

# **ATHLETIC HANDBOOK FOR STUDENT ATHLETES**

**2023-24**

## **Athletic Statement**

Following are rules and regulations that have been developed in order to create a rich tradition of competitive, responsible and accountable athletes at South Vermillion High School of which our community can be proud. According to the Supreme Court of Indiana, every South Vermillion student has the opportunity to participate in athletics; however, this participation is a privilege and not a right. All students participating in athletics must follow the standards set forth in this handbook, not only during the school day, but at all times, including non-school hours, vacations, and the summer months.

Participation carries with it honor, responsibility, sacrifice and dedication. Those who choose to participate will be expected to follow the Code of Conduct established by the administration and coaches.

### **Athlete Defined:**

The South Vermillion athlete is defined as any young man or woman who is a student at South Vermillion High School and represents a South Vermillion team in an interscholastic athletic competition as sanctioned by the IHSAA or represents South Vermillion High School as a cheerleader. Once an athlete, an individual is an athlete 365 days a year for the remainder of their academic high school career.

### **IHSAA Eligibility:**

South Vermillion student athletes must meet individual eligibility rules stated in the IHSAA By-Laws before they may compete in an IHSAA sanctioned contest. These rules are outlined on the Pre-participation Physical Evaluation Form and detailed in the IHSAA By-Laws available at [www.ihsaa.org](http://www.ihsaa.org). You can also contact the South Vermillion Athletic Director. Eligibility topics include, but are not limited to: age, transfers, amateurism; out of season or non-school participation; awards, gifts, trips; grades, parent permission and physician's physical.

### **ACKNOWLEDGEMENT OF RISK**

When participating in any type of athletic activity, there is always a possibility that an injury can occur. There are several types of injuries that can force an athlete to miss practices and/or games. Some of the more common injuries that occur in athletics are strains, sprains, and contusions. These three types of injuries can vary in their severity. In the case of mild injuries, the athlete may feel some discomfort but will be able to continue his or her participation in athletics. More severe injuries may result in missing a large amount of playing time or even surgical repair with an extended period of physical therapy. Athletes can also experience more serious injuries such as fractures, dislocations, concussions, internal injuries, spinal injuries or death. Fortunately, most of the injuries that occur with athletics are mild and the athlete misses little or no participation.

Athletes can decrease their chance to be injured by following the following guidelines:

- Use the proper techniques taught by the coaches
- Condition properly during the preseason and work to stay in condition
- Get proper rest and nutrition
- Refrain from risky behavior especially on the field and in the locker room
- Wear proper fitting equipment
- Keep all equipment in working order

Stay alcohol and drug free

Remember that some serious or severe injuries still occur when the athlete follows the above guidelines. However, those who disregard the above guidelines are at greater risk to sustain a serious or severe injury.

Most people agree that the benefits of participation in athletics outweigh the risks. The staff at South Vermillion High School wants their athletes and parents/guardians to understand that there are risks involved in participating in athletics. The coaching staff will continue to teach and practice only those techniques that promote safe participation, understanding that injury may still occur. The staff hopes that athletes and their parents/guardians alike will take the time to learn more about athletic injuries and how to best avoid them. Everybody's goal is to provide the safest participation possible.

### **INSURANCE**

Parents/Guardians will be responsible for all medical costs associated with athletic participation. South Vermillion High School does not provide accident insurance for its athletes. South Vermillion Community Schools recommends that parents have insurance to cover athletic injuries and the cost of treatment.

### **Physical Examinations before conditioning or your first practice:**

Every athlete is required by South Vermillion to have a physical examination completed and on file with the athletic office **before practicing or conditioning** in any sport. Physical exams are the responsibility of the athlete and his/her parents to get completed. Physicals are offered at the high school every spring for a cost. Sports physicals for the previous year or upcoming year count for summer conditioning. Physicals must be conducted by a M.D. or D.O. Physicals can not be conducted by nurse practitioners without M.D supervision.

**South Vermillion High School Athletic Training  
Policies and Procedures Manual**



**Introduction**

The purpose of the following policies and procedures manual is to provide guidelines for South Vermillion High School Athletic Training Services. The athletic staff (Athletic Trainers, Athletic Directors, Coaches, and Administration) must be familiarized with these policies and procedures regarding South Vermillion High School. To ensure comprehension, the athletic staff will sign the document available at the end of this manual. Please address any questions about this manual or Athletic Training Services to:

**Ariane Bell MS, ATC, LAT**  
**Head Athletic Trainer**  
**[abell@svcs.k12.in.us](mailto:abell@svcs.k12.in.us)**

Staff Directory

Ariane Bell MS, ATC, LAT  
Head Athletic Trainer  
[abell@svcs.k12.in.us](mailto:abell@svcs.k12.in.us)

Tim Terry  
Athletic Director  
[Tterry@svcs.k12.in.us](mailto:Tterry@svcs.k12.in.us)

## **Rules of Athletic Training Room**

1. No horseplay, loitering, inappropriate language or behaviors are allowed in the athletic training room.
2. No athletic accessories such as cleats, spikes, or bags are allowed in the athletic training room.
3. Student-athletes and athletic training students may not have cell phones in use during treatments while in the athletic training room, except in case of emergency.
4. No treatment or rehabilitation equipment should be removed from the athletic training room unless approved by the Head Athletic Trainer (AT).
5. Dress appropriate for treatment sessions such as athletic practice attire or shorts and a t-shirt.
6. The ATR operates on a first come first serve basis. Come early if you want to avoid the rush.
7. All injuries must be reported immediately!
8. All treatments are to be continued daily unless changed by the athletic trainer or a doctor releases the athlete.
9. NO BAGS IN THE ATR!
10. ABSOLUTELY NO SELF TREATMENTS!!

