

CO-CURRICULAR PARTICIPATION HANDBOOK



ACTIVITIES

2024-2025

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FORWARD

The purpose of this handbook is to provide the public with insights into the Fargo Public School activity programs. We are proud of the variety of opportunities available to our students and applaud the continued public support of our students.

PHILOSOPHY OF ACTIVITIES IN THE FARGO PUBLIC SCHOOLS

The Fargo Public Schools consider activity programs to be an integral part of programming at the elementary, middle, and high school levels. They are intended to benefit all youth. Our aim is maximum participation within our activity programs.

As a part of the co-curricular, educational experience, competitive programs are administered by school authorities, with instruction provided by competent, well-qualified coaches and advisors. Our goals for these programs include promoting the physical, moral, social, and emotional well-being of the participants. The ideals of good sportsmanship, ethical conduct, and fair play are important elements of the student's experience.

Financing of the activities program will be governed by the same policies that control the financing of all other educational programs within the school system.

Policies referred to in this handbook can be obtained [online](#) or at your school office.

Fargo Public Schools Mission
*Educating and Empowering All
Students to Succeed*

SCHOOL DISTRICT POLICIES

Harassment

Harassment is a form of misconduct which undermines the integrity of the school relationship. All students must be allowed to work and play in an environment that is free from unsolicited and unwelcome sexual overtures. Sexual harassment will not be tolerated, and those found guilty of such conduct may receive a disciplinary warning, a suspension, or may be withdrawn from school, depending on the seriousness of the misconduct. The following represent some of the possible forms of inappropriate conduct through personal or electronic interactions. Please refer to [AP-6060](#) for the Nondiscrimination and Anti-Harassment Policy and complaint form.

1. Sex-oriented, verbal “kidding” or abuse.
2. Subtle or overt pressure for sexual activity.
3. Physical contact such as patting, pinching, or intentional brushing against another’s body.
4. Demands for sexual favors accompanied by implied or overt promises of preferential treatment or threats.
5. Obscene notes of graffiti.

Prevention is the best tool for the elimination of sexual harassment. The school and its administrators have an affirmative duty to maintain an environment that is free of sexual harassment and intimidation.

Sex Discrimination

The Fargo Public Schools Board of Education supports the provisions of Title IX of the Educational Amendments of 1972, which commit all schools to the elimination of discrimination on the basis of sex in those programs and activities offered to its students ([AP-5060](#)). Any student or employee of the school district who believes they have been discriminated against, denied a benefit or excluded from participation in a district educational or activity program based on gender, may file a written complaint with the school district compliance officer.

Racial Harassment

Title VI of the Civil Rights Act of 1964 addresses racial harassment in public schools. Racial discrimination or harassment is considered present if a person is treated differently based on their race, color, or national origin in the context of an educational program. A violation will be considered present without a legitimate, nondiscriminatory reason so as to interfere with or limit the ability of a person to participate in or benefit from the services, activities, or privileges provided by the school district.

Racial discrimination/harassment through personal or electronic interactions may include, but is not limited to the following examples:

1. Harassing conduct that is physical, verbal, graphic, or written.
2. Injury to persons or property.
3. Conduct which threatens injury to person or property.

If you have concerns or need information regarding the existence and location of services, activities, and facilities that are accessible, please contact the Fargo Public Schools Compliance Director (504 Coordinator), Patty Cummings, at 701-446-1009. Dr. Cummings also serves as the Title IX Coordinator for Fargo Public Schools and can be contacted at the information above regarding any Title IX compliance. You may also write to the coordinators at Fargo Public Schools, 700 7th St. South, Fargo ND 58103. Fargo Public Schools also acknowledges your right to file a discrimination complaint at any time with the U.S. Department of Education Office for Civil Rights Lyndon Baines Johnson Department of Education Bldg. 400 Maryland Avenue, SW Washington, DC 20202-1100.

Family Educational Rights and Privacy Act (FERPA)

The Fargo Public School District extends official notification of its commitment to FERPA, which affords parents and students over the age of 18 certain rights with respect to the student's educational records. These rights include the following:

1. The right to inspect and review the student records within 45 days of the day the district receives a request for access. Parents or eligible students should submit a written request to the principal or appropriate school official identifying the record(s) they wish to inspect. The principal will make arrangements for access and notify the parent or student of the time and place for inspection.
2. The right to request the amendment of a student's educational records that the parent or eligible student believes to be inaccurate or misleading. The parents or eligible student must write to the principal clearly identifying the part of the record they want changed and specify why they believe it to be inaccurate or misleading. If the district decides not to amend the record as requested, the district will notify the parent or eligible student of the decision and advise them of their right to a hearing regarding the request for the amendment. Additional information regarding the hearing procedures will be provided to the parent or eligible student when notified of the right to the hearing.

