

Yutan Public Schools
Jr. / Sr. High School



Activities Handbook
2021-2022

<i>TABLE OF CONTENTS</i>	<i>PAGE</i>
Yutan High School General Information	3
Website & Media Outlets	4
Nondiscrimination Information	4
Introduction	5
Philosophy	5
Purpose & Objectives	6
Complaints & Chain of Command	6
Guidelines, Regulations, Requirements	7
Practice Times & Procedures	7-8
Sunday & Wednesday Night Activities	8
Equipment	8
Athletic Eligibility for College	8
Academic Eligibility	9
Code of Conduct	10-13
Alcohol / Drugs / Tobacco	13-14
Drug Testing	15-17
Initiation & Hazing	17-18
Concussions	18-20
Injuries	20
Electronic Communication	20
Inclement Weather	21
Lettering Requirements	21-23
NSAA Moratorium	24
Off-Season Programs	24
Student Managers or Volunteers	24
Team Selection	24
Transportation	24
Weight Room	25
NSAA Rules & Guidelines	26-27
A Parent's Guide to Concussions	28-31
Forms to be Submitted: Authorization & Acknowledgement	32
Acknowledgement of Conduct Code	33
Consent to Drug & Alcohol Test	34

YUTAN HIGH SCHOOL GENERAL INFORMATION

Address:	1200 2 nd St Yutan, NE 68073
Phone:	402.625.2241
Nickname:	Chieftains
School Colors:	Red & White
Superintendent:	Mitch Hoffer
Principal:	Brandy Thompson
Athletic/Activities Director:	Josh Lynch
Athletic Trainer:	Wendy Mach
Conference Affiliation:	Capitol Conference
<i>Ashland-Greenwood Blue Jays</i> <i>Arlington Eagles</i> <i>Conestoga Cougars</i> <i>Douglas County West Falcons</i> <i>Fort Calhoun Pioneers</i>	<i>Logan View Raiders</i> <i>Louisville Lions</i> <i>Raymond Central Mustangs</i> <i>Syracuse Rockets</i> <i>Yutan Chieftains</i>
NSAA Athletic Activities: Softball	Baseball, Basketball (boys & girls), Cross Country Football, Golf (boys), Track (boys & girls), Volleyball, Wrestling
NSAA School Activities: (One-Act)	Band, Choir, Journalism, Play Production Speech
Yutan Clubs & Activities:	Art Club, FBLA, National Honor Society, Student Council, Striv, Quiz Bowl

WEBSITE / MEDIA OUTLETS

Some of our sports require scores to be posted immediately after contests for wildcard standings. Each coach is responsible for making sure your scores are posted and all NSAA material is submitted.

NSAA Website: nsaahome.org

Yutan Public Schools Website: yutanpublicschools.com

Media Outlets:

- Maxpreps
- Omaha World Herald
- Lincoln Journal Star
- Wahoo Newspaper

NONDISCRIMINATION IN EDUCATION PROGRAMS AND ACTIVITIES

The school district does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Name: Mr. Mitch Hoffer
Title: Superintendent
Address: 1200 2nd St. Yutan, NE 68073
Telephone: 402-625-2241
E-mail: hoffer@yutanhs.com

For further information on notice of nondiscrimination,
visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm>
for the address and phone number of the office that serves your area or call 1-800-421-3481.

For additional prohibited discrimination and related information, please review school district Policy 3053 – Nondiscrimination

INTRODUCTION

Student participation in extracurricular activities has been linked to improved attendance, higher academic achievement, and greater student self-confidence and self-esteem. Yutan Public Schools provides students with the opportunity to participate in a comprehensive activities program that includes athletics, fine arts, and select clubs or organizations associated with academic areas.

Although the school district believes strongly in the value of student activities, participation in the activities program is a privilege, not a right. Students must obey the rules set out in this handbook and any additional rules created by their coach or activity sponsor. This handbook is advisory and does not create a “contract” with parents, students, or staff.

The administration reserves the right to make decisions and make rule revisions at any time to implement the educational program and to assure the well-being of all students. The administration is responsible for interpreting the rules contained in the handbook. If a situation or circumstance arises that is not specifically covered in this handbook, the administration will make a decision based upon all applicable school district policies, and state and federal statutes and regulations.

Please read this handbook carefully. Students and their parents are responsible for complying with all of the rules and procedures detailed in this booklet.

Parents must sign the acknowledgement and permission to participate form at the end of this handbook before their student will be permitted to participate in the activity programs of the district.

The provisions in this handbook are subject to change at the sole discretion of the Board of Education. From time to time, you may receive updated information concerning changes in the handbook. These updates should be kept within the handbook so that it is up to date. If you have any questions regarding this handbook, please contact the Superintendent for assistance.

PHILOSOPHY OF YUTAN PUBLIC SCHOOL ACTIVITIES

Each student and staff member participating in the various activities at Yutan Public Schools is in the public eye throughout the year. He/she becomes a representative of our school and community. Participation in extracurricular activities at Yutan Public Schools requires that students and sponsors showcase a high standard of conduct, appearance, dress, training, and eligibility.

Students who participate in activities tend to develop skills that allow them to obtain their goals more readily than those students who do not. Social, academic, as well as physical skills, which are sometimes difficult to reinforce in the classroom, can be developed through participation in activities. All students at Yutan Public Schools are encouraged to participate in some type of extracurricular activity.

PURPOSE AND OBJECTIVES

Purpose:

Interscholastic athletics shall be an integral part of the total educational program that has as its purpose to provide educational experiences not otherwise provided in the curriculum, which will develop learning outcomes in the areas of knowledge, skills and emotional patterns and will contribute to the development of better citizens. Emphasis shall be upon teaching “through” athletics, in addition to teaching the skill of athletics. All students are encouraged and welcome to try out for and participate in any of the extra-curricular activities available, as they are integral parts of the school life.

Yutan High School takes great pride in its school sponsored activities. All coaches and sponsors are expected to adhere to strict policies regarding their conduct. First, they are asked to be positive role models to their team and their school. They should also foster a healthy self-esteem of themselves and encourage SCHOOL PRIDE. Coaches and students participating in activities will treat all team members, parents, co-workers, officials and spectators with respect and dignity.

Objectives:

1. To focus on fundamentals and the development of player skills.
2. To provide natural outlets for students desiring to participate on teams/activities in competition with other schools.
3. To assist in the development of strength, endurance, and vitality.
4. To teach good sportsmanship.
5. To develop ideals of accountability, self-sacrifice, and discipline.
6. To further develop the health of each individual so he/she will be a contributing member of his/her society.
7. To create an atmosphere of unity; to foster a school spirit growing out of the school’s activities; a spirit which will make the educational process more effective.
8. To provide an opportunity to be a member of a team, and development of understanding the role of each player and how these experiences carry over outside of the high school experience.
9. To enjoy athletics/activities – practice/participation should be hard work, but also fun. Not all students will share equal playing time at any level.

COMPLAINTS & CHAIN OF COMMAND

To reduce conflicts in the school’s activities program, students and/or their parents should use the district’s formal complaint procedure to manage conflicts about the program. The complaint procedure is printed in the school’s student handbook and may be found on the district’s web site:

www.yutanpublicschools.com.

