

ACTIVITY GUIDE & CODE OF CONDUCT FOR PARENTS AND STUDENTS 2026-2027



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Jamestown Public School

Jamestown, North Dakota 58401

ACKNOWLEDGMENT OF RECEIPT OF THE ACTIVITY GUIDE
FOR PARENTS AND STUDENTS HANDBOOK

THE UNDERSIGNED STUDENT AND PARENT OR LEGAL GUARDIAN HEREBY ACKNOWLEDGES THE RECEIPT OF A COPY OF THE ACTIVITY GUIDE FOR PARENTS AND STUDENTS HANDBOOK. AND FURTHER ACKNOWLEDGES THAT THEY UNDERSTAND THE CODE OF CONDUCT, SUPPORT THE RULES, REALIZE THAT A VIOLATION IS A BREACH OF THE CODE OF CONDUCT, AND WILLINGLY ACCEPT CONSEQUENCES.

THE PARENTS/GUARDIANS AND STUDENT AGREE TO HOLD THE JAMESTOWN PUBLIC SCHOOL DISTRICT HARMLESS FOR CONSEQUENCES THAT OCCUR AS A RESULT OF VIOLATIONS OF THIS AGREEMENT.

THE PARENTS/GUARDIANS AND STUDENT ALSO RECOGNIZE AND UNDERSTAND THAT ANY ACTIVITY HAS THE LIKELYHOOD OF POSSIBLE INJURY AND AGREE TO HOLD THE JAMESTOWN PUBLIC SCHOOL DISTRICT HARMLESS FOR CONSEQUENCES THAT OCCUR AS A RESULT OF PARTICIPATION.

(Parent or legal guardian)

(Student)

(Date)

PLEASE SIGN AND RETURN THIS FORM

JAMESTOWN HIGH SCHOOL

ACTIVITIES GUIDE & CODE OF CONDUCT

2026-2027 SCHOOL YEAR

Participating in Jamestown High School's Activities Programs is a privilege which requires students to uphold the standards of appearance, conduct and citizenship that are appropriate for students that represent Jamestown Public Schools and the community of Jamestown. To participate in a school activity, parents/guardians and students must sign this code of conduct and accept the terms and conditions as well as the rules set forth by the Jamestown Public School District, the North Dakota High School Activities Association (NDHSAA), and the coach/advisor of each activity.

The following items must be completed and turned into the Jamestown High School Activities Office.

- Physical Form
- Emergency Contact & Information Form
- Updated Concussion Baseline testing (2 years)
- Signed Code of Conduct
- Signed HIPPA Form
- Participation Fee

*Students will **NOT** be allowed to practice or participate until verification has been issued by activities office to the head coach/advisor of that activity.*

CITIZENSHIP/SPORTSMANSHIP: Activities will be conducted at the highest level of sportsmanship; students and other interested spectators will be encouraged to support the entire program in every legitimate way. Respect and courtesy shall be displayed towards all spectators, participants, coaches & officials. Abusive behavior shall not be tolerated. The activities director or his/her designee shall have the authority to escort students or patrons out if any violation of NDHSAA or district standards of conduct occur at an activity or event.

GENERAL CONDUCT: Any conduct deemed to be detrimental to the team, both during the season and out of season will result in consequences on a case by case basis at the discretion of the applicable administrators and coaches/advisors. These consequences could include, but are not limited to, loss of playing time, loss or ineligibility for awards, game suspensions, or removal from the team. Reference Jamestown Public School District Board Suspension and Expulsion (FFK) Policy and Student Alcohol & Other Drug Use/Abuse (FFA) Policy as well as (FFE-AR4).

ATTENDANCE REQUIREMENTS: A student must be in attendance by the start of the students 4th period class in order to participate in practice, competition, event or performance unless **prior** approval is given by building principal.

ACADEMIC REQUIREMENTS: Students must be making satisfactory progress towards graduation. Failure to acquire two and one half credits at the end of a semester will make student ineligible for a minimum of two weeks the following semester. Student must also be eligible (passing all classes) on a week to week basis.

SUBSTANCE VIOLATIONS: Use or possession of tobacco, alcohol, or other controlled substances defined by North Dakota law is prohibited. The first violation during a student's high school career will incur a minimum six week suspension from activities. Any subsequent violation will be an 18 week minimum suspension from activities. An alcohol or other controlled substance violation on campus, in school activity vehicles or at the site of any school sponsored event or activity, including overnight facilities will automatically elevate to a second violation. Suspension will begin at the time of **notification** of the violation. A student found to be in violation will be ineligible to letter in that activity, and will be ineligible for team awards for any activity during which the suspensions was served. Additionally, the student found to be in violation will be unable to serve in positions of leadership at JHS for 12 months. Reference (FFE-AR4) for further details.

