

# **ACTIVITIES PARTICIPATION BOOKLET**

**2024-2025**



**BELGRADE HIGH SCHOOL  
BSD #44  
GRADES 9-12**

Please go to [www.bsd44.org](http://www.bsd44.org) and read the Activities Policy that governs all Belgrade High School activities.

After reading its contents, please fill out the participation forms and submit them online only.

Instructions for online forms is at the end of this booklet. Activity fees can be paid through Infinite Campus or in the Activities Office. Please upload physicals and all documents online in Dragonfly.

Physicals must be dated on or after May 1, 2024 per MHSAA rules. Physical exams must be completed prior to the first practice and are only good for one school year.

# Belgrade High School Activities 2024-25

Admission Prices:	Adults	\$6
	Students	\$4
<i>Stand Alone Sub-Varsity Contests</i>		\$2

Activity Passes:	Student	\$25
	Adult	\$45
	Family	\$100

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**ALL-SPORTS Parent Meeting (fall-spring) August 12  
7:00 HS SEC (Gym)**

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All Participation forms due by August 14<sup>th</sup>, tryouts begin August 16<sup>th</sup>

<u>Fall Sports</u>	<u>Season</u>	<u>State Championship Site</u>
Golf	August 15 – October 4	Kalispell
Cross Country	August 16 – October 26	Missoula
Soccer	August 16 – October 28	TBD
Volleyball	August 16 – November 16	MSU
Football	August 16 – November 16	TBD
Cheer	August 16 – November 16	N/A
Speech, Drama, Debate	October 1 -- February 1	TBD

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All Participation forms due by November 22<sup>nd</sup> Tryouts begin November 25

<u>Winter Sports</u>	<u>Season</u>	<u>State Championship Site</u>
Wrestling	November 25 – February 10	Billings (MetraPark)
Boys Basketball	November 25 – March 15	MSU
Girls Basketball	November 25 – March 15	MSU
Swimming	November 25 - February 10	Great Falls High School

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All Participation forms due by March 7th, Tryouts begin March 10th

<u>Spring Sports</u>	<u>Season</u>	<u>State Championship Site</u>
Softball	March 10 – May 24	Great Falls
Tennis	March 10 – May 24	TBD
Track and Field	March 10 – May 24	Kalispell
Baseball	March 10 – May 24	TBD

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**MONTANA HIGH SCHOOL ASSOCIATION**

**2024 – 2025 Dates and Sites of State Events**

<b>Event</b>	<b>Date(s)</b>	<b>Site</b>
1. State AA Golf	Oct 3-4, 2024	Kalispell
2. State A Golf	Oct 4-5, 2024	Polson (Polson Bay Golf Course)
3. All-State Band, Chorus and Orchestra	Oct 16-18, 2024	Billings
4. State Cross Country	Oct 26, 2024	Missoula (U of M Golf Course)
5. State All-Class Volleyball	Nov 14-16, 2024	Bozeman (MSU)
6. State AA Speech	Jan 31-Feb 1, 2025	Belgrade
7. State A Speech and Drama	Jan 31-Feb 1, 2025	<b>Laurel</b>
8. State B-C Speech and Drama	Jan 31-Feb 1, 2025	<b>Huntley Project HS</b>
9. State Swim Meet	Feb 13-15, 2025	Great Falls (hosted by Great Falls HS)
10. State All-Class Wrestling (boys & girls- same site)	Feb 13-15, 2025	Billings (MetraPark)
11. State AA Basketball (boys & girls-same site)	March 13-15, 2025	Bozeman (MSU)
12. State A Basketball (boys & girls-same site)	March 13-15, 2025	Billings (MetraPark)
13. State B Basketball (boys & girls-same site)	March 13-15, 2025	Missoula (U of M)
14. State C Basketball (boys & girls-same site)	March 12-15, 2025	Butte (Butte Civic Center)
15. State Solo and Ensemble (East)	May 2-3, 2025	Billings
16. State Solo and Ensemble (West)	May 2-3, 2025	Missoula
17. State B Golf	May 13-14, 2025	Shelby (Marias Valley Golf & Country Club)
18. State C Golf	May 13-14, 2025	<b>Sidney (Sidney Country Club hosted by Savage HS)</b>
19. State All-Class Baseball	May 22-24, 2025	<b>Hamilton</b>
20. State AA Tennis	May 22-23, 2025	TBD
21. State A Tennis	May 22-23, 2025	TBD
22. State B-C Tennis	May 22-24, 2025	<b>Missoula (hosted by Broadwater HS)</b>
23. State AA Softball	May 22-24, 2025	Great Falls (Multi-Sports Complex)
24. State A Softball	May 22-24, 2025	Columbia Falls
25. State B-C Softball	May 22-24, 2025	<b>Glasgow</b>
26. State AA-A Track & Field Meet	May 22-24, 2025	Kalispell (Legends Stadium)
27. State B-C Track & Field Meet	May 22-24, 2025	<b>Missoula (MCPS Stadium)</b>

## BELGRADE SCHOOL DISTRICT ACTIVITIES-ATHLETIC HANDBOOK 2024-2025

### EQUAL EDUCATION OPPORTUNITIES

Belgrade Public Schools (**School District #44**) will make equal educational opportunities available for all students without regard to race, color, national origin, ancestry, sex, ethnicity, language barrier, religious belief, physical or mental handicap or disability, economic or social condition, or actual or potential marital or parental status, or, in accordance with binding guidance of the Federal Office of Civil Rights regarding the scope of Title IX's sex discrimination prohibition, gender identity, sexual orientation, or failure to conform to stereotypical notions of masculinity or femininity. (**School Board Policy #3210**)

### DIRECTORY INFORMATION

Regarding student records, federal law requires that "directory information" on a child may be released by the District to anyone who requests it unless the parent/guardian/caretaker relative objects in writing to the release of the information. This includes release of directory information to post-secondary institutions and military recruiters. Directory information ordinarily includes [insert directory information that is consistent with policies 3600P-3600F1-3600F2]. Please make sure a parent/guardian/caretaker relative completes the Student Directory Information Notification as found in the Student Handbook.

### REQUIREMENTS FOR PARTICIPATION

All students participating in extracurricular activities must have the following prior to the first practice:

- A required physical documented on the official Montana High School Association (MHSA) Physical Form (at least for all MHSA sanctioned activities).
- An Assumption of Risk statement signed by the parent.
- A Permission to Participate form (sign-off).
- An updated Medical information form.
- A Concussion Education and Compliance form signed by the student athlete and parent.
- No past due participation fees and/or missing equipment fees.

