

Waterville School District

STUDENT ACTIVITY POLICY

2011-2012

The opportunity to participate in athletics and/or any other program offered by Waterville Jr/Sr High School (WHS) is a privilege granted to all WHS registered students. Participants in these voluntary programs will conform to specific conduct and GPA's established by the WHS student activity code. Those who participate in WHS activities are not only a member of a team, club, or class, but also are representatives of their student body, family and community.

Therefore, it is necessary and desirable that high standards be maintained in academics, citizenship, sportsmanship, loyalty, student conduct, both in and outside the school's activities. Lowering standards by an individual, team, club, or class, defeats the purpose and value of any WHS activity. Students involved in activities shall abide by all rules and regulations established by the coaches, advisors, school administration, WHS activity code, and the W.I.A.A. (Washington Interscholastic Activities Association). Provision is made for a WHS student who has allegedly violated one or more of the WHS student activity code standards to appeal the disciplinary action against him or her. A teacher and/or a coach must supervise all activities sponsored by this school. Students are not permitted to participate in any activity without supervision. This code is meant to be in effect from enrollment in 6th grade, or enrollment in the district, until graduation from WHS. **Students are required to comply with this policy seven days a week, 24 hours a day, 365 days a year.**

SECTION I: GENERAL RULES

1. I will meet the criteria necessary to meet the eligibility requirements of the Waterville School district as well as the regulations of the WIAA.

2. I will pass a physical examination (and have a copy of exam on file with the high school office) and will show proof of sufficient insurance by a health and accident insurance company if required per activity. In addition to a physical examination (at least once each two years except in cases where medical professionals deem necessary), a participating student must present the high school office with a medical release from a physician, physicians assistant, physical therapist, chiropractor or other medical practitioner to resume participation following an illness or injury which was serious enough to require professional medical care.

3. I must have the following on file with the high school office, **prior to the first day of practice,**

- a parent permission slip,
- insurance or waiver,
- concussion form,
- completed physical examination form if participating in sports,
- purchased ASB Card,
- completed the emergency medical card,
- agreement to WHS Student Activity Code.

Upon receiving the above information, the athletic secretary will clear the student to participate in practice and contests.

4. I will conduct myself in an appropriate, orderly manner, both on and off the school grounds, so as to bring credit to my team, school, community, family, and myself. This item includes, but is

not limited to use of appropriate, acceptable speech (no profanity); modeling only the kind of behavior that is consistent with unquestionable good sportsmanship.

5. I recognize and am willing to accept it as my responsibility to actively cooperate with teachers whose classes I miss because of activities so as to prepare and complete my assignments in advance or as required by the teachers.

6. I agree to ride to and from all away school sponsored events in school provided transportation unless permission is given by the coach or supervisor to travel with my parents. My parents will sign a release form and then contact the coach or staff person in charge to let them know that they will be taking me from the activity, even if prior approval is granted. If student/athlete is going to ride home with an adult other than a parent, (one who is 21 years of age) they must have approval granted in writing by their parents AND the note signed by the Principal or Athletic Director one day prior to leaving for the event. *Violation of the transportation rule will eliminate the student from participation in the event/activity.*

7. I accept personal responsibility for all school equipment checked out to me and agree to return it at the end of the current season in good condition. At coach's discretion, all equipment must be turned in before I am allowed to practice/participate in another sport or activity.

8. I will follow the specific activity rules established and enforced by the coach and/or advisor.

9. I agree to report all injuries promptly to the coach and/or advisor.

10. I agree to comply with attendance policies that are set out in this Student Activity Code.

11. I understand I can only participate in one sport per season. Seasons are defined as fall, winter, and spring. The Waterville School District offers the following varsity sports during the respective seasons; Boys Football, Girls Volleyball, Boys Basketball, Girls Basketball, Track, Girls Softball, Boys Baseball, Golf.

12. I will comply with all school rules.

13. I understand and agree that any violation of the criminal laws of the State of Washington other than minor traffic infractions, shall constitute a violation of this activity code, violations will be counted towards the appropriate step on the student activity code.

14. I agree not to use, consume, possess, transmit, or sell alcohol or tobacco (including chewing tobacco). **I understand that a student is in violation if they are present (whether participating or not) where alcohol is being consumed or kept illegally by minors.**

15. I agree not to possess use or sell legend drugs (drugs obtained through prescription (RCW69.41.020-050) and/or controlled substances (RCW 69.50). **I understand that a student is in violation if they are present (whether participating or not) where said drugs are being consumed or kept illegally.**

16. I agree to abide by any and all rules applicable to me as stated in the current W.I.A.A. Handbook. (Please visit www.wiaa.org to read the latest W.I.A.A. handbook.)