HAZING/HARASSMENT: The Jamestown School District is committed to maintaining a learning and working environment free from discrimination and harassment in all employment and educational programs, activities, and facilities. The District prohibits discrimination and harassment based on a student's, parent's, guardian's, or employee's race, color, religion, sex, gender identity, national origin, ancestry, disability, age, or other status protected by law. Hazing/Harassment will not be tolerated in any form as defined by North Dakota Century Code. Any violation will be subject to such penalties as described by law. Violations will also be reviewed on a case by case by district administration and other appropriate suspensions or penalties may be administered as well. Reference Jamestown Public School District Board Nondiscrimination & Anti-Harassment (AAC) POLICY

SOCIAL MEDIA: Jamestown High School respects the rights of its students to use social media. However, it is important for the students to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior. Students must take into consideration that by their involvement in extra-curricular activities that any information posted reflects on Jamestown High School and, as such, is subject to the same standards of behavior expected in our student handbook, extra-curricular policies, the North Dakota High School Activities Association Rules

and Regulations, and state and federal law. A violation of these standards will be considered on a case by case basis and appropriate suspensions or penalties may be administered.

PARTICIPATION ON NON SCHOOL TEAMS: When you are participating or under suspension in a sport that is in season you may not play on an outside team or as an individual in a non-school meet in the same sport during the school season for that sport. However, you may do so at any time other than the high school season of the sport without affecting your eligibility.

RISK OF INJURY: Jamestown Public Schools will ensure that competent coaches/advisors, safe facilities, and safe equipment are utilized. Nevertheless, injuries may still occur. If an injury occurs, notify the coach/advisor immediately.

MEDICAL COSTS FOR INJURIES ARE NOT THE RESPONSIBILITY OF JAMESTOWN PUBLIC SCHOOLS.

Jamestown Public Schools does not carry insurance to cover costs involved in an injury. Injury costs are the responsibility of participants and/or their parents/guardians.

STUDENT TRAVEL: All participants are required to ride the district provided transportation. At no time may students drive themselves to a contest. In few instances, parents may be allowed to transport their student, but must be cleared in advance through the activities department via parent release form. A student who is suspended for any reason is not allowed to travel with the team.

COMMUNICATION GUIDELINES: The following are communication guidelines put in place by the Jamestown High School Athletic Department. All coaches, parents and students are expected to follow these guidelines.

Communication Parents Can Expect From a Coach:

1. Philosophy of the Coach
2. Expectations of the student and team
3. Date, time and location of all practices and games
4. A copy of team rules

**Discussion of your student's role on the team will be between the coach and the athlete only.*

Communication Coaches Expect From Parents:

1. Concerns related to students mental, physical, or emotional well-being
2. Specific questions about a coach's expectations of parents
3. Notification of any injuries or illnesses
4. Prior notification of any student absences from practices or games

INAPPROPRIATE Parent Concerns to Discuss with Coaches:

1. Playing Time (This is a discussion between student & coach)
2. Team Strategy & Play Calling
3. Team Selection
4. Another Student

If a conversation with a coach turns to any of the above 4 topics, our coaches have been instructed to immediately end the discussion. Parents can reschedule a meeting with the coach to continue an appropriate discussion at a later date. Further, any vulgarity, rude behavior, or threats will signal an immediate end to any discussions

24 Hour Rule: Due to the fact that coaches have much to think about prior to a game and are highly emotional following a game, we ask that parents DO NOT confront a coach with any concerns within 24 hours before or after a game. Often, these confrontations will lead to emotionally charged discussions that do not bring productive resolutions. Keeping to the 24 Hour Rule will allow both the parent and the coach to have a much more meaningful and less emotionally charged conversation.

Engagement Rules: These guidelines do not include concerns about the mental, physical, or emotional well-being of the student. If a parent has a concern about any of those areas, please contact the activities director immediately.

1. Communication regarding any other extra-curricular conflict will begin strictly between the student and the coach/advisor. The activities director will not discuss any concern that hasn't already been discussed between the student and coach/advisor. It is important that we give the student the opportunity to learn how to become a "self-advocate" for themselves.

2. If the conflict continues, the student, coach/advisor, and activities director can meet to further discuss the issue. Depending on the concern, this meeting may also include the parent(s).
3. If the conflict has not been resolved, the parent may meet with the activities director. ****ANY DISCUSSION REGARDING AN EXTRA-CURRICULAR CONFLICT WILL BE PASSED ALONG TO BOTH THE STUDENT AND THE COACH/ADVISOR INVOLVED—including PHONE & EMAIL COMMUNICATIONS.**

It is important to note that the Jamestown High School Athletic Department does not guarantee a resolution to all extra-curricular concerns. Further, not all concerns will be granted a step #2 or #3 meeting at the discretion of the activities director.

