

# Student Athletic Handbook



Schedule updates, cancellations and directions  
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[www.lovelandtigers.org](http://www.lovelandtigers.org)

[www.eccsports.com](http://www.eccsports.com)

# **TABLE OF CONTENTS**

## **Student Athletic Handbook**

### **Loveland City School District**

Introduction	2
Loveland Athletic Department Mission Statement	3
Loveland Coaching Standards	4
The Role of Parents in Interscholastic Athletics	5
Athletic Code of Conduct	6
Substance Abuse Policy	7
OHSAA Eligibility Guidelines	11
Physical Education Waiver	13
Equipment & Uniform Responsibilities	14
Athletic Medical Procedures	15
Athletic Transportation Guidelines	16
Athletic Participation Fees	17
Athletic Locker Room Expectations	18
Diet/Strength Supplements	19
Preventing the Spread of MRSA & Other Staph-Related Infections	20

# Introduction

The purpose of this handbook is to give student athletes and other interested persons a guide to the operation of the interscholastic athletic programs of the Loveland City School District. All student athletes are governed by the Student Athletic Handbook. The interscholastic programs covered in this handbook are listed below:

Baseball/ Softball	Basketball, Boys & Girls	Bowling, Boys & Girls
Cross Country, Boys & Girls	Academic Quiz Team	Football
Golf, Boys & Girls	Wrestling, Boys and Girls	Soccer, Boys & Girls
Lacrosse, Boys & Girls	Swimming/Diving, Boys & Girls	Tennis, Boys & Girls
Track, Boys & Girls	Volleyball, Boys & Girls	Cheerleading/ Dance Team

Student Athletes are obligated to conform to the “Student Code of Conduct” as established by the Loveland Board of Education, the Athletic Department substance abuse policies and any other policies as established by the Loveland Athletic Department. Athletes also must adhere to the specific rules and regulations as established by the coaches of each specific sport.

Student athletes and parents/guardians must understand that it is a **privilege** to participate in Loveland’s Interscholastic Athletic Program. A condition to participating in the Loveland City School District athletic program is a commitment to follow the rules, regulations, policies, and procedures established by the district for the implementation of its athletic programming. It must also be understood that athletes who violate the rules, regulations, policies, and procedures shall face disciplinary action.

## Athletic Philosophy

The philosophy of athletics, in the Loveland City School District, considers athletics to be an integral part of the school’s educational program, which provides experiences that will help them physically, mentally, socially, and emotionally. We believe that by promoting sportsmanship at all levels, the athletic program will instill pride and reinforce a sound value structure and enhance the individual’s self-image, as well as, the image of the school district and the community.

## Sportsmanship

One of our goals is to develop Student Athletes who demonstrate good sportsmanship. We believe that the basic rules of good sportsmanship consist of:

- Showing respect for all school employees at all times.
- Showing respect for opponents at all times.
- Showing respect for officials and their decisions at all times.
- Knowing, understanding and following the rules of the contest at all times.
- Maintaining self-control at all times.
- Recognizing and appreciating skill in performances regardless of affiliation.

**LCSD believes that being a spectator is a “privilege” and not a “right”.** It is a privilege to watch an educational process where teams demonstrate what they have learned in the athletic classroom.

Spectators will be held accountable for good sportsmanship. Failure to meet these expectations may result in removal from any events on a temporary or permanent basis.

# Loveland Athletic Department Mission Statement

*The mission of Loveland Athletics is to extend educational opportunities so students can compete in a manner that **promotes personal development, fosters teamwork, and teaches important life skills** necessary for becoming a valued member of their school community and of society.*

## Mission Statement Supporting Language:

### Personal Development

- Physical development, through strength and conditioning.
- Develop individual skills in their sport.
- Promote a healthy lifestyle.
- Drive to your personal best.
- Personal discipline and accepting responsibility for actions.

### Teamwork

- Promote a sense of community.
- Being a part of the big picture / commitment to a cause.
- Promote learning as a member of a team.
- Promote responsibility to the team.
- Teach cooperation in all facets of the student athlete experience.
- Promote the importance of team winning versus individual accolades.

