolled in an approved program.
4. Lack of satisfactory progress in the counseling program will result in the suspension being reinstated immediately.
5. The suspension may be lifted after a minimum one-game suspension if the charges are dropped, or if the individual is found in court to be “not guilty” of the charges.
6. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum one-game suspension if the principal determines that the individual is not guilty of the offense.
7. The student/athlete may be required to complete 10 hours of school service assigned by the principal and/or Athletics Director, in consultation with the student’s parent(s) or legal guardian(s). The community service hours will be supervised by a school official.

B. Second Offense

1. Suspension for a number of games (including playoff games, if necessary) equal to 50% of the regular season contests.
2. Should the season end before the suspension is completed, the remainder of the suspension will carry over to the next season for that sport.
3. The suspension may be lifted after a minimum two-game suspension if the charges are dropped (for reasons other than participation in a counseling program), or if the individual is found in court to be “not guilty” of the charges.
4. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum two-game suspension if the principal determines that the individual is not guilty of the offense.
5. The student/athlete will be required to complete 20 hours of school service assigned by the principal and/or Athletics Director. The community service hours will be supervised by a school official.

C. Third Offense

1. Immediate suspension from athletic participation for one calendar year. The student/athlete cannot participate in any athletic function (in-season or out-of-season) until the suspension is served.
2. The suspension will be lifted after a minimum three-game suspension if the charges are dropped (for reasons other than participation in a counseling program), or if the individual is found in court to be “not guilty” of the charges.
3. If the student/athlete does not face legal charges, the suspension may be lifted after a minimum three-game suspension if the principal determines that the individual is not guilty of the offense.
4. The student/athlete will be required to complete 30 hours of school service assigned by the principal and/or Athletics Director. The community service hours will be supervised by a school official.

SOCIAL MEDIA

The DCSD recognizes and supports the student-athletes’ rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for teams in the Darlington County School District is a privilege. As a student-athlete, you represent the DCSD and the communities and you are expected to portray yourself, your team, and the School District in a positive manner at all times. All student-athletes are required to sign a Social Media Contract prior to participating on an athletic team.

1. Everything an athlete posts is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos and comments) may be accessible even after you remove it. Once you post a photo on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
2. What you post may affect your future. Many coaches and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments and posters).
3. Similar to comments made in person, the DCSD will not tolerate disrespectful comments/behavior online, such as:
 - Derogatory language or remarks that may harm teammates or coaches; other DCSD student athletes, teachers or coaches; and student-athletes, coaches or representatives of other schools, including comments that may disrespect opponents.
 - Creating a serious danger to safety of another person or making a credible threat of serious physical or emotional injury to another person.

Social Media Policy (continued):

- Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing or using controlled substances; or any other inappropriate behaviors.
- Indicating knowledge of an unreported school or team violation – regardless if the violation was unintentional or intentional.

Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

IX. REQUIRED FORMS

The Darlington County School District requires certain forms to be completed by student athletes and their parents/guardians and then submitted to the appropriate coaches BEFORE student athletes can participate in schools sports. A copy of some of the forms are attached for reference. These required forms include:

- DCSD Athletic Contract (copy included)
- Student-Athlete Concussion Form (copy included)
- Medical History Form
- Physical/Parent Permission Form
- Travel Liability Form
- Insurance Form (copy included)

DCSD Athletic Contract

Because we expect our student-athletes to become contributing citizens in our local communities, we place emphasis on teamwork, self-discipline, commitment, loyalty, pride and achieving high academic standards. We expect Darlington County School District athletes to meet the standards set up in this contract, not only during the season(s) of their respective sport(s), but throughout the school year. It is our belief that by meeting these standards and setting a positive example, they will serve as role models for all students in Darlington County Schools.

PRACTICES AND SCHEDULED CONTESTS

- A. Players are to attend all practices and scheduled contests. It is the responsibility of the coach or athletics director to set practice and contest times. If a player must miss a practice and/or contest, it is the responsibility of the players or their parents to contact the coach prior to the practice or contest time. Acceptable excuses are limited to: illness, training room attendance and family crisis. (All others must be cleared with the Athletics Director.) A note from a parent/or trainer is necessary even if contact has been made.
- B. Players are to be on time for all practices and scheduled contests. Acceptable tardy excuses are limited to: training room with a note from the trainer; academic assistance with a note from a teacher; or a school organization meeting with a note from the sponsor. (These should be cleared with the coach prior to the tardy).
- C. Players are to remain at practice for the duration. If a player must leave practice early, he/she must notify the coach before practice with a written note from the parent.

BEHAVIOR AND ETHICS

- A. Disrespect includes, but is not limited to, the use of foul language or gestures, fighting, taunting, or acting in any manner deemed disrespectful by coaches, teachers or administrators. (This includes time both on and off the field of play)
- B. Stealing will not be tolerated
- C. Student athletes are expected to act in the best interest of Darlington County School District. Any conduct detrimental to the school or team will result in suspension or dismissal.
- D. Student athletes are expected to be leaders in our schools. Therefore, school behavior policies and rules must be followed to the letter.
- E. Student athletes must adhere to the DCSD Social Media Policy.

