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**100.0 ADMINISTRATION OF INTERSCHOLASTIC ATHLETICS/ACTIVITIES**

**100.1 Purpose of the Manual**

The purpose of the Niobrara County School District Athletic/Activities Manual is to develop an awareness on the part of all athletes, activity participants, staff members and parents/guardians of the policies and procedures of the interscholastic athletic/activity program.

**100.2 Philosophy File: IGDJ-R**

A total learning environment of Niobrara County School District involves facets of academics and activities. Of paramount concern to any school is establishing and maintaining a proper perspective in both areas. Therefore, it is the basic educational philosophy of Niobrara County School District #1 to prepare our students to become productive, contributing citizens of our community and society. We believe that a comprehensive program of student athletics/activities is vital to the educational development of our students.

**100.3 Program Design and Purpose File: IGDJ-R**

Niobrara County School District believes that all activities (organizations, clubs, intramurals, student government, interscholastic athletics, etc.) in the district are placed on a continuum which stresses participation and development at its lowest level and skillful competition at its highest or representative level. As students develop skills in the participation in any activity, they should strive to become a skillful representative of the school at its highest competitive level.

Niobrara County School District believes that all activities (organizations, clubs, intramurals, student government, interscholastic athletics, etc.) at Lusk Elementary-Middle School are placed on a continuum which stresses participation and development.

Niobrara County School District believes that the purpose of the schools' athletic program is to foster and promote:

1. Appropriate physical, social and psychological development.
2. The ideals of competition, teamwork, and sportsmanship while achieving the goals of success and participation.
3. The development of self-confidence, self-esteem, self-discipline, organization, decision making skills and goal orientation.
4. The concept of an integral relationship between a sound mind and a sound body leading to a lifetime appreciation for physical fitness and good health habits.
5. A positive feeling of school loyalty and pride which can be shared by all participants, other students, parents/guardians, coaches and the community as a whole.

Participation as a team member is both an honor and a privilege, and as such, carries responsibilities commensurate with leadership roles. As leaders, and as very visible representatives of NCHS and LEMS, participants have the obligation to represent themselves in an exemplary manner.

#### **100.4 Objectives for the Athlete**

1. To improve playing skills.
2. To develop physical vigor and desirable habits in health and safety.
3. To develop friendship with team members.
4. To learn and exemplify good sportsmanship.
5. To develop life skills.
6. To develop the realization that athletic competition, like life, accords privileges and definite responsibilities.
7. To learn that play for the sheer sake of playing is of value in an athletic program and students must strive for individual and team excellence in performance.
8. To develop friendship and social experience through contests with schools in other communities.
9. To learn that striving to excel is of the utmost importance to a young person, and that in the pursuit of victory, a violation of a rule brings a penalty, as it does in the game of life.

#### **100.5 Objectives for the School and Student Body**

1. To require sportsmanship, fair play, and good citizenship for participant and spectator alike.
2. To promote school spirit and morale.
3. To promote broad participation and spectator interest within the student body.
4. To expect that students as members of the host school, treat visiting team members and fans as guests of the school.

#### **100.6 Objectives for Coaches**

1. To recognize coaching as teaching in its truest form.
2. To recognize winning as being important, but never at the expense of our total program, or the welfare of our student participants.
3. To work towards a goal of improvement from the standpoint of the individual and the team during the course of the season.
4. To give careful consideration to the physical condition of our athletes at all times, including following up on injured students.
5. To deal fairly with each student athlete and be responsive to individual needs and concerns.
6. To provide opportunities for each student athlete to actively participate in practice sessions and, whenever possible, in game situations.
7. To recognize all programs below the varsity level as developmental activities for the individual and the team concept as well.
8. To conduct oneself in the highest professional manner.
9. To provide, through association, a positive role model for student athletes.
10. To recognize loyalty as a very important ingredient in the success of any program, and to be loyal to fellow coaches, teachers, the school and the community.
11. May provide each undergraduate student athlete with performance improvement goals and/or objectives at the conclusion of the season.

#### **100.7 Coaches Code of Ethics**

As a professional Educator, I Will

1. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
2. Respect and encourage the integrity and personality of the individual athletes.
3. Seek to inculcate good health habits including the establishment of sound training rules.
4. Fulfill responsibilities to provide first aide/injury assessment and appropriate referral to health care providers and an environment free of safety hazards.
5. Exemplify the highest moral character, behavior and leadership.
6. Promote ethical relationships among coaches.
7. Encourage a respect for all athletes and their values.
8. Abide by the rules of the game in letter and spirit.
9. Respect the integrity and the judgment of sports officials.
10. Display modesty in victory and graciousness in defeat.
11. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.
12. Not approve commercialism, solicitation, subsidizing or professionalism entering into LEMS or NCHS activities.

**100.8 W.H.S.A.A. (WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION)**

**100.9 Preamble**

Recognizing the educational value of interscholastic activities, we voluntarily agree to unite in this Association to regulate, control, and enjoy the greatest benefits to be derived from participation in them. It is not our desire to interfere in any manner whatsoever with the local autonomy of schools, but rather to be devoted to the elimination of excesses and abuses of ever enthusiastic promotion which accompanies unrestricted interscholastic activities, and we are resolved to foster desirable outcomes through the Constitution, rules, and interpretation of the rules of this Association.

**100.10 Class 1A/2A Philosophy**

The WHSAA believes that activities are an important part of the education of young people. School organized activities should be made available to high school students in order to teach such things as teamwork, competition, fair play, winning and losing, self-esteem, and integrity.

Starting and ending dates for WHSAA sanctioned activities shall be set for a minimum of three years to insure a degree of stability and predictability for individuals charged with the responsibility of developing and coordinating academic and activity programs at the district and building levels.

School activities should be scheduled to cause the least amount of lost time in the school's academic programs and still have a quality activity program. If there are conflicts between the academic and activity programs, a solution should be reached which has minimum effect on the total school program and gives priority consideration to academics.

Culminating activities should be held to give a meaningful learning experience to those involved. The state culminating events should involve only those teams and/or individuals who have demonstrated superior performances during the activities regular season or qualifying event. Consideration should be given to insure that the number of individuals or teams that qualify for state culminating events is appropriate for each class in each activity.

Activities must be tempered with other considerations. Time on task, expense, safety, health, and many other factors must be considered in the overall picture of activities. No activity is an end in itself. It is a learning experience that helps lead the high school student into adulthood.

#### **100.11 Statement of Philosophy - National Federation of State High School Associations**

The purpose of the National Federation of State High School Associations is to coordinate the efforts of its member state associations toward the ultimate objectives of interscholastic activities. It shall provide a means for state high school associations to cooperate in order to enhance and protect their interscholastic programs. In order to accomplish this, the National Federation is guided by a philosophy consistent with the accepted, purposes of secondary education. Member state associations' programs must be administered in accordance with the following basic beliefs:

Interscholastic activities shall be an integral part of the total secondary school educational program which 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" activities in addition to teaching the "skills" of activities.

