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K a r n e s City ISD

Athletic Handbook

KCISD Athletic Handbook

The Karnes City Independent School District (KCISD) athletic Handbook is established to better serve as guidance tool which can be referred to throughout the course of the school year. The intent is to provide a clear and concise understanding of what solidifies our foundational beliefs, expectations, and policies within our KCISD Athletics Program. I emphasize that all situations may not be specifically covered in the Handbook; however, appropriate actions will be administered throughout athletic policies, school policies, and University Interscholastic League (UIL). policies. This Handbook is neither a contract nor a substitute for the official KCISD policy manual. Additionally, **athletes and parents are reminded that participation in interscholastic athletics is a privilege, not a right**. Furthermore, as set forth in the KCISD *Student Code of Conduct*, all athletes in grades 7 through 12 participating in KCISD athletics will be required to comply with the following guidelines and disciplinary regulations within KCISD Athletics Programs.

At any time, the KCISD Athletic Director has the authority to make final decisions and determinations at his/her discretion if a scenario arises when a decision cannot or will not be made prior, or if they believe it is for the betterment of the Karnes City Athletics Program as a whole.

The UIL is the State governing body for the athletic programs in Texas public schools. The KCISD Board of Education, administrators, coaches, and teachers fully support the U.I.L. and its enforcement of the constitution and rules set forth.

It should be stressed again that being a member of an athletic team is a PRIVILEGE, not a right. With it being a privilege, any coach has the authority to address behavior unbecoming and communicate the violation of rule(s) which may result in negative consequences. Such consequences may range from a loss of playing time, and depending on the severity of an incident, could result in the removal of an athlete from a specific team and removal from KCISD Athletics as a whole.

NOTICE OF NONDISCRIMINATION

It is the policy of the KCISD not to discriminate based on race, color, national origin, sex, age, or disability in admission or access to, or treatment or employment in, its programs and activities as required by Title VI, 42 U.S.C. of the Civil Rights Act of 1964, as amended, Title IX, 20 U.S.C. of the Education Amendments of 1972, Title II, 42 U.S.C. of the Americans with Disabilities Act of 1990, the Age Act of 1975, 42 U.S.C. and Section 504 28 C.F.R. of the Rehabilitation Act of 1973, as amended. No provision of an extracurricular behavior standard shall have the effect of discriminating based on the athlete's sex, race, disability, religion, or ethnicity.

DEFINING EXTRACURRICULAR ACTIVITIES in KCISD

Extracurricular Athletic activities prioritize life-long practices. KC Athletics focuses on the athlete's growth in self-discipline, accountability, teamwork, commitment, and overall mental & physical wellness. These activities offer and promote our athletes' opportunities to be leaders and role models, both on campus and in the community. Participants in extracurricular activities are representatives of KCISD and must conduct themselves in a manner that reflects positively on KCISD. Specifically, they must:

1. Prioritize their grades and classroom progress, and their development of high character habits above all other extracurricular activities/events.

2. Be punctual and prepared for all competitions, practices, meetings, camps, and other scheduled events related to an extracurricular activity.

3. Treat all school property with respect and ensure that school property is returned upon request and in good condition (excluding reasonable wear and tear).

4. Abide by KCISD's dress and grooming standards for students as well as any dress and grooming standards applicable to the specific extracurricular activity.

5. Comply with all UIL rules, including those related to random steroid testing, if applicable.

6. Be courteous and respectful toward all fellow participants, school faculty and staff members, spectators, parents, and officials.

7. Comply with and adhere to the behavioral standards identified in the KCISD Student Code of Conduct.

DEFINING PROPER COMMUNICATION EXPECTATIONS

It is the belief and expectation that proper and effective communication is a foundational piece to the successes our programs will achieve. KC Coaches will continue to encourage all athletes to advocate for themselves as much as possible. They will not obtain the lifelong communication(s) structure and understanding if the parent/guardian is constantly in the forefront of the athlete's concerns.