I/We fully understand the expectations of the Darlington County School District for their athletic programs and agree to abide by these expectations and policies throughout the school year, not only when my sport is in season.

Concussions and Student Athletes Fact Sheet for Parents and Athletes

WHAT IS A CONCUSSION?

A concussion is a brain injury that is caused by a bump/ blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out. You can’t see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

Parents and Guardians

If your child experiences a bump/blow to the head during a game/ practice, look for any of the following signs/symptoms of a concussion:

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

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (ex: helmets, padding, shin guards, and eye/ mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

What should a Parent/Guardian do if they think their child has a concussion?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports. Notify your child’s coach if you think your child has a concussion.
2. Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child’s coach about any recent concussion in ANY sport or activity. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Athletes

What are the symptoms of a concussion?

- Headache or “pressure” in head
- Balance problems or dizziness
- Bothered by light
- Feeling sluggish, hazy or foggy
- Memory problem
- Does not “feel right”
- Nausea or vomiting
- Double or blurry vision
- Bothered by noise
- Difficulty paying attention
- Confusion

What should an athlete do if they think they 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 if one of your teammates might have a concussion.
- Get a medical checkup. A doctor /health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.
- It is better to miss one game than the whole season.

*For more detailed information on concussion and traumatic brain injury, visit:
<http://www.cdc.gov/injury> or www.cdc.gov/ConcussionInYouthSports*

NATIONAL UNION FIRE INSURANCE COMPANY OF PITTSBURGH, PA.

Executive Offices: 175 Water Street, 15th Floor, New York, NY 10038

(212) 458-5000

(a capital stock company, herein referred to as the Company)

Policyholder: Darlington County School District

Policy Number: SRG 0009151476

ACCIDENT MEDICAL EXPENSE BENEFIT RIDER

This Rider is attached to and made part of the Policy effective July 1, 2016. It applies only with respect to accidents that occur on or after that date. It is subject to all of the provisions, limitations and exclusions of the Policy except as they are specifically modified by this Rider.

Accident Medical Expense Benefit. If an Insured suffers an Injury that, within 90 days of the date of the accident that caused the Injury, requires him or her to be treated by a Physician, the Company will pay the Usual and Customary Charges incurred for Medically Necessary Covered Accident Medical Services received due to that Injury, up to the Maximum Amount per Insured for all Injuries caused by the same accident. Benefits are payable for charges incurred within 52 weeks after the date of the accident causing the Injury.

No expenses paid under this Benefit will be payable under any other Rider in the Policy.

Covered Accident Medical Service(s) - as used in this Rider, means any of the following services:

1. services of a Physician;
2. private duty nursing by a registered nurse (R.N.) or Licensed Practical Nurse (LPN);
3. laboratory tests;
4. radiological procedures;
5. anesthetics and the administration of anesthetics;
6. blood, blood products and artificial blood products, and the transfusion thereof;
7. physical therapy up to the Physical Therapy Maximum in the Benefit Schedule and an office visit connected with any such service is payable up to the per Day Maximum in the Benefit Schedule;
8. occupational therapy;
9. rental of Durable Medical Equipment;
10. artificial limbs, artificial eyes or other prosthetic appliances;
11. medicines or drugs administered by a Physician or that can be obtained only with a Physician's written prescription;
12. Hospital emergency room or Ambulatory Medical Center up to the Emergency Room/Ambulatory Medical Center Maximum in the Benefit Schedule;
13. Hospital's most common charge for semi-private room and board (or room and board in an intensive care unit); Hospital ancillary services (including, but not limited to, use of the operating room)⁵
14. ambulance service to or from a Hospital.

Expanded Sports Medical Benefit. Accident Medical Expense benefits are payable for the Usual and Customary Charges for Covered Accident Medical Services including any expense for or resulting from malfunctions of the heart, embolism, heat related problems including but not limited to heat exhaustion, heat prostration, and heat stroke, overuse or repetitive motion injuries/symptoms including but not limited to bursitis, tendonitis, shin splints, stress fractures, strains, and/or twists, while participating in a Covered Activity.

The benefits payable under this Benefit are also subject to the Accident Medical Maximum Amount. No expenses paid under this Benefit will be payable under any other Benefit in the Policy.

Ambulatory Medical Center - as used in this Rider, means a licensed facility providing ambulatory surgical or medical treatment, other than a Hospital, clinic or Physician's office.

Durable Medical Equipment - as used in this Rider, refers to equipment of a type that is designed primarily for use, and used primarily, by people who are injured (for example, a wheelchair or a hospital bed). It does not include items commonly used by people who are not injured, even if the items can be used in the treatment of injury or can be used for rehabilitation or improvement of health (for example, a stationary bicycle or a spa).