Interschool activities shall be primarily for the benefit of the high school students who participate directly and vicariously in them. The interscholastic activity program shall exist mainly for the value which it has for students and not for the benefit of the sponsoring institutions. The activities and contests involved shall be psychologically sound by being tailored to the physical, mental and emotional maturity levels of the youth participating in them.

Any district and/or state athletic meet competition to determine a so-called champion shall provide opportunities for schools to demonstrate and to evaluate the best taught in their programs with the best taught in other schools and in other areas of the state.

Participation in interscholastic activities is a privilege to be granted to those students who meet the minimum standards of eligibility adopted cooperatively by the schools through their state associations, and those additional standards established by each school for its own students.

The state high school associations and the National Federation shall be concerned with the development of those standards, policies, and regulations essential to assist their member schools in the implementation of their philosophy of interscholastic activities.

Nonschool activities sponsored primarily for the benefit of the participants in accordance with a philosophy compatible with the school philosophy of

interscholastics may have values for youth. When they do not interfere with the academic and interscholastic programs and do not result in exploitation of youth, they shall be considered as a worthwhile supplement to interschool activities.

The National Federation headquarters address is PO Box 690, Indianapolis, Indiana 46206; phone: 317-972-6900.

The National Federation is the major rule writing body for interscholastic sports in the United States. Playing rules for junior high and high school competition as written, published, and printed by the National Federation have been adopted by the WHSAA in all sports except golf, tennis, and skiing.

The Wyoming High School Activities Association has been a member of the National Federation since February 24, 1936.

## **200.0 STAFF RESPONSIBILITY**

### **200.1 Major Duties of the Athletic Director**

1. The Niobrara County School District Activities/Athletic Director coordinates all school activity programs and makes arrangements for the use of inter-district and community facilities.
2. The A.D. systematically explores current developments and innovations in the field of athletic activities.
3. The A.D. serves in a consultative capacity to head coaches and their assistants at the various athletic levels.
4. The A.D. serves as a liaison person to interpret and carry out all directives and policies formulated by the principals, superintendent and/or the school board.
5. The A.D. shall prepare and circulate a monthly activities calendar.
6. The A.D. shall be responsible for scheduling the following high school and middle school athletic programs.
  - A. Boys Programs
    1. Football (Varsity, JV, Middle School)
    2. Basketball (Varsity, JV, C-Squad, Middle School)
    3. Wrestling (Varsity, JV, Middle School)
    4. Track (Varsity, JV, Middle School)
    5. Golf (Varsity, JV)
  - B. Girls Programs
    1. Volleyball (Varsity, JV, C-Squad, Middle School)
    2. Basketball (Varsity, JV, C-Squad, Middle School)
    3. Track (Varsity, JV, Middle School)
    4. Golf (Varsity, JV)
7. The A.D. shall be responsible for contracting officials for aforementioned athletic events which are scheduled at home.
8. The A.D. will arrange for all necessary persons (timers, scorers, announcers, etc.) to maintain smooth operation of events.
9. The A.D. shall be responsible for the provision of suitable dressing facilities and supplies for officials, members of visiting teams and coaching staffs.

10. The A.D. shall coordinate and schedule district athletic facilities for practice and competitive events.
11. The A.D. will arrange for the necessary correspondence with the Wyoming High School Activities Association.
12. The A.D. will arrange roster information for all opposing teams.
13. The A.D. will arrange necessary coordination for commercial broadcasters to broadcast athletic events.
14. The A.D. shall be directly responsible to the building principals.
15. The A.D. will aid in the coordination and arranging of all non-athletic activities for the school district.
16. The A.D. will aid the responsible parties in making meal and lodging arrangements for out-of-town events.
17. The A.D. will assist the principal in evaluation of all athletic programs and each of the programs staff. These evaluations will be conducted in the following manner:
  - A. The A.D. and/or Principal shall attend a minimum of 3 practice sessions of each sport and as many games as possible for each of these sports.
  - B. At the conclusion of each sport activity, the Principal, A.D. and Coach will complete and sign a final written evaluation. This evaluation will be utilized by the building principals for coaching staff recommendations.
  - C. If during the regular sport season suggestions for improvement need to be discussed, a meeting will be arranged. The Principal, A.D. and Coach will meet and suggestions for improvement will be discussed and proper corrections defined and outlined for these improvements.

## **200.2 Coaches**

Athletic coaches are the key figures in the interscholastic program. Coaches should strive to teach the basic skills and techniques of their sport to squad members through sound educational means. Each coach should consider the teaching of good character, self-discipline, respect, honesty, responsibility, and sacrifice just as important as winning. Coaches should always strive to win, but never at the expense of the total school program, the athlete or the established rules. Each coach should take an interest in every athlete on the squad, realizing learning can take place regardless of the individual's position on the team. Coaches shall conduct their program under the direct supervision of the Principal.

N.C.H.S. Head Coaches are charged with coordination and development of the 6-12 program in their sport, so that basic skill instruction is the best practice and done by all.

Duties of the Head Coach:

1. To oversee the total program in their sport.
2. To oversee the development of that sport on a system-wide basis.
3. To lend support to the entire athletic program and to the philosophy of the athletic department.
4. To evaluate assistant coaches and submit recommendations to the Principal and the Athletic Director.
5. To be responsible for all equipment used in that sport, including issuance, collecting and inventory at the building level.
6. To determine the program design to be used in that sport.

7. To orient his/her staff as to conditioning programs, practice programs, managerial plans, scouting assignments and responsibilities, and game responsibilities.
8. To distribute practice schedules to the staff on a daily basis.
9. To inform all staff and team members of the safety factors of that sport.
10. Handling of all athletic injuries for his/her sport.
11. Be aware of any potentially emergent medical conditions of athletes and how to handle them.
12. To work directly with the Principal and Athletic Director regarding facilities, etc.
13. To be responsible for staff organization on all supervisory tasks associated with the sport including:
  - a. practice area supervision
  - b. locker room supervision
  - c. training room supervision
  - d. equipment room supervision
  - e. transportation supervision
  - f. game/meet supervision
14. To be responsible for the satisfactory cleaning of school district transportation after all road trips.
15. To make recommendations to the Principal/Athletic Director concerning:
  - a. Athletic department policies
  - b. SEWAC considerations
  - c. WHSAA considerations
16. Determine the system to be used in granting athletic awards for that sport.
17. Make recommendations for the purchase of equipment and supplies.
18. Counsel athletes.
19. All decisions should be in keeping with the established policies and procedures within this Athletic Policy Manual.
20. Report any changes from the initial roster and eligibility lists to the A.D.
21. Submit to the School Board, Superintendent, Principal, and Athletic Director a year-end report, including the following information:
  - a. Squad members, letter winners, managers and statisticians
  - b. Names of assistant coaches
  - c. Schedules played and results of these games/meets
  - d. Complete records for your sport, including new individual and team records.
  - e. Special honors for individual and team accomplishments
  - f. Inventory
  - g. Summary of the season
22. Should join the Wyoming Coaches Association and attend as many coaching clinics as possible in order to further your professional growth.
23. Dress in accepted coaching attire at all practice and game situations.
24. All coaches are required to travel to and from out-of-town competitions on the team bus, etc. Exceptional situations must have the approval of the building principal.
25. Request transportation when needed for team.
26. Make arrangements for video, filming of practices and for games.