### PURPOSE OF HANDBOOK

The purpose of this guide is to establish rules, procedures, policies, and philosophy as it pertains to the Belgrade School District Athletic and Activities Programs. The fundamental purpose of the athletic/activities program is to facilitate development of:

- Sportsmanship,
- A sense of responsibility to themselves and others,
- A devotion to an athletic and/or activities assignment,
- Pride of accomplishment of a job done to the best of one's ability,
- Sense of belonging to a group,
- Social values derived from contact with students and adults from other communities and
- Healthy behaviors of participants.

### ACADEMIC ELIGIBILITY FOR PARTICIPATION

#### **General Information Relating to Policies**

Belgrade will follow the eligibility rules as set forth by the Montana High School Association which reads as follows:

- 1) **MHSA Requirement:** A student must be enrolled and have received a passing grade in at least twenty (20) periods of prepared class work or its equivalent in the last previous semester in which the student was in attendance. Failure to meet this requirement will result in one (1) semester of ineligibility. Middle school students will be required to receive a passing grade in ten (10) periods of prepared work per week. A homeschool student is not eligible to participate for an MHSA member school. (**Article II, Section (2) Eligibility, MHSA handbook**)
- 2) No student who is enrolled in a grade below the ninth shall be eligible to participate in a MHSA Association Contest, except as established in Section (5) of the MHSA handbook

3) **Belgrade High School Requirement:**

A student must receive a minimum of a 2.00 GPA during the preceding quarter in which the student was in attendance. Failure to do so will render the student ineligible until the mid-term for the quarter. If the mid-term grade report indicates that he/she has not received a 2.00 GPA he/she will remain ineligible for the rest of the quarter. If his/her GPA is above a 2.00 GPA the student will become eligible immediately. This applies to transfer students also. Academically ineligible participants will be expected to practice, but will not be allowed to participate in games, meets, or performances or travel with the team or group.

4) **Weekly "F" Policy:**

Beginning the second week of the school year, the Activities Office and the in-season coaches/advisors will print out an Activity Eligibility Report every Friday morning during the season. This report will show all participants with a failing grade in any class. Participants who appear on this report will have one probationary week (seven days) to improve their grade from an "F" to a passing grade. If their name appears on the list the following Friday in any class, they will be ineligible for participation in any activity beginning the subsequent Monday and will remain ineligible for a minimum of seven days. Eligibility status resets every Monday based on the preceding Friday report. Students and parents should continually monitor "Infinite Campus" so they are aware of what their student athletes' grades are in each class. School administration will have the discretion to override an ineligible status based on each unique situation, along with communication with the teacher.

**ACTIVITIES PHILOSOPHY**

It is our philosophy that participation in co-curricular activities is an integral and vital part of the total

educational program.

The clubs, activities, and athletics provided by School District No. 44 shall afford opportunities for

students to involve themselves outside the classroom. Besides providing these programs, the District

encourages student involvement because it benefits both the individual student and the school.

The

student derives cooperation, dedication, personal pride and ownership, sense of purpose, enhanced

self-worth, loyalty, success and recognition, physical and social development, and a wholesome use of time.

Student interest leads to pride in school, citizenship, leadership, democratic experience, and character development. Teamwork, sportsmanship, and respect for others' rights and views are advanced.

Therefore, we believe it is the responsibility of the District to identify and maintain a mix of activities that motivates an optimum number of students without encroaching on one another.

It is further incumbent upon the District to encourage participation by students for the above-mentioned reasons and their synergistic effect on the school community.

Finally, we believe that these activities are not an end in themselves, but vehicles to work with students.

We want to "win" not for "winning's sake," but because the desire to excel is a worthwhile lifetime goal.

We do not subscribe to a "winning at all costs" philosophy. We value the importance of good

sportsmanship, giving one's best effort, winning humbly, and losing with grace. We believe it is not the score that makes one a "winner" or a "loser".

### **ACCIDENT REPORT PROCEDURE**

All injuries are to be reported immediately to the coach/advisor/athletic trainer/activity director regardless of the nature of the injury. The coach/advisor/director will fill out an accident report form and file it in the principal's office within one (1) school day of the accident.

### **AWARDS CRITERIA**

Each program is given a small stipend to spend on awards for their season. These awards are handed out at the end of the season's awards banquet .

### **AGE RULE REQUIREMENT – MHSA**

#### **(Section (7) Age Rule 7.1)**

No student is eligible to participate in an Association contest who has become nineteen (19) years old on or before midnight, August 31, of a given year. Therefore, a student who becomes nineteen (19) years old after midnight, August 31, of a given year, will be permitted to compete in all Association contests throughout that school year, under the provisions of this section.

### **ASSUMPTION OF RISK STATEMENT:**

The coach/advisor/athletic trainer/athletic director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by Belgrade Public Schools. Each parent or guardian will be responsible to sign an "assumption of risk" statement indicating that the parents/guardians assume all risks for injuries resulting from such participation. **(Board Policy #2151)**

### **ATTENDANCE THE DAY OF AN ACTIVITY (SCHOOL ABSENCES):**

Absences from school and participation in practices, games, meets or performances.

- If you are absent from school for a school sponsored event you can practice, play in a game, or take part in a performance that day.
- If you are absent from school for a limited number of periods for a medical, dental, optometrist, etc. appointment you can participate with approval from the administration (principal, vice principal, or the activities director). A written excuse from the doctor is required.
- You may attend practice, play in games, or participate in performances with administrative approval if absent for a court appearance, bereavement, a family emergency, or some other reason deemed acceptable by the administration.
- If you are home sick and do not come to school for all or part of the day or are absent from any class (excused or unexcused) you cannot practice, play, or participate in performances. It is not in the best interest of our participants to be practicing when sick.
- If you are in school but are absent from class for reasons deemed unexcused, you may not participate in games, practices, or performances that day.
- **School Suspension:** School suspension means the exclusion of a student from attending individual classes or school **and participating in school activities** for an initial period not to exceed ten (10) school days. This will be treated as an unexcused absence from the activity. **(School Board Policy #3300)**

## **BULLYING, HARASSMENT, INTIMIDATION, HAZING**

The Board will strive to provide a positive and productive learning and working environment.