## **Cell Phone Usage**

1. The AT and athletic training students are required to have a cell phone easily accessible in case of emergency.
2. The AT may communicate via cell phone if necessary and at an appropriate time to do so.

## **Travel Procedures**

1. The AT will travel with athletic teams based on which sports are at the highest risk of injury.
2. The AT will be present for the following home sporting events: football, volleyball, soccer, cross country, tennis, wrestling, basketball, swimming and diving, cheerleading, baseball, softball, and track and field.
3. Junior varsity and freshman teams will not have an AT traveling with them. The AT will be responsible for informing the opponent athletic trainer of any specific needs or care for the student athletes.
4. A traveling kit will be provided to all teams that do not have an AT traveling with them. This kit will be provided with first aid supplies, tape, and necessary inhalers.

## **Medical Clearance**

1. A physical examination is required for each student-athlete in order to become eligible. A physical examination completed on or after April 1, of any year is valid from the date of the examination through the following school year.
2. All physical examinations must be recorded on the Student-Parent-Physician Certificate provided by the Indiana High School Athletic Association.
3. The physician conducting the examination must have a license to practice medicine.
4. No student is to practice or participate in any sport before they have a Student-Parent-Physician Certificate form and the Concussion Acknowledgement Signature Form on file in the athletic director's office. A copy of the athletic medical release will also be held in the athletic training room.

- a. Concussions are a serious injury. Per Indiana Law IC-20-34-7, all athletes and parents are to receive education on the prevention and management of concussions. South Vermillion High School shall maintain records of education.
  - b. All athletes must complete all current medical protocols prior to season starting. Any athletes suspected of concussion-like symptoms shall be removed from play, treated utilizing current medical protocols, and released to play by licensed health-care provider trained in the evaluation and management of concussions.
  - c. Concussion law from in.gov:  
<http://www.in.gov/legislative/ic/2010/title20/ar34/ch7.html>
5. All student-athletes' physical forms will be kept on file in the athletic training room or in the athletic office in a locked file cabinet.
  6. Student-athletes, who are absent from school for five consecutive days, or who are physically unable to practice for five consecutive days due to illness or injury, must present a statement from a physician who holds an unlimited license to practice medicine to the athletic director certifying that they are again physically able to participate in practices and athletic contests before they will be allowed to participate in any manner.

### **Athletic Insurance**

1. Athletic insurance is recommended for all members of athletic teams. Team members who have the 24-hour school accident insurance coverage have insurance protection while participating in athletics with the exception of football. We encourage the athletes to purchase the 24-hour plan.
2. Insurance protection for football, made available each school year, may be purchased separately by the individual players.
3. The Indiana High School Athletic Association (IHSAA) provides insurance for all Indiana high school athletes that contains a \$25,000 deduction clause (grades 9-12). Each athlete's coverage starts after \$25,000 if claims are properly filed and deadlines met. Insurance to cover the first \$25,000 in expenses is the responsibility of the athlete and the parents. Families must work directly with the IHSAA.

### **Medical Record Keeping**

- The AT and athletic training students are required to keep documentation of all injuries, illnesses, and rehabilitations.
- When computers are being used for record keeping the AT shall log off each time he/she is finished documenting.
- The AT or the athletic training student will document each meeting/contact with patients.
- The AT will maintain medical records daily.
- The AT will keep medical records and documentation confidential and in a locked drawer.

### **Reporting Injuries and Illnesses**

To ensure the Athletic Training staff can administer quality care to all athletes, it is a necessity that all athletes report all injuries and illnesses. All coaches must report injuries to the Athletic Trainer and should encourage athletes to report known injuries and illnesses. The athletic training staff will refer injuries and illnesses to a specified physician as necessary.

## Evaluation, Modality Usage, & Rehabilitation

The AT will be involved in all evaluations, modality usage, and rehabilitation that are conducted at the site. Athletic training students are allowed to practice clinically as long as they adhere to the Indiana State University policies and procedure manual and are under direct supervision of the AT (preceptor).

### Physicians and Referrals

1. South Vermillion Athletic Training Services works in conjunction with Union Hospital in Terre Haute, IN. The athletic training staff works under **Dr. Eric Pickrell, Dr. Jeremiah Palmer and Dr. Sameer Bavishi**. The physicians will make all final medical decisions regarding participation of the student athlete.
2. The student athlete has the right to seek a second opinion from an outside source of their choice. If seeking medical attention outside of the sports medicine team, all referrals to physicians, specialists, and consultants must be reported to the athletic training staff 10 days after the appointment. The AT must be made aware of the physicians that have been contacted for a second opinion in the event that questions arise.
3. If seeking a secondary opinion, the student athlete needs to list South Vermillion High School Athletic Training Services on the HIPAA form and provide documentation regarding the examination.
4. Return to play documentation must be in the ATs possession before the student athlete is allowed to return to participation.

### Lightning Policy

- At the first sight of lightning or thunder all individuals will report to a safe shelter such as the high school.
- All activity shall be postponed or suspended until released by the administration and AT staff.
- Supervising AT and administration may use weather apps or radars to help make the final decisions regarding lightning.
- The AT and administration will release all individuals to resume activities 30 minutes after the last strike of lightning or thunder.
- At each sighting of lightning the 30 minutes shall reset itself.
- The AT shall communicate between all athletes, coaches, and officials.
- If activity is not able to be continued, communication between home and away teams will be conducted to reschedule to a more suitable date.