Experimental or Investigative – as used in this Rider, means treatment, a device or prescription medication which is recommended by a Physician, but is not considered by the medical community as a whole to be safe and effective for the condition for which the treatment, device or prescription medication is being used, including any treatment, procedure, facility, equipment, drugs, drug usage, devices, or supplies not recognized as accepted medical practice, and any of those items requiring federal or other government agency approval not received at the time the services are rendered.

Hospital - as used in this Rider, means a facility that: (1) is operated according to law for the care and treatment of injured and sick people; (2) has organized facilities for diagnosis and surgery on its premises or in facilities available to it on a prearranged basis; (3) has 24 hour nursing service by registered nurses (R.N.'s); and (4) is supervised by one or more Physicians. A Hospital does not include: (1) a nursing, convalescent or geriatric unit of a hospital when a patient is confined mainly to receive nursing care; (2) a facility that is, other than incidentally, a rest home, nursing home, convalescent home or home for the aged; nor does it include any ward, room, wing, or other section of the hospital that is used for such purposes; or (3) any military or veterans hospital or soldiers home or any hospital contracted for or operated by any national government or government agency for the treatment of members or ex-members of the armed forces, except if there is a legal obligation to pay.

Medically Necessary - as used in this Rider, means a Covered Accident Medical Service that: (1) is essential for diagnosis, treatment or care of the Injury for which it is prescribed or performed; (2) meets generally accepted standards of medical practice; and (3) is ordered by a Physician and performed under his or her care, supervision or order.

Mental Illness – as used in this Rider, means any disturbance of emotional equilibrium, as manifested in maladaptive behavior and impaired functioning, caused by genetic, physical, chemical, biologic, psychological, or social and cultural factors. Also called emotional illness, mental/nervous disorder and psychiatric disorder.

Usual and Customary Charge(s) - as used in this Rider, means a charge that: (1) is made for a Covered Accident Medical Service; (2) does not exceed the usual level of charges for similar treatment, services or supplies in the locality where the expense is incurred; or (3) is a negotiated fee; and (4) does not include charges that would not have been made if no insurance existed.

Exclusions. In addition to the Exclusions in the Exclusions section of the Policy and any amendment thereto, Accident Medical Expense benefits are not payable for, and Usual and Customary Charges for Covered Accident Medical Services do not include, any expense for or resulting from any of the following:

1. repair or replacement of existing artificial limbs, artificial eyes or other prosthetic appliances or rental of existing Durable Medical Equipment unless for the purpose of modifying the item because Injury has caused further impairment in the underlying bodily condition;
2. new, or repair or replacement of, dentures, bridges, dental implants, dental bands or braces or other dental appliances, crowns, caps, inlays or onlays, fillings or any other treatment of the teeth or gums, except for repair or replacement of sound natural teeth (includes natural teeth that have been restored to their normal function) damaged or lost as a result of Injury up to the Maximum shown in the Benefit Schedule
3. new eye glasses or contact lenses or eye examinations related to the correction of vision or related to the fitting of glasses or contact lenses, unless Injury has caused impairment of sight; or repair or replacement of existing eyeglasses or contact lenses unless for the purpose of modifying the item because Injury has caused further impairment of sight;

4. new hearing aids or hearing examinations unless Injury has caused impairment of hearing; or repair or replacement of existing hearing aids unless for the purpose of modifying the item because Injury has caused further impairment of hearing;
5. rental of Durable Medical Equipment where the total rental expense exceeds the usual purchase expense for similar equipment in the locality where the expense is incurred (but if, in the Company's sole judgment, Accident Medical Expense benefits for rental of Durable Medical Equipment are expected to exceed the usual purchase expense for similar equipment in the locality where the expense is incurred, the Company may, but is not required to, choose to consider such purchase expense as a Usual and Customary Covered Accident Medical Expense in lieu of such rental expense);
6. any charge for medical care for which the Insured is not legally obligated to pay;
7. care, treatment or services provided by an Insured or by an Immediate Family Member;
8. routine physical exam and related medical services;
9. personal comfort or convenience items, such as but not limited to, Hospital telephone charges, television rental, or guest meals while confined in a Hospital or for items taken away or home from the Hospital, except Durable Medical Equipment;
10. elective treatment or surgery;
11. Experimental or Investigative treatment or procedures;
12. treatment for temporomandibular dysfunction;
13. care, treatment or services provided by persons retained or employed by the Policyholder; or for supplies, prescriptions or medicines paid for or reimbursable by the Policyholder, or for which a charge is not made;
14. Mental Illness, psychological or psychiatric counseling of any kind, mental and nervous disease or disorders and rest cures;
15. educational or vocational testing or training;
16. treatment of Osgood-Schlatter's disease;
17. detached retina unless due to an Injury;
18. diagnostic tests or treatment, except due to infection which occurs directly from an accidental cut or wound or ingestion of contaminated food;
19. plastic or cosmetic surgery;
20. charges that are payable under motor vehicle medical benefits;
21. any inpatient Hospital services or charges, not including emergency room services or charges;
22. hernia.
23. any condition for which the Insured is entitled to benefits under any Workers' Compensation Act or similar law.