Bullying,

harassment, intimidation, or hazing, by students, staff, or third parties, is strictly prohibited and shall not

be tolerated. **(School Board Policy #3226)**

1. "Hazing" includes but is not limited to any act that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or as a condition or precondition of attaining membership in or affiliation with any District-sponsored activity or grade-level attainment, including but not limited to forced consumption of any drink, alcoholic beverage, drug, or controlled substance, forced exposure to the elements, forced prolonged exclusion from social contact, sleep deprivation, or any other forced activity that could adversely affect the mental or physical health or safety of a student; requires, encourages, authorizes, or permits another to be subject to wearing or carrying any obscene or physically burdensome article, assignment of pranks to be performed, or other such activities intended to degrade or humiliate.
2. "Bullying" means any harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication ("cyberbullying") or threat directed against a student that is persistent, severe, or repeated, and that substantially interferes with a student's educational benefits, opportunities, or performance, that takes place on or immediately adjacent to school grounds, at any school-sponsored activity, on school-provided transportation, at any official school bus stop, or anywhere conduct may reasonably be considered to be a threat or an attempted intimidation of a student or staff member or an interference with school purposes or an educational function, and that has the effect of:
  - a. Physically harming a student or damaging a student's property;
  - b. Knowingly placing a student in reasonable fear of physical harm to the student or damage to the student's property;
  - c. Creating a hostile educational environment, or;
  - d. Substantially and materially disrupts the orderly operation of a school.
3. "Electronic communication device" means any mode of electronic communication, including but not limited to computers, cell phones, PDA, social media or the internet.

### **Reporting**

All complaints about behavior that may violate this policy shall be promptly investigated. Any student,

employee, or third party who has knowledge of conduct in violation of this policy or feels he/she has been a victim of hazing, harassment, intimidation, or bullying in violation of this policy is encouraged to

immediately report his/her concerns to the building principal or the District Administrator, who have overall responsibility for such investigations. A student may also report concerns to a teacher or counselor, who will be responsible for notifying the appropriate District official. Complaints against the

building principal shall be filed with the Superintendent. Complaints against the Superintendent or District Administrator shall be filed with the Board.

### **Exhaustion of Administrative Remedies**

A person alleging violation of any form of harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication, as stated above, may seek redress under any available law, either civil or criminal, after exhausting all administrative remedies.

### **Sex Based Discrimination and Title IX**



No student, on the basis of sex or, in accordance with binding guidance of the Federal Office of Civil Rights regarding the scope of Title IX's sex discrimination prohibition, gender identity, sexual orientation, or failure to conform to stereotypical notions of masculinity or femininity, will be denied equal access to programs, activities, services, or benefits or be limited in the exercise of any right, privilege, or advantage, or denied equal access to educational and extracurricular programs and activities.

Inquiries regarding discrimination on the basis of sex should be directed to the District Title IX Coordinator, located in the Belgrade School District Administration Office.

### **Sexual Harassment Policy (Board Policy #3225)**

Sexual harassment is a form of sex discrimination and is prohibited. An employee, District agent, or student engages in sexual harassment whenever that individual makes unwelcome advances, requests sexual favors, or engages in other verbal, non-verbal, or physical conduct of a sexual or sex-based nature, imposed on the basis of sex, that:

1. Denies or limits the provision of educational aid, benefits, services, opportunities, or treatment, or that makes such conduct a condition of a student's academic status; or
2. Has the purpose or effect of:
  - a. Substantially interfering with a student's educational environment;
  - b. Creating an intimidating, hostile, or offensive educational environment;
  - c. Depriving a student of educational aid, benefits, services, opportunities, or treatment; or
  - d. Making submission to or rejection of such unwelcome conduct the basis for academic decisions affecting a student.

Students who believe that they may have been sexually harassed or intimidated should consult a counselor, teacher, Title IX coordinator, or administrator, who will assist them in the complaint process. Supervisors or teachers who knowingly condone or fail to report or assist a student to take action to remediate such behavior of sexual harassment or intimidation may themselves be subject to discipline.

- FOR A COMPLETE DESCRIPTION of the District #44 Sexual Harassment Policy, refer to Policy Descriptor code: BP 3225 and/or contact Belgrade Title IX Coordinator, Belgrade Public Schools.

### **CELL PHONES AND OTHER ELECTRONIC EQUIPMENT (STUDENTS)**

Student possession and use of cellular phones, and other electronic mobile devices on school grounds, at school-sponsored activities, and while under the supervision and control of District employees is a privilege which will be permitted only under the circumstances described herein. At no time, will any student operate a cell phone or other electronic mobile devices with video capabilities in a locker room, bathroom, or other location where such operation may violate the privacy right of another person.

### **CODE OF CONDUCT**

#### **Extra and Co-Curricular Chemical Use Policy**

This policy applies to middle and high school students who are involved in the extra- and co-curricular activities program. Students participating in extra- and co-curricular activities, whether sponsored by the MHSA or not, shall not use, have in possession, sell, purchase, or distribute alcohol, tobacco products, alternative nicotine and vaping products, or illegal drugs or abuse prescription or non-prescription drugs during their extracurricular seasons. These rules are in effect twenty-four (24) hours a day. If a student receives a MIP or is seen vaping, using tobacco, alcohol, or illicit drugs, the student will forfeit the privilege of participating in accordance with the activities and student handbooks for (20 business days).

### **Policy Duration**

This policy is in effect each school year from the date of the signature in the signature booklet stating the contents of the booklet have been read-until the last day of school or activities, whichever is later. Violations are cumulative, through the student's period of attendance in grades 6-8 and in grades 9-12. The Administration shall publish the participation rules annually in the activities and student handbooks.

### **Chemical Use Policy/ Violations**

Participants must abide by the terms of the District's Chemical Dependency Prevention Policy and the following terms of this Activities Policy:

1. No drinking or possession of alcoholic beverages
2. No use or possession of illegal drugs or drug paraphernalia
3. No use or possession of tobacco in any form
4. No use of vaping products or paraphernalia
5. No attendance at a party where alcohol/drugs are consumed

Violations will be cumulative from the student's first day of participation in any activity in the middle school and again at the high school. A record of all violations will be kept by the activities director or the middle school principal.

**Middle School:** The accumulation of offenses starts in fifth grade and continues through the eighth grade

**High School:** The violation count starts anew upon entering the freshman year and continues through the participant's senior year. Students will be dropped from participation if they receive three violations during this time period.

Students who are found in violation of the chemical use policy at a school-sponsored event or on school sponsored trips will be disciplined under the provisions of the school discipline policy as well as the activities policy.

**Honesty Clause:** Participants who violate the chemical use policy and admit to the infractions will be penalized as stated per violation. Participants who deny that they have broken the chemical use policy and are later found guilty of violations will automatically be penalized by advancing to the next numerical step violation consequence.

In addition, all participants are subject to the following consequences for violation of this policy:

**First Violation High School Only (Drugs/Alcohol/Tobacco):** Participants will be ineligible to compete in any games, contests, or performances for twenty (20) business days from the date of disciplinary action. They will not be allowed to travel or sit with the team or group during performances or contests. In addition, participants must complete a substance abuse class pertinent to their violation. Participation in these classes will be at their expense. Participants will maintain their eligibility providing they have successfully completed the class and may continue to practice.

**Second Violation High School Only (Drugs/Alcohol/Tobacco):** Participants will be suspended for forty-five (45) business days from the date of disciplinary action. They will not be allowed to travel or sit with the team or group during performances or contests. In addition, participants must complete a substance abuse class pertinent to their violation. Participation in these classes will be at their expense. Participants will maintain their eligibility providing they have successfully completed the class and may continue to practice.

**Third Violation High School Only (Drugs/Alcohol/Tobacco):** Students will be suspended from all extra-curricular activities for the remainder of their middle school or high school career. Students may be reinstated by agreeing to a chemical dependency assessment and following the recommendations made by a chemical dependency counselor. The student must provide the results of his/her assessment to the

activities director and principal. The activities director and principal will meet with the student and his/her parents/guardians to determine appropriate action. Students eligible for reinstatement will be suspended for a minimum of ninety (90) business days that overlap the days allowed for activities. The ninety (90) business days will be carried over to the next school year.

**Student and Parent/Legal Guardian Due Process:**

If a determination is made that a student has violated this policy, the student and parent/guardian shall be notified of the violation by telephone and mail. Also at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Board.

Any parent or legal guardian and student who are aggrieved by the imposition of any action (other than a recommendation for exclusion from an activity) shall have the right to an informal conference with the principal, for the purpose of resolving the grievance. At such a conference, the student and the parent shall be subject to questioning by the principal, and shall be entitled to question staff involved in the matter being grieved.

If the discipline involves a high school student and the recommended discipline is exclusion from participation in extra- and/or co-curricular activities for a period in excess of ten (10) days, the parent and student will be notified of the date and time the Board will consider the recommendation. Only the Board can exclude a high school student from participation in extra- and/or co-curricular activities.

**(Legal Reference: § 20-5-201, MCA Duties and sanctions)**

**COLLEGE RECRUITING**

Coaches are encouraged to promote their athletes for scholarships whenever possible, however this should be done after consultation with parents. Documentation of all contacts with representatives of secondary institutions should be forwarded to the Activities Director. When counseling athletes or their parents, coaches should inform them of NCAA student-athlete eligibility requirements.

**CODE OF ETHICS**

It is the duty of everyone involved in school activities, participant or sponsor, to:

- 1) Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- 2) Eliminate all possibilities which tend to destroy the best values of the activity.
- 3) Stress the values derived from participating in activities.
- 4) Show cordial courtesy to visitors and officials.
- 5) Respect the integrity and judgment of sports officials.
- 6) Achieve a thorough understanding of the activity and its rules.
- 7) Encourage leadership and good judgment.
- 8) Recognize that the purpose of activities is to promote the physical, mental, social, and emotional well-being of all involved.
- 9) Remember ... no competition is a matter of life or death for participants, coach, school, official, fan or community.
- 10) Keep an open line of communication between participant and coach/sponsor.
- 11) Hazing, harassment, bullying, intimidation on the part of students, staff, or a third party (fan or student attending event) will not be tolerated. Activities are an extension of the classroom and a violation will be treated as such and dealt with as stated in the student and staff handbooks.
- 12) Realize that your failure as a student participant to abide by the code of ethics may result in your removal from the event, activity, and/or disciplinary action.
- 13) Students who participate in athletics and/or activities where a student receives an award or advances as an individual or as part of a team through levels of interscholastic competition, will be part of the substance abuse policy as outlined in Belgrade Schools Policy.

**Hotel behavior:**

Students must obey curfew set by coaches and chaperones and be in their assigned hotel rooms on all school sponsored trips. Students may not be found in a room of the opposite gender and/or with someone they are romantically involved at any time.

## **CONCUSSION EDUCATION AND CONCUSSION COMPLIANCE FORM:**

All participants and their parent/guardian must initial all the required information on the concussion form and have it completed before the student may begin practice.

# A Fact Sheet for PARENT

## **WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days 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.

## **WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

### **Signs Observed by Parents or Guardians**

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

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

## **WHAT SHOULD YOU DO IF YOU THINK YOUR 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.

**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.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

## **Symptoms Reported by Athlete**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

## **HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

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 (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

**Remember, when in doubt, sit them out!**

**It’s better to miss one game than the whole season.**

## Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

### SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
<ul style="list-style-type: none"> <li>•Appears dazed or stunned</li> <li>•Is confused about events</li> <li>•Answers questions slowly</li> <li>•Repeats questions</li> <li>•Can’t recall events prior to the hit, bump, or fall</li> <li>•Can’t recall events after the hit, bump, or fall</li> <li>•Loses consciousness (even briefly)</li> <li>•Shows behavior or personality changes</li> <li>•Forgets class schedule or assignments</li> </ul>	<p><b><u>Thinking/Remembering:</u></b></p> <ul style="list-style-type: none"> <li>•Difficulty thinking clearly</li> <li>•Difficulty concentrating or remembering</li> <li>•Feeling more slowed down</li> <li>•Feeling sluggish, hazy, foggy, or groggy</li> </ul> <p><b><u>Physical:</u></b></p> <ul style="list-style-type: none"> <li>•Headache or “pressure” in head</li> <li>•Nausea or vomiting</li> <li>•Balance problems or dizziness</li> <li>•Fatigue or feeling tired</li> <li>•Blurry or double vision</li> <li>•Sensitivity to light or noise</li> <li>•Numbness or tingling</li> <li>•Does not “feel right”</li> </ul>	<p><b><u>Emotional:</u></b></p> <ul style="list-style-type: none"> <li>•Irritable</li> <li>•Sad</li> <li>•More emotional than usual</li> <li>•Nervous</li> </ul> <p><b><u>Sleep*:</u></b></p> <ul style="list-style-type: none"> <li>•Drowsy</li> <li>•Sleeps less than usual</li> <li>•Sleeps more than usual</li> <li>•Has trouble falling asleep</li> </ul> <p><i>*Only ask about sleep symptoms if the injury occurred on a prior day.</i></p>

## **CORPORAL PUNISHMENT**

### **(Discipline and Punishment of Pupils M.C.A. 20-4-302)**

No District employee or person engaged by the District may inflict or cause to be inflicted corporal punishment on a student. Corporal punishment does not include reasonable force. District personnel are permitted to use as needed to maintain safety for other students, school personnel, or other persons or for the purpose of self-defense.

