GRANT COMMUNITY HIGH SCHOOL
EXTRA CURRICULAR AND ATHLETIC CODE OF CONDUCT

Participation in athletics is a privilege and not a right. Students who decide to participate shall be expected to exemplify the highest standards of sportsmanship, behavior and fair play. Students who are unable to abide by the expectations established by Grant Community High School will be subject to disciplinary action. These expectations will be enforced year-round from the time the student enrolls until the time they graduate.

Athletes and parents have the right to appeal a disciplinary action to the Athletic Council. The Council is comprised of the Athletic Director, Superintendent or his designee, the head coach(s) and a Board of Education member.

ATHLETIC CODE AND TRAINING RULES

Eligibility

- An athlete must pass five (5) semester subjects the previous semester and must be passing five (5) subjects in the current semester in order to be scholastically eligible for athletic competition.
- A student shall be eligible through age nineteen (19) unless the student shall become twenty (20) during a sport season, in which eligibility shall terminate on the first day of the sport season.

Athletic Code of Conduct

- Fair, hard play at all times, showing respect for opponents, officials and spectators.
- Conduct with the highest degree of character on and off the field.
- Faithful completion of schoolwork as practical evidence of commitment to school and team.
- Complete observance of all training rules and athletic policies.
- Treat all visiting teams and officials as guests.
- Give opponents the credit for their ability and the respect you would hope to receive in return.
- Be modest and considerate in victory; be gracious in defeat.
- Realize it is an honor and a privilege to represent Grant Community High School.
- Realize that team success comes before individual recognition.
- Sportsmanship and competition are the primary reasons for high school athletics.
- The district allows a student to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the school board for such modification. Potential Evidence: Policy, Student Code of Conduct, Sports Handbook *105 ILCS 5/10-20.73;*

Training Policies

RULE 1 – ATTENDANCE AT PRACTICE OR GAMES

- Athletes leaving school because of illness during the day will not be eligible to participate in sports that day.

- Athletes who are ill and arriving late to school, before half of the school day is over, will have their eligibility decided by the Athletic Director who will keep in mind the welfare of the athlete.
- Athletes, who are absent from school for reasons other than illness, will have their eligibility left to the discretion of the administration. Practice is mandatory unless personally excused by the coach.

RULE 2 – CONDUCT UNBECOMING AN ATHLETE

- Athletes will not display behavior on or off the playing field, which, in the opinion of the coaching staff, is considered insubordinate or inappropriate to standards of conduct, attitude or sportsmanship.

Sanctions

1st Offense:

The athlete will be suspended from competition for 20% of the games scheduled that season, from the date the offense is reported to the Athletic Director. (Athletes are expected to practice during the suspension.) In the event 20% of the season does not remain in that sport season, the balance of this suspension will carry over to the athlete's next sport season. (20% will be rounded to the nearest whole number)

Probation: If in the course of one calendar year, a second offense occurs, the athlete will immediately be moved to the next disciplinary sanction.

2nd Offense:

Suspension for the remainder of the season. In the event a student-athlete recognizes he/she has a behavior problem, they may appeal for special consideration in athletic eligibility. If allowed, that consideration will include the following stipulations:

- Successfully completing a certified counseling program addressing their problem, at the family's expense.
- Forfeiture of 40% of contests during the season. In the event 40% of the contests do not remain in that sport season, then the forfeiture for the balance of contests will carry over to the athlete's next sport season.
- The understanding that any future Training Rule or Athletic Code violations will result in the loss of Athletic eligibility for one calendar year while being placed on probation for any future violations.

Probation: Same as above.

3rd Offense:

Suspension from sports for the remainder of the school year and placement on probation for the following year. Probation places the athlete at a level 2 offense for one calendar year. If no infractions occur during that period, the athlete shall have a "clean" athletic record and will be returned to the starting level for disciplinary action.

RULE 3 – TOBACCO IN ANY FORM**

- Athletes will refrain from the use or possession of tobacco.

Sanctions

1st Offense:

The athlete will be suspended from competition for 20% of the games scheduled that season, from the date the offense is reported to the Athletic Director. (Athletes are expected to practice during the suspension.) In the event 20% of the season does not remain in that sport season, the balance of this suspension will carry over to the athlete's next sport season. (20% will be rounded to the nearest whole number.)