### **200.3 Assistant Coaches**

1. Carry out all duties as outlined by the Head Coach.
2. Work to gain full understanding of the system employed by the Head Coach.
3. Assist in scouting responsibilities.

4. Work for total staff effort in preparing practice schedules.
5. Have an awareness of all equipment, problems related to the equipment and facilities. Make any problems known to the Head Coach and the Principal/Athletic Director.
6. Work for professional growth by joining the coaches association, attending clinics, reading related material and making thorough observations.
7. Assist in care of athletic injuries during practice and games.
8. Be aware of any potentially emergent medical conditions of athletes and how to handle them.
9. Attend award ceremonies in their activity.
10. Dress in accepted coaching attire at all practice and game situations.
11. Counsel athletes.

#### **200.4 Coaches Evaluation**

All head coaches and assistant coaches will be evaluated by the Athletic Director and the Principal. The form for these evaluations follows.

**COACH'S EVALUATION FORM**

Coach Evaluated \_\_\_\_\_

Date \_\_\_\_\_

Assignment \_\_\_\_\_

Clinics Attended \_\_\_\_\_

	Satisfactory	Needs Improvement	Un-satisfactory
<b>PERSONAL CHARACTERISTICS</b>			
1. Grooming and dress (school practice and games)			
2. Emotional control and poise			
3. Enthusiasm and positive attitude			
4. Language with athletes			
<b>PROFESSIONAL QUALITIES</b>			
1. Cooperation with administration			
2. Rapport with coaching staff			
3. Respect for, and support of, other school programs			
4. Professional growth (clinics, school)			
5. Public relations (cooperation with news media, faculty and community)			
6. Conduct during athletic contests			
7. Cooperation in sharing facilities			
<b>COACHING PERFORMANCE</b>			
1. Organization (team preparation, practice and game)			
2. Knowledge of the sport			
3. Innovativeness (use of new coaching techniques and ideas)			
4. Supervision and administration of the locker and training rooms			
5. Knowledge of rules			
6. Conduct of players (coach's control)			
7. Teaching fundamentals			
<b>RELATED RESPONSIBILITIES</b>			
1. Care of equipment (issuance and storage)			
2. Clerical duties (inventory, budget, program information and Final Season Report)			

General Remarks:

COACH \_\_\_\_\_

ATHLETIC DIRECTOR \_\_\_\_\_

PRINCIPAL \_\_\_\_\_



## **300.0 BUSINESS POLICIES RELATED TO ATHLETICS**

### **300.1 Budgets**

1. Niobrara County School District provides the financial support for the athletic programs, which indicates that the district believes athletics are important to our educational program. If the program is well organized, diversified, and includes as many students as possible, the athletic plan will be accepted by the school and community.
2. The Athletic Director will oversee or administer an athletic budget which will include the following information:
  - A. Niobrara County School District athletic medical budget.
  - B. NCHS athletic awards and medals.
  - C. The Athletic Director's personal budget which includes travel, meals, lodging, entry fees and dues, athletic annual pages, phone, correspondence and postage.
  - D. Total cost of game officials for NCHS and LMS.
  - E. Athletic meals and lodging for NCHS and LMS regular season and tournament competition.
  - F. Estimated purchase of all school district athletic equipment and supplies.
3. The Athletic Director will notify all district head coaches of the arrival date of the sporting goods companies who will bid on equipment and supplies for the coming school year.
4. Upon the arrival of the bidding companies, each head coach will meet with the sporting goods firm representative and all preliminary line items, be bid.
5. The building principals will, then, notify each head coach of the dollar amount to be spent for the coming school year.
6. At this point, the head coach will prioritize the bid items and present this list to their respective building principal.
7. This list should include: number of items, size and number, manufacturer, price and any other information pertinent to ordering equipment or supplies.

### **300.2 Catastrophic Insurance (W.H.S.A.A. Handbook)**

Catastrophic insurance covers injured students for medical expenses, all rehabilitation expenses, work less benefits, and other miscellaneous costs for an infinite dollar amount after a deductible of \$25,000. The plan has accident coverage up to \$25,000.

The plan also protects the school district with a \$2,000,000 in liability coverage. All member schools are automatically enrolled for the insurance and the premium will be collected from each school by the WHSAA.

### **300.3 Transportation of Player Personnel**

1. The Head Coach will arrange transportation, for NCHS and LMS athletic trips, with the Niobrara County School District Transportation Coordinator.
2. All activity participants must travel to all scheduled events on the school district assigned transportation. Students should not request special permission to ride home with their parents/guardians on an out-of-town activity unless it is absolutely necessary. If this has to be done, a note

must be written by the parent/guardian and given to the person in charge of this activity. The student will be released only to the parent/guardian after the activity. Unless this procedure is followed, the coach or activity sponsor will not release students and the student will ride to the school in the school transportation provided for that activity.

3. The coach will assume all responsibility for conduct and discipline on the bus in conjunction with the driver who is ultimately in charge.
4. All participants are expected to conduct themselves in an appropriate manner at all times on activity trips.
5. All students are expected to dress appropriately and neatly for out-of-town trips.

#### **300.4 Building and Grounds Management File: EC**

1. All scheduling of athletic facilities will be done by the Athletic Director and the Building Principal.
2. The Board recognizes that the education of children is dependent upon many factors, including a proper physical environment which is safe, clean, attractive, pleasant, and functions smoothly.
3. School district properties will be maintained in good physical condition: safe, clean and sanitary and as comfortable and convenient as the facilities will permit or the use requires.
4. The superintendent will have the general responsibility for the care, custody, and safekeeping of all school property, establishing such procedures and employing such means as may be necessary to discharge this responsibility.
5. At the building level, the principal will be responsible for overseeing the school plant and for the proper care of school property by the staff and students.

#### **300.5 Building and Grounds Maintenance File: ECB**

The Board will develop and execute a continuing program of maintenance of all district-owned buildings and grounds. This program of maintenance will be administered in such a manner as to preserve the capital investment of the district and to prevent deterioration due to lack of proper care.

The superintendent will carry out the above policy by providing for:

1. Buildings and grounds improvements and additions as established by capital outlay line items approved by the Board.
2. An adequate custodial program for all schools.
3. Improvement and maintenance of school grounds and fields.
4. Repairs, including repairs of equipment and painting.
5. Determination of obsolete equipment.