When dealing with players and parents or other issues, the following chain of command will be followed.

- Level 1 = Player to Assistant Coach (This would be if a JV player has an issue)
- Level 2 = Player to Head Coach
- Level 3 = Player and Parents to Coach
- Level 4 = Activities Director
- Level 5 = Building Principal
- Level 6 = Superintendent
- Level 7 = Board of Education

GUIDELINES, REGULATIONS, REQUIREMENTS

All athletes must meet the following requirements **before** the first day of practice or conditioning:

- **The following forms need to be submitted to the High School Office:**
 - **Return an updated and signed physical**
 - **A copy of your insurance card**
 - **The Activity Handbook receipt**
 - **The Student Handbook receipt**
 - **Consent to Drug Testing form**
 - **NSAA Consent form**
- Coaches must follow NSAA guidelines for athletic participation in grades 9-12:
 - Football: 8 quarters, no more than 2 contests per week.
 - Girl/Boy Basketball: 6 quarters per day.
 - Volleyball: 6 matches/week unless in a tournament.
- Each coach is expected to read the NSAA manual before his/her season begins to make sure there are no changes to laws, rules, guidelines, etc.
- 9th grade/C team contests shall give starting and playing priority to 9th graders first. JV players should only be brought down when low numbers warrant and should be used sparingly. Deviation from this rule may result in decreased 9th grade games.
- All coaches/sponsors will be present when their teams are in competition with another school, unless their absence is approved by the AD or Principal.
- Holiday practice schedules must be cleared with the AD.
- Yutan has a no-cut policy in all sports/activities. No-cut DOES NOT guarantee a uniform or position on the team based upon grade.
- Coaches/sponsors wishing to attend a state contest that their team does not qualify for must obtain permission for being absent from the school Principal.
- Any disagreement between coaches/sponsors or other people in which the Activity Department is involved shall be brought directly to the AD first.

PRACTICE TIMES AND PROCEDURES

The individual coach and activities director will determine practice times. All athletes are expected to be on the field or court at the time designated by the coach. If an athlete cannot be at practice, he/she must contact the coach before practice begins.

- Participants may be excused for absences (WITH DOCUMENTATION) resulting from:
 - a participant's illness
 - a death in the family
 - a doctor's appointment
 - a court appearance
 - a church activity
 - or other absences that are arranged in advance.
- The coach, sponsor, or director of an activity may require a participant who has an excused absence to complete an alternate assignment for missing a practice, meeting, event, performance, or contest.
- A participant who is unable to attend a scheduled practice, meeting, or game must contact the coach or sponsor in advance. Students who are absent from school due to illness are not required to provide the coach or sponsor with additional notification of the student's absence from practice.

- Students who arrive after 8:20am or are absent from school for any other part of the day will not be permitted to practice or participate in an athletic contest or activity performance unless the student has the building principal's prior permission to participate despite the absence.
- If a participant misses a scheduled contest or performance, the coach or sponsor may impose discipline up to and including suspension of the participant from the activity for the remainder of the season or length of the activity.
- There shall not be more than **3 Hours of TOTAL CONTACT TIME** in a given day. This includes weights, film, and practice.

SUNDAY AND WEDNESDAY NIGHT ACTIVITIES

In order to provide students sufficient time away from school for family-related activities, the school will endeavor not to schedule activities on Wednesday evenings or on Sundays. Practices will be organized so that all participants are showered, dressed, and/or leave the facilities by 6:30 p.m. on Wednesday nights. An exception to this guideline would be when a team, group of students, or an individual may be required to participate in an activity sponsored by the conference, district, or state on a Wednesday night.

The school does not allow Sunday practice sessions, except when a varsity team, group of students, or individual is scheduled to compete or perform on a Monday. Practices scheduled for a Sunday must have the prior written approval of the Superintendent and may be held between the hours of 1:00pm-6:00pm.

EQUIPMENT

Each participant in the athletic portion of the activities program will be issued a locker to store his/her personal belongings and school equipment that has been checked out. Students should secure their athletic lockers with combination locks.

School-owned clothing or equipment that is checked out to individual students remains the property of the school. The clothing or equipment is not to be used or worn by the student except for the intended use. Each piece of equipment or clothing is to be returned to the instructor or coach when the season or the use for such clothing or equipment is over. Each participant is responsible for all equipment checked out to him/her. Students will be assessed the replacement cost for school equipment that has been checked out to him/her and is lost or stolen.

ATHLETIC ELIGIBILITY FOR COLLEGE

For students who aspire to compete in athletics at the collegiate level, it is recommended that they register with the NCAA Clearinghouse during their junior year. All Division I and II athletes must be registered with the Clearinghouse in order to be eligible to compete. To register, athletes should see the Counselor or AD.

For any athlete desiring to compete at the State College Level, whether NAIA, NJCAA, etc. it is recommended that they register with the NAIA Clearinghouse and visit with the guidance Counselor to assure that they meet proper requirements as outlined in NCAA bylaws 12.3 (Prop 48), and 14.3 (ACT/SAT scores and GPA requirements).

ACADEMIC ELIGIBILITY

Each Friday, teachers will submit to the high school office by 4:00pm a report of students who are down or failing. Each Monday, staff will be provided with a list generated from these reports. The following components will determine a student's eligibility.

- A student failing any one course two consecutive weeks will be ineligible for extra-curricular activities at Yutan High School. (ex. A student failing Algebra for two consecutive weeks will be ineligible. A student failing Algebra week one and failing English week two will be considered eligible for participation in activities.) Ineligibility runs Monday - Sunday.
- Any student whose name appears on this down list with failing grades or with past-due work not completed in two or more classes for two consecutive weeks will be ineligible for participation/attendance in activities and athletics, or until the grade is passing or the teachers concerned are convinced that the student is working to the best of his/her ability. (ex. A student fails (grade average below 70% or has past-due work) two classes during the week of September 2-6, that student will be placed on probation for the week of September 9-13. If the same student is still failing any 2 classes at the end of the second week (Sept. 9-13), he/she will be academically ineligible for that week and will continue to be ineligible until no more than one class is failing or work is completed.) Ineligibility runs Monday - Sunday.

During the time of ineligibility, the student will still be required to practice for contests, competitions, concerts, etc. Students will be considered ineligible to attend any and all home activities. Such activities *include but may not be limited to*: School Dances (Homecoming & PROM), Athletic events, FBLA, SkillsUSA, Play productions or musicals, Quiz Bowl, and Actions Day.

Students participating in music classes will be expected to be present at concerts regardless of their eligibility status as this is a curricular activity and the student receives a grade for their performance.

Eligibility will be cumulative in nature. Student eligibility will begin the first week of each semester and continue throughout the final week of each semester.

Academic Study Hall:

Expectations / Consequences for Students on the Downs List:

1. Students will receive notification on Monday.
2. Students will be expected to attend Wednesday Academic Study Hall at one of the following two times:
 - a. 7:00am - 8:00am
 - b. 3:35pm - 4:35pm
3. Students will be expected to meet with the teacher of the class or classes they are down in at one of the two following times during the week:
 - a. 7:45am-8:10am (Tuesday-Friday)
 - b. 3:40pm-4:05pm (Monday-Thursday)
4. Should the student not show up to the meeting assigned by their teacher, the teacher will contact the parents via phone, email, or text message.