3. The right to consent to disclosures of personally identifiable information contained in the student educational records, except to the extent that FERPA authorizes disclosure without consent. One exception which permits disclosure without consent is disclosure to school officials with legitimate educational interests. A school official is a person who is employed by the District as an administrator, supervisor, instructor, or support staff member (including health or medical staff and law enforcement personnel); a person serving on the School Board; a person or company whom the district has contracted to perform a special task (such as an attorney, auditor, medical consultant, insurance carrier, transportation services, or therapist); or a parent or student serving on an official committee, such as a disciplinary or grievance committee, or while assisting another school official in performing his/her other tasks. A school official has a legitimate educational interest if the official needs to review a record in order to fulfill his/her professional duties. The district may also disclose "Directory" information which may include student and parent names, address, telephone number, date of birth, grade level attained, participation in sports and other activities, photos and videos, honors and awards, and height and weight in athletic programs. If the parent does not want directory information released, they must contact the student's school within two weeks of the start of the new school year.
4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by the district to comply with the requirements of FERPA. The name and address of the office that administers FERPA is:
 - Family Policy Compliance Office
 - U.S. Department of Education
 - 400 Maryland Avenue, SW
 - Washington, DC 20202-5920

Hazing Defined

"Hazing" means committing an act against a student or coercing a student into committing an act that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose. The term hazing includes, but is not limited to:

1. Any type of physical brutality such as whipping, beating, striking, paddling, branding, electronic shocking or placing a harmful substance on the body.
2. Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the student's mental or physical health or safety.
4. Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation, which adversely affects the mental health, or dignity of the student or discourages the student from remaining in school.
5. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

“Student organization” means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities, or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition.

North Dakota Hazing Law: 12.1-17.10. hazing – Penalty

A person is guilty of an offense when, in the course of another person's initiation into or affiliation with any organization, the person willfully engages in conduct that creates a substantial risk of physical injury to that other person or a third person. As used in this section, “conduct” means any treatment or forced physical activity that is likely to adversely affect the physical health or safety of that other person or a third person, or which subjects that other person or third person to extreme mental stress, and may include extended deprivation of sleep or rest or extended isolation, whipping, beating, branding, forced calisthenics, overexposure to the weather, and forced consumption of any food, liquor, beverage, drug, or other substance. The offense is a Class A misdemeanor if the actor's conduct causes physical injury, otherwise the offense is a Class B misdemeanor.

The district urges students to avoid being either a perpetrator of such acts or a willing participant in such behaviors. Alleged hazing, when substantiated by facts obtained through the due process procedure, will result in disciplinary action being taken against the participants.

General Statement of Policy

It is the policy of the Fargo Public School District to maintain a learning environment free from discrimination and harassment. The Fargo School District prohibits any form of harassment based on race, color, religion, sex, national origin, disability, sexual orientation, age, or status in any group protected by state or federal law.

The Fargo School District will act to investigate all complaints, either formal or informal, verbal or written, of harassment, and to discipline or take appropriate action against any student, teacher, administrator, or other school personnel who is found to have violated this policy.

Bullying

A safe and civil environment is needed for students to learn and attain high academic standards and to promote healthy human relationships. Bullying, like other violent or disruptive behavior, is conduct that interferes with students' ability to learn and teachers' ability to educate students in a safe environment. The Fargo Public School District is committed to positive interactions and understanding that these 'bullying behaviors' are not acceptable. The purpose of this policy is to assist the Fargo Public School District in its goal of preventing and responding to acts of bullying, intimidation, violence, and other similar disruptive behavior. Please review the policy and report form on the Fargo Public Schools website to access [Anti-Bullying Policy – AP6061](#).

CO-CURRICULAR AND STUDENT PARTICIPATION POLICY

INTRODUCTION

The co-curricular programs in the Fargo Public Schools exist for the development of skills, attitudes, and self-esteem of students, and are intended to enhance the physical, social, emotional, artistic and intellectual growth of our young people. Parents are encouraged to be positive and supportive in their relationships with their children, advisors, and coaches. It is the prerogative of the advisor/coach to manage the activity in such a manner that sound human relationships are encouraged and the regulations of the North Dakota High School Activities Association are followed. A team effort by parents, school officials, and the participants is needed to achieve these goals.

Our co-curricular programs are voluntary and are a privilege to participate in rather than a right. Therefore, when a student signs their name to accept the code, it means that they voluntarily accept it as part of their co-curricular participation while attending Fargo Public Schools.

The basic purpose of this code is to provide assurance that our students and their parents are informed of the standards of behavior, conduct and appearance that are appropriate for the young people who represent our schools and the community of Fargo in the various areas of co-curricular activities.

ACTIVITY PARTICIPATION CONFLICT GUIDELINES (GRADES 6-12)

Many of our students are involved in several activities which occasionally conflict with each other outside of the school day. Academic and co-curricular leaders should make every effort to work with the student to determine a positive solution that allows the student to attend part of both activities.