## **CUT POLICY**

If your program involves selections or “try-outs” for the team, there will be no “selections” until there have been at least 2 days of practice.

This can be one of the most difficult decisions a coach has to make but, good communication between coach, athlete, parents, and Activities Director can prevent a lot of problems.

Individual coaches will develop their criteria for selection of those participants who will be placed on a team and those who will not be placed on a team. These criteria will be made known to participants at the beginning of their season. These criteria may be more stringent than the baseline requirements contained in this handbook. The Activities Director prior to implementation will approve all team selection criteria.

- A. **Participant Selection Policy:** In some activities, only a limited number of participants will be possible. Selections or auditions will occur and some participants will not be included on teams or selected for positions or roles. Coaches/advisors/director(s) are charged with the following responsibilities relating to these decisions:
1. The coach/advisor/activity director is responsible for making decisions about who is selected, keeping those participants who they believe give the group the best chance of success.
  2. The coach/advisor/activity director has the responsibility to meet with each participant who is not selected and explain the reasons for the decision.
  3. The coach/advisor/activity director has the responsibility to meet with parents who would like to discuss a selection decision. **The coach/advisor/director will not meet with a parent until a 24-hour waiting period is observed.** A 36 to 48 hour wait is recommended.

## **DISTRICT/BUILDING GENERAL OFFICE HOURS**

Main Office hours are: Monday-Thursday 7:30 A.M. – 4:30 P.M. Friday 7:30 A.M. – 3:30 P.M.

At 8:35 A.M. the doors will be locked. The only unlocked doors will be the front main entrance doors by the main office. There is a phone in the main office for students’ use. The purpose of this phone is strictly for parental/guardian contact. When parents/guardians call the school, messages will be taken for a return call during non-instructional time. If it is an emergency, a student will be pulled from class. We do not relay messages from non-parents calling for non-family business, nor do we acknowledge that the student attends this school for privacy and safety reasons.

## **DRESS AND GROOMING**

### **Dress for Activities**

Coaches/sponsors/advisors are hereby encouraged and authorized to establish exemplary standards and practices in fashion, grooming and taste that will tend to enhance the appearance of the group as a whole. Such standards and/or practices must be of a reasonable nature, appropriate to the group’s activity and reflect positively on the image of the group and school. Further, these standards and/or practices must be made known to all potential members at the beginning of the activity season for that group (or sooner if possible).

### **HOMELESS STUDENT RIGHTS**

Our school and school district provide equal access and comparable services to all students. A homeless student's residence is determined by the residence of the parent/guardian. A homeless student must meet all MHSA eligibility criteria for participation in any MHSA sanctioned activity. Contact the school districts Homeless Liaison and Activity Director for further assistance.

Rachel Andrews  
Homeless Liaison  
Belgrade Public School  
312 N. Weaver  
Belgrade, MT 59714  
406-924-2011

### **INSURANCE AND INJURY**

The School District **DOES NOT** provide accident or medical insurance coverage benefits for students who choose to participate in activities programs. For student/athletes with personal medical insurance coverage, the insurance company name and policy number is requested when the student/athlete signs up for an activity to ensure the student/athlete has proper coverage when traveling and participating in activities. This information is to be given on the "Insurance Verification Form" within the [Dragonfly](#) documents.

However, a student/athlete **will not be kept from participating in activities due to lack of insurance**. If the student/athlete does not have personal medical insurance to cover the student's participation and understands that the School District does not provide medical insurance to cover the students, they will need to sign the appropriate document indicating they have no insurance and understand **the School District is not liable**. (This information is to be given on the "Insurance Verification Form" within the [Dragonfly](#) documents.)

### **LETTERING CRITERIA (Optional)**

Each Program establishes their own criteria for lettering. That criteria will be shared with participants at the beginning of each activity season.

### **MEAL PROCEDURE**

#### **Recommended Meal Allowances**

District provides meals **only during the postseason**. The following meal allowances will be adhered to:

Breakfast	\$6.00
Lunch	\$7.00
Dinner	\$8.00

The last meal of the season will be allowed \$10.00

TOTAL \$21.00 (exclusive of 15% gratuities)

**Gratuities:** When appropriate (sit down meals), the coach/sponsor will include, but not exceed **(ex. 15%)** of the total meal bill.

**NOTE:** Meal amounts MAY be accrued daily for EACH tournament (may not be carried over from one tournament to the next). These amounts are MAXIMUM including beverage and/or dessert.

#### **Student Meals:**

The district will not provide meals for regular season games, meets or tournaments. The District will allow parents or others to provide packed meals for the team(s) while traveling. This would be known as a 'cooler clause'.



## **MEDICAL INFORMATION**

### **(Updated Annually)**

MEDICAL TREATMENT/RELEASE FORM can be found in the [Dragonfly](#) documents.

## **MEDICATION POLICY**

### **Administering medicines to Students/Athletes**

#### **(School Board Policy #3416)**

Belgrade School District recommends that medication be given at home whenever possible. Students requiring medication shall be identified by parents and/or physician and will be encouraged to notify coach/sponsor or Activities Director. Under no circumstances will school personnel provide aspirin or other patient's medication to students.

## **PARENT MEETING**

Parents/guardians and students participating in an activity **are required** to attend an informational meeting to discuss the activities policy. Parents are required to attend one of these meetings per year, even if they have more than one child participating in more than one activity. This meeting will be held before the first practice session. If parents are unable to attend the regularly scheduled meeting, a Powerpoint presentation will be made available up to the week before the teams' first competition.

## **PARTICIPATION FEE**

### **(Districts Collection & Tracking)**

A participation fee will be assessed to ALL students participating in middle school and high school activities. Fees will be assessed for each activity the student/athlete participates in. Fees will be as follows:

Middle School \$50.00

High School \$65.00

**\*\*NOTE\*\*** Any student unable to pay the participation fee due to financial constraints is encouraged to contact the Activities Director or building principal to make arrangements for an alternative method of payment of fees (ex. installment payments, work/participation, scholarships ). It is important to understand that Belgrade Public Schools will make every effort to see that no student is eliminated from participation in activities due to financial constraints.