NOTE: Students with verification from the teacher of the class they are failing confirming the student is no longer failing, will not have to attend Academic Study Hall. Extracurricular practices do not take priority over the academic expectations of our students.

CODE OF CONDUCT

Any conduct harmful to the image of the Yutan Activities Program activity merits discipline from the coach/sponsor and activities director. Examples of poor conduct include skipping practice, poor citizenship, poor sportsmanship, illegal acts, violent behavior and other such conduct.

Discipline for poor conduct will be determined by the coach/sponsor/AD and approved by the building principal. Parents/guardians will be notified of the incident and pending disciplinary action. Some conduct may be serious enough to merit forfeiture of varsity letter and award nomination eligibility as well as dismissal from the team.

All students associated with Yutan Public Schools and participating in extracurricular or school sponsored activities (including all NSAA activities) are required to avoid conduct that is detrimental to the integrity of, and public confidence in, the school. Rules promoting lawful, ethical, and responsible conduct serve the interests of all people associated with the school. Illegal and irresponsible conduct puts people at risk, tarnishes the reputation of the offender and everyone else associated with the school, and undermines the public support and respect of the school district.

Standard of Conduct. Participation in school-sponsored or extracurricular activities is a privilege and not a right. Participants must follow board policy, this code, and all the training rules and rules of conduct of the coaches and/or activity sponsors. Students participating in school-sponsored or extracurricular activities are held to a high standard. Students are expected to conduct themselves in a way that is lawful, responsible, promotes the values upon which the school is based, and that brings credit to themselves and the school. Students who fail to live up to the required standard of conduct are guilty of detrimental conduct and subject to discipline under all school policies, the general student code of conduct, and these Activity Participation Rules.

Coach and Sponsor Rules. Coaches and/or activity sponsors shall establish training rules or rules of conduct for participation in or attendance at the activity or event. General training rules or rules of conduct shall be established prior to the activity or event. This Code shall control in the event that there is a conflict with coach or sponsor rules.

Prohibited Conduct. Students in school-sponsored and/or extracurricular activities may not engage in the following conduct:

1. Receipt of a criminal citation by law enforcement for any reason.
2. Conviction of a crime in adult court or the adjudication of a criminal charge in juvenile court.
3. Any behavior that is illegal under the laws of Nebraska or the United States of America regardless of whether it results in a criminal charge or conviction.
4. Any conduct that substantially interferes with the educational process or disrupts the activity or event.
5. Possession, consumption, use, distribution, or being under the influence of alcohol, illicit drugs, tobacco, controlled substances, or any lookalike or imitations thereof; or being in the presence of alcohol, illicit drugs, controlled substances, or any lookalike or imitations thereof that are being possessed, consumed, used, or distributed by any person under twenty-one (21) years of age without parental supervision. "Lookalike or imitations" means substances such as K2 and products like electronic nicotine delivery systems, vapor pens, etc. (Note: the term "under the influence" for school purposes has a less strict meaning than it does under criminal law; for school purposes, the term means any level of impairment and includes even the odor of alcohol on the breath or person of a student; also, it includes being impaired by reason of the use or abuse of any substance for the purpose of inducing a condition of intoxication, stupefaction,

- depression, giddiness, paralysis, inebriation, excitement, or irrational behavior, or in any manner changing, distorting, or disturbing the auditory, visual, mental, or nervous processes).
6. Engaging in initiations, defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if those activities do not rise to the level of “hazing” as defined below. Initiations are prohibited except by permission of the superintendent.
 7. Engaging in hazing as defined by state law and this policy. Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Under state criminal law, hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person. For purposes of school rules, hazing also includes any activity expected of someone joining a group, team, or activity that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate; personal servitude; restrictions on personal hygiene; yelling, swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such on one's skin; binge drinking and drinking games; sexual simulation and sexual assault.
 8. Bullying which shall include cyber-bullying, defined as the use of the internet, including but not limited to social networking sites such as Facebook, cell phones or other devices to send, post, or text message images and material intended to hurt or embarrass another person. This may include, but is not limited to; continuing to send email to someone who has said they want no further contact with the sender; sending or posting threats, sexual remarks, or pejorative labels (i.e., hate speech); ganging up on victims by making them the subject of ridicule in forums; posting false statements as fact intended to humiliate the victim; disclosure of personal data, such as the victim's real name, address, or school at websites or forums; posing as the identity of the victim for the purpose of publishing material in their name that defames or ridicules them; sending threatening and harassing text, instant messages, or emails to the victims; and posting or sending rumors or gossip to instigate others to dislike and gang up on the target.
 9. Using any Internet or social networking websites to make statements, post pictures, or take any other actions that are indecent, vulgar, lewd, slanderous, abusive, threatening, harassing, or terrorizing.
 10. Violating any school policy, handbook provision, or a coach’s or activity sponsor’s training rules or rules of conduct.
 11. Dressing or grooming in a manner which is (A) dangerous to the student’s health and safety or a danger to the health and safety of others, (B) lewd, indecent, vulgar, or plainly offensive, (C) materially and substantially disruptive to the work and discipline of the school or an extracurricular activity, (D) interpreted to advocate the use of illegal drugs or other substances by a reasonable observer.
 12. Failing to report for an activity at the beginning of a season unless excused by the coach or activity sponsor.
 13. Failing to attend scheduled practices and meetings unless excused by the coach or activity sponsor.

Such conduct is prohibited during the school year, regardless of whether it occurs on-campus or off-campus. School year means the period commencing on the first day of fall sports practice through the last day of spring sports practice, events, or attendance at school for a given school year.

Discipline. Students who violate any provision of these Activity Participation Rules may be subject to discipline up to and including expulsion from extracurricular activities and school sponsored events. (including but not limited to graduation ceremonies and related activities). These disciplinary consequences and this Activity Code of Conduct are in addition to and do not prejudice, diminish, impede, or reduce any discipline that is authorized by the Nebraska Student Discipline Act, NEB. REV. STAT. §§ 79-254 to 79-294, Board Policy, or the Student Handbook. Disciplinary action may include a probationary period and conditions that must be satisfied prior to or following reinstatement. Administrators and coaches will take the following into consideration when making disciplinary decisions:

1. Any prior or additional misconduct;
2. The nature and seriousness of the offense;
3. The motivation for the offense;
4. The amount of violence involved;
5. The student's demeanor and attitude regarding the violation;
6. The actual, threatened, or potential risk to the student and others due to the student's behavior;
7. Whether the student has compensated or will compensate the victim in the event of property damage or personal injury;
8. Whether the circumstances of the violation are likely to recur;
9. The student's willingness to participate in evaluations, counseling, or other programs;
10. Any mitigating factors;
11. Any other relevant factors.

If suspended, the student must continue to participate in practices and conditioning during the suspension if required by the coach or activity sponsor. The failure to comply with the practice and conditioning requirement will make the student ineligible for reinstatement to the activity.

Evaluation, Counseling, and Treatment. Apart from any other disciplinary procedures, students who violate any provision of these rules may be required to undergo a formal clinical evaluation at the Administration's / coach's / sponsor's discretion. Based upon the results of that evaluation, the student may be encouraged or required to participate in an education program, counseling, or other treatment deemed appropriate by the evaluating professional.