### Concussion Procedure

#### Pre-season screening

1. The AT will be responsible for conducting pre-participation physicals with cooperation from the team physician who will then clear the athlete for play.
  - a. Each athlete will now use **SWAY testing and we use the Scat 5. We no longer use the Impact Test.**
  - b. Head AT will be responsible for proper documentation of baselines and athlete histories.

#### In season Concussion Assessment and Treatment

1. During in season activities (games, practice, etc.) the AT and team physician, if available, will be responsible for assessment of athlete's concussion in accordance with NATA 2014 Concussion Protocol using the SCAT 2 concussion examination.

- b. Athlete will be assessed immediately once brought to the sideline or a silent area for better concentration.
- c. The AT, or team physician, if available, will perform assessment and determine, if athlete can return to play or if he/she need to be restricted from participation.
- d. If the athlete clears all SCAT 2 examination techniques, he/she may not return to play until 20 minutes have passed in order to insure delayed symptoms do not arise.
- e. If the athlete is restricted from participation, the AT will administer a secondary IMPACT test on the following day, in order to properly test against former baseline.

**Return to Play Criteria**

- 1. The AT will be responsible for concussion rehabilitation of the injured athlete. The injured athlete must complete five days of practice, symptom free, before returning to play.
  - a. AT will not be allowed to start rehabilitation until 100% of symptoms subsided.
  - b. Once all (100%) symptoms subside and a written clearance note is obtained from a licensed physician, the AT will start rehabilitation immediately, with two days of non-sport specific endurance.
  - c. On day three, athlete will be allowed to participate in practice, with restrictions on contact during practice.
  - d. On day four, if the athlete has practiced and showed no sign of symptoms and has passed the IMPACT test, that athlete will be allowed to participate in a full contact, controlled practice setting.
  - e. Day five, if the athlete has practiced and shows no sign of symptoms and has passed the IMPACT test, that athlete will be allowed to participate in practice or match.
- 2. The AT will be responsible for staying in constant contact with physician and parents on the status of the athlete being rehabilitated.

**Heat Protocol**  
**(for practice & conditioning)**

During the summer months when the heat index is 95 and above, coaches are encouraged to practice as early as possible or as late as possible with the understanding that student athletes (at times) still need to practice in the heat so that they can be physically prepared for real game heat conditions.

**Football**

Heat index 105+	Use extreme caution restricted equipment during practice decrease intensity of drills limit conditioning
100-104	Use extreme caution encourage removal of helmets when not involved in drills restrict equipment for a portion of practice
95-100	Use extreme caution Frequent water breaks Provide ample water; athlete should be allowed to take in as much water as they desire. Provide shade for cooling Remove equipment when possible

Recheck and document temperature 30 min for changes  
Closely monitor athletes

Heat Protocol (for games) It is recommended when the heat index is 100 or above, school officials, coaches, and IHSAA game officials are asked to conference before the game to decide what if any need to be in place.

- 110+ no outside activity if indoor facilities with air conditioning are not available then suspend activity
- 100-109 It is recommended that no outside activity between 12 p.m.-6 p.m. without principal approval.  
Provide ample water; athlete should be allowed to take in as much water as they desire.  
Decrease length of drills and practice.  
Mandatory water breaks; 5 minute break every 15-20 minutes, 10 min every hour  
Provide shade for cooling, and if possible, ice towels.  
Whenever possible, recheck and document temp and humidity every 30 min for changes.
- 95-100 Use extreme caution  
Frequent water breaks  
Provide ample water; athlete should be allowed to take in as much water as they desire. Provide shade for cooling  
Remove equipment when possible  
Recheck and document temperature 30 min for changes  
Closely monitor athletes

### **Potential Causes of Sudden Death**

- The AT will follow the NATA position statements for the following potential causes of sudden death:
  - Asthma
  - Catastrophic brain injuries
  - Diabetes
  - Exertional heat stroke
  - Exertional hyponatremia
  - Exertional sickling
  - Head-down contact in football
  - Lightning
  - Sudden cardiac arrest
- These position statements can be found at [www.nata.org/position-statements](http://www.nata.org/position-statements)

### **Parents and Students:**

To save time, please be sure to follow these steps when getting a physical and preparing for the start of the sports seasons. All these items are very important and if not completed the first time, it will have to be completed before the athlete may participate.



## STEPS

1. Parents & student fill out page 1 of the IHSAA forms. Be sure signatures of both are at the bottom of the page.
2. Parents & student fill out page 3-4.
  - a. Student reads section I and fills in appropriate spaces.
  - b. Parents read section II, then fills in appropriate spaces.
3. Physician fills in page 2, parent/student may fill in top of page 2 on vital information.
4. Turn the above information into the athletic secretary in the high school office or the Athletic Trainer if present.
5. Be sure to fill out the "Medical Release Form" below for the school. Turn this sheet into the athletic secretary.

## **CODE OF CONDUCT**

### **Statement:**

The following athletic rules are in line with the IHSAA Constitution, which states:

"Contestants conduct, in or out of school, shall be such as: 1) not to reflect discredit upon their school or the association; 2) not to create a disruptive influence on the discipline, good order, moral or educational environment in a school. It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude such contestants from representing their school." Rule 8, Section 1, IHSAA By-Laws.