Understanding the elements that go into proper communication are vital. It is belief of KCISD Athletics that all communication scenarios must take the following into consideration:

- *Who are the communicators? (Coach, Athlete, Parent/Family, School Personnel)*
- *What is the focus/subject of the communication? (Personal vs Program)*
- *Setting of Communication (Formal Meeting, Informal Conversation, Social Media)*

KCISD coaches were approved and hired by the district and members of our community. They make judgments based on what they believe to be the best for all athletes involved for the betterment of their programs. We will not jeopardize the integrity of our foundations at any time to appease anyone for specific individual/personal gain or benefit.

There will NOT be a conference about playing time without the student athlete and a sport specific coach present. We realize it's difficult and frustrating when a parent and/or athlete feel they're not receiving adequate playing time, especially when you feel it's deserving. However, it will be of the coach's discretion to make all decisions about playing time and/or position within the given sport. Please know that we are your child's biggest supporters, and we want them to have success, both individually and as part of their team(s).

WHEN & HOW TO SET UP A MEETING/CONFERENCE WITH A COACH

PLEASE DO NOT attempt to confront a coach before, after, or during a contest/practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not prompt resolution.

Call or email the specific sports' coach to set up an appointment. Do not call the Athletic Director immediately as a first reaction or solution.

After a meeting with the sports' specific coach has concluded, and further clarification/validation is needed, then the Athletic Director may be contacted to set up an additional meeting to discuss the concern(s).

Karnes City Athletic Director - (830) 780-2321 ext. 223

Boy's Coaches Office - (830) 780-2321 ext. 325

Girl's Coaches Office - (830) 780-2321 ext. 326

BADGER AND LADY BADGER PRIDE & EXPECTATIONS

According to the U.I.L. rules, participation in athletics is a privilege and not a right. Only those students who abide by school and athletic policies will be allowed to represent KCISD.

When young men and women sign up for athletics and become a member of a team, they make a commitment. They are not forced to participate. **It is voluntary**. Therefore, they are expected to follow rules of order and exemplify the expectations set before them.

In return, the coaching staff here at Karnes City is committed and invested in your child. We care for the well-being of every student-athlete and will always strive to develop positive, impactful relationships with them at the forefront. The intention and hope is that our athletics programs will aide in the development of proper behavioral, physical, and mental life skills. Exposing and prioritizing the athlete(s) to our fundamental principles will remain a constant throughout the student-athletes lifelong journey.

We can never expect athletes to do more than that for which they are capable; however, we do expect and desire for them to maximize their potential. Along with the positive guidance from KC Coaches, a supportive home life is vital in the development of our successes here in KCISD. Parents & Guardians can assist in key component that include, ensuring that the student athlete is punctual, attends all required practices and games, maintains an unbiased mindset, and adheres to the rules and regulations set forth by the U.I.L. as well as this athletic Handbook.

EXPECTATIONS WITHIN KARNES CITY ATHLETICS

WHAT IS EXPECTED FROM KC ATHLETES:

1. Maintain academic integrity and actively participate in the educational process on your campus.
2. Have great attendance. (can't get better if you're not present and/or tardy)
3. Give Relentless Effort & Compete in ALL we do.
4. Always RESPECT & display BADGER PRIDE for Karnes City. (Teammates, administrators, coaches, staff, peers, family)
5. Be a great communicator. Advocate for yourself and get comfortable approaching adults.
6. Be a Leader, not a follower.
7. Demonstrate good morality and integrity.
8. Be ACCOUNTABLE for your actions.
9. Be Organized & Self-Motivated. (Set goals and work to achieve both personal and team goals)
10. Never be complacent. Strive to constantly see to raise the standards for KCISD and yourself.

WHAT TO EXPECT FROM THE KC COACHING STAFF:

1. To be fully invested in all KCISD student-athletes. (Progress, Well-Being, Success)
2. To demonstrate honesty and strive for transparency with athlete(s) and families.
3. Provide leadership and proper training tools to all athletes necessary to achieve program and individual goals.
4. Extinguish all efforts to ensure the success of all KCISD Programs & Athletes.
5. Teach all athletes strategies on how overcome Adversity through training mental and physical conditioning.
6. Treat ALL athletes with respect & dignity.
7. Make informed decisions predicated on what is best for the TEAM.
8. Act as a role model and provide a positive influence in each athlete's life.
9. Always give the praise first and honor individual athletes successes when deserving.
10. Strive to always raise the standards of KCISD Athletics.