Reporting of Incident. Students shall report any violation of these rules to the coach, principal, or Superintendent no later than 30 minutes after the beginning of the next school day after the violation has occurred. Failure to report an incident will constitute a violation of these rules and will be taken into consideration in making disciplinary determinations under this policy.

Discipline Procedures. Prior to any disciplinary action under this activities code, the following procedures shall be followed:

As used in this "Discipline Procedures" section, "Investigator" means the coach or activity sponsor of the team or activity in which the student is participating, or any teacher, school official, or school representative whom the Principal or the Superintendent has authorized to perform the duties and responsibilities of "Investigator" as described below.

1. The Investigator shall make an investigation of alleged violation and provide an opportunity for the student to present his or her version of the facts surrounding the alleged violation.
2. The Investigator shall consider all information obtained as a result of the investigation, including information obtained from the student, and shall render a decision regarding disciplinary action. Within a reasonable period of time of the Investigator's decision, the student and his/her parent or guardian shall be given written notice of the disciplinary action taken by the Investigator.

Review of Investigator's Decision. A student or the student's parents may, within five (5) school days of the notice of disciplinary action from the Investigator, notify the Superintendent in writing of their request for a review of the coach or activity sponsor's determination. The Superintendent or his or her designee shall review the situation and render a decision within three (3) school days from the date of the request for review. The superintendent's decision shall be in writing and shall be final.

Misrepresentations. Any misrepresentation of fact by a student regarding any alleged violation of these rules shall be considered a separate violation of these rules, and the student shall be subject to additional disciplinary action.

Questions. Any parent or student who has questions about board policy, this code, training rules, or rules of conduct of coaches or activity sponsors, or their interpretation or application shall consult with the activities director and/or the superintendent.

Assistance. Students are encouraged to consult with their coach, an administrator, a counselor, or a teacher to obtain access to educational, counseling, and other programs and resources that may be available to help avoid misconduct that may result in discipline under this policy.

ALCOHOL / DRUGS / TOBACCO

1. Suspension from team performances for three games or meets in football, track and cross country; and six games/competitions in volleyball, softball, basketball, and baseball; and four games/competitions in wrestling; and a minimum of three activity events, class based/graded activities will be evaluated on a case by case basis by the sponsor and AD and approved by the building principal. Season/s in which disciplinary action is being taken must be completed in good standing with coaches approval or disciplinary action will be carried over to the next activity.
2. Participants will receive consequences corresponding with consecutive days on the calendar. This means a participant may be consequenced in multiple activities to serve out suspension.
3. Levels of participation (i.e. JV, Varsity, etc...) will be determined at the time of the incident.
4. Forfeiture of eligibility for nomination for post season awards.
5. Students will apologize to coaches, sponsors and the team or group. The student will practice.
 - **First offense self-report reduction:** First offense suspensions may be reduced up to one-quarter if the student comes forward **first** and reports the wrongdoing.
 - **First offense self-help program or community/school hours reduction:** First offense suspensions may be reduced up to one-quarter if the student completes a self-help program that is approved by the building principal **OR** completes up to 40 hours of community/school service.
 - **First offense self-report AND self-help program or community/school hours reduction:** If a student completes both the first offense self-report AND self-help or community/school

hours, then the student suspensions may be reduced up to one-half.

Second Offense: A second offense is a violation of the extra-curricular guidelines within a calendar year from the date of the first offense. Forfeiture of varsity letters for that season.

1. Suspended from all extra-curricular activities for a period of one calendar year.

OR

1. Forfeiture of varsity letters for that season.
2. Suspension from all extra-curricular activities for a period of one-half of a calendar year, if the student completes:
 - a. up to 40 hours of community/school service.
 - b. a community-based self-help program that is approved by the building principal. All self-help program hours completed by the student will be subtracted from the number of community/school service hours assigned.

Third Offense: Any third offense, within a calendar year from the date of the first offense, will result in a suspension from all extra-curricular activities for one calendar year, starting on the date of the third infraction.

Community-Based Self-help Program: A community-based self-help program is an approved program that the student must agree to participate in and complete. These self-help programs must be approved by the building principal. The self-help program must be administered by a certified instructor and relate to the behavior that occurred during the violation. For example, alcohol and drug use assessment and evaluation / classes, anger management, etc. Proof of successful completion of the program must be submitted to the building principal. All costs associated with the program are the responsibility of the student/parent or guardian.

Due Process:

1. Students shall be given advance notice of the rules and standards.
2. Alleged infraction occurs.
3. Investigation of the incident.
4. Coach/Sponsor, Activities Director and/or Principal will conference with the student.
5. Student will be notified of the charges.
6. Student will have an opportunity to tell his or her version.
7. Coach/Sponsor and Activities Director will recommend a decision to the Principal.
8. Letter sent/ contact made to parent/ guardian stating student's conduct and reasons for discipline set.
9. Student serves discipline set.
10. If the student and/or the student's parent/guardian are not satisfied with the discipline set, a hearing may be requested with the principal. The written request must be delivered to the principal within five days of receiving notice of the disciplinary action taken.
11. The Hearing will be held within five days of the request.
12. The decision will be based on the evidence presented at the hearing.

A statement of the findings and decision rendered will be sent to the student and his/her parent/guardian. A record of the hearing will be kept at the school.

DRUG TESTING STUDENTS PARTICIPATING IN EXTRACURRICULAR ACTIVITIES

Need for Random Testing.

The Board of Education is responsible for maintaining discipline, health, and safety. The Board recognizes that student substance abuse presents a continuing challenge and a danger to the student population as a whole.

The Board is committed to maintaining school-sponsored activity programs in a safe, healthy and secure environment. The Board is further committed to being proactive in ensuring that students who participate in extracurricular activities represent the District in a positive manner.

Eligibility for Random Testing.

Students who participate in school-sponsored competitive extracurricular activities at the high school (*Grades 9-12*) level are eligible for random testing. School-sponsored competitive extracurricular activities are activities which are sponsored or approved by the Board but are not offered for credit towards graduation, and which involve competition, comparison, or judging of the individuals or groups with other individuals or groups as part of selection or participation.

School-sponsored competitive extracurricular activities include, but are not limited to, athletic programs, cheerleading, band, Student Council, National Honor Society, academic teams, One-Act, Choir, Quiz Bowl, and Speech Team.

To participate in a school-sponsored competitive extracurricular activity, students must submit a completed Consent to Test Form on or before the first practice or on or before the first event or meeting, whichever is applicable. The form must be signed by the student and the student's parent or guardian.

Failure to submit a completed Consent to Test Form will result in ineligibility for participation in school-sponsored competitive extracurricular activities until the form is submitted. Students remain eligible for testing from the date the Consent to Test Form is turned in until a Drop Form is completed, or until the student graduates or is otherwise no longer enrolled in the District.

A student for whom a Drop Form has been submitted shall be ineligible for participation in school-sponsored competitive extracurricular activities for twelve months from the date the Drop Form is submitted. Students have a fifteen (15) day grace period for reconsideration of a Drop Form.

Students who are not participants in a school-sponsored competitive extracurricular activity may volunteer for participation in the testing program by submitting a completed Consent to Test Form.

Testing Procedure.