#### **300.6 News Media Publicity**

1. Coaches should make available to the press, all game information and statistics at the conclusion of each interscholastic contest.
2. Coaches should call in all scores and game statistics to the proper area news media.

3. Coaches should be very guarded in all comments to the news media. No athlete should be belittled individually or a team collectively.

### **300.7 Officials**

1. All officials working interscholastic athletic contests must be under contract and registered with the Wyoming High School Activities Association.
2. All Head Coaches will work with the Athletic Director in evaluating officials.
3. At the conclusion of the season, the Head Coach and Athletic Director will prioritize a list of recommended officials for the next season.
4. Coaches will assist the Athletic Director in evaluating and hiring of C-Squad, Freshmen, JV and Middle School officials.
5. Final decisions on hiring of officials will be made by the Director of Athletics.
6. Officials will be greeted, paid, and general concern for their welfare will be provided by the Athletic Director. In cases when the Athletic Director is not in attendance at athletic contests, the building principal or Head Coach will be asked to look after the welfare of the officials.

### **300.8 Equipment**

1. All equipment and supplies will be issued by the coaching staff and designated manager.
2. Failure by a student athlete to return the equipment will result in charges being levied at replacement cost prices. If the student fails to pay for said equipment, grades and credits will be withheld.
3. The Head Coach must inform the Athletic Director and Principal of all equipment not returned.
4. All athletes receiving equipment will be responsible for the equipment issued.
5. At the end of the season, when equipment is returned, each item must be checked against the player's equipment card by the Head Coach.
6. The Head Coaches are responsible for the efficient management of equipment and supply rooms.
7. Equipment is to be stored in the proper storage areas in a neat fashion.
8. No athletic department's uniform or practice gear should be worn by an athlete except at official practice sessions and scheduled contests. Any exceptions to this, must be cleared by the building principal or Athletic Director.

### **300.9 Inventory**

1. An itemized inventory of the equipment and supplies on hand, together with the condition of each, is the responsibility of the Head Coach for each interscholastic sport.
2. This inventory should be taken at the conclusion of each interscholastic sport.
3. The Head Coach, with the Athletic Director, will examine end-of-season inventory to determine what items need to be repaired or replaced and what new equipment and supplies need to be purchased.
4. Store all equipment in the assigned areas.

3. Assess the necessary fines (lost items) and file a list with the building principal and the Athletic Director.

**400.0 CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC ATHLETICS AND ACTIVITIES.**

**400.1 NCHS and LMS Football**

Football is a highly competitive, fast-action game in which physical contact plays a major role. Because of the speed and contact with which the game is played, squad members, their families and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. In addition, high quality padding has been purchased for protection of other body parts. However, to achieve maximal protection from any equipment, careful fitting, and proper wearing methods are imperative. Each player will receive a demonstration of proper wearing and will be personally fitted by a coach or faculty equipment manager on the day of equipment issue. Proper wearing and use of all protective equipment is the exclusive responsibility of the player after the orientation has been completed.

Other player responsibilities include:

**Preparation For Practice Or Contest**

1. Wear all protective equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. In hot, humid weather, players should consume 4-6 glasses of water between 10 A.M. and 2 P.M. with the last consumption at least 30 minutes prior to practice or competition.
6. Players needing protective tape, padding or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry, and metal hair fasteners.
8. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, or medically controlled allergies need a health care provider's approval to participate.

**Locker Room**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay and roughhouse in the locker/shower areas.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

#### **Movement To The Practice/Contest Site**

1. Be alert to:
  - a. Ramps leading to practice/contest area
  - b. Variations in the surfaces of ramps, locker rooms and natural turf.
  - c. Goal posts
  - d. Charging sleds
  - e. Kicking/kick return drills
  - f. Passer/receiver drills
  - g. Agility, sprinting or other fast action drills
2. Stretch thoroughly and jog easy laps to warm up.

#### **Hazards Specific To Football**

Players will be taught blocking and tackling techniques that are approved by the National Federation and WHSAA. The following techniques are of **major** importance for player safety.

1. The Head and Helmet
  - a. Tackle or block or break tackles with the shoulder pad. **NEVER USE THE HELMET TO STRIKE THE OPPONENT.**
  - b. Keep the chin and eyes up when blocking, tackling or running with the ball. Lowering the head/helmet jeopardizes the neck and spinal cord.
2. Blocking and Defensive Contact
  - a. The forearm striking surface should be accelerated **as a unit** with the shoulder and extension of the trunk. **DO NOT** "wind up" to accelerate the forearm separately.
  - b. Block from the front, the side and above the waist.
  - c. When pursuing an opponent ball carrier, do not "pile on" when the opponent is down.
  - d. Do not chop or slash with a rigid arm when executing a tackle.
3. General
  - a. **GET UP!** When on the ground, you are vulnerable to being stepped on or receiving a leg, shoulder, or knee injury.
  - b. When falling - **TUCK!** Leave no extremity extended either to absorb the fall, or while on the ground.
  - c. Participate fully in all neck strengthening exercises.
4. Water

Drink breaks will be scheduled during practices, and players should hydrate

themselves during practice or games.

5. Weight Room  
Maintenance of strength training procedures will be utilized. Observe all weight room policies for progressions, spotting and general safety.
6. Sudden or large weight losses over a month should be brought to the coaches attention especially if you are feeling tired or ill, or if you demonstrate cold symptoms and sore throat/swollen neck glands.

### **Emergencies**

Because of the nature of football, some injuries will occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance.
  - b. Bringing first aid equipment or supplies to the site.
  - c. Keeping onlookers away.
  - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate and remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

**Acknowledgments**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation in the Niobrara County High School/Middle School football program.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## **400.2 NCHS and LMS Volleyball**

Volleyball is a highly competitive, fast-action game that places great physical demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance player agility, quickness and playing skills. To enhance quickness and strength, certain weight room workouts may also be prescribed along with regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

### **Preparation For Activity**

1. Wear all protective knee and elbow pads to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement.
4. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players should consume the equivalent of 4-6 glasses of water each day.
7. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment and be able to participate in specialty work.
8. No roughhouse or horseplay.
9. Remove all jewelry and metal hair fasteners.
10. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, or medically controlled allergies need a health care provider's approval to participate.

### **Locker Room**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay and roughhouse in the locker/shower areas.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

### **Movement To Contest/Practice Site**

1. Be alert to:
  - a. ramps leading to practice/contest area.
  - b. variations in surfaces of locker room, ramps, stairways or playing floors.
  - c. ball carts
  - d. volleyballs in flight, rolling, rebounding or bouncing
  - e. spiking or serving drills
  - f. nets, support poles, cables
2. Stretch thoroughly and jog easy laps to warm up.