Music & Athletic Activity Conflict

Music Activity	Athletic Activity	Guideline
Concert	Practice	Student attends concert
Curricular Music Concert (one of three designated)	Game	Student attends concert (academic in nature/earning a grade)
Performance Dress Rehearsal	Practice	Student’s Decision
Performance Dress Rehearsal	Game	Student attends game
Concert	Regional/State Competition	Student attends competition

Drama & Athletic Activity Conflict

Drama Activity	Athletic Activity	Guideline
Curricular Production	Game	Student attends the production
Co-Curricular Production	Practice	Student attends the production
Co-Curricular Production Tech Rehearsal	Practice	Student attends the tech rehearsal
Co-Curricular Production Tech Rehearsal	Game	Student attends game

In the event that a state drama/music event and a NDHSAA state tournament occur simultaneously, the students, teacher and parents would work together for a decision in the best interest of the student.

ELIGIBILITY

ACADEMIC

High School Students

- Passing work in at least 2.5 credits per week.
- Grades will be computed in three-week intervals to include the end of each grading period.
- Grades used in determining eligibility will be cumulative from the beginning of the semester.
- A student may become ineligible at each of the grade checks.
- A student may regain their eligibility when they are determined to be making satisfactory academic progress.

Middle School Students Participating in High School Activities

- Seventh and eighth grade students involved in high school activities must be passing all classes to maintain eligibility.
- Grades will be computed in three-week intervals to include the end of each grading period.
- Grades used in determining eligibility will be cumulative from the beginning of the semester.
- A student may become ineligible at each of the grade checks.
- A student may regain their eligibility when they are determined to be making satisfactory academic progress. Students will continue to practice during the period of ineligibility.

Middle School Students Participating in Middle School Activities

- Must have no more than one “failing grade” to maintain eligibility.
- Grade checks will be done every two weeks.
- A student may become ineligible at each of the grade checks.
- A student may regain their eligibility when they are determined to be making satisfactory academic progress.
- Students will continue to practice during the period of ineligibility.

Attendance

Participants must be in attendance for all academic and required activities designated by the school to be eligible to participate in or attend practice or competition on any given day. (Excuses will be accepted for verified

medical appointments and/or emergencies if approved by administrators and coaches.)

Suspension or Expulsion

Any participant who receives an out-of-school suspension or expulsion shall be ineligible for participation, including practices, during the period of suspension or expulsion. Participants shall be eligible to participate when they are readmitted to school.

GENERAL STANDARDS

Dress and Grooming

Students who participate in co-curricular activities are expected to dress appropriately for out-of-town trips. Coaches/Advisors may establish and post appropriate standards with each individual group. Participants should also expect to be neatly groomed.

Travel

Students designated to participate in out-of-town events are to travel to and from events with the squad. No other means of transportation is to be used unless approval has been granted by the coach or advisor and building Activities Coordinator. Students are required to dress appropriately for winter travel.

Regional Tournaments –No overnights should be scheduled unless schedule of play, distance or inclement weather is a factor.

State Tournaments – The expectation for tournaments within a 90-mile radius is to return home each day. Prior to overnights being scheduled by a school, the decision should be discussed between the building activity coordinators participating in the same regional or state tournament.

Citizenship

The conduct and behavior of participants is closely observed in many areas of school life and is a direct reflection of themselves, their parents, the school, the organization, and the coach/advisor. Participants shall be courteous and show respect for people and property. Exceptional leaders accept these responsibilities, realizing that they influence many others in the school. Gambling and other inappropriate activities will not be tolerated among student participants.

SPECIFIC STANDARDS

In general: A school official shall have the authority to suspend a co-curricular activity participant for any of the following behaviors:

- Possession, use, or purchase of tobacco products, regardless of the student's age. "Tobacco" is defined to include any product that contains tobacco, is manufactured from tobacco, or contains nicotine.
 - Possession, use, or purchase of any alcoholic beverages. The North Dakota Supreme Court has defined "use" as having the odor of alcohol on one's breath and "possession" is evidence of the exercise of some degree of actual dominion or control over an alcoholic beverage.
 - Possession, use, purchase, or attempted sale/purchase of illegal drugs, or the unauthorized possession, use, purchase, or attempted sale/purchase of otherwise lawful drugs.
 - Engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system (excluding minor offenses such as traffic or hunting/fishing violations), regardless of whether the student was cited, arrested, convicted, or adjudicated for the act or acts.
 - Actions deemed to be in violation of the citizenship clause.
 - Exceedingly inappropriate or offensive conduct such as assaulting staff or students, gross insubordination, hazing or harassment of others. NOTE: This could include group conduct!
 - "Mere Presence" - Being in attendance at a function or party where the student knows or has reason to know that alcohol or other drugs are being consumed illegally by minors and failing to leave despite having a reasonable opportunity to do so. When a student recognizes this situation, they are expected to leave immediately.
 - (a) An intention to leave and/or serve as a designated driver is not a defense.
 - (b) Stay and risk loss of eligibility for extracurricular activities.
- This is not an all-inclusive list of prohibited behaviors. The school reserves the right to discipline a student for violation of the good conduct rule which includes but is not limited to the above referenced behaviors.