1. **Random Testing:** A confidential testing schedule will be created by the Superintendent or designee to ensure that the testing of eligible students is conducted in a manner that is random. To maintain confidentiality and to maintain the integrity of the randomness of this program, the students eligible for testing will be identified by a unique personal identifier that does not make the student known to persons other than the school officials who are directly involved in the testing program. No less than twenty percent (20%) of the pool of eligible students will be tested each school year. The Superintendent shall have the authority to determine the percentage to test, subject to the minimum 20% level, dependent on the nature and extent of the prevailing problem with drug usage in the school community from time to time. Testing will take place throughout

the school year. *The Drug Program Coordinator shall determine which illegal drugs shall be screened, but in no event shall that determination be made after the selection of students for testing.*

2. **Suspicion-Based drug testing:** Suspicion-based drug testing, unlike random drug testing, may only be used when there is reasonable suspicion that the student is under the influence of or has recently consumed alcohol or any drug prohibited by District policy. Students testing positive will be disciplined in accordance with the District's discipline policy and may also be excluded from extracurricular activities as determined by the District. *A student who refuses to submit to testing may still be disciplined under the District's discipline code for being under the influence of alcohol or drugs or insubordination.*
3. **Collection:** The testing collection process will be conducted in a manner that protects student privacy, will also guard against tampered specimens and ensure an accurate chain of custody of the specimen. The Board reserves the right to utilize breath, saliva, urinalysis, *hair or any other current testing procedures generally accepted.* To the extent the testing involves the collection of urine, an adult monitor is to wait outside a closed restroom stall and listen for the normal sounds of urination. The specific testing procedures and mechanisms are to be created by the Superintendent or designee. It is intended that the procedures be modeled on those applicable to the testing of CDL employees, which include the testing of specimens for alcohol and unlawful substances. The tests are to be designed to detect only the use of illegal drugs, including but not limited to amphetamines, marijuana, cocaine, steroids, opiates, and barbiturates, not medical conditions or the presence of authorized prescription medications. *For the purposes of this policy, drugs shall include the illegal use of alcohol and nicotine. Samples will be collected as directed by the Drug Program Administrator on the same day the student is selected for testing, if the student is absent an alternate will be selected, in sequential order from an alternate list provided by the Drug Program Administrator.*
4. **Confidentiality:** All activities related to the testing policy will be carried out in accordance with the requirements of the Family Educational Rights and Privacy Act (FERPA), the Protection of Pupil Rights Amendment (PPRA), and any other applicable confidentiality laws. Test results will be shared only with staff who have a legitimate educational interest in having access to the information, on a "need to know" basis. Test results will not be turned over to any law enforcement authority in the absence of a court order, subpoena, or other legal process requiring such. Test results will be kept in confidential files separate from the students' other records. The test results will be destroyed when no longer needed for individual student situations or for the overall testing program.
5. **Consequences for Positive Tests.**

Any of the following shall be considered to be a positive test result:

 - A confirmed positive alcohol or drug test;
 - Refusal to participate in testing when selected, including the submission of a Drop Form upon being requested to be tested;
 - Tampering with the specimen collection process.
 - Inability To Provide A Specimen When Selected Unless Documentation From A Physician Is Provided Establishing The Existence Of A Physical Condition Which Caused The Inability To Provide A Sample.

The following shall result from a positive test result:

- The student's parents or guardians will be contacted and a meeting will be held to discuss the positive test result, with the object of collaborating on a plan to assist the student in avoiding future substance abuse.
- The student's privilege of participating in extracurricular activities will be restricted in the same manner and to the same extent as though the student had committed a violation of the drug and alcohol provisions of the Extracurricular Activity Code of Conduct set forth in the Student-Parent Handbook. Provided, however, that a student shall not receive a reduction for self-reporting if the student had, prior to the self-report, been selected for a drug or alcohol test pursuant to this Policy.

The parents or guardians are responsible for the costs of the rehabilitation program, which includes the substance abuse counseling and follow-up testing described above. Positive results related to this policy will not lead to the imposition of any academic consequence or disciplinary action, other than the above-described limitations on the privilege to participate in extracurricular activities.

6. **Appeal Procedures:** A student or the student's parents or guardians may request a retest of his/her specimen at their own expense at a laboratory approved by the Superintendent or designee and which follows federal Substance Abuse and Mental Health Services Administration (SAMHSA) standards concerning drug testing protocols and procedures. Requests must be made within twenty-four (24) hours of receiving the results of their drug test. The specimen previously submitted will be forwarded to the approved lab in cooperation with the District approved outside agency responsible for confirmatory testing. Results of the retest will be provided to the Superintendent or designee by the approved laboratory. During the appeal period, the student may not participate in school-sponsored competitive extracurricular activities. In the event a student or the student's parents or guardians wish to challenge a positive test result on a basis other than the veracity of the test result, an appeal may be made in accordance with the policy on extracurricular activity discipline.

Date of Adoption: February 8, 2016
Board Policy 5068

All students in grades 7-12 are subject to these guidelines throughout the school year from August 1 to May 31 . ***From June 1 to July 31 these guidelines will be in effect for students while they are participating in school-sponsored camps, leagues, clinics and other types of summer activities while under supervision of school personnel, involving school vehicles and on school grounds.***
Extra-curricular activities include all athletics and activities sponsored by Yutan Public Schools.

These events include, but are not limited to: cheerleading, drill team, speech, one act, all school play, musical, homecoming royalty, Prom, Post-Prom events, academic competition groups, and student leadership organizations. Administration, with sponsor input, may use discretion with non-athletic activities due to lack of a defined season and/or the activity being class-based with graded activities.

Consequences will be administered during the current season and continue into the following season, if not completed. The student must complete the season in which the consequences were earned or the consequences will continue into the next participative season up to a calendar year from the incident. **If the consequence carries over into another season, that season must also be completed.**

Consequences for all offenses will be evaluated on a case by case basis by the sponsor/coach and AD and approved by the building principal.

INITIATIONS AND HAZING

Initiations and hazing by members of classes, clubs, athletic teams, or any other organization affiliated with the district are prohibited except as otherwise permitted by this policy. Any student engaging in hazing or non-approved initiations is subject to discipline as permitted by policy and law.

Initiations are defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if those activities do not rise to the level of “hazing” as defined below. Initiations are prohibited except by permission of the superintendent.

Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person.

CONCUSSIONS

The Nebraska Unicameral has found that concussions are one of the “most commonly reported injuries in children and adolescents who participate in sports and recreational activities and that the risk of catastrophic injury or death is significant when a concussion or brain injury is not properly evaluated and managed.”

The School District will require all coaches and trainers to complete one of the following on-line courses on how to recognize the symptoms of a concussion or brain injury and how to seek proper medical treatment for a concussion or brain injury:

- Heads UP Concussions in Youth Sports
- Concussion in Sports—What You Need to Know
- Sports Safety International
- ConcussionWise
- ACTive™Athletic Concussion Training for Coaches; and

On an annual basis provide concussion and brain injury information to students and their parents or guardians prior to such students initiating practice or competition. This information will include:

1. The signs and symptoms of a concussion;
2. The risks posed by sustaining a concussion; and
3. The actions a student should take in response to sustaining a concussion, including the notification of his or her coaches.