### Life Skills

- Teach young people how to compete.
- Reinforce classroom learning and academic achievement directly.
- Develop character
- Teach life skills of hard work, dealing with success and failure.
- Coach as counselor, mentor and advocate.
- Tolerating others faults and shortcomings while appreciating their strengths.
- Leadership and following.
- Teaching tolerance
- Teaching sportsmanship
- Social growth
- Handling conflict

# Loveland Coaching Standards

This document is designed to provide all Loveland coaches with a common coaching frame of reference. These points of emphasis are to be considered guidelines in teaching interscholastic sports within the Loveland City School District.

- Student athlete learning and teaching should be the center of all LCSD interscholastic athletics. LCSD coaches are expected to “teach” the fundamentals of the sport.
- LCSD coaches are expected to be exemplary role models both in and out of the athletic arena and leaders of young people in every sense of the word. Reinforcement of sportsmanship is critical.
- LCSD coaches are expected to communicate with the parents of their student athletes on a consistent basis.
- LCSD coaches are expected to hold pre-season parent meetings to communicate team policies, coaching philosophy, substance abuse policy information and all other logistical information specific to the program. This is where the ground rules for parental communications are outlined.
- Student athletes should be coached from a constructive perspective. Demeaning the efforts of a young person does not reinforce learning and has no place in the Loveland City School District.
- Profanity by any coach is unacceptable. It has no place in education.
- Loveland coaches need to be sensitive to the diversity of our student athletes. Multi-cultural and socioeconomic differences give athletes a wide variety of perspectives. Casual remarks or comments made in front of a diverse group of athletes may be offensive or hurtful to some young people. Coaches are strongly encouraged to be sensitive to **all the athletes** under their direction.
- Loveland coaches are expected to be consistent with discipline. Inconsistency leaves a coach open to charges of favoritism and undermines the morale of the team.
- Loveland coaches should keep a perspective on the grade level and who is being coached. Intensity levels of coaching should be commensurate with the age of the athletes. An overzealous approach at a young age can take all the fun out of a sport.
- Loveland coaches are expected to be punctual for all practices, meetings, and contests. In addition, all scheduled meetings/practices should end at their scheduled time.
- Loveland coaches are expected to be thoroughly prepared for all practices and contests.
- Loveland coaches are expected to dress appropriately for practices and games. The professional dress of a coach sets the tone for the team and the athletic program.
- Loveland coaches are expected to be familiar with District Policies on depositing / fundraising and general monetary accountability procedures.
- When teams are selected by a “tryout” method, Loveland coaches must ensure that athletes who have been cut are given the opportunity to understand what their deficiencies are and what they can do to improve their skills.
- Loveland coaches should be familiar with Ohio High School Athletic Association bylaws regarding eligibility, contest regulations, non-contact periods and other sport specific regulations. .
- If unclear on a policy or procedure, Loveland coaches should refer all questions to the appropriate Athletic Director.

# The Role of Parents in Interscholastic Athletics

## Communicating With Your Children:

- Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful, but don't coach them. It's tough not to, but it is a lot more difficult for the athlete to be flooded with advice and critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun.
- Try not to relive your athletic life through your child in a way that creates pressure. Don't pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. Remember, there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to maximum achievement and enjoyment.
- Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted. Criticism of the coach to your child puts the athlete in a terrible "No Win" situation.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coach(es). Then you can be assured that his or her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his or her leadership.
- Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting. Many times athletes will define all coach criticism as being "yelled at".

## Communication You Should Expect from Your Child's Coach:

- Philosophy of the coach.
- Expectations the coach has for your child as well as all players on the squad.
- Locations and times of all practices and contests.
- Team requirements (fees, special equipment, off-season conditioning, etc...).
- Procedure should your child be injured.
- Significant discipline that results in the denial of your child's participation or removal from the team..

## Communication Coaches Expect From Parents

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concerns in regard to a coach's philosophy and/or expectations.