SPECIAL NOTE: The Code of Conduct is in effect for the entire school year, including practice or events before or after school begins and ends, for all students whether or not they are currently in an activity. These regulations are in effect for co-op students from other school districts as well. Reference Jamestown Pubic School District Board Student Conduct & Discipline (FF) Policy.

Concussion Signs & Symptoms

The District shall comply with the concussion management program requirements contained in law (NDCC 15.1-18.2). The signs and symptoms of a concussion include, but are not limited to, the following:

Signs	Symptoms
Seems confused	Headache
Forgets an instruction or is unsure of the game, position, score, or opponent	Nausea or vomiting
Move clumsily	Dizziness or balance problems
Answers questions slowly or repeats questions	Bothered by light or noise
Can't remember events before or after the hit, bump, or fall	Feeling foggy or groggy
Loses consciousness (even for a moment)	Trouble concentrating or problems with short-or long-term memory
Has behavior or personality changes	Does not "feel right"

Requirements when Signs & Symptoms are Observed/Reported

1. Removal

- a. An official district designee with direct responsibility for a student athlete during practice, training, or competition shall remove a student from practice, training, or competition if the student:
 - i. Reports any sign or symptom of a concussion; or
 - ii. Exhibits any sign or symptom of a concussion
- b. High school students and minors who serve as coaches or officials are encouraged to work with an adult who has removal-from-play authority prior to removing a student from play.
- c. A licensed, registered, or certified healthcare provider whose scope of practice includes the recognition of concussion signs and symptoms has removal-from-play authority if they determine, after observing the student, that the student may have a concussion.
- d. If two or more individuals with removal-from-play authority disagree on whether or not a student must be removed, the determination must be made in the interest of the student's safety, meaning that the student shall be required to sit out and comply with return-to-play requirements contained in law.

The Athletic Trainer will notify the legal guardians of the student of the concussion, as well as principal/assistant principal/athletic director and head coach. Teachers may need to be contacted as well if academic modifications may need to be looked at. The student must receive a written release form from the physician prior to return to play policy with the athletic trainer.

JAMESTOWN PUBLIC SCHOOLS
AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION FORM (HIPAA)

Students Name _____ Date of Birth _____

1. I authorize the use or disclosure of the above named individual's health and injury information including the Initial and Interim Pre-Participation History and Physical Exam information pertaining to a student's ability to participate in North Dakota High School Activities Association sponsored activities. Such disclosure may be made by any Health Care Provider generating or maintaining such information.

2. The information identified above may be used by or disclosed to the school nurse, athletic trainer, coaches, medical providers and other school personnel involved in the care of this student.

3. This information for which I am authorizing disclosure will be used for the purpose of determining the student's eligibility to participate in extracurricular activities, any limitations on such participation and any treatment needs of the student relating to health conditions or injuries during the year that may affect participation.

4. I understand that I have a right to revoke this authorization at any time. I understand that if I revoke this authorization, I must do so in writing and present my written revocation to the school administration. I understand that the revocation will not apply to information that has already been released in response to this authorization.

5. I understand that once the above information is disclosed, it may be redisclosed by the recipient and the information may not be protected by federal privacy laws or regulations.

6. I understand authorizing the use or disclosure of the information identified above is voluntary. However, a student's eligibility to participate in extracurricular activities depends on such authorization. I need not sign this form to ensure healthcare treatment.

7. This authorization will expire one year from the date of signature.

Signature of Student

Date

Signature of Parent

Date

EMERGENCY INFORMATION

STUDENT NAME _____ BIRTH DATE _____ AGE _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____ CELL PHONE _____

IN CASE OF EMERGENCY (IF NO ANSWER AT ABOVE)

NAME _____ RELATION _____ PHONE _____

INSURANCE COMPANY _____

POLICY # _____

MEDICAL CARRIER: _____

KNOW ALLERGIES/MEDICAL CONDITIONS/MEDICATIONS _____

PERMISSION FOR MEDICAL TREATMENT: In the event of an emergency requiring medical attention, I hereby grant permission for emergency treatment for my child. I expect an effort will be made to contact me if an emergency occurs. I understand the cost for any medical attention may not be covered or paid by school or the North Dakota High School Activities Association. I hereby state that to the best of my knowledge, the above information is true. I approve participation in athletic activities. I hereby authorize release of the information contained in this document to the school nurse, athletic director, superintendent, principal and athletic trainer.

SIGNATURE OF PARENT/GUARDIAN _____ DATE _____