Probation: Same as above

2nd Offense:
Suspension for the remainder of the season. In the event a student-athlete admits to having a tobacco problem, he/she may appeal for special consideration in athletic eligibility. If allowed, that consideration will include the following stipulations:

- Successfully completing a certified counseling program addressing their problem, at the family's expense.
- Submitting to and successfully passing two (2) random lab tests for their problem during the season, at the family's expense.
- Forfeiture of 40% of contests during the season. In the event 40% of the contests do not remain in that sport season, then the forfeiture for the balance of contests will carry over to the athlete's next sport season.
- Submitting to and successfully passing a random test paid for by the family during any ensuing sport season throughout the remainder of the school year.
- The understanding that any future Training Rule or Athletic Code violations will result in the loss of Athletic eligibility for one calendar year while being placed on probation for any future violations.

Probation: Same as above

3rd Offense:
Suspension from sports for the remainder of the school year and placement on probation for the following year. Probation places the athlete at a level 2 offense for one calendar year. If no infractions occur during that period, the athlete shall have a "clean" athletic record and will be returned to the starting level for disciplinary action.

RULE 4 – DRUGS IN ANY FORM
- Athletes will refrain from the use or possession of illegal drugs, including alcohol, in any form.
- This includes the illegal use or possession of performance enhancing drugs, such as steroids.

Sanctions
1st Offense:
Suspension for the remainder of the season. In the event a student-athlete admits to having a drug problem he/she may ask for a review of their case for special consideration in athletic eligibility. If allowed, that consideration will include the following stipulations:

- Successfully completing a certified counseling program addressing their problem, at the family's expense.
- Submitting to and successfully passing two (2) random lab tests for their problem during the season, at the family's expense.
- Forfeiture of 40% of contests during the season. In the event 40% of the contests do not remain in that sport season, then the forfeiture for the balance of contests will carry over to the athlete's next sport season.
- Submitting to and successfully passing a random test paid for by the family during any ensuing sport season throughout the remainder of the school year.

- The understanding that any future Training Rule or Athletic Code violations will result in the loss of Athletic eligibility for one calendar year while being placed on probation for any future violations.

Probation: If in the course of one calendar year a second offense occurs, the athlete will immediately be moved to the next disciplinary sanction.

2nd Offense: Suspension from sports for the remainder of the school year and placement on probation for the following year. Probation places the athlete at a level 2 offense for one calendar year. If no infractions occur during that period, the athlete shall have a "clean" athletic record and will be returned to the starting level for disciplinary action.

RULE 5 – DRUG SELLING
- Athletes will refrain from the selling of illegal drugs, including alcohol, or drug paraphernalia.

Sanctions
1st Offense:
Suspension from sports for the remainder of the school year and placement on probation for the following year. Probation places the athlete at a level 2 offense for one calendar year. If no infractions occur during that period, the athlete shall have a "clean" athletic record and will be returned to the starting level for disciplinary action.

Probation: Same as above

2nd Offense:
Suspension from sports for the remainder of their high school career. Once a student has participated in a sport during a given school year, he/she is bound by the Training Rules and Athletic Code for that school year; whether or not he/she continues to participate in any other sports during that time.

THE SANCTIONS LISTED ABOVE ARE THE MINIMUM AN ATHLETE MAY FACE PENDING REVIEW BY THE ATHLETIC COUNCIL.

I.H.S.A.
Parent and Student Agreement/Acknowledgement Form
Performance-Enhancing Substance Testing Policy

- Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

GRANT COMMUNITY HIGH SCHOOL DISTRICT 124
CONCUSSION INFORMATION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly**. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems/dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problem (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in-coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Concussion baseline testing protocol:
All Grant student-athletes will be required to participate in Sway Medical concussion baseline testing prior to their first athletic competition. Athletes will participate using their electronic device, under the guidance of our Athletic Training staff.

What can happen if my child keeps on playing with a concussion or returns too soon?
Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to a student-athlete's safety.

The Athletic Training staff has the right to withold a student athlete from any athletic participation due to concerns following a mechanism of injury. The Athletic Training staff may complete any necessary return to play protocols for the health and safety of the student athlete.

If you think your child has suffered a concussion
Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.
You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/

ATHLETIC TRANSPORTATION POLICY

Grant Community High School's transportation policy, for away athletic events, is to provide busing for all student-athletes to and from competitions. We believe this policy is sound for several reasons:

1. Coaches are able to more readily account for all their athletes before and after events.
2. Valuable teaching time is available for coaches to prepare athletes before contests and to review with athletes after contests.
3. A large part of team's cohesiveness is developed by time spent together; this enhances that cohesiveness.
4. The students are safely transported protecting them, the families and the school from liability.

We realize extenuating circumstances may arise causing a parent to bring his/her son/daughter home from an event. **Through prior arrangements with the Athletic Director, an athlete may be released for emergency reasons, to his/her parent.**

We will work hard with the parents to realize their needs and hope they will support our athletic program's athletic transportation policy.

If there are any questions or concerns, please contact the Athletic Director at the school. (847-973-3412)