CONSEQUENCES FOR ILLEGAL SUBSTANCE VIOLATIONS

A student who declares and defends their innocence under the “mere presence” rule will have a consequence of 2 weeks or 2 contests (whichever is greater), when their claim of innocence is substantiated by legal proof or other determination. A second mere presence violation shall result in the consequences of a first violation as listed below.

1st Violation:

The penalty shall be a suspension from participation of 6 consecutive weeks in the students current and/or next activity season.

Intervention: The suspended student will be required to meet with a designated school professional.

Subsequent Violations:

The penalty shall be a suspension from participation of 18 weeks in the students current and/or next activity season.

Intervention: The student will be required to meet with the building Student Wellness and Family Facilitator in addition to providing proof of a drug and alcohol evaluation by a certified evaluation agency.

The period of suspension shall begin from the date and time the school official becomes aware of the violation.

General Guidelines for all three offenses:

Consequences for violations are cumulative within the middle school years and again within the high school years.

1. Suspension periods will cover consecutive weeks whenever a violation occurs during the school year.
2. Violations occurring out of season or during the summer are enforced at the start of the next season of participation for the student during the following year. For non-athletic activity suspensions, the start of the next season of participation is defined as the first missed event. Students who elect to participate in any activity must remain in good standing and complete the full season of that activity for that participation to constitute service of a suspension.
3. The participant will not be involved in any public recognition or activity during the suspension, although students will be allowed to continue to practice. Participants who are suspended from activities will not be included in performances, drama productions, and awards presentations.

- a. Music performance exceptions apply only to those students who are required to participate in the three designated curricular concerts, which are established by each school's administration.
4. Any student who has a violation that occurs during the season or prior to the awards presentation will not be awarded a letter or receive any other school sponsored recognition/awards for that activity.
5. Any participant who serves a suspension or commits a violation during any part of an activity season is not eligible for a leadership role during that season. To be reconsidered for a leadership role in subsequent seasons, a participant must complete both of the following tasks:
 - a. Successfully complete the [NFHS Captains Course](#).
 - b. Participate in a meeting with both the building Principal and the building Activity Coordinator to assess their readiness to assume a leadership role.

Participants who have multiple violations during their high school career will be excluded from any leadership role.

6. Any participant who engages in, admits to, or is convicted of a felony or misdemeanor, including hazing which would reflect on the performance, status, or personal growth of other individuals involved in the activity shall be dismissed from all co-curricular activities. Penalties are the same as those described above.

During Suspension

Students serving a suspension for NDHSAA/FPS rule violations **may**:

- Practice with their team/group.
- Tryout for a team/group.
- Attend team/group meetings and gatherings.
- Be present in the team locker room during pre-game, halftime, or post-game.

Students serving a suspension for NDHSAA/FPS rule violations **may not**:

- Travel out of the school with their team/group.
- Miss school to attend a team/group event.
- Perform in public with the team/group.
- Be in uniform on the team bench.
- Represent the team/group outside of the school.

Investigation Procedures

1. Infraction occurs when a student is identified as having been involved.
2. Principal or designee holds a pre-suspension investigation with the student.
3. If the investigation results find that no disciplinary action is needed, the matter is dropped. The student will continue in school activities.
4. If the investigation results find that disciplinary action is necessary, appropriate action will be taken.
5. Parents are notified of the disciplinary action. An activity suspension may or may not involve a suspension from the school day.
6. A parent conference, if requested, is held as soon as both parties can agree on a date and time.
7. If the parent/student believes that the investigation process was not followed, they may appeal to the District Activities Director within three (3) days of being advised of the violation. The Activities Director will review the process and the conclusion/consequence to determine whether the process was properly followed and whether the conclusion/consequence is appropriate. This is the final process a student may use in seeking a remedy or appeal concerning their suspension.

ATHLETIC CAUTIONS, CONSIDERATIONS, & RESPONSIBILITIES

Activities can be highly competitive and physical conditioning plays a major role in the preparation of the student athlete. Because of the intense demands of participation, students must observe the rules, procedures, and training progression for their activity.

Preparation for Activity

Clothing, shoes, and protective equipment for your sport should fit properly and be worn during practices and contests. Remove all jewelry before participation.

Individuals requiring athletic training services should arrive early to receive treatment to avoid being late for practice. All physical problems that are chronic or may interfere with participation should be reported to the athletic trainer and coach.

All athletes must have their annual physical exam on file prior to the start of the season.

Locker Room and Practice

Be alert to the surroundings to prevent any injuries. Students should not engage in roughhouse or horseplay which could lead to injury. Keep all valuables secured and locked in your locker. All skin infections should be reported to the coach and athletic trainer. Athletic spikes should be removed before entering the building.