## **Hazards Specific To Volleyball**

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizzy/light headed. Consume 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice plan. Players should make use of each one.
3. Foot Problems - Refer to coach(es) or team physician:
  - a. Blisters
  - b. Calluses
  - c. Ingrown toenails
  - d. Fungus infections or plantar warts
4. Other Skin Problems - Refer to coach(es):
  - a. Boils
  - b. Rashes
  - c. Floor burns, cuts
5. Ankles and other orthopedic problems:
  - a. Sprains - new - ice compression, elevate, rest
  - b. Sprains - old - taping, easy workouts, rehabilitative exercise
6. Weight training regimens will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
8. Sudden or large weight losses over a month should be brought to the coaches' attention especially if you are feeling tired or ill, or if you demonstrate cold symptoms and sore throat/swollen neck glands.
9. **DO NOT** hang on the rims or nets.
10. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
11. Use body sprawls when digging a hard driven ball. Do not fall on the elbow or straight arm.
12. Jump vertically to avoid collisions with opponents or nets.
13. When spiking, strike with a fully extended arm.
14. Gum chewing is disallowed.

## **Emergencies**

Because of the nature of volleyball, some injuries will occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance.
  - b. Bringing first aid equipment or supplies to the site.
  - c. Keeping onlookers away.
  - d. Directing the rescue team to the accident site.
5. Fire or Fire Alarm:
  - a. Evacuate and remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

**Acknowledgement**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation in the Niobrara County High School/Middle School volleyball program.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

### **400.3 NCHS and LMS Boys and Girls Basketball**

Basketball is a highly competitive, fast-action game that places great physical demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance player endurance, quickness and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

#### **Preparation For Activity**

1. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
2. Clothing should not prevent heat dissipation, or restrict movement.
3. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players should consume the equivalent of 4-6 glasses of water each day.
6. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment and be able to participate in specialty work.
7. No roughhouse or horseplay.
8. Remove all jewelry and metal hair fasteners.
9. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, or medically controlled allergies need a health care provider's approval to participate.

#### **Locker Room**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay and roughhouse in the locker/shower areas.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

#### **Movement To Contest/Practice Site**

1. Be alert to:
  - a. ramps leading to practice/contest area.
  - b. variations in surfaces of locker room, ramps, stairways or playing floors.
  - c. ball carts
  - d. basketballs in flight, rolling, rebounding or bouncing
  - e. wind sprints or fast break drills
  - f. proximity of bleachers and walls to playing surface
1. Stretch thoroughly and jog easy laps to warm up.

## **Hazards Specific To Basketball**

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizzy/light headed. Consume 4-6 glasses of water during the school day and additional amount at practice.
2. Frequent drink breaks will be built into the practice plan. Players should make use of each one.
3. Foot Problems - Refer to coach(es) or team physician:
  - a. Blisters
  - b. Calluses
  - c. Ingrown toenails
  - d. Fungus infections or plantar warts
4. Other Skin Problems - Refer to coach(es):
  - a. Boils
  - b. Rashes
  - c. Floor burns, cuts
5. Ankles and other orthopedic problems:
  - a. Sprains - new - ice compression, elevate, rest
  - b. Sprains - old - taping, easy workouts, rehabilitative exercise
6. Weight training regimens will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
8. Sudden or large weight losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and sore throat/swollen neck glands.
9. DO NOT hang on the rims or nets.
10. DO NOT engage in rough, thoughtless play.
11. DO NOT run under a player who is in the air to shoot or receive a pass.
12. DO NOT swing elbows excessively when clearing a rebound.
13. Taller players may need to be alert to their proximity to the lower surface of the backboard.

## **Emergencies**

Because of the nature of basketball, some injuries will occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bringing first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate and remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.



**Acknowledgment**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation in the Niobrara County High School/Middle School basketball program.

\_\_\_\_\_  
Athlete's Signature                      Date

\_\_\_\_\_  
Parent/Guardian Signature              Date

#### **400.4 NCHS and LMS Wrestling**

Wrestling is a highly competitive, fast-action game in which physical strength, endurance and contact plays a major role. Because of the speed and contact with which the sport is conducted, squad members, their families and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

##### **Preparation For Practice Or Contest**

1. Wear all protective equipment including ear protectors to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all equipment is properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature or skin protection.
4. Wrestlers with visual impairment(s) must remove glasses.
5. In hot, humid weather, wrestlers should consume 4-6 glasses of water between 10 A.M. and 2 P.M. with the last consumption at least 30 minutes prior to practice or competition.
6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, or medically controlled allergies need a health care provider's approval to participate.
9. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the State Athletic Association guidelines.
10. All cuts, abrasions, boils, rashes and skin irritations should be seen by a coach or physician.

##### **Locker Room**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay and roughhouse in the locker/shower areas.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

### **Approach To The Practice Or Contest Site**

1. Be alert to stairs and ramps or changes in the texture of various surfaces, mats or flooring.
2. Be alert to other large equipment items in the general area (e.g.; gymnastics apparatus).
3. Be alert to the location of bubblers, fire extinguishers and other building equipment and proximity of walls to mats.
4. Be alert to ongoing drills or wrestle-offs.
5. If ill or light headed, notify coach. Do not practice.

### **Hazards Specific To Wrestling**

1. Do not drive an opponent into the mat with unnecessary force on a takedown.
2. Do not bend a joint more than its normal range of motion.
3. The following are prohibited holds or tactics:
  - a. Double arm bar, full Nelson
  - b. Some free style takedowns, (e.g.; straight-back suplay or salto)
  - c. Trips where the opponent is forcibly thrown
4. Weight control or weight reduction programs should not be undertaken without the approval of the coach and a physician.

### **Emergencies**

Because of the nature of wrestling, some injuries will occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bringing first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate and remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

**Acknowledgment**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation in the Niobrara County High School/Middle School wrestling program.

\_\_\_\_\_  
Athlete's Signature                      Date

\_\_\_\_\_  
Parent/Guardian Signature              Date

#### 400.5 NCHS Golf

Golf is a highly competitive, total concentration game that places great mental and physical demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance player agility and playing skills. To enhance body quickness and strength, certain weight room workouts may also be prescribed along with regular practice activity. A certain amount of pre-season and in-season running may, also, be prescribed. In addition, the following considerations and cautions will enhance player enjoyment and safety.

#### Preparation For Activity

1. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
2. Adjust for temperature and/or humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.
3. Wyoming weather can change quickly! Carry a stocking cap, rain gear and extra clothing in your golf bag or with you when you are on the golf course.
4. Have an acute awareness of your feet. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players should consume the equivalent of 4-6 glasses of water each day.
7. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment and be able to participate in specialty work.
8. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic or chronic skeletal problems, disorders or diseases, or medically controlled allergies need a health care provider's approval to participate.

#### Hazards Specific To Golf

1. When involved in club control/club swing drills, LOOK in all directions **before** taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other player. If you hear "Fore", immediately tuck your head and cover with arms.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter, consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
  - a. Remove spikes, get away from clubs
  - b. Avoid trees, shelters, hilltops, open spaces, isolated trees or metal objects.
  - c. Move to a wood building, low, protected area or heavily wooded area.
8. If heat and humidity are excessive, players should dry club handles regularly.