### **Enforcement of the Code of Conduct**

The high school administration shall enforce all rules and regulations as described in the Code of Conduct for athletes. All rules regarding behavior and/or training as outlined in IHSAA regulations apply. The coach of each sport will reinforce the code during the year.

Any alleged violation of the code shall be reported first to the principal, athletic director or coach, and then is followed by an investigation by the coach, athletic director or principal.

### **Expected Standards of Conduct for Athletes**

The good of the team is first and foremost. Once a team has been eliminated from tournament play, the individual athlete becomes the most important factor. No player(s) will ever employ illegal tactics to gain an undeserved advantage. All players will devote themselves to being a true sportsman. All athletes will care for all equipment and facilities, whether home or away. If equipment is destroyed through practice the school will replace it. If equipment is lost or stolen the athlete(s) will fulfill his/her responsibility by paying for the replacement of the item(s).

All athletes will obey the specific training and practice rules of their respective teams as given to them by the coaching staff of their respective team. Athletes should not engage in doing negative things. Drinking alcohol, taking controlled substances, using tobacco, using profanity and being disrespectful. All athletes must agree to abide by the SVHS Drug Testing Policy. Officials deserve courteous respect. Realize that officials do not cause the loss of a game/contest.

All South Vermillion Athletes must comply with the standards of our athletic code of conduct and school rules or be subject to disciplinary action, ranging from reprimand to team dismissal to suspensions. This may be enforced by the coaching staff, athletic director, and/or principal of SVHS.

An athlete and his/her parent(s) or guardian have the right to a hearing regarding exclusion by so notifying the principal in writing within ten school days after the exclusion decision. The right of appeal is forfeited if a hearing is not requested within this ten-day limit. Furthermore, the requested appeals hearing must occur within ten school days after school receives notification. The appeals hearing will be conducted by the superintendent or designee.

### **BEHAVIORAL RULES AND CONSEQUENCES**

South Vermillion High School provides athletic opportunities for all students. South Vermillion High School Students, who meet eligibility and team requirements, may participate in any of the 19 sports provided and cheerleading. South Vermillion High School Athletes are representatives of the school, team and the community, which requires them to conduct themselves accordingly.

**Serving suspensions:** If a violation of the athletic code occurs in the last part of a sport and the violator cannot fulfill the terms of his/her punishment in that sport, the suspension does carry over to the next sport until the suspension is fulfilled. In addition, the athlete must complete the season he/she is in after completing the suspension (an athlete can not quit the sport after serving a suspension)

If a student-athlete is playing two or more sports simultaneously, full suspensions are to be served in both sports.

A suspended athlete is expected to fulfill his responsibility as a team member during the suspension. Failure to do so will result in the forfeiture of all letters and awards.

#### **Evidence of violation of rules:**

May include but is not limited to: established charges filed by law enforcement officials or agencies, observation by members of the SV faculty, administration or coaching staff; which may include verifiable electronic media devices, social networks or websites, or admission by the participant.

**Rule 1:** Any behavior detrimental to the image of South Vermillion High School will result in the following consequences:

#### **Minor Infractions** (accumulative per season)

**First offense:** 1 game suspension

**Second offense:** 3 game suspension

**Third offense:** removal from the team

#### **Major Infractions** (accumulative in high school career):

**First offense:** suspension from 50% of season contests of the sport the athlete is currently participating in or the next sport the athlete participates in if not currently participating.

**If the Athlete self reports one of the above offenses, the suspension will be reduced to 30% of the season.**

**Second offense:** expulsion from participation for 365 calendar days

**Third offense:** expulsion from participation for the remainder of the individual's high school career

**Rule 2: Drugs and Alcohol:** Athletes shall not illegally possess, use, transmit, sell or be under the influence of alcohol or any narcotic drug, hallucinogenic drug, stimulant, depressant, anabolic steroids, marijuana, or possess, use or transmit paraphernalia for use of such substances. (Use of an authorized

drug as prescribed by a registered physician shall not constitute a violation of this rule.)

**Sale, use or possession of drugs, drug look-a-likes, and/or drug paraphernalia, or the possession or consumption of alcohol:**

**1<sup>st</sup> offense:** suspension from **50%** of season contests of the sport the athlete is currently participating in or the next sport the athlete participates in if not currently participating.

**2<sup>nd</sup> offense:** expulsion from participation for **365** calendar days

**3<sup>rd</sup> offense:** expulsion from participation for the remainder of the individual's high school career

**Rule 3: Possession/Use/Sale of Tobacco or look-alike substances/including e-cigarettes/Vape**  
(will be treated as tobacco).

**1<sup>st</sup> offense:** suspension from **10%** of season contests of the sport the athlete is currently participating in or the next sport the athlete participates in if not currently participating.

**2<sup>nd</sup> offense:** suspension from **20%** of season contests of the sport the athlete is currently participating in or the next sport the athlete participates in if not currently participating.

Attendance at a gathering that involves underage possession or consumption of the above stated drugs and alcohol will be considered a major infraction.

**3<sup>rd</sup> offense:** suspension from **50%** of season contests of the sport the athlete is currently participating in or the next sport the athlete participates in if not currently participating.

**4<sup>th</sup> offense:** expulsion from participation for **365** calendar days

If an individual has a total of 5 offenses of the tobacco or drug/alcohol policy, he/she will be considered a habitual offender and will be expelled from participation for the remainder of the individual's high school career.

**Rule 4: School behavior relative to athletic contests and practices:** Any athlete that is in violation of school rules such as truancy, suspension, classroom disruption or other punishable acts will be disciplined by the already established school rules. The athlete may further be dealt with within the structure of each coach's rules for their sport. If an athlete is suspended out of school for any reason, he/she will be ineligible for all contests during the term of his/her suspension. Out of school suspension athletes cannot practice during the suspension time. Practice is at the discretion of the coach for any in-school suspended athlete.

**Rule 5: Drug Testing Policy:** All athletes will agree to abide by the **SVHS Drug Testing Policy**. All parents and student-athletes will receive a copy of this policy and will be required to sign an agreement to abide by this policy.

**Rule 6: Hazing:** Is any activity by an individual or group expected of someone joining a group that humiliates, degrades, abuses or endangers, regardless of the person's willingness to participate. This does not include activities such as underclassmen carrying the balls, team parties with community games, or going out with your teammates, unless an atmosphere of humiliation, degradation, abuse or endangerment occurred.

**1<sup>st</sup> offense:** suspension from 50% of season contests of the sport the athlete is currently participating in or the next sport the athlete participates in if not currently participating.

**2<sup>nd</sup> offense:** expulsion from participation for 365 calendar days

**3<sup>rd</sup> offense:** expulsion from participation for the remainder of the individual's high school career

**Rule 7: Social Networking Sites:** Student-athletes are responsible for information contained in written or electronic transmissions, verifiable electronic media devices, social networks or websites. Inappropriate or embarrassing information or pictures should not be posted in any public domain. Texting, tweeting, and uses of other social networks to disparage or criticize the team, other students, opponents, coaches or other school personnel is inappropriate behavior and unbecoming of a South Vermillion Student-Athlete. Any individual identified on a social networking site which depicts illegal or inappropriate behavior due to the Code of Conduct or other policy, will be considered in violation and subject to athletic discipline or suspension per policy guidelines. See Rule 1 for consequences.

**Rule 8: Cell Phones and Cameras:** Cell phones or cameras may not be used inside a locker room for any purpose. This rule applies to all personnel for any home or away event or practice. Should an athlete receive a call or text while (s)he is in the locker room, (s)he should take the phone (still in the backpack, book bag, coat, etc) outside the locker room before use. CAMERAS OR CELL PHONES MAY NOT BE IN USE OR VIEW IN THE LOCKER ROOM. Violations of this rule will result in the following consequences:

**Minor Infractions** (accumulative per season):

**First offense:** verbal warning to partial suspension

**Second offense:** 1 game suspension

**Third offense:** 3 game suspension

**Fourth offense:** removal from the team

**Major Infractions** (accumulative in high school career):

**First offense:** suspension from 50% of season contests of the sport the athlete is currently participating in or the next sport the athlete participates in if not currently participating.

**Second offense:** expulsion from participation for 365 calendar days

**Third offense:** expulsion from participation for the remainder of the individual's high school career

If an inappropriate photograph is taken, violators will be turned over to legal authorities for prosecution.

**Serving suspensions:** If a violation of the athletic code occurs in the last part of a sport and the violator cannot fulfill the terms of his/her punishment in that sport, the suspension does carry over to the next sport until the suspension is fulfilled. In addition, the athlete must complete the season he/she is in after completing the suspension (an athlete can not quit the sport after serving a suspension)

If a student-athlete is playing two or more sports simultaneously, full suspensions are to be served in both sports.

A suspended athlete is expected to fulfill his responsibility as a team member during the suspension. Failure to do so will result in the forfeiture of all letters and awards.

**Evidence of violation of rules:**

May include but is not limited to: established charges filed by law enforcement officials or agencies, observation by members of the SV faculty, administration or coaching staff; which may include verifiable electronic media devices, social networks or websites, or admission by the participant.

### **Parent Code of Conduct**

In the event of a spectator/fan removal from a game or activity the following consequences will be

enforced.

-First Offense- Suspension of 1 sporting event/activity. The event in which the fan was removed will be the first choice of the suspension, for the next home game. If there are not any home games left, it could result in the next away game.

-Second Offense- Suspension until IHSAA Sportsmanship class is completed and results handed in to Athletic Department. Plus suspension for the next two home events, from the event the fan was removed from.

-Third Offense- Banned from attending any events, for 365 days.

### Unsporting Behavior

In an effort to prevent the recurrence of unfortunate incidents in any varsity, reserve or freshman contest, the Association requires that unsporting reports be filed within 24 hours of the completed contest. The official will initiate the process. Member Schools will verify the information within the official's report and submit to the Association.

1. Licensed officials distributing the penalty shall initiate the Unsporting Report for:

- a. Any contestant who displays unsporting behavior requiring the assessment of a penalty (unsporting or ejection).
- b. Any coach who displays unsporting behavior requiring the assessment of a penalty (unsporting or ejection).
- c. Any fan who displays behavior warranting elimination from the contest.
- d. Any administrator who displays behavior warranting elimination from the contest.

2. Principal/Athletic Administrator

a. Verify the information contained within the report (correct coach, player, etc.).

b. If an ejection (Student or Adult), visit [www.nfhslearn.com](http://www.nfhslearn.com) to find required courses to complete.

a. Students are mandated per by-law 8-4 to complete the Sportsmanship Course (free).

b. Coaches and Administrations are mandated per by-law 8-4 to complete the Teaching and Modeling Behavior course (paid course).

c. Students, Coaches, Administrators, and Fans will serve the suspension from the next interschool Contest (Home

Contest for a Fan) at that level of competition and all other interschool Contests (Home Contests for a Fan) at any level in the interim.

c. Submit to the IHSAA within 24 hours of receipt

### **SCHOOL ATTENDANCE GAMES, PRACTICES: REGULAR, DELAYED or SCHOOL CLOSINGS**

Daily attendance to school and practice is expected. All student-athletes must have attended classes for four periods the day of contests/practices to be eligible to participate in that day's athletic event. Approved field trips/school activities constitute attending school. Any exceptions, doctor/dentist appointment, funeral, etc. must be pre-approved through the athletic office. Attendance by team members is expected at all practices and games including practices and games over vacations. Only the coach may excuse an athlete from a practice or a game (following conflict of activities below). If school is cancelled for safety reasons, all contests with other schools and any other student activities for that evening are cancelled. However, the building principal with the guidance of the superintendent, shall have the discretion to allow practices according to the following conditions: (This also allows us to participate

in an IHSAA event, that has not been cancelled, or a major weather condition change)

### **School Attendance Policy**

It is imperative that students be in attendance each school day in order not to miss a significant portion of their education. Important learning results result from active participation in classroom and other School activities, which cannot be replaced by individual study.

1. The school is also concerned about helping students develop a high quality work ethic, which will be a significant factor in their success with future employers. One of the most important work habits that employers look for in hiring and promoting a worker is his/her dependability in coming to work every day and on time. This is a habit the School wants to help students develop as early as possible in their school careers.
2. School related events do not count against a student participating in ECA.
3. Students involved in extra-curricular activities must be in school by 11:00 am in order to participate unless otherwise authorized by the Principal and or Athletic Director.
4. Junior and Senior students will be allowed to take "College Visits" during the academic year except for the month of May.

### **Two Hour Delay**

In the event that a delay is issued, all morning activities are cancelled until the start of school. If the delay is called after athletes arrive at the school, they are to remain at school under supervision of a coach.

#### **eLearning day related to weather conditions follow the weather condition rules first.**

If school is cancelled for safety reasons, all contests with other schools and any other student activities for that evening are cancelled.

(there are some exceptions, such as IHSAA tournament)

If it is a scheduled eLearning day, **not related to a weather issue**. That would be considered as a regular school day, Practice and games as usual.

- 1) School Closings, all practices must be between 12:00 and 4:00. If it is approved.
- 2) Practices are optional: there can be no penalty for a student who does not participate in practice on a day school is not in session.
- 3) The parent/athlete can decide if it is unsafe for them to attend practice.
- 4) Coaches must get approval to have practice. The athletic director will be the contact person for the coaches. Coaches will be the contact person for the athletes.
- 5) 5) No practices on early release days due to weather.

### **AWARDS**

#### **Team Requirements for A Varsity Award**

All letter winners must have the recommendation of their coach. All lettering recommendation will also

be recorded with the athletic department. Coaches will describe lettering procedures within their team rules. Athletes must attend banquets to receive awards unless excused by the coach. All lettering procedures will be on file with the Athletic Director and will be consistent with corresponding sports.

### **Gold Patch Award Policy**

South Vermillion Athletes will receive a **Gold Patch Award** from the Athletic Office when accumulating 30 points using the following scale:

- 1 point – participation in a sport (no letter)
- 1 point – participation in three sports during the same school year (lettering or not)
- 1 point – earning a letter and maintaining a 3.25 grade point average (cum. at each yrs. end)
- 2 points – lettering in a high school sport
- 2 points – all conference designation (or All-American Cheerleader, advancement to the regional round of any sanctioned IHSAA Tournament as an individual or as a lettering member of a sectional team champion. An individual can only earn 2 pts/sport per year from this category.

Participation is defined as being with the team for the entire season and attending the awards banquet.

It is the athlete's responsibility to check with the Athletic Office when a Gold Patch is earned.

Only IHSAA and SVHS sanctioned sports count towards athletic awards. Club sports do not count.

### **MULTIPLE SPORT PARTICIPATION**

Athletes may be allowed to participate in multiple sports during the same season under the following circumstances:

1. Coaches from both/all sports agree before participation occurs.
  - a. Athletes do not have the "right" to play multiple sports. It is completely up to the head coach of each particular sport.
2. Coaches will address this issue within their rules. It should be administrated with consistency throughout their program.
3. A primary sport must be established before the season begins.
4. Should any disputes or problems arise during the season, the athlete may quit only the secondary sport. Athletes cannot quit the "primary" sport without quitting both sports.

### **INFORMATION FOR ATHLETES**

#### **Changing A Sport**

If an athlete is cut from a team, he/she may join another team in that sport season. An athlete cannot quit one sport to join another sport until that sport season has concluded, **unless there is a consensus between the two head coaches involved**. Example: An athlete cannot quit football to go out for basketball until football season has been completed.

#### **College Bound Athletes and Recruiting**

NCAA Eligibility Clearinghouse rules determine who is eligible for scholarships. A student-athlete must

pass NCAA requirements through the NCAA Clearinghouse. There are course requirements, standardized testing requirements, and coach's recommendation requirements. Complete details are available in the guidance office.

### **Equipment**

The policy at SVHS when dealing with expenses stipulates whether or not the athlete keeps an item, (hat, socks, etc.) then he/she will purchase that item. If the school purchases the item, the school keeps the item. All athletes will care for all equipment as though it was his/her own personal property. If equipment is destroyed through practice, the school will replace it. If equipment is lost or stolen, the athlete will fulfill their responsibility by paying for replacement of the item(s). Stealing or wearing stolen equipment is a violation of the Code of Conduct. Equipment may not be worn during the school day, at home, or on the streets without approval of the coach of that sport.

### **Team Cutting Policies**

Each coach of the sports at SVHS has his/her own policy on how he/she will choose team members. Students are not guaranteed a spot on a team. Being on a sports team is a privilege. Coaches will explain their policies to candidates for their teams at the first meeting.

### **Team Rules**

Coaches have the right to create a set of team rules that can and will be enforced during a contest season. Coaches can set higher standards than the minimums set by the IHSAA or South Vermillion Athletic Policy. These rules can include dress codes; practice and game conduct expectations and other items, as long as team rules do not conflict with any portion of the code of conduct. Athletes and parents must be presented with such rules in writing and must abide by such rules.

## **DRUG TESTING POLICY**

The drug testing program recommended by the high school drug testing committee emphasizes three primary objectives: 1) to assure the safety of students, 2) to create a positive learning environment, and 3) to ensure that those students who represent South Vermillion High School are drug free. Safety is a necessity any time students are involved in or on route to a school sponsored activity, and drug free students are necessary for a positive learning environment, whether that environment is the classroom, athletic field, or other school related activities. The positive learning environment cannot exist if our students' minds are dulled by substance abuse. Substance abuse is a national problem. It is illegal, a danger to physical and mental health, and it is an insurmountable obstacle to learning.

### **Introduction**

This program will not affect the policies, practices, or rights of the high school in dealing with drug and/or alcohol possession or use where reasonable suspicion is obtained by means other than the



random sampling provided herein. South Vermillion High School reserves the right to request the parent of any student who exhibits cause for reasonable suspicion of drug and/or alcohol usage to permit testing. Furthermore, South Vermillion High School reserves the right to test any student, outside the random selection, who at any time exhibits cause for reasonable suspicion of drug and/or alcohol usage. "Reasonable suspicion" is defined to mean that the school believes the behavior, speech, odor, and/or previous test results of a student are indicative of the use of drugs or alcohol.

### **Purpose and Goals**

The primary purpose of this program is not intended to be disciplinary, but rather is intended as a medical diagnostic aid in disclosing possible drug-related problems and as an extension of the school's educational substance abuse programs. Continuing substance abuse obviously is inconsistent with participation in extra-curricular activities, driving, or in the classroom. This substance abuse program includes appropriate procedures for dealing with any such problems.

### **Obligation to Govern the Medical Condition of Students**

Indiana Code 20-8.107 sets out health measures to be governed by school officials. Most specifically, IC 20-8.1-7-2 establishes the responsibility of schools to assist students found to be ill or in need of treatment.

### **School and Community Partnership**

The elimination of drug and alcohol abuse is the goal of this program. Due to the objective facts described above, and considering the established need to identify effective alternatives to address this problem, the substance abuse program at South Vermillion High School needs to be comprehensive enough to ensure the health and safety of our students. A substance abuse-free environment must be the stated goal of the school district. The support and cooperation of the entire community is essential if the goal is to be realized.

### **Use Made of Results**

The purpose of this program is to identify a student with drug residues in his/her body, to provide notification to the custodial parent/guardian, to educate, and to direct students away from drug and alcohol abuse problems. Our goal is to move toward a healthier, safer, and drug free school environment.

A laboratory certified nurse under the auspices of the Clinical Laboratory Improvement Act (CLIA) and the Joint Commission of Accreditation of Healthcare Organizations (JCAHO) will provide training and directives to those who supervise the testing program and those who guarantee samples.

In the event a student tests positive, he/she along with the custodial parents/guardians will meet with the Principal (or designee), the school nurse (or designee), and/or the athletic director (or designee). During this meeting the positive tests will be reported and the exclusion from activities and/or driving to school will be imposed. Enrollment in a drug education class and/or counseling will also be discussed.

## **Procedure**

Any student in grades 9-12 and his/her parents/guardians must sign a drug testing permission form for the student to be eligible for extra-curricular activities and/or driving to school or athletics.

A urine specimen will be given on site and will involve supervision by the Principal and/or the school nurse, or athletic director. The students to be tested will be escorted from class to the nurse's office. The test result will remain confidential. Only the Principal, Assistant Principal, school nurse, and the athletic director (if a school athlete is involved), along with the student and his/her parents will know the results. The student and parents will not be notified if the test is negative.

Students could be tested randomly and are selected by the lab on a weekly basis. Testing can take place on any given day of the week, Monday through Saturday. Students should be aware that they can be tested at any time during the year. Each student will be assigned a number and that number will be placed in the weekly drawing pool. After a student's number is drawn, it will be returned to the pool of students and may be drawn more than once during the year.

A strict method of collecting specimens will be adhered to, so as to eliminate the possibility of tampering with the specimens, which could result in invalid tests. Each student will remain under school supervision until he/she has produced an adequate specimen. If he/she cannot produce a urine specimen, the student will be given one eight-ounce glass of water. If he/she is still unable to produce a specimen within two hours, the student will no longer be eligible for any of the activities/privileges referred to earlier. In addition, parents/guardians will be telephoned and informed of the student's inability to provide a specimen for the testing procedure. The parents will be informed that the student may be tested at a later date to be reinstated for eligibility.