EXPECTATIONS FROM PARENTS, FANS, and SPECTATORS

Remember that you are attending the contest to support your child and the team they are a part of. The goal is to enjoy the event and your child's performance, not to intimidate or ridicule the officials, coaches, athletes, opposing team members, or its fans. When attending a KCISD event whether in Karnes City or elsewhere, please be mindful and adhere to the following guidelines:

1. Praise athletes, coaches, and team(s) for their efforts.

2. A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

3. Learn the rules of the game, so that you may understand and appreciate why certain situations and decisions take place during competition.

4.Show respect for the players, coaches, spectators, and support groups, both home and visitors.

5. Respect the integrity and judgement of game officials. (Understand that officials are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.)

6. Recognize and show appreciation for outstanding play and/or skills demonstrated by either team.

7. Refrain from the use of any controlled substances before, during, and after the game.

8. Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

9. Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

10. Game officials can notify and request that school administrators have unruly fans removed from a contest and the facilities.

There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly. Furthermore, we understand that parents often have a literal or subconscious bias towards their child and their abilities. This support and mindset can be admirable; however, we stress the importance of being positive in your role as the child’s role model. YOU ARE THE ADULT. Please conduct your comments and actions accordingly.

ENROLLMENT IN KCISD ATHLETIC PERIOD(s)

All student-athletes who desire to play an individual and/or team sport for KCISD are *strongly encouraged* to be enrolled in the athletic period for the entire school year. The athletic period(s) will promote teamwork and focus physical and mental strength/toughness. However, certain scenarios may arise when an athlete may not be enrolled in the athletic period, yet still participate in KCISD Athletics. These scenarios include:

- Lack of credits/eligibility to fully participate in sport(s) forcing them to have placement in a classroom setting to obtain all required credits/eligibility in accordance with the UIL.
- Members of sports that do not utilize athletic period(s) for sport specific workouts/practices and who may solely participate in one of the following activities: *Cross Country, Tennis, Powerlifting, and Golf,* may be given permission to not be enrolled in the athletic period.

ATTENDANCE POLICIY & NOTIFICATION OF ABSENCE(S)

Late Arrival to Practice/Team Activity

Athletics teaches young people lessons that reinforce positive core values and life skills. One of these is to be on time and fully prepared to begin an activity. When an athlete makes a commitment to a team, then the athlete is expected to abide by it. Individual tardiness is a detriment to the entire team and adversely affects the planning and success of all involved.

If an athlete is late to practice, they may be assigned extra physical activity from the coach of their sport. If an athlete is habitually late to practices, it could lead to suspension or dismissal from the team and/or the Athletic Program.

Absence From Practice/Team Function

Practice is a time in which an individual and team(s) prepares to be the best they can be. It is a time in which the athlete develops the skills and work ethic necessary to ensure success. Practice is never a punishment. It will always serve a greater purpose. Whether the athlete is preparing for a game, academic test, job interview, or etc. they should commit themselves to be successful through proper daily preparation & organization.

Attendance at all team/sport practices is mandatory and expected. If an athlete cannot attend, a coach of that specific sport MUST be communicated with. (Phone call, email, note)

We realize that in extreme cases attendance may not be possible. In these situations, we will excuse the absence and only the conditioning segment of the practice will be made up at the coaches' discretion.

The types of excused absences that fall in this category include:

1. Death in the family or immediate friends of the family.
2. An illness that places the individual under direct care of a physician.
3. A planned family outing that cannot be changed IF the coach is informed in advance.

If an athlete's absence is unexcused, they may be assigned extra physical activity from the coach of their sport. If an athlete is habitually absent from practices (3 or more), it may lead to a reduction of playing time, suspension, or dismissal from the team and/or the Athletic Program.

*****Athletes will only be excused from athletics with a parental note for 2 days. This will be an excused absence and conditioning will still need to be made up once the athlete returns. After the 2 days, the athlete will need to have a doctor's note. If no doctor's note is provided after the 2 days, the missed workouts will be unexcused. All make-up running will be assigned and observed by the coaches. Any failure to comply with this rule will result in removal from the Athletic Program.**

*****Athletes who miss 5 days (excused or unexcused) or more of workouts due to an injury which does not require surgery will be required to make up conditioning before he/she can participate in a contest. The conditioning will be determined by the head coach, and/or Athletic Director. This rule will carry from year to year.**

Quitting and Removal from Team / Athletic Period

We discourage any athlete to quit anything for which they have already committed to. However, if the athlete chooses to quit, they must follow these actions prior to removal from a team:

Athlete must meet with individual coach and head coach of specific sport.