General Sport Cautions

- Be alert to dehydration symptoms. Students should remain well hydrated before, during and after participation.
- Monitor your body weight throughout the season to insure maximum performance.
- Fuel your body with a nutritious, balanced diet.
- Do appropriate stretching and warming up before the start of the activity.
- Inappropriate use of required equipment for the sport is forbidden.
- Assist with the equipment check at practice and game sites to ensure safety.
- Do not overload equipment. Always be certain to observe noted limits.
- When practice or competition is taking place outdoors, be mindful of pending weather conditions that could threaten safety. Heat illness, cold injury and lightning safety are all potential dangers in our climate.
- Proper safety procedures for individual sports will be covered by coaches in each specific activity.

Emergencies

Because of the nature of sports, injuries may occur. All injuries must be called to the attention of the coaching staff and athletic trainer. Some injuries may require more intense management. When such an incident occurs, the practice, scrimmage, drill, or contest should be stopped. Make sure the coach, athletic trainer, or other site manager is aware of the problem. If necessary, additional assistance should be called. If a fire or fire alarm occurs, the site should be evacuated, with all participants moving a safe distance away from the facility.

Sudden Cardiac Arrest

Sudden cardiac arrest is the result of unexpected failure of proper heart function, usually during or immediately after exercise. In more than a third of sudden cardiac arrests, there were warning signs that were not reported or taken seriously. Warning signs are:

- Fainting, a seizure or convulsions during physical activity.
- Fainting or a seizure from emotional excitement, emotional distress or being startled.
- Dizziness or lightheadedness, especially during exertion.
- Chest pains, at rest or during exertion.
- Palpitations – awareness of the heart beating unusually during athletics or during cool down periods after athletic participation.
- Fatigue or tire more quickly than peers.
- Being unable to keep up with friends due to shortness of breath.

CONCUSSION MANAGEMENT

The Fargo Public Schools will comply with the concussion management program requirements contained in law (NDCC 15.1-18.2). There are numerous provisions identified in the state law. One is a requirement that schools provide to student athletes and parents information regarding concussions incurred by students participating in athletic activities. Student athletes and their parents must document that they have viewed this information and return this documentation to the school before students participate in sports. By signing the co-curricular forms, via Powerschool, both the parent(s) and student athlete are acknowledging that they have reviewed the concussion information. It is highly recommended that every student-athlete and parent successfully complete the 20-minute National Federation of High School’s online course, *“Concussion in Sports”*. The course can be accessed at www.nfhslearn.com.

An athletic trainer will remove an athlete from activity if they show any of the following signs or symptoms during a practice or competition and indicate a concussion type injury mechanism.

- | | |
|----------------------------|----------------------------|
| • Headache | • Lack of energy/tiredness |
| • Fogginess | • Blurred vision |
| • Difficulty concentrating | • Sensitive to light/sound |
| • Dizziness/Poor balance | • Mood changes/irritable |
| • Difficulty with memory | • Easily confused. |
| • Nausea | • Slowed thought process. |

Athletes may possibly return to practice the following day if they are “NOT” diagnosed with a concussion. Only an Appropriate Health Care Professional (AHCP) can determine if an athlete has had a concussion. Each high school in North Dakota shall determine its AHCP.

AHCP for Contracted High School: Each school will use their Sanford Orthopedics Sports Medicine Certified Athletic Trainers and any attending

Sanford physician providing coverage at any contest to determine whether an athlete has received a concussion.

Return to Activity Guidelines (per Sanford Orthopedics Sports Medicine)

The Return-to-Activity Guideline is designed to return the individual to his/her activities as quickly and safely as possible following a concussion. Each phase should last a minimum of 24 hours and be completed in a consecutive order, but in some cases a phase may take days or weeks to complete. This guideline is not a substitute for a health care professional's clinical judgement and the patient's concussion modifying factors should be taken into consideration.

1. **Complete Rest:** The patient should avoid strenuous physical and cognitive exertion for the first 24-48 hours immediately following the injury. Patient can complete symptom-limited activities of daily living. Cease activity if patient experiences a 2-point or greater increase on a 0-10 symptom scale.
2. **Light Exercise:** 24-48 hours after the injury, symptomatic and asymptomatic patients should resume low-risk activities such as walking or stationary biking for a duration of 20-40 minutes (30-40% of perceived maximum exertion). When patient can complete low-risk, light activity without an increase in symptoms, patient may progress to moderate aerobic exercise. Cease activity if patient experiences a 2-point or greater increase on a 0-10 symptom scale.
3. **Moderate Exercise:** Begin 30-60 minutes of moderate aerobic exercise such as jogging/running, carioca, swimming, skating, burpees, jumping jacks, etc. (40-60% of perceived maximum exertion). Cease activity if patient experiences a 2-point or greater increase on a 0-10 symptom scale. When able to tolerate moderate aerobic activity without an increase in symptoms, progress to Sport-Specific Exercise.
4. **Sport-Specific Exercise:** Begin to incorporate sport-specific activities in a controlled environment, in addition to moderate aerobic exercises for 40-60 minutes (60-80% of perceived maximum exertion). Examples of sport-specific activities include shooting baskets and ball handling drills, shooting and puck/stick handling drills, running routes and throwing passes. Patient may wear helmet/shoulder pads if applicable but avoid full gear. Begin sub-maximal weight training in a controlled environment. Patient should be asymptomatic for a minimum of 24 hours and be approved by a healthcare provider following concussion testing/evaluation prior to progressing to non-contact practice participation.

5. **Non-Contact Practice:** Begin non-contact drills during team practices (80-100% of perceived maximum exertion). Patient may wear full gear. Patient may resume full weightlifting activities. Patient should cease activities and return to sport-specific exercise if symptoms return. It is also recommended that patient perform and pass exertional testing during this stage.
6. **Unrestricted Training:** Patient can resume full-contact training practices and activities. Patient should cease activities and return to sport-specific exercise if symptoms return.

Clearance for Return to Play

1. "Concussion Return to Play" form must be in writing from athletic trainer or medical doctor (trained in concussion management).
2. If an athlete chooses to see a medical doctor and receives immediate participation clearance, the athlete will still follow the Return to Play Protocol.
3. Clearance will never be on the same day on which the athlete is removed from play, unless it has been deemed the athlete is not concussed.

Please Note: Each individual head injury is treated according to the condition of the athlete. The protocol is subject to change as AHCP feels needed to help ensure the safety of each athlete.

Requirements: Athletes will have a baseline test on file before the start of the season. A new baseline test should be done every two years. An Athlete's asymptomatic post injury test is set as their new baseline test. *In the event a Transfer of Care form has not been previously filed with the Fargo Public Schools, the designated AHCP medical providers shall not have their decision regarding an athlete's ability to return to competition overruled by any other AHCP.*

ATHLETIC INSURANCE AND INJURIES

Activities can play an important role in your student's development; however, there is a risk of injury occurring during participation. We encourage all parents to have medical coverage if an injury occurs while their student is involved in activities or during the regular school day. *Fargo Public Schools does not provide insurance coverage for student participants other than the catastrophic insurance provided through the NDHSAA.* All middle or high schools have certified athletic trainers on duty during most practices and contests. They will consult with the parents and make recommendations if they believe further attention is needed by a physician.

NDHSAA AND FPS ELIGIBILITY

Fargo Public Schools is a voluntary member of the North Dakota High School Activities Association and the National Federation of High Schools. Both associations have developed guidelines and rules. The list below represents a summary of the regulations dealing with student eligibility. The rules are found in the NDHSAA Handbook online at www.ndhsaa.com. Following the rules will ensure eligibility to participate in interscholastic activities. Failure to follow the rules could lead to ineligibility and/or forfeiture of contests.

Age: A student becomes ineligible on or after they reach the age of 20.

Physical Exam: A student must have an annual physical on file with the athletic trainer. A physical must be obtained on or after April 15 to be valid for the upcoming school year.

Enrollment: A student must be enrolled in the school for which they compete. After a student enrolls in the ninth grade, they will be eligible for no more than eight semesters. The seventh and eighth semesters must be consecutive.

Amateur Status: A participant will become ineligible in an activity if they receive cash for participating in a contest. They will also be ineligible if they participate in activities, schools, tryouts, or games sponsored by professional athletic organizations during the season of a sport. Competing in a contest under an assumed name will also cause a student to become ineligible.

Participants may accept any cup, medal, or trophy (not cash) for winning or placing in a competition providing the value of the award does not exceed \$300.

Playing on teams outside of school: A student shall not have participated in a similar athletic contest during the same sports season as a member of any other than a high school team nor as an unattached individual in non-school contests during the high school season in that sport and the penalty for this violation shall be loss of eligibility from the date of the infraction for six contests for each violation in that sport. (Example: if a student is on the school basketball team, they may not play on a non-school basketball team during the school season).

Sports Camps / Out of Season Participation: Participation in sports camps for fall sports is not permitted after July 31st. Students may participate in city recreation or independent teams or as unattached individuals until the opening of the high school season in that sport.

Transfer: If a student transfers from one school to another without a corresponding change of residence by the parents, the student will be ineligible for varsity competition for one calendar year. The student may compete at the sub-varsity level.

All Star Competition: Students shall not compete in any sport under NDHSAA jurisdiction in All Star events or in national competition without having written permission from the NDHSAA. Participation in such contests will cause the student to lose eligibility.

Misbehavior During Contests: If a student is found in gross violation of the ethics of competition or the principle of good sportsmanship, they may be barred from interscholastic competition either as a participant or spectator, or both.

If you have a question regarding one of the aforementioned regulations, or have other questions dealing with eligibility or participation, please contact the Activity Coordinator at your school.

ACADEMICS AND ATHLETICS

Fargo Public Schools has a rich tradition and history in academic excellence among its students participating in school activities. Students who are involved generally have had higher GPAs, and each year a high number of varsity programs qualify as NDHSAA Team Scholar based upon a cumulative GPA of 3.2 or better.

Parents can play an important role in helping students in activities balance the demands of academics, school activities, and school in general. The preparation and practice necessary for success in either activities or academics is equally important. A few ideas for parents provided by the Ruster Foundation:

Motivational Assistance:

- Emphasize the value of learning.
- Discuss short term goals.
- Discuss long term goals.
- Encourage/promote good study habits.
- Reward student for achieving study goals.
- Gather information for advanced education.
- Encourage positive peer influence.

Promotion of Healthy Lifestyle:

- Provide nutritious meals.
- Encourage adequate sleep.
- Encourage adequate exercise.
- Promote activity/study schedules.
- Promote adherence to the activity's rules.

Supervising, Monitoring, and Coaching:

- Review student study plan.
- Track student’s progress in school.
- Promote basic skills – listening, reading, and writing.
- Review ideas for preparing for test taking.
- Encourage seeking help from peers and teachers.

Providing a Positive Role Model:

- Share your own system to accomplish goals.
- Share personal educational successes and failures.
- Show that you value learning and citizenship.

TRYOUTS AND STUDENT ASSIGNMENT WITHIN THE PROGRAM

All eligible students have the opportunity to try out for a school activity. Each activity has a starting date, and there will be a minimum of three days of tryouts/practice before team selections will be made. Sub-varsity and lower-level program students need to be invited to try out for a higher-level program.

General Commitment to the Program: Each student who is involved in a school activity must have strong commitment to the program in general. Being involved will require teamwork, self-discipline, loyalty, tolerance, sportsmanship, citizenship, and perseverance. If a participant has a concern or conflict, they should begin by talking with the coach or advisor in charge.

Skill and Ability: Each student who participates will receive an assessment of their skills, talents, and ability from the coach/advisor. This information will serve as major criteria in the selection of program members and their placement within the program.

Training Rules: Participants in activities sponsored by the Fargo Public Schools are under the Board of Education Co-Curricular and Student Participation Policy. Training rules specifically prohibit drinking or possession of alcoholic beverages, use or possession of harmful narcotics and/or drugs, the use of tobacco in any form, or any socially unacceptable behavior such as the failure to obey the civil laws of our society or the serious or habitual violation of the Policy. These rules are to be observed throughout the 12-month calendar year and throughout the student’s career in school.

SPORTSMANSHIP AND CITIZENSHIP

We All Play a Role...

Rarely is a contest played without negative reaction from a coach, participant, or spectator in the stands on a call made by the official. Officials do make mistakes, as well as coaches, players, and yes, the “fans”. School activity programs can bring out the very best in our participants, students, and adults, or *it can bring out the worst*. The school district believes that our programs are educational and that there are very important lessons in *citizenship* and *sportsmanship* to be learned in the process. Everyone has a role to play. We can do this by being a good example and by following a few simple practices.

General Guidelines

- Be a gracious host and show respect for our opponents.
- Respect the decisions made by the contest officials.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
- Be a fan, not a fanatic.
- Realize that a ticket is a privilege to observe the contest and support the activities, not a license to verbally assault others or be generally obnoxious.

Examples of a Good Sport

- Exhibits spirit of benevolence and genuine concern for the opponent.
- Accepts results gracefully and always acts fairly and courteously.
- Maintains self-control in all circumstances.

Unacceptable Behavior

- Disrespectful or derogatory yells, chants, songs, or gestures.
- Criticizing officials in any way; displaying a temper with an official’s call.

PARENT/COACH COMMUNICATION

Parent/Coach Relationship

Both parenting and coaching are extremely difficult tasks. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As a parent, you have a right to understand what expectations are placed on your child when involved in our programs. This begins with clear communication from the coach of your child's team.

Communication You Should Expect from Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the team.
3. Location and times of all practices and contests.
4. Team requirements: i.e., fees, special equipment, off-season conditioning.
5. Procedures should your child be injured during practice or a contest.
6. Discipline that might affect your child's participation.

Communication Coaches Expect from Parents

1. Concerns expressly directed to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns regarding a coach's philosophy and/or expectations.

As your child becomes involved in the programs of Fargo Public Schools, they will experience some of the most rewarding moments of their life. It is also important to understand that there might also be times when things do not go the way you or your child wishes. During those times it is important to have an open dialogue with the coach.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

As a parent it may be very difficult to accept your child's playing time. Coaches are professionals. They make judgment decisions based upon what they believe to be the best for all the students involved.

Issues Not Appropriate to Discuss with the Coach

- | | |
|------------------|---------------------------|
| 1. Playing Time | 3. Play Calling |
| 2. Team Strategy | 4. Other Student Athletes |

There are situations that may require a conference between the coach and the parent. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern:

1. Call to set up an appointment to meet with the coach.
2. If the coach cannot be reached, call the Activities Director at your school.
3. Please do not attempt to confront a coach before or after practice or a contest. Adhere to the 24 hour / next day rule should a conflict arise.