SECTION II : CONSEQUENCES

1. Participants in violation of Rule 1 (Eligibility) will not participate in Waterville High School Athletics and Activities.
2. Participants in violation of Rule 2 and 3 (Paperwork, Physical Exam and ASB card requirements) may not participate until they comply with the rule.
3. An administrator and/or coach and/or advisor will administer appropriate discipline for violation of Rules 4 through 12.
4. The athletic director or principal will process the violation of rules 13, 14, and 15.(Tobacco, Alcohol, Criminal Infractions and Drugs,)

Section II, Rule 1:

Process Steps for Eligibility Determination

The Athletic Director or his/her designee will do grade checks for athletes and students involved in activities:

- Eligibility will be checked at the beginning the 4th week of each semester and then weekly for the rest of the school year. Semester grades will be used to determine eligibility.
- Teachers are required to submit grades no later than Monday by 8 am. When there is no school on Monday, grades will be posted on the next school day.
- Eligibility will be returned when the student has improved the failing grade or grades. The teacher will make the student status report to the high school office and coach by email or other written communication.
- According to WIAA rules, students earning more than one failing grade on their semester report card will sit out 5 weeks for high school students and 3 weeks for junior high students.
- Students will serve this suspension in the next sports activity that they participate in and complete. Students will be required to attend practice but not suit up or participate in contests.

Eligibility Criteria/ Consequences

A student may participate in interscholastic and other extra-curricular activities providing that he or she *meets the following eligibility criteria.*

- A student doing failing work in more than one course will be ineligible until the grade improves. During weeks when a student is ineligible, they must practice with the team.
- Students must be in school the full day (not including tardies), have a pre-arranged absence, or return with a doctor's or other medical professional's note, if they are to participate in either practice or contests or activities. ***Principal and/or athletic director can override this rule based on emergency, extenuating circumstances.***
- The Principal reserves the right to make the final decisions regarding the eligibility of the students. Along with the rules of Waterville High School, the rules as established by the Washington Interscholastic Activities Association are in effect.

Section II, Rules 13,14,15: Process Steps for Violation of Rules 13,14,15 (Tobacco, Alcohol, Criminal Infractions, and Drugs)

Violations of Rule 14, 15, 16 would be investigated for the following reasons to determine the validity of the violation:

- Confession by the student
- Citation by the police

- A signed letter by an adult in the community
- Report by a faculty member
- Statements signed by a number of students
- Physical evidence
- Reasonable Suspicion by a trained or experienced adult

Students found to be in violation of the code will be immediately excluded from all games, contests or activities. The parent/guardian of the student/athlete will be notified within three (3) school days of the infraction.

Consequences for Violation of Rules 13,14 (Criminal Infractions, Tobacco and Alcohol)

1st Violation: Exclusion from all athletic or extracurricular activities for 15 school days will be imposed. Students will serve this suspension in the current sports activity or the next sports activity that they participate in and complete. Students will be required to attend practice but not suit up or participate in contests. This exclusion will continue into the next school year if not completely served during the school year in which the violation occurred. Summer vacation days will not be counted toward the suspension.

2nd Violation: Exclusion from all athletic or extra-curricular activities for 45 school days will be imposed. Students will serve this suspension in the current sports activity or the next sports activity that they participate in and complete. Students will be required to attend practice but not suit up or participate in contests. This exclusion will continue into the next school year if not completely served during the school year in which the violation occurred. Summer vacation days will not be counted toward the suspension. This may be reduced (at the discretion of the principals and athletic director) if the student provides evidence of proof of a drug assessment and having complied with all health care recommendations.

3rd Violation: Exclusion from all extra-curricular activities for 180 school days will be imposed. This exclusion will continue into the next school year if not completely served during the school year in which the violation occurred.

Section II, Rule 15: Consequences for Violation of Rule 15 (Legend Drugs and controlled substances)

1st Violation Immediately ineligible for the current sports season for the remainder of the season. Ineligibility shall continue until the next sports season that the student participates in unless the student/participant wishes to access the assistance program outlined in B (below)

A. In order to be eligible to participate in the next sports season that the student participates in, the student shall meet with the school eligibility board (selected by the Principal) to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student's case. The school principal shall have the final authority as to the student's participation in the extra-curricular program.

B. A participant who seeks and receives help for a problem with use of legend drugs or controlled substances and controlled substance analogs shall be given the opportunity for assistance through community agencies. Successful utilization of such an opportunity may allow him/her to have eligibility re-instated in that athletic season, pending recommendation by the school eligibility authority.

2nd Violation A participant who again violates any provision of RCW 69.41.020-050 or of RCW 68.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

3rd Violation A participant who violates the policy for a third time shall be permanently ineligible for interscholastic competition.