Athlete must meet with the Athletic Director.

Athlete's parent/guardian must be notified and made aware of the athlete's decision to quit.
A Quit Form must be signed by all parties involved.

Any student that quits a sport will not be able to start another sport until the first sport is completely over. Additionally, this student will also need to be in good standing with our building administration, behavior/office referral review, grades, and attendance. The final decision will be decided by the head coach of that sport and the Athletic Director for reinstatement to the team or athletic program.

DISCIPLINE MANAGEMENT POLICY

The discipline program detailed below will be followed in our athletic program here at KCISD by all student athletes. These rules are in addition to the school policies currently in place on our campuses. They are in no way to supersede any existing school policy dealing with any situation that may occur but are designed to enhance the learning environment of our student athletes.

Athletics is a privilege, and with that privilege comes higher expectations from all who choose to participate. We expect a certain code of behavior from the young men and women who will be offering their time and efforts representing our school and the Karnes City Community. The discipline management plan is one that will be followed by all teams and by all athletes.

If an athlete is involved in **serious misconduct or is subject to disciplinary consequences in accordance with the S*tudent Code of Conduct,* then that athlete may also receive consequences and/or experience loss of privileges in KCISD Athletics Organization(s).**

<u>For an athlete to be considered in violation, one or more of the following must occur:</u>

- *Athlete acknowledges/admits to the violation.*
- *Parent of the athlete acknowledges/admits to the violation.*
- *A KCISD staff member witnesses the athlete in violation.*
- *A KCISD administrator has reason to believe that an athlete has committed an offense.*
- *A local agency of the law files a written report of a violation.*
- *A local agency of the law makes a verbal report of a violation.*

REMOVAL AND DISPLACEMENT FROM NORMAL LEARNING ENVIORONMENT

An athlete in grades 7 through 12 shall lose the privilege of participation in extracurricular activities during any period of suspension, placement in a disciplinary Alternative Education Program, or Expulsion.

In School Suspension

If an athlete is assigned to I.S.S., the athlete must do the consequences set forth by the head coach of that sport. If the first offense is severe enough, in the opinion of the Athletic Director, it could lead to suspension or dismissal from the team and/or the Athletic Program. If a student is in I.S.S. they are not allowed to compete in a game/contest unless their time in I.S.S. is up. Students are still expected and required to attend practice(s) while in I.S.S. to maintain status with program.

Alternative/DAEP Placement

Any student placed in Alternative Education for 15 days or less will sit out of athletics for a period of 15 school days after they return to campus. If a student is sent to Alternative School for more than 15 days, that student will be out of athletics for a period of 30 school days after they return to campus. The Athletic Director will then look at grades, referrals, and attendance before that student is allowed back in the athletic program.

The athlete may also be subjected to physical conditioning reminders at the discretion of the head coach prior to participating again. This will assist with helping the athlete remember what and why the expectations of our athletes are in place. The student-athlete is not allowed to participate in any athletic events while they are suspended or in Alternative School. Athletes are not allowed to attend any practices, contests, or athletic functions throughout the duration of placement.

Suspension From Campus/School

Any student suspended from school will sit out of athletics for the duration of the suspension. The student is not allowed to participate in any athletic events while they are suspended. The athlete will also be subject to physical conditioning reminders at the discretion of the head coach prior to participating again. Again, higher expectations are set for Karnes City athletes, and must realize that these forms of alternative learning environments cast a negative perception of both the athlete and Karnes City I.S.D. Athletics.

CAMPUS & CLASSROOM DISCIPLINE

Athletics is a privilege, but not a right. With this in mind, we will expect the athletes to conduct themselves in a proper manner in the school and community. They must realize that they represent the KCISD Athletic Program in everything they do.