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

1. Call to set up an appointment with the building activity coordinator to discuss the situation.
2. At that meeting the next appropriate step can be determined.

Research indicates that a student who is involved in co-curricular activities has a greater chance for success during adulthood, thus the premise on which these programs have been established. Many of the character traits required to be a successful participant are the same as those found to promote a successful life after high school.

PARTICIPATION FEES

The fee structure is divided into middle and high school categories. All athletes are required to pay fees prior to the first contest. A student will not be required to pay more than one athletic activity fee per season. The fees should be paid in the office of the school in which the program is being offered or online via PowerSchool. Students in seventh and eighth grades who participate on a high school team will be assessed the high school fee. Fee waivers are available at the schools for those students not able to pay the fee (a written request should be submitted to the building Activity Coordinator).

ACTIVITY AFFILIATIONS

The high schools (Fargo Davies, Fargo North, and Fargo South) and middle schools (Ben Franklin, Carl Ben Eielson, and Discovery) are affiliated with the National Federation of High Schools and the North Dakota High School Activities Association. The high schools are also affiliated with the Eastern Dakota Conference.

NON-ATHLETIC ACTIVITY CONSIDERATIONS & RESPONSIBILITIES

Considerations

Activities can be highly competitive, and practice plays a major role in the preparation of these activities. Because of the intense demands of participation, students must observe the practice rules, procedures, and training progression for their activity.

If there is a particular health concern related to a participant that may interfere with or limit the student's participation in the activity, parents need to notify the coach/advisor of these concerns. Every effort will be made, if possible, to allow the student to continue to participate.

Students participating in activities are encouraged to take care of their health. Eating healthy and getting enough rest become extremely important to success in the activity.

Activities do require a significant time commitment. Many activities are held on Saturdays and require some travel. The days are long and return times are most often estimated. The coach/advisor will provide a time "window" of the expected time of return from an event, but participants and parents should be aware that events may run longer than expected due to travel, the number of participants, awards ceremonies, etc.

It is recognized that students are often involved in other activities.

Whenever possible, a coach/advisor will work with students to accommodate other activities. Students are encouraged to participate in other activities. When initial efforts to resolve participation conflicts fail, a building administrator will review the circumstances and assist in the decision.

Emergencies

In the event of an emergency, the advisor/coach should be notified immediately. If necessary, additional assistance will be secured and parents will be notified. It is important that all participants provide emergency contact information to the coach/advisor prior to the start of the season. Any changes to this information should be given to the coach in a timely manner.

Responsibilities

Unsportsmanlike conduct is not acceptable. Be positive in your interaction with other competitors and judges. Share your concerns with your coach/advisor at the conclusion of the event. If you have a concern about something that is taking place during an event, take your concerns to your coach/advisor.

DIRECTORY OF FPS ACTIVITY ADMINISTRATION

Todd Olson, District Activity Director	446-1071
Lenny Ohlhauser, Davies High Activities Administrator	446-5608
Dan Shultis, North High Activities Administrator	446-2407
Michael Beaton, South High Activities Administrator	446-2006
Matt Quintus, Ben Franklin Activities Administrator	446-3606
Brian Marcus, Carl Ben Eielson Activities Administrator	446-1706
Brandon Larson, Discovery Activities Administrator	446-3306

WEBSITES

Fargo Public Schools Website

www.fargo.k12.nd.us

Eastern Dakota Conference Website

www.edcsports.org

rSchool Today (High School)

www.easterndakotaconference.org

rSchool Today (Middle School)

www.fmleague.org

North Dakota High School Activities Association

www.ndhsaa.com

NCAA Eligibility Center

<https://web3.ncaa.org/ecwr3/>

NAIA Eligibility Center

www.playnaia.org

Our No. 1 Priority

Sportsmanship, Ethics, and Integrity are the fundamental components of high school activity programs. Each group identified with the conduct of interscholastic activities must fulfill its respective role and responsibilities to ensure the awareness and practice of:

SPORTSMANSHIP, ETHICS, AND INTEGRITY

Coach

Student Participant

Parents / Other Fans

Spirit Groups

Media

Officials

School Administrators

State Association

Executives

Board of Education

Please complete this form if you **did not** watch/sign-off on the online Co-Curricular video (via PowerSchool). Concussion, HIPAA, and Consent to Treat forms must be completed via PowerSchool.

**FARGO PUBLIC SCHOOLS
CO-CURRICULAR CODE & CAUTIONS FORM**

Participant's Name

(Please Print)

Phone Number

School

Grade

Student ID (if known):

ACCEPTANCE

I have closely read the co-curricular code and the cautions, considerations and responsibilities information of the Fargo Public Schools and hereby acknowledge my willingness to observe them. I realize that the code will be in effect during my entire high school career.

Participant's Signature

Parent/Guardian Signature

Date

**SIGNATURES ARE REQUIRED BEFORE
PARTICIPATION IS ALLOWED**

Please return this back page to the building activity office.