A student who participates on a school athletic team must be removed from a practice or game when he/she is reasonably suspected of having sustained a concussion or brain injury in such practice or game after observation by a coach or a licensed health care professional who is professionally affiliated with

or contracted by the school. The student will not be permitted to participate in any school supervised team athletic activities involving physical exertion, including practices or games, until the student:

1. Has been evaluated by a licensed healthcare professional;
2. Has received written and signed clearance to resume participation in athletic activities from the licensed healthcare professional; and
3. Has submitted the written and signed clearance to resume participation in athletic activities to the school accompanied by written permission to resume participation from the student's parent or guardian.

If a student is reasonably suspected after observation of having sustained a concussion or brain injury and is removed from an athletic activity, the parent or guardian of the student will be notified by the school of:

1. The date and approximate time of the injury suffered by the student,
2. The signs and symptoms of a concussion or brain injury that were observed, and
3. Any actions taken to treat the student.

The school district will not provide for the presence of a licensed health care professional at any practice or game.

School officials shall deem the signature of an individual who represents that he/she is a licensed health care professional on a written clearance to resume participation that is provided to the school to be conclusive and reliable evidence that the individual who signed the clearance is a licensed healthcare professional. The school will not take any additional or independent steps to verify the individual's qualifications.

Students who have sustained a concussion and returned to school may need informal or formal accommodations, modifications of curriculum, and monitoring by medical or academic staff until the student is fully recovered. The school's "return to learn protocol" shall be the guidance provided by the Nebraska Department of Education entitled "Bridging the Gap from Concussion to the Classroom," and accompanying materials and future supplements. Nothing in this policy or the referenced protocol shall entitle a student who has sustained a concussion to an individualized plan under Section 504 of the Rehabilitation Act, although staff will refer students who have sustained a concussion for evaluation under Section 504 as appropriate.

Once a student has been cleared to return to activity, the following protocol will be followed:

1. Symptom-Limited Activities

- Initial 24-48 hrs. of relative rest, including Physical & Cognitive (mental) rest.
- Thereafter, symptom-limited activity may be encouraged provided the activity does not bring-on or worsen symptoms.

2. Light, Aerobic Activity, 10-20 minutes (<70% max. heart rate)

- Post concussion symptom checklist must have no symptoms for 24 hours.
- Completion of Return to Learn protocol and back at school full-time without academic restrictions.
- Walking, Biking, Swimming
- No weight lifting or resistance training

3. Sport/Position/Event Specific Exercise & Drills

- Individualized, light - moderate conditioning/running drill, agility drills, light weight lifting; throwing, catching, kicking, shooting, passing, mat drills, conducted away from formal practices.
- Do not allow any head impacts or use of head.

4. Non-Contact practice

- Prior to advancing to this stage, athlete must have written authorization from an appropriate licensed healthcare provider (i.e. MD/DO, neuropsychologist, athletic trainer), and have written permission from a parent before resuming team practice participation.
- Athlete is able to participate in non-contact team practice once neurocognitive post-test composite scores are near or return to baseline, or where testing is otherwise considered acceptable by a licensed healthcare provider trained to interpret test scores.

5. Full-Contact practice

- The athlete is able to fully participate in practices without restrictions.

6. Competition

- The athlete is able to fully participate in competitions without restrictions.

INJURIES

Participants who suffer any type of injury while involved in extracurricular activities must notify the coach or sponsor immediately. The coach or sponsor will then evaluate the injury and, if necessary, notify the participant's parents or seek immediate medical treatment.

If at any time during participation a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The written release must be given to the coach or sponsor of the activity.

The school's athletic trainer is on campus and available to see our student athletes on Tuesdays and Thursdays from 11:30am-12:30pm.

Note: The release requirement will be satisfied if the initial doctor's order specifies the duration of the student's restriction from participation and/or competition. Also see Concussion Awareness above.

ELECTRONIC COMMUNICATION

The school board supports the use of technology by coaches, extracurricular sponsors, and other staff members to communicate with students for legitimate educational, extracurricular, and other school-related purposes. However, electronic communication between students and teachers, sponsors, and coaches shall be appropriate at all times and shall not violate any law, district policies, or the Regulations and Standards for Professional Practices Criteria, commonly known as Rule 27 of the Nebraska Department of Education ("Rule 27").

INCLEMENT WEATHER

If school must be cancelled or dismissed early because of treacherous weather conditions, practices and contests will be postponed as a rule. If it is determined that weather conditions improve enough during the course of the day to hold a practice or event, approval must be granted by the AD or member of the administration.

- Certified staff members are directly responsible for all students under their supervision at any school-sponsored activity. When severe weather strikes, staff members will determine in their best judgment what action taken is best for the safety of the students.
- Coaches will make every effort to keep school officials and parents informed of any changes from the normal routine if weather becomes an issue. No student will be released to anyone other than his or her parent or guardian, or an adult designated by the parent or guardian.

LETTER REQUIREMENTS

FALL SPORTS:

CROSS COUNTRY

In order to earn a cross country letter, you must earn 25 points from the following categories.

- Summer work
 - Points for Miles (1 pt. for each 20 miles run)
 - Points for Lifting (5 pt. for 12 times, +1 for each additional 3 times)
 - Points for Fun Runs (5 points for each run – must verify)
- Honor roll
 - Athletes may earn a maximum of 1 point in this category. First quarter honor roll, either Merit or Distinction.
- Personal best time
 - Athletes may earn a maximum of 4 points in this category.
- Being at every practice (No unexcused absences, and make up all excused absences – maximum of 3 excused absences)
 - Athletes will earn either 2 or 0 points in this category.
 - Good attitude throughout the season (Coaches discretion).
 - Athletes will earn either 2 or 0 points in this category.
- Finish season in good standing (Compete at districts a must unless injured)
 - Athletes will earn either 2 or 0 points in this category.
- Run as varsity team member – 1 point for each meet as varsity.
 - Athletes may earn a maximum of 4 points in this category.
- Be a member of the top-placing team
 - State-qualifying team – 10 points
 - 4-5, 6-7, 8-9 at districts – 3, 2, 1 points
 - Conference championship team – 5 points
 - Conference runner-up – 2 points
 - Conference third-place – 1 point
 - Coach's discretion

FOOTBALL

- Players must appear in at least 1/2 of the varsity quarters.
- Coaching staff recommendation
- Weight room attendance, attitude, effort, and doing things to help the team that are above and beyond what is asked - are all taken into consideration when awarding letters to players that did not meet the 50% quarter requirement.

SOFTBALL

- You must play in 25% of varsity games
- Be in good standing at the seasons end to letter
- Discretion of the coaches
- Seniors letter

VOLLEYBALL

Varsity athletes who remain as members of the team in good standing throughout the full season are eligible to earn a varsity letter, subject to the provisions below:

- Senior athletes who have participated in a high school program for at least three years shall receive a varsity letter.
- Athletes who participate in 50%+ of the Varsity matches played
- Injured athletes who meet the playing time criteria for the contests held up to the time of the injury may receive a letter.
- Managers who have held the position for at least two seasons in the same sport may be eligible to earn a letter. Those who, in the judgment of the coach, have made a significant commitment of time and effort shall be awarded the letter.
- In cases of extenuating circumstances, exceptions to the standards listed are permitted with the approval of the coaching staff and the athletic director.