9. Be alert to blisters, calluses and foot infections.

### **Emergencies**

Because of the nature of golf, some injuries will occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bringing first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate and remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

**Acknowledgment**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation in the Niobrara County High School Golf program.

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Athlete's Signature

Date

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Parent/Guardian Signature

Date

#### **400.6 NCHS and LMS Boys and Girls Track**

The Track and Field Squad extends a competitive opportunity to all students. Because the season is long and demanding and will require specialized conditioning, it is imperative that certain responsibilities, cautions, and considerations be understood as prerequisites to squad membership.

##### **Preparation For Practice or Contests**

1. Select well fitted clothing appropriate for:
  - a. Heat retention in cold weather
  - b. Heat dissipation in warm or humid weather
  - c. Warm up/warm down before and after competitions and practices
2. Select and change spikes or shoes for various surfaces.
3. Students who are ill, dizzy or light headed should contact their coach(es). Do not practice.
4. Students with seizures, neuromuscular, renal, cardiac, insulin/diabetic or chronic skeletal problems, disorders or diseases or medically controlled allergies, need a health care provider's approval to participate.
5. In hot humid weather, athletes should consume 4-6 glasses of water between 10 A.M. and 3 P.M. with the last consumption at least 30 minutes before practice or competition.
6. Athletes needing preventive taping or bracing should arrive early to receive treatment.
7. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.

##### **Locker Room**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay and roughhouse in the locker/shower areas.
8. Identify incidents of foot or other skin infections to coach(es) immediately.
9. Put on spiked shoes at the track.

##### **Movement To The Practice/Contest Site**

1. Be alert to ramps leading to practice/contest areas.
2. Be alert to variations in the surfaces of ramps, locker rooms, cinder or artificial tracks.
3. In approaching the track, be alert to the locations of:
  - a. Sprint/hurdle straight-aways
  - b. Relay exchange areas
  - c. Jump/vault runways and landing pits
  - d. Shot/discus landing areas
4. Stretch thoroughly and start your workout with easy running.

## **Hazards Specific To Track And Field**

1. Be alert to locations of:
  - a. Sprint/hurdle straight-aways
  - b. Relay exchange areas
  - c. Jump/vault runways and proximity of landing pits
  - d. Debris in or on landing pits
  - e. Shot/discus landing areas
2. High Jumpers must go through an instructional progression before using the "Fosbury Flop" in practice or contests. (Assuming coach is competent to teach this technique).
3. High jumpers and pole-vaulters must check the proximity of the standards to the landing pit.
4. Shot/discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot and discus.
5. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
6. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. **DO NOT** wear radio or tape player headphones. Run in single file. Be alert at intersections. Avoid heavy traffic streets.
8. Avoid sudden stops on hard surfaces after sprinting.
9. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
10. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should consume water frequently.

## **Emergencies**

Because of the nature of track and field, a few minor injuries may occur but most can be managed with basic first aid techniques. Report all injuries to a coach(es). However, some injuries may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bringing first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing the rescue team to the site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

**Acknowledgement**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation on the Niobrara County High School/Middle School track and field squad.

\_\_\_\_\_  
Athletes Signature                      Date

\_\_\_\_\_  
Parent/Guardian Signature              Date

**500.0 TEAM PERSONNEL**

**500.1 Levels of Competition for Niobrara County School District Interscholastic Athletics**

1. Football
  - A. High School Varsity
  - B. High School Junior Varsity
  - C. Middle School - 7<sup>th</sup> & 8<sup>th</sup> Grade
2. Volleyball
  - A. High School Varsity
  - B. High School Junior Varsity
  - C. High School C-Squad
  - D. Middle School 8th Grade
  - E. Middle School 7th Grade
3. Basketball (Boy and Girls)
  - A. High School Varsity
  - B. High School Junior Varsity
  - C. High School C-Squad
  - D. Middle School 8th Grade Boys & Girls
  - E. Middle School 7th Grade Boys & Girls
4. Wrestling
  - A. High School Varsity
  - B. High School JV-Squad
  - C. Middle School A-Squad
  - D. Middle School B-Squad
5. Golf
  - A. High School Varsity
  - B. High School Junior Varsity
6. Track (Boys and Girls)
  - A. High School Varsity
  - B. Middle School 8th Grade
  - C. Middle School 7th Grade

**500.2 Team Rosters**

Each coach should turn in to the Athletic Director and Building Secretary, a list of all squad members with the appropriate information.

**500.3 Manager and Statisticians**

The head coaches will select their managers and statisticians for their respective sports. These students will abide by all rules and regulations of the Niobrara County School District interscholastic athletic programs.

**500.4 Cutting Policy**

No student will be cut from a NCHS or LMS squad unless there is a case of student safety or for disciplinary reasons.

**500.5 Tournament Squads**

Team personnel will consist of the number of individuals listed in the WHSAA Handbook.

## **500.6 Activity Travel and Overnight Trips**

All activity participants must travel to all scheduled events on the school district assigned transportation. Students should not request special permission to ride home with their parent/guardian on an out-of-town activity unless it is absolutely necessary. If this has to be done, a note must be written by the parent/guardian and given to the person in charge of the activity. The student will be released only to the parent/guardian after the activity. Unless this procedure is followed, the coach or activity sponsor will not release students and the student will ride to the school in the school transportation provided for that activity. File: IGDJ-R

Coaches or activity sponsors will provide students and parents/guardians with an itinerary covering all sites, meals and lodging establishments, telephone numbers, etc, of the trip.

## **600.0 GENERAL INFORMATION**

### **600.1 Scheduling of Activities**

1. The Activities/Athletic Director will schedule all activities and athletic contests for the school district.
2. A Master Calendar will be kept in his/her office of the above activities/athletic contests.
3. Any one wishing to schedule an activity should contact the A.D. immediately to ensure the avoidance of conflicts.
4. An activities calendar will be published each month showing all scheduled activities for that month.

### **600.2 Postponing Athletic Contests**

1. If a game must be postponed due to weather or any other factor not conducive to good game conditions, the following practices should be followed:
  - a. Coaches will confer with the Athletic Director and/or the Principal.
  - b. Factors considered in the postponing of athletic contests:
    1. Playing conditions of the athletic event
    2. Safe travel for the team
    3. Safe travel for the opponent
    4. Safe travel for the officials
    5. Safe travel for the students and fans
    6. Safe travel for the game workers
    7. Damage to equipment
8. Safety to the spectators in or on the school grounds, gym or field.
  - c. If our buses do not run on the day scheduled for an activity, all activities will be canceled or postponed. State culminating events will be at the discretion of the administrative team.
2. After considering all factors, it will then be the decision of the Principal and Athletic Director to play the game or postpone/cancel the athletic contest.

### **600.3 Student Managers**

1. Student managers are responsible to the head coach in each interscholastic sport.
2. Head coaches should supervise managers, and work out a plan for efficient service.
3. Managers are subject to the same eligibility and scholastic rules as members of the team they manage. Coaches should be highly selective in appointing student managers.

### **600.4 Student Trainers**

1. Student trainers and head coaches are responsible for the maintenance and care of athletic training rooms.
2. Student trainers will work with the Athletic Director to maintain a stock of all essential training supplies and equipment.
3. Student trainers, under the supervision of the coaching staff, should only give first aid treatment.
4. Student trainers will tape and bandage under the supervision of the coaching staff.
5. Student trainers are subject to the same eligibility and scholastic rules as members of the teams they serve.

### **600.5 Statisticians**

1. Student statisticians are directly responsible to the head coach of that sport.
2. The head coach and the statistician will work out a plan for the collection and dispersal of accurate statistics.
3. Student statisticians are subject to the same eligibility and scholastic rules as members of the teams they serve.

### **600.6 Special Publicity Promotion**

1. Athletic department staff members will be encouraged to meet the public by arranging local clinics, speeches, etc., to explain their programs.
2. Coaches should give full cooperation to all members of the news media at the local and state levels.

### **600.7 Game or Activity Supervision**

1. The Athletic Director, Principal or Superintendent are responsible for supervision of all interscholastic events.
2. Activity sponsors have primary responsibility for supervision of all non-athletic activity events.
3. Head coaches are responsible for all team personnel (assistant coaches, managers, statisticians, squad members) during all athletic contests, home and away.
4. In rare cases, the Sponsor/Head Coach or designated person(s) will be responsible for supervision when it is physically impossible for the Athletic Director, Principal or Superintendent to attend the event.

**600.8 Preparation Before First Practice**

1. Head coaches and the Athletic Director should meet before the season to determine needs and make all preparations for the season.
2. Any needs concerning equipment, gym or field concerns and repairs should be brought to the immediate attention of the Athletic Director or building Principal.

**600.9 Release From Class**

1. All interscholastic athletic contests and school activities should be scheduled so that students miss a minimum number of minutes of class time for travel to away contests or events.
2. Head coaches and activity sponsors should make arrangements with the Principal to have students excused from class when absolutely necessary because of travel requirements.
3. It is the responsibility of the athlete or activity participant to prearrange work prior to leaving for the event. All work shall be made up at the convenience of the teacher.
4. All head coaches and activity sponsors will submit an advance list of all squad members or activity participants to be excused for the event(s). This list will, also, be made available to the District Transportation Supervisor for travel arrangements.

**600.10 Weekend and Vacation Practices**

1. All weekend and vacation (Thanksgiving, Christmas, etc.) practices must be approved by the Building Principal and scheduled by the A.D.
2. Games or required practices will not be held on Sundays.

**600.11 Directories and Manuals**

The following directories or manuals are available in the Principal's or Athletic Director's offices:

1. WHSAA Handbook
2. WHSAA Directory
3. SEWAC Constitution
4. SEWAC Minutes
5. WHSAA Newsletter
6. WHSAA Rules of Eligibility
7. Niobrara County School District #1 Athletic/Activity Policy Manual

**600.12 Supervision of Practice Sessions**

1. Coaches must be present at all practice and workout sessions. No athlete is to be given permission to use any athletic facility, unless a coach or authorized school district employee is present at all times.
2. Coaches should not leave the locker rooms or practice/game areas until all athletes have left the area.

**600.13 Arrival of New Equipment**

1. When new equipment arrives at the receiving area, the head coach should inventory it against the order voucher to make sure that the order is complete or incomplete.
2. After the office has approved the shipment of equipment, it will be transported to the approved storage areas.

**600.14 Video Tape Machines and Video Tapes**

1. All cameras will be checked out of the media center and are the direct responsibility of the head coach.
2. Purchase and storage of tapes is the responsibility of the head coach.

**600.15 Memorandums**

All coaches/activity sponsors should file all correspondence concerning athletics/activities for future reference.

**600.16 Coach Associations**

1. Coaches are encouraged to join and participate in the Wyoming Coaches Association.
2. Coaches are encouraged to join the National Coaches Association.

**600.17 Weight Room**

1. Program Objectives
  - a. To properly utilize a weight training facility in the best interest of all students.
  - b. To provide adequate coaching technique in weight training.
  - c. To provide program alternatives for achieving specific results.
  - d. To insure that the proper safety measures are being employed during all training sessions and classes.
  - e. To provide responsibility in the proper care of equipment.
  - f. To allow for weight training consultation for all athletic squads and physical education instructors.
  - g. To make available opportunities for students to enjoy the benefits derived from a sound weight-training program on a year-round basis.
  - h. To attempt to reduce sport connected injuries through well-developed conditioning.
  - i. To present a program for self improvement that is open to all students, regardless of athletic affiliation.
2. Weight Room Rules
  - a. Shirt and shoes are required at all times.
  - b. NO ONE IS ALLOWED in the weight room alone.
  - c. All students must be under the supervision of the instructor/coach assigned to the weight room.
  - d. Lifters must work with a partner.
  - e. Replace all weights on racks immediately following use.
  - f. **Know your limits!** Work with the instructor in determining your limits.
  - g. Do the lifts **correctly**. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.

- h. Warm up with proper stretching exercises.
- i. Remember strength training is not only a supplement to other athletic programs, but also a highly skilled activity itself.
- j. Out of school hours must be cleared with the principal.

**600.18 Team Pictures**

The following businesses or school organizations will be responsible for taking team and individual pictures:

- 1. NCHS Annual Staff
- 2. LMS Annual Staff
- 3. The Lusk Herald
- 4. Gibson Studios

**600.19 Practice Schedules**

The head coach will be responsible for planning and publishing daily practice schedules.

**700.0 SPECIFIC POLICIES RELATED TO ATHLETICS/ACTIVITIES**

**700.1 File: IGDJ**

- 1. Niobrara County School District will retain membership in the Wyoming High School Activities Association (WHSAA), and the Southeast District Association of the WHSAA. The dues and fees necessary for such membership will be paid and other requirements prerequisite to membership will be met.
- 2. It will be the policy of Niobrara County School District that rules of training and conduct will be established for all activities of an Interscholastic nature. These rules will be written by the Athletic Director, Coaches, Activity Sponsors; approved by the administration and board; vigorously and impartially enforced.
- 3. It is further realized that the Athletic Director, Coaches, Activity Sponsors, Administrators and Board personnel are not policemen, and that the primary responsibility for outside school supervision rests with the parents/guardians. It will therefore be the duty of the Building Principal to see that each parent/guardian or guardian of the participant is notified of the school policy and their cooperation requested.
- 4. The Administration and Board have directed that:
  - a. To participate a student must have passed five solid subjects the previous semester.
  - b. Any student with excessive absence due to illness will not be allowed to participate if there is any danger to the health or academic standing of the student.
  - c. Students will know and understand that the organizations are theirs and their school's, and as such, all conduct will reflect upon themselves and their community.
  - d. Participating students will be expected to follow fully the rules of the school and be leaders in this enforcement.