When an athlete is disruptive to the point, they are a negative influence on the learning environment, resulting in consequences administered by either the regular classroom teacher or the principal, then that situation will be addressed within the Athletic Department by necessary staff members. The coaches will not decide the discipline for the classroom teacher. We will reinforce our expectations to the athlete by verbally addressing the situation, assigned physical activity reminders, possible reduction of playing time, and possible suspension from the team or dismissal from the athletics program, depending on the severity of the situation based on the campus administrator(s) and athletic director's judgement.

PHYSICAL ALTERCATIONS/ FIGHTING

Fighting, in any form, verbal or physical will not be tolerated. We are trying to raise our level of personal character through mental and physical toughness. We always want to represent KCISD in the most positive way(s) possible to all we encounter and compete against. Any student-athlete ejected for fighting at a game will be suspended and must complete consequences and make up conditioning for the incident. Games will carry on from sport to sport and year to year. Any student ejected for leaving the bench, sideline, dugout, etc. will be suspended per UIL rules before they compete in a subsequent game. Possible removal and/or suspension from the Athletic Program will also be considered by the Athletic Director.

DRESS CODE AND GROOMING

All athletes are expected to follow the KCISD code of ethics pertaining to dress code while representing KCISD Athletics both on campus and when traveling. Male athletes will not be allowed to have facial hair or wear earrings at school, and/or during athletic events. Hair grooming will be kept in a manner to where it is not impeding the athlete's ability to compete nor is a distraction of focus to others. Hair length must comply with rules and safety regulations of individual sport participating in. The Athletic Director and Campus Administration will have authority to use professional judgement & discretion as needed when facing a situation regarding district/campus grooming policy on a case-by-case basis.

ALL ATHLETES are not permitted to have nose rings at school or during athletic events. Consequences will be overseen by all coaching staff members. ALL ATHLETES must have any tattoos covered while on KCISD campuses and during all practices & competitions (in accordance with KCISD Student Code of Conduct Handbook). Failure to follow these guidelines will result in consequences and possible removal from team for a set time or indefinitely. The KCISD Athletic Department holds very high expectations for all athletes and expect all to adhere to these rules.

ACADEMIC DISHONESTY

Refer to the KCISD High School and Junior High Student Code of Conduct Handbook & its Policies. All coaches along with the Athletic Director reserve the right to levy additional consequences and/or physical conditioning reminders upon receiving evidence of academic dishonesty. These consequences may include loss of playing time or suspension depending on the severity of the incident.

SUBSTANCE ABUSE

Illegal Drugs and Steroids

The use of illegal substances without the consent of a doctor will lead to an immediate suspension from our Athletics Program. If further investigation and pertinent information presents itself, an indefinite dismissal or, in some cases, may result in the complete removal from KCISD Athletics Programs. The use of any chemical substance or illegal drug without the proper consent of a doctor are a deterrent to the health and training of an athlete. They are also against the law to consume and or have in an athlete's possession both on and off campus.

Citations or arrests on and off campus may result in suspension or dismissal from the Program. The Athletic Director and Head Coach of the athlete's current sport of participation must be notified immediately upon any arrest or citation issued to any athlete on or off campus.

If an athlete is arrested for being in possession or under the influence of an illegal drug, given a citation, or fails a drug screening facilitated by KCISD, disciplinary actions will be taken using the outlined *3 Strike Rule* as follows:

1st Offense/ Strike 1 – Suspension from the Athletic Program for 15 calendar Days. Student-Athlete is expected to participate in all non-competition activities at the discretion of the head coach.

2nd Offense/ Strike 2 - Suspension from the Athletic Program for 90 calendar Days. Student-Athlete is expected to participate in all non-competition activities at the discretion of the head coach.

3rd Offense / Strike 3 - Expulsion from the Athletic Program for the remainder of the student-athletes enrollment duration within KCISD.

***All information and consequences are in accordance with the KCISD drug testing policies adopted. ***

VAPING (POSSESION / CONSUMPTION) POLICY

The U.S. Surgeon General has declared youth e-cigarette usage a health epidemic, and Texas schools are on the front lines. The increasing prevalence and accessibility of e-cigarettes, including e-cigarettes containing marijuana or other controlled substances, has greatly challenged the ability of school staff and administrators to provide a safe and healthy learning environment.

Current Texas Education Code requires the placement of a student in a disciplinary alternative education program (DAEP) if they sell, give, possess, or use marijuana or a dangerous drug at school. This includes e-cigarettes containing these controlled substances.