WINTER SPORTS:

BOYS BASKETBALL

- Players must have played in a minimum of 25% of all varsity quarters available during the season.
- Any player that has played basketball at Yutan for all 4 years will receive an automatic letter, regardless of the number of varsity quarters played.
- Other Considerations:
 - If a player quits the team or is kicked off the team for any reason during the season, a letter is NOT awarded, regardless of the number of varsity quarters played.
 - If a player is suspended due to alcohol, tobacco, drug, or other major acts of misconduct pursuant to the Extra-Curricular Activities' Guidelines, he will NOT be awarded a letter regardless of the number of varsity quarters played.
 - If a player has demonstrated extraordinary effort in practice and off-season workouts that exemplifies what it means to be a player in our program, the Head Coach reserves the right to award a letter regardless of Varsity playing time.
 - The Head Coach reserves the right to award (or deny) a letter based on extraordinary circumstances that occur during the year that prevents a player from getting a letter (or disqualifies a person that otherwise would be eligible).

GIRLS BASKETBALL

- Play in 25% of ALL Varsity Quarters
- Be deemed a significant contributor to the team (ex. Rotation player who suffered a season ending injury early in the year, Upperclassmen who brings it at practice everyday)
- Other Considerations:
 - If a player quits the team or is kicked off the team for any reason during the season, a letter is NOT awarded, regardless of the number of varsity quarters played.
 - If a player is suspended due to alcohol, tobacco, drug, or other major acts of misconduct pursuant to the Extra-Curricular Activities' Guidelines, she will NOT be awarded a letter regardless of the number of varsity quarters played.
 - If a player has demonstrated extraordinary effort in practice and off-season workouts that exemplifies what it means to be a player in our program, the Head Coach reserves the right to award a letter regardless of Varsity playing time.
 - The Head Coach reserves the right to award (or deny) a letter based on extraordinary circumstances that occur during the year that prevents a player from getting a letter (or disqualifies a person that otherwise would be eligible).

WRESTLING

- Must wrestle in 10 varsity matches.
- Finish season in good standing

SPRING SPORTS

BASEBALL

- *Baseball lettering requirements are set and enforced by the host school, which is Ashland-Greenwood.*

BOYS GOLF

- Compete in 30% of varsity golf events (tournaments and duals/ triangulars)
- Be a senior, who has been a member of the team for 3 consecutive years or more and remained in good standing.
- Competed at the district golf tournament and was a contributing score of the 4 counted as team score.
- Individual state qualifier OR a member of a state qualifying team.
- Coaches discretion

BOYS TRACK

In order to earn a track letter:

- If the team:
 - Wins Conference or Districts - Everyone in good standing letters.
- Seniors that finish in good standing
- Athletes score a minimum of 15 points in Varsity meets
- Qualify for the State Track Meet
- Coaches Discretion

NOTE: Athlete missing practices or meets due to unexcused absences can only letter by coaching recommendation, which will be worked through on an individual basis.

GIRLS TRACK

In order to earn a track letter, you must earn 12 points from the following categories.

- Points scored in a meet. (Relays will be divided by 4).
 - Athletes may earn a maximum of 6 points in this category.
- Honor roll.
 - Athletes may earn a maximum of 1 point in this category. Either 3rd or 4th quarter honor roll (Merit or Distinction)
- Personal bests
 - After 1st meet for freshmen, compared to other years for upperclassmen.
 - Athletes may earn a maximum of 3 points in this category.
- Being at every practice
 - No unexcused absences, and make up all excused absences – maximum of 3 excused absences
 - Athletes will earn either 2 or 0 points in this category.
- Good attitude throughout the season
 - Athletes will earn either 2 or 0 points in this category.
 - Coach's Discretion
- Finish season in good standing (Compete at districts a must unless injured)
 - Athletes will earn either 2 or 0 points in this category.
 - Coach's Discretion

NSAA MORATORIUM

The NSAA has adopted a 5-day moratorium in December. During these 5 days, the following rules are to be followed by all levels of activities:

- All high school facilities will be locked down and no athletes will be allowed in for any reasons, including watching film, shooting around, or conditioning.
- There shall be no attempt, on or off school premises, by any member of the coaching staff or a volunteer/parent to hold a competition or practice involving any age-level of athlete.

OFF-SEASON PROGRAMS

All coaches may encourage all athletes to participate in sports that are in season. All off-season practices/programs must be properly supervised at all times and abide by any and all NSAA rules and regulations.

Athletes should only attend off-season programs if they do not interfere with the current in-season sport/activity or if the athlete has no desire to compete in the current in-season sport/activity.

STUDENT MANAGERS OR VOLUNTEERS

Students wishing to serve as student volunteers for extracurricular activities must gain the permission of the activity coach or sponsor. Student volunteers must comply with all of the rules and procedures contained in this handbook.

TEAM SELECTION

The head coach and the assistants for that particular activity will conduct team selection and placement. Athletes need to be aware that this does not mean they are guaranteed a uniform at the varsity level, including seniors. Suiting up for games must be earned and will be up to the discretion of the coaching staff. Make sure beforehand that all athletes are aware of the selection procedure that will be used in determining who gets to suit up. The only exception to this is the junior high program, in which all participants are allowed to suit up and play.

TRANSPORTATION

School transportation will be provided to all contests or practices away from Yutan Public School. Students are expected to ride to and from contests with the team. In no case may an athlete drive his/her own car. An athlete may ride home from a contest with a parent by a written personal request from the parent to the coach in charge or the AD before leaving. The coach must witness the athlete leaving with his/her parents from the contest.

- Coaches/sponsors are responsible for getting transportation requests and departure times to the AD at the beginning of the season or within 2 weeks of the event to ensure arrangements have been made.

WEIGHT ROOM

The weight room has been developed to help each athlete, student, or adult in the community maintain a level of physical fitness. No one may use the weight room or equipment without proper supervision. The school will develop a schedule for use of the weight room by athletes during the school year and during the summer months.

The weight room is a high demand area within the school facilities. The following guidelines will help determine the priorities in reference to use if more than one group desires to use the facility at the same time:

1. Physical education instruction
2. By the team sports, which are in season
3. Conditioning programs for athletes not currently out for a sport
4. Summer conditioning programs
5. Adult education

NEBRASKA STATE ACTIVITY ASSOCIATION

RULES

Eligibility

In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules of the Nebraska School Activities Association. Eligibility requirements are established by the NSAA in its Constitution and its Bylaws and Approved Rulings. These documents can be found online at <https://nsaahome.org/constitution-bylaws/>. A summary of the major rules is given below. Contact the principal, activities director or the activity sponsor or coach for an explanation of the complete rule.

1. Students must be a *bona fide* student of their member school and have not graduated from any high school.
2. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.
3. Students are ineligible if nineteen years of age before August 1 of the current school year. (Students in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of the current school year.)
4. Students must be enrolled in some high school on or before the eleventh school day of the current semester.
5. Students must be continually enrolled in at least twenty credit hours per semester and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.
6. Students must have been enrolled and received twenty hours of credit in school the immediate preceding semester.
7. **Guardianship does not fulfill the definition of a legal parent.** If a guardian has been appointed for a student, the student is eligible in the school district where his/her legal parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for review and a ruling.
8. A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.
9. **Student eligibility related to domicile can be attained in the following manners:**
 - a. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
 - b. If the domicile is changed during the summer months and the student is in grade twelve and the student has attended the high school for two or more years, the student may remain at the high school he/she has been attending and retain eligibility.
 - c. If a student elects to remain at the same high school initially enrolled after being promoted from grade eight of a middle or junior high school, or grade nine of a

junior high school, he/she is eligible at that school, or is eligible at a high school located within the school district in which the parents established their domicile.

- d. **If the legal parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.**

10. Nebraska transfer students whose name appears on the NSAA transfer list prior to May 1 shall be eligible immediately in the fall at the transfer high school. Those students whose name does not appear on the NSAA transfer list prior to May 1 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.

11. Nebraska transfer students must have signed and delivered all forms necessary to make such transfer to the school in which he/she intends to enroll for the 2020-21 school year prior to May 1, 2020; for the student to be eligible, the school to which the transfer is being made must have notified the NSAA office via an NSAA online transfer form, no later than May 1, 2020. The student would become ineligible for ninety school days the next fall if the student were to change his/her mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to his/her former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students who did not have their enrollment forms signed, delivered, and accepted prior to May 1, 2020, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.

12. Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules.

13. During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp, or school. (*Refer to NSAA Bylaw 3.5.1.1 for exceptions in Swimming and Diving.)

14. A student shall not participate on an all-star team while a high school undergraduate.

15. A student must maintain his/her amateur status.

NSAA Sportsmanship Rules

Students must abide by the Nebraska School Activities Association Sportsmanship Rules. A complete copy of these rules can be found at <http://www.nsaahome.org/nsaaforms/pdf/manualsp.pdf>. Unsportsmanlike conduct shall include physical or verbal assault upon any participant, game official, or spectator, or any acts that may endanger the personal safety of individuals involved, or acts which hinder the normal progress of a contest or lead to the restriction or discontinuance of a contest.

If a student, participant, patron, and/or staff member representing a member school acts in a manner constituting unsportsmanlike behavior during competition the member school and/or individuals shall be subject to penalties. A student, participant, patron, and/or staff member may not be permitted to attend activities if involved in unsportsmanlike conduct.

A PARENT’S GUIDE TO CONCUSSIONS

WHAT IS A CONCUSSION?

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness (“knocked-out”) to suffer a concussion.

CONCUSSION FACTS

- It is estimated that more than 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System).
- Concussions occur most frequently in football, but girl’s lacrosse, girls’ soccer, boy’s lacrosse, wrestling, and girls’ basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms that interfere with school, work, and social life.
- Athletes who have symptoms from a concussion should not return to sports because they are still at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”.

WHAT SHOULD I DO IF I THINK MY CHILD HAS HAD A CONCUSSION?

An athlete who is suspected of having a concussion must be removed from play immediately, whether it is in a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk of further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, they must be aware of the signs and symptoms of a concussion and if they are suspicious, the child must stop playing.

WHEN IN DOUBT – SIT THEM OUT!

Every athlete who sustains a concussion needs to be evaluated by a health care professional who is familiar with sports concussions. Parents should call their child’s physician, explain what has happened, and follow the physician’s instructions. A child who is vomiting, has a severe headache, or has difficulty staying awake or answering simple questions should be taken to the parent’s doctor or emergency room immediately.

WHEN MAY AN ATHLETE RETURN TO PLAY FOLLOWING A CONCUSSION?

No athlete who has suffered a concussion should return to play or practice the same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns about athletes who return to play too quickly have led state lawmakers in Oregon and Washington to pass laws stating that **no athlete shall return to play on the day he or she suffered a concussion and the athlete must be cleared by an appropriate health care professional before he or she are allowed to return to play in games or practices.** The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete is free of symptoms of a concussion and is cleared to return to play by a healthcare professional knowledgeable in the care of sports concussions, he or she should proceed with activity in a stepwise fashion to allow the brain to readjust to exertion. On average, the athlete will complete a new step each day. The return-to-play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight training can begin.

Step 4: Full contact practice or training.

Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by a health care provider.

HOW CAN A CONCUSSION AFFECT SCHOOLWORK?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases, it is best to reduce the athlete's class load after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days or perhaps a longer period of time if needed. Decreasing the stress on the brain soon after a concussion may reduce symptoms and shorten the recovery period.

WHAT CAN YOU DO?

- Both you and your child should learn to recognize the “Signs and Symptoms” of a concussion as listed above.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

OTHER FREQUENTLY ASKED QUESTIONS:

Why is it so important that an athlete not return to play until they have completely recovered from a concussion?

An athlete who has not fully recovered from an initial concussion is very vulnerable to recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return-to-play decisions are carefully made. No athlete should return to sport or other at-risk participation when symptoms of a concussion are present and recovery is ongoing.

Is a “CT scan” or MRI needed to diagnose a concussion?

Diagnostic testing which includes CT (“CAT”) and MRI scans are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g., skull fracture, bleeding, swelling), they are not normally used, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete's story of the injury and the health care provider's physical examination.

What is the best treatment to help my child recover more quickly from a concussion?

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television, and phones (including text messaging) may exacerbate the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms decrease, you may allow increased use of computers, phone, video games, etc., but the access must be reduced if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a

concussion. However, in some cases, symptoms may last for several weeks or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as the way the injury happened and length of symptoms following the concussion are very important and must be considered when assessing the athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time, we have very little knowledge of the long-term effects of concussions that happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or sheer force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to carefully manage each concussion.

Adapted from [A Parent’s Guide to Concussion in Sports](#), National Federation of High School Associations.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS’s Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

AUTHORIZATION AND ACKNOWLEDGEMENT

WARNING:

SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION

Many forms of athletic competition result in violent physical contact among players, the use of equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will eliminate these risks. Students have suffered accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment while playing sports. By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

I understand the statement above and I understand that by allowing my student to participate in athletic events, I assume the risk that he/she may be injured, perhaps severely.

Signature of Parent

Printed Name of Parent

Date

ACKNOWLEDGEMENT OF CONDUCT CODE

I understand that as a student representing the school district in activities, I am obligated to comply with the athletic handbook, including the code of conduct. This means that I may not possess, use, or be in the presence of alcohol, illicit drugs, or controlled substances at any time during the school year. I understand that if I violate the code of conduct or other rules in this handbook, I may be suspended from participation in all co-curricular activities and/or school sponsored activities or events.

Signature of Student

Printed Name of Student

Date

I understand that my student is obligated by this handbook, including the statements above.

Signature of Parent

Printed Name of Parent

Date

CONSENT TO TEST FORM

I understand fully that my performance, as a student and the reputation of my school is dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, and regulations set forth by the Board of Education of Yutan Public Schools, the administration, and the coaches and sponsors for the activities in which I participate.

_____*I consent to and authorize Yutan Public Schools to conduct a drug and alcohol test if my number is drawn from the random pool. I also authorize the release of information concerning the results of such tests to designated District personnel.

_____*I understand that this form remains in effect until the submission of an Activity Drop Form or graduation and/or withdrawal from the District.

Signature of Student

Printed Name of Student

Date

Signature of Parent

Printed Name of Parent

Date