SECTION III: APPEALS

Students/parents wishing to appeal the decision of the Athletic Director may do so by contacting the Principal during business hours and setting an appointment. If student/parents wish to appeal the decision of the Principal, or the decision of the Principal to suspend a student from activities, they may do so to the Superintendent within four (4) working days of the Principal's decision by a written letter that states the reasons for the appeal. The Superintendent will set a meeting with an independent Hearing Officer within seven (7) working days of the receipt of the written notice for appeal. The Hearing Officer will render his/her written decision within three (3) working days after the hearing. If the student/parents wish to appeal the decision of the independent Hearing Officer, they must submit a letter to the Waterville School Board within four (4) working days of the Hearing Officer's decision. The matter will be heard at the next regularly scheduled board meeting. The Superintendent shall proceed to place the matter on the agenda for the next regularly scheduled meeting the Board of Directors.

Waterville School District
Parent Permission for Athletic Participation

It is the school district's intent to provide any athlete with good instruction, safe equipment and safe transportation; but we cannot eliminate all risks involved in sports participation. **ACCIDENTAL INJURY COMPLETELY UNRELATED TO ANY PREVENTABLE CAUSE IS ALWAYS POSSIBLE.**

This handout is designated to provide this school district with a degree of protection. It is not designed to deny the rights of an injured athlete. **Our school district provides WIAA catastrophic medical insurance to participating students.** Participation in WIAA sponsored interscholastic activities are all voluntary and extracurricular. As a condition to participation in these activities, you and your parent(s) must understand the **RISKS** involved in these kinds of activities.

Warning

Participation in any athletic activity may involve injury of some type to either yourself or a fellow student athlete. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor to catastrophic injury such as complete paralysis or even one's future ability to earn a living, to engage in other business, social and recreational activities and generally enjoy life.

Activity injuries can result from the incorrect or correct performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises and other similar undertakings. Injury can also result from failing to follow game, training, safety or other team rules. Injury can also result from the use of transportation provided or arranged by the school district to and from interscholastic activities.

Therefore, the purpose of this **warning** is to aid you in making an informed decision as to whether you and your child or ward should participate in these activities. In addition, its purpose is to make you aware as a student participant, or as the parent/guardian of a student participant. It is your responsibility to learn about and/or inquire of coaches, physicians, advisors, or other knowledgeable persons about any concerns that you might have at any time regarding participant safety.

By signing off on your athlete's "Registration Form", you acknowledge that you have read and understand this warning related to the above stated risks and that you give your permission for your student athlete to participate in interscholastic activities.

Washington Interscholastic Activities Association
Insurance Waiver Form

Dear Athletic Director:

I understand that my child cannot participate in interscholastic athletics unless he/she is covered by the school accident coverage plan **or** with the following minimum provisions:

1. Minimum death benefit of \$600.00
2. A maximum payment for any one injury of at least \$500.00
3. Coverage equivalent to the Washington State Industrial Insurance Fee Schedule for doctor's services of hospitalization with a 90 day minimum for the latter.
4. X-rays to a minimum of at least \$100.00
5. Dental coverage equivalent to the Washington State Industrial Insurance Fee Schedule to at least \$100.00

You have two options.

You may utilize your current insurance coverage for your child provided that it meets the above requirements.

OR

You may choose to purchase the school accident coverage plan. (A form is attached.)

Please indicate which option you have chosen on your Student Athlete Registration Form.

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:	
<ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment

Signs observed by teammates, parents and coaches include:
<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• 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

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 student-athlete's safety.

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. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

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/>

Student Athlete Registration Form

All requirements must be met prior to participation in any tryout, practice and/or participation in any sport. On the first day of practice you must hand in the following to your coach prior to practice:

- This completed registration form with all signatures and information.
- Your sports physical form if you have a new one.
- Your Athletic Medical Emergency and Authorization Card (yellow card)

Player's Name: _____

Sport: _____ Date: _____

1. ASB Card Purchased (\$20 Grades 9-12, \$15 Grades 6-8) _____

Demonstrate by providing receipt to coach

2. Student Activity Code _____

I have read and agree to the WHS Athletic Code

Student Signature

Parent Signature

3. Parent Permission Form _____

I have read and understand the risks of athletic participation.

Student Signature

Parent Signature

4. Insurance Coverage _____

I have insurance coverage equivalent to or better than WIAA requirements and will keep it in force throughout the sports seasons(s) in which my child participates. I accept full responsibility for the additional costs of treatment for any injury.

My Insurance Company is _____

Parent Signature

OR

I wish to enroll in the school accidental coverage plan and have completed and returned the paperwork.

Parent Signature

5. Sports Physical Expiration Date _____

(See Mr. Gray or Mrs. Kruger to see if your sports physical is still in effect)

6. Athletic Medical Emergency and Authorization Card On File _____

7. Concussion Information Sheet _____

I have read and understand the risks of concussions.

Student Signature

Parent Signature

Home School _____

Running Start _____

Skill Center _____

Coach Signature of Receipt:

AD/Office Signature: