Albright Middle School Athletics

AGREEMENT TO PARTICIPATE

Each student and his or her parent/guardian must read and sign this *Agreement to Participate Form* each year before being allowed to participate in an interscholastic sport(s). The completed *Agreement* should be returned to the Coach.

1. My child has my written permission participate in the following interscholastic sport circled below:
Basketball **Cheerleading** **Soccer** **Cross Country** **Volleyball**
_____ Parent Initial

2. We have provided the School District with a certificate of physical fitness. (The Pre-Participation Physical Examination serves this purpose)
_____ Parent Initial

3. I understand that Salt Creek School District 48 has adopted school policy regarding *Student Athlete Concussions and Head Injuries* (7:305), I have reviewed it carefully.
_____ Parent Initial

4. I acknowledge that a student athlete who exhibits signs and symptoms, or behaviors consistent with a concussion or head injury must be removed from participation or competition at that time and that such student will not be allowed to return to play unless cleared to do so by a physician licensed to practice medicine in all its branches or a certified athletic trainer.
_____ Parent Initial

5. I acknowledge having received the attached Concussion Information Sheet.
_____ Parent Initial

6. I understand that all sports can involve many risks of injury, and I understand that the degree of danger and seriousness of risk vary significantly from one sport to another with contact sports carrying the highest risk. I am aware that participating in sports involves travel with the team. In consideration of the School District permitting my child to participate, I agree to hold the District, its employees, agents, coaches, Board members and volunteers harmless from any and all liability, actions, claims or demands of any kind and nature whatsoever that may arise by or in connection with the participation of my child in the sport(s) or athletics. I assume all responsibility and certify that my child is in good physical health and is capable of participation in the above indicated sport or athletics.
_____ Parent Initial

7. I hereby attest that my child is covered under a family insurance plan, and if asked can proved proof of this insurance coverage.
_____ Parent Initial

8. I have also received and carefully reviewed a of copy of Board policy 6:190, *Extracurricular and C0-Curricular Activities*. In addition, my child and I both understand that we must comply with all of the eligibility rules of both the school district and coaches.
_____ Parent Initial

NOTE: The initials and signatures on this page indicate that the student athlete and their parents/guardian have received the above mentioned document and agree to abide with all of the expectations listed above.

_____	_____	_____	_____
Student Signature	Date	Parent Signature	Date
_____		_____	
Student Name Printed		Parent Name Printed	

Students

Student Athlete Concussions and Head Injuries

The Superintendent or designee shall develop and implement a program to manage concussions and head injuries suffered by students. The program shall:

1. Prepare for the full implementation of the Youth Sports Concussion Safety Act, that provides, without limitation, each of the following:

a. The Board must appoint or approve members of a Concussion Oversight Team for the District.

b. The Concussion Oversight Team shall establish each of the following based on peer-reviewed scientific evidence consistent with guidelines from the Centers for Disease Control and Prevention:

i. A return-to-play protocol governing a student's return to interscholastic athletics practice or competition following a force of impact believed to have caused a concussion. The Superintendent or designee shall supervise an athletic trainer or other person responsible for compliance with the return-to-play protocol.

ii. A return-to-learn protocol governing a student's return to the classroom following a force of impact believed to have caused a concussion. The Superintendent or designee shall supervise the person responsible for compliance with the return-to-learn protocol.

c. Each student and the student's parent/guardian shall be required to sign a concussion information receipt form each school year before participating in an interscholastic athletic activity.

d. A student shall be removed from an interscholastic athletic practice or competition immediately if any of the following individuals believes that the student sustained a concussion during the practice and/or competition: a coach, a physician, a game official, an athletic trainer, the student's parent/guardian, the student, or any other person deemed appropriate under the return-to-play protocol.

e. A student who was removed from interscholastic athletic practice or competition shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the return-to-play and return-to-learn protocols developed by the Concussion Oversight Team. An athletic team coach or assistant coach may not authorize a student's return-to-play or return-to-learn.

f. The following individuals must complete concussion training as specified in the Youth Sports Concussion Safety Act: all coaches or assistant coaches (whether volunteer or a district employee) of interscholastic athletic activities; nurses who serve on the Concussion Oversight Team; athletic trainers; game officials of interscholastic athletic activities; and physicians who serve on the Concussion Oversight Team.

g. The Board shall approve school-specific emergency action plans for interscholastic athletic activities to address the serious injuries and acute medical conditions in which a student's condition may deteriorate rapidly.

2. Comply with the concussion protocols, policies, and by-laws of the Illinois High School Association, including its *Protocol for NFHS Concussion Playing Rules* and its *Return to Play Policy*. These specifically require that:

a. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.

b. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.

c. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice

medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

3. Require that all high school coaching personnel, including the head and assistant coaches, and athletic directors obtain online concussion certification by completing online concussion awareness training in accordance with 105 ILCS 25/1.15.

4. Require all student athletes to view the Illinois High School Association's video about concussions.

5. Inform student athletes and their parents/guardians about this policy in the *Agreement to Participate* or other written instrument that a student athlete and his or her parent/guardian must sign before the student is allowed to participate in a practice or interscholastic competition.

6. Provide coaches and student athletes and their parents/guardians with educational materials from the Illinois High School Association regarding the nature and risk of concussions and head injuries, including the risks inherent in continuing to play after a concussion or head injury.

7. Include a requirement for staff members to notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.

LEGAL REF.: 105 ILCS 5/22-80.
105 ILCS 25/1.15.

CROSS REF.: 4:170 (Safety), 7:300 (Extracurricular Athletics)

ADOPTED: June 15, 2016

Albright Middle School Athletics

CONCUSSION INFORMATION SHEET

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 concussions 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 concision, 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 retuning to play or practice head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA members 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/

Adapted from the CDC and the 3rd International Conference on Concussion in Sports Document
created 7/1/2011 Reviewed 4/24/2012

Albright Middle School Athletics

CONCUSSION INFORMATION SHEET

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 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	• 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:
• 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 chance in typical behavior or personality • Losses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sports Document
created 7/1/2011 Reviewed 4/24/2012

Albright Middle School Athletics

STUDENT ELIGIBILITY STANDARDS PROGRAM FORM

PHILOSOPHY

Student activities play an important part of the Albright Middle School curriculum. Student activities provide students with avenues for expression, relevant experiences, along with opportunities for developing leadership and a concept of self-worth. Such activities also help meet student's social and emotional needs.

The purpose of the eligibility standards program is to help a student achieve their full academic potential. The program is not designed as a punishment to the student. In all cases, the eligibility standards program will be applied with consideration for the individual potential and needs of each student.

ELIGIBILITY PROGRAM

1. Eligibility standards will apply to the interscholastic sports program, which includes Cheerleading.

2. Eligibility will be determined on a weekly basis Friday mornings.

3. In order to remain eligible to participate in interscholastic sports a student must:
    a. Demonstrate satisfactory academic performance within their potential.
    b. Receive weekly teacher approval of class performance.
        i. **Acceptable work completion**
        ii. **Overall passing grades**

4. If **TWO** or more teachers declare a student ineligible, the student will become and remain ineligible until the student meets eligibility requirements as stated above the following week.

5. Once determined ineligible, an athlete cannot participate in practice and/or events, at any capacity, until he/she becomes eligible again on the following Friday and has had a parent/guardian sign the notice of ineligibility.

6. A student will remain ineligible until he or she meets the eligibility criteria.

7. If declared ineligible, it is the responsibility of the student to meet with the teachers and develop a plan for improvement.

8. It is the responsibility of the coach to explain the eligibility program to students at the beginning of every sports season.

9. Any student who is ineligible for more than half of the scheduled season or three weeks in a row will be dismissed from the team, and not recognized at the spring sports award program.

10. **ANY ATHLETE SUSPENDED DURING THE SEASON WILL NO LONGER BE ELIGIBLE TO PARTICIPATE.**

Instruction

Extracurricular and Co-Curricular Activities

The Superintendent must approve an activity in order for it to be considered a District-sponsored extracurricular or co-curricular activity, using the following criteria:

The activity will contribute to the leadership abilities, social well-being, self-realization, good citizenship, or general growth of student-participants.

Fees assessed students are reasonable and do not exceed the actual cost of operation.

The District has sufficient financial resources for the activity.

Requests from students.

The activity will be supervised by a school-approved sponsor.

Non-school sponsored student groups are governed by School Board policy, 7:330, *Student Use of Buildings - Equal Access*.

Academic Criteria for Participation

For students in kindergarten through 8th grade, selection of members or participants is at the discretion of the teachers, sponsors, or coaches, provided that the selection criteria conform to the District's policies. Students must satisfy all academic standards and must comply with the activity's rules and the student conduct code.

For high school students, selection of members or participants is at the discretion of the teachers, sponsors, or coaches, provided that the selection criteria conform to the District's policies. Participation in co-curricular activities is dependent upon course selection and successful progress in those courses. In order to be eligible to participate in any school-sponsored or school-supported athletic or extracurricular activity, a student must maintain an overall ___ grade point average. Any student-participant failing to meet these academic criteria shall be suspended from the activity for ___ calendar days or until the specified academic criteria are met, whichever is longer.

LEGAL REF.: 105 ILCS 5/10-20.30 and 5/24-24.

CROSS REF.: 4:170 (Safety), 7:40 (Nonpublic School Students, Including Parochial and Home-Schooled Students), 7:240 (Conduct Code for Participants in Extracurricular Activities), 7:300 (Extracurricular Athletics), 7:330 (Student Use of Buildings - Equal Access), 8:20 (Community Use of School Facilities)

APPROVED: July 13, 2011

Albright Middle School Athletics

CODE OF CONDUCT FOR ALL EXTRACURRICULAR ACTIVITIES

The Code of Conduct below describes the expectations and goals of the extracurricular and athletic programs. This Code does not contain a complete list of inappropriate behaviors for students in extracurricular activities and athletics. This Code of Conduct will be enforced 365 days a year, 24 hours a day. A student may be excluded from activities or competition while the school is conducting an investigation regarding that student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the student assistance program regarding alcohol or other drug problems. Family-referrals or self-referrals will be taken into consideration in determining consequences for Code of Conduct violations.

Code of Conduct

A student participating in an activity or athletic program will be subject to disciplinary action if he or she violates this Code of Conduct for Extracurricular Activities. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations.

The student shall not:

- Violate the District's policies or procedures on student discipline
- Use a beverage containing alcohol (except for religious purposes)
- Use tobacco in any form
- Use, possess, buy, sell, barter, or distribute any illegal substance or paraphernalia
- Use, possess, buy, sell, barter, or distribute any object that is or could be considered a weapon or any item that is a "look alike" weapon. This prohibition does not prohibit legal use of weapons in cooking and in sports, such as archery, martial arts practice, target shooting, hunting, and skeet
- Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors
- Act in an unsportsmanlike manner
- Vandalize or steal
- Haze other students
- Violate the written rules for the activity or sport
- Behave in a manner that is detrimental to the good of the group or school
- Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff
- Falsify any information contained on any permit or permission form required by the activity or sport

Due Process Procedures

Students who are accused of violating the Code of Conduct for Extracurricular Activities are entitled to the following due process:

-The student should be advised of the disciplinary infraction with which he or she is being charged.

- The student shall be entitled to a hearing before an appropriate administrator.
- The student will be able to respond to any charges leveled against him or her.
- The student may provide any additional information he or she wishes for the administrator to consider.
- The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
- If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:

- Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all activities or sports:

- A specified period of time or percentage of events, competitions, or practices
- The remainder of the season or for the next season
- The remainder of the student's high school career

Sanctions for alcohol and other drug violations will be based on the following:

First violation:

Use, possession, buying, selling, bartering, or distributing: A suspension of one third of the total number of performances, activities, or competitions or the remainder of the season, whichever is shorter. This penalty will be reduced if the student successfully completes a school-approved chemical awareness program.

Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one sixth of the total number of performances, activities or competitions, or the remainder of the season, whichever is shorter.

The student will be required to practice with the group, regardless of the violation (unless suspended or expelled from school).

Second violation:

Use, possession, buying, selling, bartering, or distributing: A suspension of 12 weeks or 1 season, including suspension from all performances, activities, or competitions during this period. To participate again in any activities, the student must successfully participate in and complete a school-approved alcohol and other drug abuse assessment and follow all recommendations from that assessment.

Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one third of the season and all extracurricular group performances, activities, or competitions during this period.

The student may be required to practice with the group (unless suspended or expelled from school).

Third violation:

Use, possession, buying, selling, bartering, or distributing: A suspension from extracurricular activities for the remainder of the student's high school career.

Attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances are being consumed: A suspension of one calendar year from the date of the suspension, including all extracurricular activities during this period.

The administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the Building Principal.

All students remain subject to the School Board's student discipline policy and/or the school's student handbook and the disciplinary measures listed in them.

Albright Middle School Athletics

ATHLETIC PACKET AGREEMENT

My student athlete and I have read through the Athletic Packet and agree to it's contents, including, but not limited to the:

- Agreement to Participate Form
- Student Eligibility Standards Program Form
- Team Policies & Expectations Form
- Code of Conduct for All Extracurricular Activities Form
- Athletic Participation Fee & Uniform Responsibility Form
- Student Medical Emergency Release Form and Emergency Contact Information Card
- Practice and Meet/Game Schedule

UNIFORM RESPONSIBILITY

It is your daughter/son's responsibility to maintain their uniform's current condition and at the end of the season to return the uniform that was issued to them. Students will be charged a $45.00 re-stocking fee if any part of the uniform is lost or ruined.

My student athlete and I have read through the UNIFORM RESPONSIBILITY statement and agree to it's contents:

ATHLETIC PARTICIPATION FEE

Please keep in mind that all efforts will be made by coaches to play as many athletes as possible in each game. The amount of playing time is based partly on ability, effort and attendance at practice, but is ultimately determined by the coach. The $40.00 is a fee for participation on the team, not a guarantee of playing time.

The $40.00 (non-refundable) participation fee must be paid before the first game so that your daughter/son will be eligible to play.

Please make checks out to: Salt Creek School District #48

My student athlete and I have read through the UNIFORM RESPONSIBILITY statement and agree to it's contents:

NOTE: The signatures on this page indicate that the student athlete and their parents/guardian have reviewed the above statement and agree to abide with all as written.

_____	_____	_____	_____
Student Signature	Date	Parent Signature	Date
_____		_____	
Student Name Printed		Parent Name Printed	

Albright Middle School Athletics

STUDENT MEDICAL EMERGENCY TREATMENT RELEASE FORM AND EMERGENCY CONTACT INFORMATION

STUDENT NAME:_____

(PLEASE PRINT CLEARLY)

Parent/Guardian Name: _____ Relationship to student: _____

Primary Phone Number: _____ Secondary Phone Number: _____

Parent/Guardian Name: _____ Relationship to student: _____

Primary Phone Number: _____ Secondary Phone Number: _____

(Please provide an additional emergency contact)

Secondary Contact Name: _____ Relationship to student: _____

Primary Phone Number: _____ Secondary Phone Number: _____

In the event of a medical emergency and if reasonable attempts to contact me using the telephone numbers listed above are unsuccessful:

I, as parent or legal guardian of the above student, do hereby authorize:

1. **Treatment by a licensed medical physician of my child/ward in the event of a medical emergency that, in the opinion of the attending physical, may endanger his/her life, cause disfigurement, physical impairment, or undue discomfort if delayed, and**
2. **Transfer of my child/ward to any hospital reasonably accessible at my expense.**

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