All students participating in high school athletics will be required to pay a fee of \$65.00 per MHSAA competitive activity and \$35 per non-athletic activity (manager, band, choir). The money raised from this fee helps with the financial support of the activity that the student benefits from, though it pays for only a small portion of the actual expense of the activity. (Scholarships are available. Please inquire at the Activities Office or fill out an optional Scholarship Application on [Dragonfly](#) with your student/athletes other documents.)

An athletic fee will be assessed to all 5<sup>th</sup>-12<sup>th</sup> grade students who choose to participate in any athletic activity (basketball, cheer, cross country, football, golf, softball, soccer, speech, drama, debate, tennis, track, volleyball and wrestling). An individual athlete will be charged \$65 for each sport in high school and \$50 for each in middle school grades 7-8 and \$25 for grades 5-6. The athletic fee must be paid prior to any participation by students. The Activity Fee will be waived for those qualifying for free lunch. A scholarship application must be filled out with the Activities Office.

## **PHYSICAL EXAMS**

### **(MHSA Form)**

#### **(MHSA Handbook: ARTICLE II Section (3) Physical Exam)**

A physical examination is required for each student in order to be considered eligible and to be approved for participation in an Association Contest. **Physical examinations must be completed prior to the first day of practice.** This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. A physical examination conducted before May 1st is not valid for participation the following school year. The physical examination form developed by the MHSA Medical Advisory Committee and approved by the MHSA Executive Board must be used. A current form may be obtained from the school office, [Dragonfly](#), or from the medical office giving the physical.

A physical examination is required for each student in order to be considered eligible to participate in an association contest. This exam must be certified by a medical doctor for the current school year." (MHSA Handbook Article II Section III). The cost of the physical exam is the responsibility of the student athlete and his/her parents.

## **SCHOOL SPONSORED TRIPS**

Student participation on intra and extracurricular trips is subject to eligibility requirements. **(See Activity Eligibility.)** Students participating in school sponsored trips, whether for the day or overnight, are regarded by Belgrade School and the public as representatives of the school system. As representatives of the school system, public image is projected by the conduct, the attitudes and the reputations of those students who take a leading role in intra- and extra-curricular activities. Therefore, student participants must comply with rules of the school system, the rules of their coaches or advisors, and the civil laws of society.

Student conduct on any school sponsored trip that does not adhere to the reasonable standards established will be dealt with in a timely manner by the coach/advisor and administration. Student misbehavior on school sponsored trips may lead to student suspension from participating in school sponsored trips. Parents will be notified of any incident concerning their child on a school sponsored trip by the coach/advisor and/or administration.

Opportunities may occur for junior high students to attend high school co-curricular, intracurricular and/or extracurricular overnight events. Consideration for approval will be made on a case by case basis by administration at the request of the advisor or coach. Additional chaperones may be required in the event that junior high and high school students are traveling together overnight.

## **SPORTSMANSHIP**

### **(MHSA Handbook (p. 26-27) Section (33) Sportsmanship Guidelines)**

- A. **Statement of philosophy:** The Montana High School Association has established policies, expectations and responsibilities which will cultivate the ideals of good sportsmanship. It shall be the responsibility of each member school to ensure that all individuals employed or directly associated with the interscholastic program conduct themselves in a sportsmanlike manner. The coach represents the school at interscholastic athletic activities. It is the responsibility of the head and assistant coaches to serve as role models for students and the public.
- B. **Code of Conduct:** A student will be in violation of the standards for good sportsmanship established by the Montana High School Association by:
  1. Making degrading/critical remarks about officials during or after a contest either at the competition site, from the bench, in the locker area or through any public news media;
  2. Arguing with officials or going through motions indicating dislike/disdain for a decision;
  3. Detaining the officials following a contest to request or argue a ruling or explanation of actions by the official;

4. Being ejected from a contest;
  5. Physically assaulting an official.
- C. **Parents/Spectators:** Family members and fans of Belgrade High School student/athletes agree to serve as positive role models, treat all involved with respect, and be supportive and encouraging. There will be no tolerance of unsportsmanlike behavior. If such behavior occurs this person(s), will be asked to leave immediately and may lose permission to attend future events.

### **STUDENT SIGN OUT**

#### **(Protocol when students request to leave site)**

Students are not permitted to leave the facility in which their coach/sponsor is present without specific permission from their coach/sponsor in advance of the student's departure. When permission is granted to leave the facility by the coach/sponsor, the student(s) must sign out with the coach/sponsor when leaving and sign back in upon their return.

### **SUSPENSION OR EXCLUSION FROM TEAM**

#### **(Who makes the call)**

Dismissal of any student from a co-curricular activity needs to be brought to the attention of the Activities Director in a timely fashion.

### **STUDENT AND PARENT/LEGAL GUARDIAN DUE PROCESS**

If a determination is made that a student has violated this policy, the student and parent/guardian shall be notified of the violation by telephone and mail. Also at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Board.

Any parent or legal guardian and student who are aggrieved by the imposition of any action (other than a recommendation for exclusion from an activity) shall have the right to an informal conference with the principal, for the purpose of resolving the grievance. At such a conference, the student and the parent shall be subject to questioning by the principal, and shall be entitled to question staff involved in the matter being grieved.

If the discipline involves a high school student and the recommended discipline is exclusion from participation in extra- and/or co-curricular activities for a period in excess of ten (10) days, the parent and students will be notified of the date and time the Board will consider the recommendation. Only the board can exclude a high school student from participation in extra- and/or co-curricular activities.

**Legal Reference: § 20-5-201, MCA Duties and sanctions**

### **TRAVEL RULES, REGULATIONS AND PROCEDURES**

#### **Activity Transportation**

Because of the legal implications regarding school district responsibilities and liability for any student involved as a participant in a school sponsored extracurricular activity, participating students will be required to ride school-sponsored transportation to and from any activity taking place away from Belgrade, MT. This will apply to any student who is a member of a team, music group, cheerleading squad, pep bus or any other school-sponsored activity involving students as assigned participants. It does not include student spectators, except those riding on a pep bus.

Any participant who arrives late for a coach's/sponsor's announced leave time will NOT be allowed to participate in the activity for that day.

**Travel Requirements:** *Participants will be released to travel with their parent/guardian only after signing out with their coach/sponsor.* All participants must travel to and return from all out of town activities with the team unless prior written permission is asked by their parents and granted by the administration.

**Parent/Guardian written request that their student be allowed alternative transportation:**

The only exception will be a written request by a parent for their son/daughter to ride with THEM to/from the activity. The parents must SEE the coach/sponsor and sign a release at the time of the request. If for some reason, the parent may want the student to LEAVE an activity with someone other than themselves, a request must be made in writing **PRIOR** to the scheduled activity and must be pre-approved by the activities director or another Belgrade Schools administrator.

Any person providing transportation for student activity members, with a specific request from the parent as previously outlined, must meet one of the following qualifications:

An immediate family member; sister/brother, grandparent, and/or adult 21 years or older. This person(s) must SEE the coach/sponsor and sign the student out prior to leaving the activity.

**TRANSPORTING STUDENTS WITH PERSONAL VEHICLE**

**Use of Private Vehicles for District Business**

The use of private vehicles for district business, including the transportation of students, is generally discouraged. Staff members should use district-owned vehicles whenever possible, scheduling activities and other transportation far enough in advance to avoid any non-emergency use of private vehicles. No staff members may use a private vehicle for district business without [written] permission from the [building principal]. Before transporting any students, the owner of any private vehicle must provide proof of sufficient liability insurance, current registration and a current Montana driver's license. A driver may only transport the number of students as there are seat belts in his/her vehicle.

**TRANSPORTATION TO/FROM CONTESTS**

**Student Transportation in Private Vehicles**

Transportation of students to and from co-curricular and extracurricular activities sponsored by the district is provided by the district's transportation system in accordance with district policy.

Parents, employees, and other designated adults may be permitted to use private vehicles to transport students other than their own on field trips or other school activities only with prior [building principal] approval. Before transporting any students, the owner of any private vehicle must provide proof of sufficient liability insurance, current registration and a current Montana driver's license. A driver may only transport the number of students as there are seat belts in his/her vehicle.

No student is to be permitted to perform district business with his/her own vehicle, a staff member's vehicle, or a district-owned vehicle.

**TRANSPORTATION TO/FROM PRACTICE**

It will be the sole responsibility of the students/parents to find transportation to/from practice.

**VIDEO SURVEILLANCE**

The Board authorizes the use of video cameras on District property to ensure the health, welfare, and safety of all staff, students, and visitors to District property and to safeguard District buildings, grounds, and equipment. The Superintendent will approve appropriate locations for video cameras.

The Superintendent will notify staff and students, through staff and student handbooks or by other means, which video surveillance may occur on District property. A notice will also be posted at the main entrance of all District buildings, and on all buses, indicating the use of video surveillance.

The District may choose to make video recordings a part of a student's educational record or of a staff member's personnel record. The District will comply with all applicable state and federal laws related to record maintenance and retention.

OPTIONAL: Audio shall not be part of the video recordings made, reviewed, or stored by the District.

**TO BE FILLED OUT IN DRAGONFLY**

**By signing below, you agree to the policies stated in the Activities Participation Book and adhere to its Chemical Use Policy during your season of participation**

I have read and understand the activities policy included in this booklet.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

List all Activities wishing to participate in: \_\_\_\_\_

Belgrade Public Schools (School District #44) will not discriminate on the basis of sex, race, marital status, national origin, or disability in our educational programs or in our activities. All students will be treated equally.

**Permission to Participate (Collected Annually)**

**STUDENT PERMISSION TO PARTICIPATE**

I hereby give my consent for \_\_\_\_\_ (student) to participate for Belgrade Public Schools in the following Activities:

I also give \_\_\_\_\_ (student) permission to ride school-sponsored transportation to/from any activity taking place away from [insert school district]. I hereby also give the school permission to seek first aid treatment and medical services if necessary for the student listed above, should an emergency arise and with the understanding that there will be no financial obligation on the part of the school.

Date: \_\_\_\_\_

\_\_\_\_\_  
Student Signature

Date: \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

Student allergies to medication: \_\_\_\_\_

Student Date of Birth: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Emergency Phone \_\_\_\_\_

**TO BE FILLED OUT IN DRAGONFLY**

**BELGRADE HIGH SCHOOL ATHLETICS INFORMED CONSENT AND  
INSURANCE VERIFICATION FORM**

I understand that the Belgrade High School Coaching Staff will take all reasonable precautions to insure that the risk of injury to their athletes is minimized. However, even though these precautions are taken there is still a chance of injury, and in rare instances even severe injury and death. I have been informed of these risks, understand them, and feel that the benefits of participation outweigh the risks involved. My signature below gives my child permission to participate in a Belgrade High School Activity.

**The School District DOES NOT provide medical insurance** coverage benefits for students who choose to participate in activities programs.

Student/athletes with personal medical insurance coverage, the insurance company name and policy number is requested to ensure your student/athlete has proper coverage when traveling and participating in activities.

\_\_\_\_ I have personal medical insurance to cover the student's participation:

INSURANCE (Company Name) \_\_\_\_\_

Policy # \_\_\_\_\_

A student/athlete **will not be kept from participating in activities due to lack of insurance.** If the student/athlete **DOES NOT** have personal medical insurance to cover the student's participation and understands that the School District does not provide medical insurance to cover the students, they will need to sign this document indicating they have no insurance and understand **the School District is not liable.**

\_\_\_\_ I **DO NOT** have personal medical insurance to cover my student/athlete's participation and understand that the School District **DOES NOT** provide medical insurance to cover my student/athlete. I understand I will be responsible for any medical costs associated with my student's participation.

**Signature Required Regardless of Insurance Coverage:** By signing below Belgrade School District is released of any liability that may occur.

Student Athlete \_\_\_\_\_

(Please Print)

Parent/Guardian \_\_\_\_\_

(Signature)

Date: \_\_\_\_\_

**TO BE FILLED OUT IN DRAGONFLY**

MEDICAL TREATMENT/RELEASE FORM



To: Parents and/or Guardians of Students Representing School District No. 44 in Activity Programs.



It has become exceedingly difficult to obtain medical services for students injured when competing, without first obtaining parental/guardian consent in writing. So that proper emergency assistance may be provided, we ask that you review the following statement, sign and return to the faculty member in charge.

**I hereby authorize School District No. 44 and its faculty members in charge of my child named below to obtain all necessary medical care for my child and I hereby authorize any licensed physician and/or medical personnel to render necessary medical treatment to my child.**

Print Student's Name \_\_\_\_\_  
Parent's Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone No. \_\_\_\_\_  
Email \_\_\_\_\_

Emergency Contact if parent cannot be reached:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone No. \_\_\_\_\_  
Relationship to Student: \_\_\_\_\_  
Allergies? \_\_\_\_\_ YES \_\_\_\_\_ NO

\_\_\_\_\_  
\_\_\_\_\_  
Medication Needed \_\_\_\_\_ YES \_\_\_\_\_ NO  
\_\_\_\_\_  
\_\_\_\_\_

Special Medical Problems? \_\_\_\_\_ YES \_\_\_\_\_ NO  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_  
(Parent and/or Guardian)

Date: \_\_\_\_\_



**TO BE FILLED OUT IN DRAGONFLY**

**Student-Athlete & Parent/Legal Guardian Concussion Statement**

Because of the passage of the Dylan Steiger’s Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete’s parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed healthcare provider.