## Appropriate Concerns to Discuss With Coaches:

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

## Issues Not Appropriate to Discuss With Coaches:

- Team strategy
- Play calling
- Other student athletes

## Appropriate Procedure for Discussing Concerns with Coaches:

- The very first step in discussing a coaching concern is for the student athlete to meet with the coach.
- If resolution is not met between player and coach, parents should contact the coach for a meeting.
- Call/Email/Contact to set up an appointment with the coach (contact the athletic administrator to set up the meeting if unable to reach the coach).
- Parents please do not confront a coach before or after a contest or practice (24 hour rule) These are emotional times for all parties involved and do not promote resolution.

## What if the meeting with the Coach did not provide a satisfactory resolution?

- Set up an appointment with the appropriate AD.
- Determine the next step at this meeting.

# **LCSD Athletic Code of Conduct**

## **PERSONAL MISCONDUCT**

**In keeping with LCSD Board Policy and the guidelines of the Ohio High School Athletic Association, student athletes are expected to fulfill their role in providing for an athletic program that is based on exemplary sportsmanship and behavior. Any athlete whose conduct is judged to reflect discredit upon themselves, their team or their school will be subject to disciplinary action.**

### **Specific areas of misconduct (but not limited to):**

- Violations of the Loveland Athletic Substance Abuse Policy.
- Missing team practices or team meetings.
- Insubordination to game or school officials.
- Violations of policies as set forth by the Ohio High School Athletic Association Bylaws and Constitution.
- Violations of the LHS or LMS Student Code of Conduct as set forth by the LCSD Board of Education.
- Any violation of the Ohio Revised Code which is criminal in nature and cited as a charge against a Loveland Student Athlete.
- Violations of team rules and policies as established by specific sports.

### **Communication:**

The athletic values of the Loveland City School District shall be communicated to student athletes, parents and supporters through various means. Including, but not restricted to, the Student Athlete Handbook. The Student Athletic Handbook is available in Final Forms and athletic websites. An overview of LCSD policies and procedures will be completed at each seasonal Athletic Information Nights.

### **Student Athlete Disciplinary Process:**

The disciplinary process shall be conducted by the building Athletic Director. Before disciplinary action is imposed, the building Athletic Director shall provide notice to the Student Athlete of the intent to discipline the Student Athlete which could include denial of their participation in extracurricular activities. This notice shall include the reason for the discipline. Any violation of the Student Code of Conduct could result in additional disciplinary action by the Athletic Director, including, but not limited to denial of participation and/or removal from the team.

### **Daily attendance Requirements:**

A Student Athlete must attend school at least one half of the regular school day to be eligible to practice or compete in any school sponsored practice or contest.

# Loveland Athletic Department Substance Abuse Policy

**USE, SALE, POSSESSION, PURCHASE OR THE SOLICITATION OF  
ALCOHOL, TOBACCO PRODUCTS, VAPES, E-CIGS OR ILLEGAL  
DRUGS IS PROHIBITED.**

- Beginning with the date that the athlete and parent(s) sign the Substance Abuse Policy Acknowledgement in Final Forms, the policy will be in effect for the athlete for a calendar year. **There is no “off season”** as far as adherence to the substance abuse policy is concerned. This policy is in effect “365 days a year / 24 hours a day” or 24/7/365.

- **Student Athletes will be held accountable for the Substance Abuse Policy on a year-round basis.**

**Middle School Student Athletes:** Cumulative accountability throughout their interscholastic career in grades seven and eight. In essence, violations will “reset” when a student athlete leaves 8th grade and enters 9th grade. (Note: The substance abuse agreement signed by 8th grade Student Athlete is in effect through the 8th grade school year and the following summer. Any violation that occurs after the last day of school for an 8th grade Student Athlete will count as a high school violation if the student is rostered on a high school team the following year.