*Under the S.B 2428, the following policies outlined will be followed in accordance:

S.B. 2428 mandates DAEP placement of a student found possessing or using an e-cigarette. However, a student already in this program for possession or use of an e-cigarette may be temporarily removed from DAEP and placed in in-school suspension to make room for a student who has committed a violent offense.

S.B. 2428 also requires the Texas Education Agency to create a vaping/substance abuse education program, to be completed in-person or online. Students caught in possession of an e-cigarette are required to complete this course and pass an end-of-course assessment before they can be allowed back into the classroom.

To follow previously stated policies regarding alternative educational placements and the participation in extracurricular activities such as athletics, the same outcome(s) will be instituted regarding participation and traveling with any KCISD represented extracurricular program. A student-athlete will not be permitted to travel nor participate in any team activity, practice or competition associated with Karnes City I.S.D. or the U.I.L. throughout the duration of the students' alternative placement setting.

THEFT

Any athlete who is guilty of stealing from his or her teammates, school, and/or community will receive negative consequences. The Athletic Director and head coach of a sport will be responsible for communicating and determining the degree of punishment based on the facts gathered and credible details of the incident. Disciplinary action will be taken if an athlete is found to be in violation of this policy, which may include reduction of playing time, suspension from a team/program, or dismissal from the athletics program entirely.

ABUSE/ LOSS OF DISTRICT EQUIPMENT AND FACILITIES

All equipment and facilities that the athletic department uses are funded through KCISD. The athlete will take care of all equipment and facilities while they are participants in our programs. Athletes are not permitted to have KCISD-owned equipment at home or off campus unless their coach has given permission to do so.

If an athlete loses a piece of equipment, the athlete will be responsible for paying for this equipment.
If the athlete refuses to pay for the equipment, they will be removed from the Athletic Program and will be required to compensate KCISD for damaged and/or lost equipment before grade level advancement and/or graduation is permitted.

SOCIAL NETWORKING / WEBSITES/ ELECTRONIC COMMUNICATIONS

Athletes will be responsible for ensuring that all personal electronic communication is appropriate. Any communication including, but not limited to; Snapchat, Twitter, Facebook, Instagram, and inappropriate texting that is published or appearing on the internet is public domain even if it is marked private, is included.

Areas of appropriateness include, but are not limited to explicit language, pictures, suggestive poses, clothing, and reference to alcohol, drugs, and tobacco. Disciplinary action will be taken if an athlete is found to be involved in inappropriate, disruptive, lewd, or obscene pictures, comments, or statuses on any social networks and/or electronic communication, which may include suspension or dismissal from the Athletic Program.

Parent/guardians are expected to assist in demonstrating proper behavior, ethics, and morality with their freedoms when using social media as it pertains to KCISD athletics programs and individual athletes.
Again, YOU ARE THE ADULT, please conduct yourself accordingly when posting information and your thoughts when the focus is on our athletic programs. Do not hide behind the screen or belittle the athletes, coaches, or programs. If you have specific issues or concerns, please contact the KCISD Athletics personnel for further discussion. Failure to comply and/or repeated violations of these requests may be grounds for your removal from attending/participating in KCISD Athletic Events.

EXTREME WEATHER GUIDELINES & PERRY WEATHER MONITORING SYSTEM

KCISD has invested and implemented an extreme weather service monitoring and update system known as Perry Weather. This system allows for up to the minute updates on a multitude of weather occurrences. The Perry Weather System along with the extreme weather guidelines/protocols set forth by Texas UIL, will be the tool and measurement guidelines that KCISD will utilize to prioritize all athlete's safety during practice and competition.

KCISD administration, coaches and head athletic trainer will remain in constant communication regarding weather threats, specifically through the Perry Weather Application. Activities, workouts, practices, and games may be affected because of informed decisions made by necessary district personnel. KCISD coaches and all necessary staff will plan workouts appropriately/accordingly that will focus and emphasize a gradual acclimatization to outside activities as it relates to extremely hot weather. All outdoor athletic activities and workouts will be discussed and reviewed by the athletic director prior to their implementation.