Student-Athlete Name: \_\_\_\_\_

*This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.*

Parent/Legal Guardian Name(s): \_\_\_\_\_

We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet*.

*If true, please check box*

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be “seen.” Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health-care professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I/my child will need written permission from a licensed healthcare professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion fact sheet.	

**TO BE FILLED OUT IN DRAGONFLY**

**BELGRADE HIGH SCHOOL  
STUDENT ACTIVITIES/ATHLETIC HANDBOOK SIGN-OFF  
2022-2023 School Year**

My signature on this document verifies my consent and understanding on the following documents:

1. I have received a copy of the **Belgrade School Student Activities/Athletic Handbook** for the 2022-2023 school year. I have read and understand the policies and procedures as outlined in the handbook and agree to follow and abide by said policies and procedures.

---

Name of Student

---

Parent Signature

---

Date

---

Student Signature

---

Date

**\*\*THIS SIGNATURE BOOKLET ONLY NEEDS TO BE COMPLETED ONCE PER YEAR. THE STUDENT NEEDS TO COME INTO THE ACTIVITIES OFFICE PRIOR TO THE START OF THE NEXT SEASON AND ASK TO HAVE THEIR PAPERWORK TRANSFERRED, OR DO IT YOURSELF ON DRAGONFLY\*\***

## APPENDIX E –AUTHORIZATION TO PARTICIPATE AND RECORD

The District offers student clubs and extracurricular activities, events, and programs to the Student, including, but not limited to, curricular and co-curricular programs and clubs, sporting events, athletics, band, cheerleading as identified in the Student Handbook, and transportation and lodging to, from, and associated with these activities (collectively “Clubs and Activities”).

**Parental permission is required for the Student to participate in a Club or Activity.** By signing this form, you give permission for your child to participate in the Club(s) and Activity(ies) identified by you and:

1. Represent the Student is fully capable of participating in the Club/Activity or Clubs/Activities and agree to disclose all known limitations to the District, including, but not limited to; medical conditions, physical limitations, and any other limitation known to the Student or the Parents.
2. Understand and acknowledge that the Student may not be skilled in one or all of the Clubs and Activities;
3. Understand and acknowledge that the Student is subject to all eligibility requirements adopted by the District for participation as well as any governing agency, including but not limited to the Montana High School Association;
4. Understand and acknowledge that engaging in any Activity may require a degree of skill and knowledge which the Student may not possess;
5. Understand and acknowledge that the Club or Activity in which the Student seeks to participate may require an audition or try-out to determine if the Student has the required skills/abilities to participate and that the Student may be “cut” from the Club or Activity through the audition/try-out process;
6. Understand and acknowledge that the District has informed us that certain risks are inherent in some Clubs and Activities and cannot be eliminated without destroying the unique character of the Club and/or Activity. These risks may include, but are not limited to; the inherent dangers related to sports, athletic events, hazards of traveling in and to areas without medical services or care, dangers due to the forces of nature (including, but not limited to, avalanches, lightning, fire, inclement weather, exposure, flooding), dehydration, falls, injury caused by malfunction or failure of any equipment, injury or sickness resulting from food, allergies, transportation accidents, and others;
7. Understand and acknowledge that the foregoing description of risks is incomplete, and these risks and other unlisted, unknown, or unanticipated risks may result in injury or death;
8. Understand and acknowledge that engaging in any Activity may require a participant to listen to any instructions, warnings, or risk assessments of the District, to ask for instruction or clarification whenever needed, and to follow instructions; and
9. Understand and acknowledge that the District may remove the Student from Activities for any breach of safety policies, or any conduct that the District deems unsafe.

You further acknowledge and consent to the Student being recorded by audio or video means by a school employee/representative/coach/advisor during participation in a Club or Activity for purposes of coaching or instruction.

The Student and Parents hereby consent to the Student participating in the Club(s) and Activit(ies) identified in spite of, and with full knowledge of, risks which may be associated with that Activity.

By signing this Agreement, the Student and Parents acknowledge they have carefully read and understand its contents.

Club(s) and/or Activity(ies) for which permission is given for the Student to participate:

Please list the activities/clubs/sports your child participates in.

---

STUDENT NAME

STUDENT SIGNATURE

DATE

---

NAME OF PARENT OR GUARDIAN

PARENT OR GUARDIAN SIGNATURE

DATE

**Please fill out this requirement on your DragonFly account. Signed permission must be provided there before a student can participate in a Club or Activity.**

# GET STARTED WITH DRAGONFLY



DragonFly makes sports and activities more organized with easy-to-use digital forms, health records and team communication tools.



## PARENTS & STUDENTS

- 1 Download the DragonFly MAX app from the App Store or Google Play.
- 2 Tap 'Get Started' and 'Sign Up for Free' then follow the prompts to create your Parent account with your own email address.  
*Note: please do not create an account with your child's name or contact information—you will get the chance to add your child soon!*
- 3 Verify your account with the verification ID sent to your email address.
- 4 Tap 'Connect to your school' to select 'Parent' as your role and search for your child's school. If you cannot find your school, try searching with the School Code at the bottom of this page. VKEP38
- 5 After selecting your child's school, tap 'Join' to request access. An administrator at your school will approve your request.
- 6 Tap 'Set up your children' and follow the prompts to add your kid(s) and fill out their participation forms.



## ATHLETIC DIRECTORS, COACHES & SCHOOL ADMINISTRATORS

- 1 Visit [dragonflymax.com](http://dragonflymax.com) and click the 'Log In/Sign Up' button.
- 2 Click 'Sign Up for Free' to create your account with your school email address.
- 3 Verify your account with the verification ID sent to your email address.
- 4 Click the 'Get Started' button to select your role and search for your school. If you cannot find your school, try searching with the School Code at the bottom of this page.
- 5 After selecting your school, tap 'Join' to request access. You will see a list of administrators at your school who can approve your request. If you're the first person to request access to your school, a member of the DragonFly team will verify your role and approve your request.

### PREFER TO DO THIS ON YOUR COMPUTER?

Visit [dragonflymax.com](http://dragonflymax.com) and click 'Log In/Sign Up' to get started.

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