**High School Student Athletes:** Cumulative accountability throughout their interscholastic career in grades nine through twelve. (*Example: a violation during the 9<sup>th</sup> grade followed by a violation in the 11<sup>th</sup> grade would constitute a second offense.*)

- Violations of the Substance Abuse Policy will lead to a denial of participation and/or removal from the Loveland City School District interscholastic athletic program.
- Loveland’s Substance Abuse Policy is in effect for all student athletes grades seven through twelve. By definition cheerleaders, dance team members and academic team members are also considered student athletes.
- To participate in Loveland’s interscholastic athletic program, both athlete and parent(s) are required to sign the Substance Abuse Policy Acknowledgement form (Final Forms) for each athletic season of participation.
- If a Substance Abuse Policy violation occurs after completion of the athlete’s sporting season, but during the effective calendar year of policy coverage, the athlete must fulfill all facets of the program of reinstatement before their next sporting season. If it is a first offense violation, the athlete will be denied participation for 30% of the next season's interscholastic contests.
- Student athletes under the denial of participation penalty for an “out of season” substance abuse violation will be permitted to try out for an interscholastic team. If the student makes the team, the 30% denial of participation penalty will be enforced once the regular competition season begins. As with all violations, the athlete must complete all facets of reinstatement procedures to be considered for reinstatement.
- If the athlete is a multi-sport athlete and the first offense occurs with less than 30% of the regular season contests remaining, the outstanding percentage of the contest penalty will be carried over to the next interscholastic season of participation.



- If the athlete chooses to try out for another sport in an attempt to satisfy the denial of participation percentage, the athlete must successfully complete the season by satisfying the letter requirements or equivalents at the sub varsity level of that sport.
- The athlete will be denied participation in the season awards program until the contest percentage penalty and the reinstatement procedure have been completed. Upon successful completion of the reinstatement process, the athlete will receive awards earned from the season during which the violation occurred.
- If a student athlete is implicated in a Substance Abuse Policy violation, the athletic director and/or assistant principal will fully investigate the situation to substantiate or refute the allegation.
- An athlete, who feels that he or she has a substance abuse problem, may personally report this circumstance to the athletic director, coach, or a member of the school administration or teaching staff. All self-referral information will remain confidential. Parent(s) may also make referrals on their own student athletes. Procedurally, parent referrals will be treated as self-referrals.
- A self-referral or a parent referral cannot be made in an attempt to circumvent an active investigation into a Substance Abuse Policy violation. One “self-referral” is permitted during an athlete’s interscholastic career in Loveland. A “self-referral” counts as the first substance abuse violation. A second subsequent violation of the Substance Abuse Policy will result in a denial of participation for one calendar year.
- Self-referrals cannot be made when there has been evidence of police intervention surrounding a violation of the Substance Abuse Policy.
- **For the purpose of a potential tobacco/ drug violation, vapes (any type of cartridge) /E-Cigs or the like will be considered a violation per the Loveland Athletic Department Substance Abuse Policy.**

## CONSEQUENCES OF SUBSTANCE ABUSE POLICY VIOLATIONS

### **FIRST OFFENSE: POSSESSION AND/OR USE**

- Student athletes are denied participation in Loveland’s interscholastic athletic program for 30% of the total of regularly scheduled interscholastic contests (**Scrimmages are not considered as regular season contests**). **The OHSAA maximum number of regular season contests permitted is used as a percentage benchmark in determining the number of contests in which the athlete will not participate. Participation denial penalties will extend into OHSAA playoffs and OHSAA tournament contests in order to attain the specified number of contests to be denied. OHSAA playoff games and tournament game possibilities are not counted in the initial 30 % contest denial calculation.**  
*(Fractions of athletic contests will be rounded up. For example, in a 15 game regular season schedule, the penalty would be 4.5 games or 5 games when rounded up.*
- If the first offense occurs after the end of the athlete’s season, but prior to the awards program, the athlete will be denied participation in the awards program. The student athlete will receive their awards only upon successful reinstatement to interscholastic athletics.

- Student athletes under denial of participation for Substance Abuse Policy violations may practice and travel with the squad but not dress in uniform for any interscholastic contests.
- Positions of leadership (e.g. captain) are forfeited by violation of the Substance Abuse Policy.
- A student athlete who has tried out and been selected for a high school squad (grades 9-12) is considered to be a high school athlete at that time. Their first substance abuse violation will be counted as their first offense toward their high school record.
- A student who participated in a sport is held accountable to the LCSD Code of Conduct for one calendar year, regardless of season. Therefore a student is still considered a part of the team until the roster is set the following year.