The Texas UIL requires a 5-day acclimation period for all athletes participating in outdoor activities, specifically as it pertains to extreme heat. These UIL policies and guidelines will be followed by all KCISD personnel, without exception. These practices and policies are enforced to ensure that the safety and well-being of all KCISD students, athletes, and personnel are always prioritized.

The KCISD Heat Policy will be in effect for all activities, practices, and competitions. All KCISD coaches have been trained in using and understanding the weather system, as well as the cutoff temperatures and exposure times for athletes. These recommendations are based on the UIL's most recent statement and should be followed using discretion on situational circumstances.

***Further documents and information regarding KCISD's Extreme Weather & Heat Policy can be found on the KCISD website and/or in our Head Athletic Trainer's Office. ***

MEDICAL DOCUMENTATION REQUIREMENTS

The forms listed below **MUST** be on file with the coaches before the student may participate in practices, scrimmages, or games. Athletes will have a 2-week window within which these documents must be on file with the athletic trainer. If the athlete does not comply, it will be communicated to both the athlete and the parent/guardian that this form of non-compliance may result in the athlete's removal from the Athletic Program.

REQUIRED RANK-ONE MEDICAL / ATHLETIC FORMS REQUIRED PRIOR TO PARTICIPATION:

- *Physicals (must be signed and completed by a physician)*
- *Steroid Acknowledgement*
- *General UIL Rules and Extra Curricular Code*
- *Cardiac Arrest*
- *Concussion Acknowledgement*
- *Signed KCISD Athletic Handbook Acknowledgement Form*

ATHLETIC INJURIES AND KCISD INSURANCE INFORMATION

When an athlete is injured in an athletic activity, it is the responsibility of the athlete to inform the coach and/or trainer. Our athletic trainer will develop a plan of action for each injury. Every injury needs to be reported to the trainer prior to leaving a practice, game, or athletic period workout. Our trainer is a professional athletic trainer and is trained to handle medical situations. It is ultimately the parent and guardian's decision to seek medical treatment or opinions.

KCISD is not financially responsible for costs incurred by medical treatment. KCISD carries a supplemental insurance policy that pays a particular amount after all requirements have been met. It does not pay in full; it is only a supplement.

CELL PHONE POLICY

Phone Confiscated:

1st Offense (Allowed to Participate in Extracurricular Activities) ; PARENT PICKS UP PHONE

2nd Offense (Allowed to Participate in Extracurricular Activities/Unless on Game Day) ; 1 DAY OF ISS

3rd Offense (Removed from Extracurricular Activities While in ISS) ; 3 DAYS OF ISS

4th Offense (Removed from Extracurricular Activities While in ISS) ; 5 DAYS OF ISS

5th Offense (Removed from Extracurricular Activities While in DEAP) ; 15 DAYS OF DAYS

RECEIPT OF ATHLETIC HANDBOOK & AGREEMENT TO TERMS

The Karnes City ISD Athletic Handbook has been made available to parents on the KCISD website and hard copies are available upon request.

Acknowledgement of Athlete

I acknowledge that a copy of the KCISD Athletic Handbook has been issued to me. I have read, understand, and shall abide by the information contained in the handbook.

Athlete's Name First and Last (please print): _____

Athlete's Signature: Date: _____

Sports Participating In: _____

Acknowledgement of Parent/Guardian

I understand and consent to the athlete responsibilities set forth in the KCISD Athletic Handbook. I also understand and agree that my child shall be held accountable for the behavior expectations and consequences set forth in the KCISD Athletic Handbook.

I understand that in addition to obeying rules set forth in the KCISD *Student Code of Conduct*, all athletes participating in KCISD athletics will be required to comply with the guidelines and disciplinary regulations contained in the KCISD Athletic Handbook.

I understand that the KCISD Athletic Handbook is not a substitute for the KCISD *Student Code of Conduct* or the official KCISD policy manual. I understand that the KCISD policies and procedures can change at any time. Additionally, I have been advised that my child's participation in interscholastic athletics is a privilege, not a right. Because participation in athletics is optional, I understand and agree that those who choose to participate will be held to higher standards of behavior and performance in and out of school.

Parent/Guardian First and Last Name (please print): _____

Parent/Guardian Signature: **Date**: _____

Please fill out and return this form to your coach or HEAD Athletic Trainer