All specimens registering below 90.5 degrees or above 99.8 degrees Fahrenheit will be invalidated. There is a heat strip on each specimen bottle indicating the validity of the urine sample. If this occurs, the student must give another sample. If it is proven that tampering or cheating has occurred during the testing, the student will be ineligible for all privileges/activities described in this document for the remainder of the school year. Parents will be notified as soon as possible. Immediately after the specimen is taken, the student may return to class with an admit slip indicating the time he/she left the testing area.

If a student exhibits signs of being under the influence of drugs or alcohol, the Principal (or designee) may call the student's parents and ask that he/she be tested. Factors leading to suspicion of being under the influence will include, but are not limited to: 1) excessive discipline problems, and/or (2) excessive absences from school. A parent may also request testing of his/her child at their expense. Any student who is placed in a testing pool will remain in that pool until he/she has notified South Vermillion High School. The student and custodial parents/guardians must sign a "withdrawal of consent" form before a student's name will be removed from the pool. Once the form is signed and the name is removed, all corresponding privileges will be null and void to the student for 365 days. After the 365 days has elapsed, he/she may re-enter the testing pool by signing a Drug Testing Consent Form.

When a student transfers to South Vermillion High School, he/she would be eligible for activities/privileges upon completion of transfer forms, SVHS Driver's Form and Drug Testing Consent Form.

## **Penalty for Positive Test for Nicotine**

1<sup>st</sup> Positive Test – An administrator (or designee) will contact the student and the parent(s). Refer to Rule 3 on page 10, the same penalty will be enforced. A sponsor, director, or coach may also penalize the student for his/her activity. The student must agree to another test (at the student's/parent's expense) within 30 days. If the student refuses the second test, he/she loses activity/driving privileges for 42 days.

2<sup>nd</sup> Positive Test – An administrator (or designee) will notify the student and parent(s). The student will lose activity/driving privileges for 42 days or 21 days depending on the student/parent option on drug awareness classes. The student will be tested again (at the student's/parent's expense) in order to regain lost privileges. If the student refuses this test he/she loses activity/driving privileges for ONE CALENDAR YEAR.

3<sup>rd</sup> and Subsequent Positive Test(s) – An administrator (or designee) will contact the student and the parent(s). The student will lose activity/driving privileges for ONE CALENDAR YEAR. The student will be tested again (at the student's/parent's expense) at the end of the penalty in order to regain privileges.

### **Penalty for Positive Test for Drugs and Alcohol**

In the event a student tests positive, he/she along with the custodial parents/guardians will meet with the Principal (or designee), Athletic Director (or designee), or Sponsor (or designee). During this meeting, the positive testing will be discussed and the exclusion of activities will be stated.

The student and custodial parents/guardians will be told that a restriction from participating in any of the listed activities and/or driving to school will be implemented for at least 42 days (21 days if students and at least one parent agrees to attend 3 drug awareness classes within the first 21 days of suspension). The SAP coordinator/counselor will facilitate the student's participation in a drug awareness class. The student and parents/guardians will sign a release for the drug education providers to share information with the SAP coordinator at SVHS. If the activity is one that meets during the school day where academic credit is earned, the student will continue to attend that activity during the school day. However, the student will be denied participation outside of the school day. It is the responsibility of the sponsor to implement a parallel curriculum to ensure there is no academic penalty.

The student or his/her custodial guardians may appeal by requesting the urine sample (kept by the analyzing lab for 1 year) be tested again by an approved at the cost of the student and his/her custodial parents/guardians.

To be able to resume the privileges of participating in activities and/or driving to school, the student will be tested again at the expense of the student or his/her custodial parents/guardians. This testing will occur at the conclusion (or soon after) of the 42 day or 21 day restriction from activities. Upon reinstatement to activities, the student will be tested periodically (perhaps monthly) for the next three months at the expense of the student or custodial parents/guardians.

If the student tests positive a second time, the student will be restricted for activities and/or driving to school for ONE CALENDAR YEAR. This restriction begins from the time the student and custodial parents/guardians are notified. Multiple positive results from testing are indicative of continued substance use and will mean that the student will be referred for professional evaluation by the parent.

### **Test Results Reporting Procedure**

The drug-testing program seeks to provide needed help for students who test positive. The school will also administer action in accordance with the school policy. The safety factor will be the primary reason for restricting students from participating in driving to school and school activities.

The school nurse or the Principal (or designee) will be notified by the lab if a sample tests positive. The student, along with the custodial parent/guardian, will meet in person with the Principal (or designee), and/or the Athletic Director (or designee). The meeting will occur in the administrator's school office. The administrator will discuss the positive test and inform the student and parents of the loss of privileges and request that they seek professional help for the student. The administrator (or designee) will provide the parents with the names of agencies that can be of help to the student. The Principal, Assistant Principal, school nurse, or Athletic Director, the student who tested positive, and the parents/guardians will be the only persons aware of the positive test. Information on a positive test result will be shared on a need-to-know basis with the appropriate coach and/or sponsor.

### **Extra-Curricular Activities Covered by The Program**

Academic teams, band, choir, drama students, drill team, FCA, National Honor Society, PRIDE/SADD, student council, weight lifting

### **Extra-Curricular Athletics Covered by The Program**

Football, cross-country, cheerleading, tennis, track, basketball, soccer, wrestling, softball, baseball, volleyball, swimming, golf

### **Unmanned Aircraft Systems (Drones)**

South Vermillion Community Schools allows the use of Unmanned Aircraft Systems; all UAS must meet FAA regulations.

Please note: The IHSAA reminds us that sports are a privilege not a right.