## **SECOND AND SUBSEQUENT OFFENSES: POSSESSION AND/OR USE**

- Student athletes are denied participation in Loveland’s interscholastic athletic program for **one calendar year from the date of the infraction.**
- The “second offense” penalty will be enforced **regardless of the time interval between the first offense and the second offense.** The student athlete is accountable for adherence to the Substance Abuse Policy **continuously** from grades nine (9) through twelve (12). Middle school students entering the ninth grade will have previous substance abuse offenses expunged from their **athletic** record, unless the infraction occurs during the summer preceding ninth grade.
- Second offenses can be any combination of drug or alcohol or tobacco substance abuse violations.

*For example: one alcohol violation + one tobacco violation = a second offense and the consequences as defined under policy guidelines.*

- In order to be reinstated to the interscholastic program after one year of denial of participation, the student athlete must complete all aspects of the following reinstatement criteria.

To be eligible for reinstatement in the interscholastic athletic program the following requirements **must be met:**

- The student athlete must submit to a professional drug/alcohol assessment.** Proof of assessment completion must be provided to the Athletic Director. The professional assessment agency must be accredited and acceptable to the school district.
- If the assessment indicates treatment procedures, the athlete must follow the prescribed program to be eligible for athletic reinstatement. Parents are permitted to seek qualified “second opinions” of professional assessments.
- With a **second drug/alcohol violation, the student athlete is required to attend three substance abuse counseling sessions.**

All proof of program attendance must be reported to the Athletic Director and is the responsibility of the student athlete and their family.

- d) **For all second substance abuse policy violations, the final phase of athletic reinstatement will require a hearing with the student athlete and their parent(s) before the District Athletic Director and a hearing panel. Parent(s) must accompany the student.**

It is the athlete's responsibility to schedule the appeal hearing with the appropriate Athletic Director. The appeals board will consist of the building athletic director, principal/designee and head coach of the athlete's sport or sports.

Upon hearing the appeal made by the student athlete and their parent(s), the appeals board will make a recommendation. If the athlete is reinstated, they must re-sign the substance abuse pledge form. If the reinstatement appeal is refused, the athlete will be denied participation until the next sports season.

- It is the student athlete's responsibility to communicate with the athletic director concerning all aspects related to the completion of the reinstatement criteria.
- If the second offense occurs after the end of the athlete's season but prior to the awards program, the athlete will be denied participation in the awards program and will not receive interscholastic awards.
- Financial responsibility for all professional assessment and counseling sessions lies with the parent(s) of the student athlete.

## **SELLING OF ALCOHOL OR CONTROLLED SUBSTANCES**

- Student athletes will be denied the privilege of participating in the interscholastic program and practices for **one calendar year** from the date of the infraction.
- For reinstatement to Loveland's interscholastic athletic program, the student will be required to successfully complete all facets of the reinstatement program. This would include submitting to a professional assessment, attending three counseling sessions, and appearing before the hearing board.
- A second offense involving the sale of alcohol or controlled substances will result in a **permanent** denial of participation in Loveland's interscholastic athletic program.

# Ohio High School Athletic Association Eligibility

## OHSAA QUARTERLY ELIGIBILITY:

1. **High School Student Athletes:** In order for an athlete to be eligible by OHSAA standards the student athlete must be enrolled in 5 solid subjects in their current grading period **AND** they have to have passed 5 solid subjects in the preceding grading period to their respective season.
2. **Middle School Student Athletes:** In order to maintain eligibility for grades 7 and 8, student athletes must have received passing grades in a minimum of four (4) classes in the immediately preceding grading period to their respective season.
3. Failure to meet quarterly eligibility will result in ineligibility for the entirety of the following academic quarter.
4. Athletes coming off ineligibility status can regain their eligibility 24 hours after final grades are posted by the school district.

### **Example:** Softball / Baseball Player

- Student only passes 4 solids during 2<sup>nd</sup> quarter
  - Student is ineligible for the entire 3<sup>rd</sup> quarter
  - Eligibility is regained 24 hours after the final 3<sup>rd</sup> quarter grades have been posted by the school district.
  - Note: For Spring sports this could be 1-2 weeks into the 4<sup>th</sup> quarter.
5. Fall sports quarterly eligibility will be determined by 4<sup>th</sup> quarter grades from the previous school year.

## Points to consider:

- Only courses that earn .5 credits per semester are considered a **solid subject**.
- If student athletes are only taking 5 solid courses there will not be any margin for error. One failure will result in ineligibility for that week or quarter.
- If an extended absence will factor into weekly or quarterly eligibility, please contact the Athletic Office for an assessment of the situation.
- With all of the changes over the past few years to the bell schedules/ student options it is vitally important that individual student athletes make sure that they are enrolled in the proper classes and the correct number of classes. Coaches and Guidance Counselors will not be assessing schedules for potential errors.
- All senior student athletes must be enrolled in and passing 5 solids through the completion of their season.

# OHSAA Athletic Eligibility Guidelines Cont...

(Complete OHSAA Eligibility Guide at [www.ohsaa.org](http://www.ohsaa.org))

1. Athletic eligibility is based upon academic performance in each individual nine-week grading period. Semester grades are not considered for eligibility purposes.
2. Athletes must pass the equivalent of five solid subjects in a nine-week grading period to be eligible athletically for the next nine-week grading period.
3. A solid subject is one which, over the course of the school year, adds up to ½ credit toward graduation per semester. At Loveland HS the only courses which do not meet full ½ credit requirements are physical education classes.
4. Athletes cannot reestablish athletic eligibility by taking course work in summer school.
5. All fall athletes will qualify academically by their grade performance in the last nine-week grading period of the preceding school year.
6. Athletes who have been ineligible for their season do not qualify for athletic awards. This rule applies even though the athlete may have continued to practice with the team throughout the ineligibility period.
7. To be athletically eligible for the current grading period, middle school athletes must have passed 75% of all classes taken during the preceding nine-week grading period.
8. Athletes participating in **CCP, Home Schooling or other forms of alternative education programs** need to personally see their athletic director to work out the details of reporting and ascertaining eligibility.

*If you have any eligibility questions, contact the building Athletic Director for clarification.*

## Physical Education Waiver

### What is it?

- For eligible student athletes, the PE Waiver waives the PE requirement for high school graduation.
- It does **NOT** award credit. However, it allows the student to pursue other options to earn the 0.5 credit, rather than taking two PE courses (0.25 credit each). The student is still required to meet the minimum number of credits for graduation.

### Who is eligible?

- Students who are participating in interscholastic athletics at the high school are eligible to use the waiver after they have successfully completed two, full seasons. This can be two seasons in two different sports, allowing the student to meet the requirements for the PE Waiver in one school year.
- In addition to cheerleading/dance team, show choir and marching band the interscholastic athletic teams currently recognized by the Ohio High School Athletic Association in Loveland City School District include the following:

Baseball/ Softball	Basketball, Boys & Girls	Bowling, Boys & Girls
Cross Country, Boys & Girls	Diving, Boys & Girls	Football
Golf, Boys & Girls	Wrestling Boys and Girls	Soccer, Boys & Girls
Lacrosse, Boys & Girls	Swimming, Boys & Girls	Tennis, Boys & Girls
Track, Boys & Girls	Volleyball, Boys & Girls	Show Choir

- Under the Ohio state law, local boards of education may NOT add additional areas of participation beyond interscholastic athletics, marching band, show choir or cheerleading/dance which may be used to excuse a student from the high school physical education requirement.

### What does the student need to do?

- **The student needs to participate in the two full seasons and let their counselor know that he/she plans to use the PE Waiver for the PE graduation requirements.**

### Frequently Asked Questions

1. **Why can't a club sport count toward the waiver?**  
By Ohio law, the sports for the PE Waiver need to be recognized as interscholastic athletics.
2. **If my student only participates in one, full season of an eligible sport or Marching Band, can he/she receive partial credit and waive one of the PE courses?**  
No, there is no partial waiver of the PE requirements.

For more information, please see the Ohio Department of Education regarding the PE Waiver.

## **Athlete Equipment/Uniform Responsibilities**

As an athlete participating in interscholastic athletics in the Loveland School District, you have the following responsibilities concerning school issued uniform and equipment items:

- It is extremely important that your equipment provides you the protection for which it was designed. It is your responsibility to periodically (at least weekly) examine your equipment for damage. Damaged equipment must be repaired **before** you compete or practice. You cannot be adequately protected with defective equipment. Bring all your equipment problems immediately to the attention of your coach for resolution.
- Your equipment and uniform are issued to you alone. You are responsible for the security of these items. Do not loan your equipment or uniform to others. **Keep all items under lock.** All school issued items will be numbered for inventory purposes. **Equipment or uniform items that are lost or stolen are your financial responsibility.**
- It is your responsibility to attend the proper care and use training provided by your coach.
- Care should be exercised in laundering uniforms. Read the manufacturer's label for washing instructions. At the completion of your season, please launder all school issued practice and game uniforms prior to off-season storage.
- All uniforms must be returned to the Head Coach or their designee. **Do not drop off uniforms to the Athletic Offices or the Main Offices at LHS or LMS.**

# **Athletic Medical Procedures**

It is your responsibility as an athlete competing in interscholastic athletics in the Loveland City School District to understand and comply with the following medical and injury procedures:

1. Before you may compete or practice, you must have all forms completed and submitted to your coach via Final Forms. Specifically, these forms are a completed/updated physical examination form, an emergency medical authorization and all other forms within the Final Forms system.
2. In the case of an athletic injury, it is your responsibility to notify your coach/ LCSD Trainer of the situation immediately so the best course of care can be undertaken as soon as possible. If there is any question as to whether you are injured or not, take the time to see the trainer for an evaluation. Don't attempt to continue to compete or practice with an injury of an undetermined severity and/or extent. Doing so could possibly cause further injury and considerably lengthen recovery.
3. If your injury requires a visit to a physician's office, we must receive a written release from that office in order for you to return to competition. LCSD Trainers can assist with this process.
4. You have a personal responsibility to follow through on prescribed rehabilitation. You must make a commitment to complete the rehabilitation instructions faithfully.
5. While injured, you are expected to attend all practices and contests unless excused by your coach. Even though you may be out of action, you are still a part of the team. You will still be able to pick up on new strategies and techniques by observing practice sessions. It is very important that you do not let an injury adversely affect your attitude in the classroom.
6. The Ohio High School Athletic Association carries a "catastrophic injury insurance program" for student athletes. The LCSD does not carry additional insurance for student athletes. Outside of the care/treatment and rehabilitation performed by LCSD Athletic trainers all other treatments that might require payment are the financial responsibility of the student athlete and/or their family.



# **Athletic Transportation Guidelines**

## **When using district provided transportation, the following rules apply:**

- School transportation is provided for all officially approved transportation requests to and from student activities. The use of private vehicles for transportation of students, volunteers, teachers and other employees to and from student activities is not allowed unless prior permission is granted from the parent and appropriate administrator. (BOE Policy 8660)
- Noise is a definite safety factor. Keep all conversations, radios, and victory celebrations to reasonable, safe levels.
- Athletes should remain in their seats at all times.
- Make sure the bus is in the same condition as when the trip began. Please take your trash with you at the conclusion of the trip.
- Littering is a fineable offense. It reflects poorly on our entire program. Do not throw anything from the windows of your bus.
- The bus driver is in charge of the bus and their directions must be followed the same as any teacher or coach. The driver is solely concerned with your safe transportation to and from the contest.
- Insubordination toward a school bus driver will not be tolerated and will be viewed as a violation of the Student Athlete Code of Conduct.
- As an athletic department, we are dependent upon the LCSD Transportation Department to meet our various scheduling demands. Student Athletes and Coaches must foster a positive working relationship with the Transportation Department by making every effort to be cooperative and courteous.
- If district transportation is not provided, parents are responsible for arranging transportation for their student athlete to and from practice and competitions.

# **Athletic Participation Fee Guidelines**

In order to supplement the cost of operating an athletic program from the District's General Fund, it is necessary to collect athletic program participation fees from **every** student participating in interscholastic athletics. Fees are approved annually by the Board of Education. See your building Athletic Office for fee collection protocol and specific payment information.

Student athletic fees are used to defray the cost of interscholastic athletics at Loveland. Such costs include, but are not limited to, entry fees, officials, uniforms, equipment, training supplies, maintenance, transportation, coaching salaries, awards, etc.

1. All athletes will be assessed an athletic program fee for every sport in which they participate.
2. All athletes in grades 7 and 8 will be assessed a \$265 fee per athlete / per sport.
3. All athletes in grades 9 through 12 will be assessed a \$310 fee per athlete / per sport.
4. Student athletic program fees are non-refundable.
5. Fees are due on the date(s) designated by the Athletic Director. A clear and well defined system for fee collection will be provided to coaches and families.
6. Students that have qualified for free or reduced lunch, through Child Nutrition, should contact the appropriate Athletic Director for guidance.
7. Students not paying fees or meeting payment deadlines will be denied participation in Loveland's interscholastic athletic program. This includes the ability to attend post-season banquets, win postseason awards, and be placed on a roster for another sport.
8. Every student-athlete on a team must be accounted for in the program fee process. Students with special financial circumstances should be referred directly to the Athletic Director.
9. Checks that have been returned from the bank as uncollectible must be paid immediately. Returned checks will be added to the student's school fee account.

# Locker Room Expectations

1. All student athletes are held accountable to the LCSD Athletic Code of Conduct when using all school facilities, including locker rooms.
2. Roughhousing of any kind is not permitted in the locker room.
3. The harassment or hazing of others is not permitted. Incidents are to be reported to the coaching staff or administration immediately.
4. No glass containers will be permitted in the locker room.
5. All spiked or cleated shoes must be put on and taken off outside of the locker room. No metal or hard plastic spikes or cleats are allowed in any other part of the school building.
6. Equipment must be removed from all lockers by the end of the first school day following the conclusion of each sports season.
7. **Make sure that your locker is locked at all times.**
8. Do not borrow another person's equipment.
9. Make sure you check all of your protective equipment every day before practice or a game. **If your equipment is damaged or you have any problems with it at all, please notify your coach immediately. Do not use damaged or faulty equipment.**

# Diet/Strength Supplements

## (ERGOGENIC AIDS)

**Ergogenic Aids** are defined as any drug or nutritional supplement that is used by an athlete to increase their strength, speed, or general athletic performance.

The use, sale, or possession of ergogenic aids that are classified as drugs by the FDA could be viewed by Loveland City School District as use, sale, or possession of an illegal drug. This is a violation of the Training Expectations and the disciplinary process for the use, sale, or possession of an illegal drug will be followed (refer to the Loveland Student Athletic Handbook/ Code of Conduct).

*Examples: Anabolic Steroids; Human Growth Hormone; Clenbuterol; Testosterone Patches; etc.*

### Nutritional Supplements

The use of ergogenic aids that are classified by the FDA as nutritional supplements is strongly discouraged by the Loveland City School District. No member of the athletic department, no matter their personal opinion or belief, will promote the use of these nutritional supplements. Questions about nutritional supplements from athletes and parent(s) should be forwarded to the athlete's family physician.

*Examples: Creatine Monohydrate; Chromium Picolinate; Amino Acids; Carnitine; Caffeine; etc.*

### Diet Aids

The use of diet aids in an effort to lose weight for an increased athletic performance is strongly discouraged by the Loveland City School District. No member of the athletic department, no matter their personal opinion or belief, will promote the use of these diet aids.

*Examples: Dexatrim; etc.*

# **Preventing the Spread of MRSA and Other Staph Related Skin Infections**

- Wash hands thoroughly with soap and water. Scrub briskly for at least 15 seconds. Frequent hand washing is the single most important means of preventing the spread of infections.
- Hand Sanitizer with at least 62% alcohol can be used for times when soap and water are not accessible.
- Shower immediately after all sport practices and competitions.
- Be sure to keep cuts and scrapes clean and bandaged.
- Avoid contact with other people's cuts, scrapes, and bandages.
- Do not share personal items. Avoid sharing personal items such as towels, sheets, razors, bar soap, clothing or athletic equipment.
- Wear practice clothes / uniforms only once, then wash in soap and water and dry in a hot dryer.
- Report all skin abrasions, wounds and potential skin infections to a coach and/or trainer.