700.2           **File: IGDJ-R**

1. While the major portion of this regulation is directed at all student athletic teams, all interscholastic activities of Niobrara County School District fall under that jurisdiction of the school, and student participants will abide by the regulations established. Further, it is the belief that a student's conduct and behavior reflect on the school and the activity. Therefore, not only the rules of the school, but the laws of city, county, and state are to be obeyed so as not to discredit the school or the activity in which the student is a participant.
2. All coaches, directors and/or sponsors of all extracurricular programs will have the right to establish dress and appearance standards consistent with the needs of the extracurricular program. Keeping in mind that as representatives of Niobrara County School District #1, all personnel and students should act and dress according to the standards expected by the community of the school district.
3. Students should not request special permission to ride home with their parents/guardians on an out-of-town activity unless it is absolutely necessary. If this has to be done, a note must be written by the parent/guardian and given to the person in charge of this activity. The student will be released only to the parent/guardian after the activity. Unless this procedure is followed, the coach or activity sponsor will not release students and the student will ride to the school in the school transportation provided for that activity.
4. All students must have a physical examination by a medical doctor at student expense, which attests to the student's physical fitness for participation in athletic activities.
5. If a student checks out equipment for an activity, the student will be expected to attend all practices scheduled by the coaching staff or activity director. Further, since the co-curricular program is an integral part of the school program, a student is expected to regularly attend school and absences should be minimal.
6. If a student misses school the day of the activity, he will not be allowed to participate in that activity. If he misses school on Friday, he may not participate in any of the weekend activities for that week. The Principal/Designee will make all final decisions on eligibility.
7. In return for this loyal student participation to a particular activity, the school will make every effort to provide the appropriate equipment, professional personnel, and the facility in which to carry on the activity. The school will make every effort to provide the opportunity for students of Niobrara County School District to compete with students of other schools in the conferences or locally.
8. The basic rules for each sport have been compiled by the coaching staff of each activity and are the basic rules of that activity. It is to be understood that the coaches may, at their discretion, add rules as needed, or in the absence of specific rule, make decisions and recommendations.

9. A student may not compete in two sports at the same time. Furthermore, during a season when one sport or major portion of one sport is over, a student may not switch to another sport which runs concurrently.
10. All awards and certificates given by Niobrara County School District will comply with the amateur status as spelled out in the Handbook of the Wyoming High School Activities Association.
11. The principal will make all final decisions on eligibility.

### **700.3 General Rules of Eligibility**

1. The following rules are minimum requirements and member schools may establish additional rules that will benefit the particular case.
2. The following rules apply to all interscholastic activities:
  - a. Must have passed in at least five subjects in the previous semester.
  - b. Must meet Student Handbook eligibility requirements.
  - c. Must be enrolled in not less than 20 class hours of work.
  - d. Must be under twenty years of age on August 1 for fall sports, November 1 for winter sports, and March 1 for spring sports.
  - e. Must not have competed on any All-Star team without approval of WHSAA Board of Directors.
  - f. Must be an amateur - one who has never used and is not now using his/her knowledge of athletics or athletic skill for gain.
  - g. Must not have participated in athletics with any college or university group.
  - h. Must meet WHSAA practice requirements.
  - i. Must not participate with an independent team while a member of his/her high school competing squad is in the same sport.
  - j. Must have been in residence at the school represented for 88 school days unless:
    - 1) Entered upon ninth grade work for the first time.
    - 2) Transferred into a school due to a move on the part of parent/guardian/legal guardian.
    - 3) Assigned to a foster home by court order.
    - 4) From a school which has been discontinued or consolidated.
    - 5) If living with guardian, sanctioned by a district court.
    - 6) Did not compete in the same activity which is being participated in at varsity level at new school during 12 months prior to enrollment at new school.
  - k. Must not have been in attendance for more than four fall or four spring semesters, for a total of eight semesters. These semesters will be counted consecutively after the student enters the ninth grade.
  - l. Must not have changed schools due to influence by any person or persons or promises of preferential treatment.
  - m. Must have had a physical examination prior to first practice.
  - n. Schools must:
    - 1) Have on file, athlete's physicals before they participate in practice or games.
    - 2) Have on file, in the office (before competition), a master eligibility list of all students participating in interscholastic activities.
    - 3) Submit transfer slips, in duplicate, for pupils transferring into their school.

- 4) Be sure they have sent an athletic schedule, including names of officials for home events, to all schools with whom they are competing, and to the WHSAA/office.
- 5) Hire only WHSAA/WSOA registered officials.
- 6) Obtain sanction for interstate activities at least 30 days prior to the event.
- 7) Check the number of practice days for each participant.

#### **700.4 Meal Allowances**

When feeding students on athletic/activities trips, it is recommended that sponsors make every effort to keep the total amount for the day \$22.00 or under per student.

#### **700.5 Awards (WHSAA Handbook)**

1. Only symbolic awards without any intrinsic value may be accepted by a student athlete as a result of participation in school or non-school competition in a sport that is sanctioned by the WHSAA
2. A student may receive the following without violating this standard: unattached school letters or emblems, medals, ribbons, plaques, trophies, certificates, or other similar symbolic awards.
3. A student shall not have accepted the following types of awards: services, cash gift certificates, or merchandise items such as jackets, sweaters, equipment, jewelry, blankets, balls, watches, etc., regardless of their value. However, awards to graduating seniors may be in form of sweaters, jackets, or blankets.
4. In recognition of achievements in the school athletic program, a school shall not present to its students or permit presentation by others to its students any awards other than symbolic (non-merchandise) awards as specified 700.5 #2.
5. A limitation of \$100 is placed on the retail value of any symbolic award if presented by other than the school, and the person or organization presenting the award may do so only with the approval of the school administrator.
6. A banquet sponsored by other than the school shall not constitute a violation if arranged with the approval of the school administrator.
7. Awards in the form of high school scholarships or concessions on tuition because of athletic ability shall cause the student to become ineligible for future competition in all interscholastic sports.
8. The student and the school shall be held accountable to the Association for any violation of this rule by individuals or groups before, at, or after graduation.
9. This standard shall not prevent a student from signing an agreement which binds him/her to play only for a particular team or an athletic letter-of-intent with a university or college.

10. Application for reinstatement to eligibility may be filed with the commissioner 365 days from the date of violation. However, the commissioner shall not reinstate to eligibility a student who has received a scholarship, concession on tuition, or direct or indirect financial aid because of his/her ability.

**700.6 Open Gyms/Facilities (WHSAA Handbook)**

1. The WHSAA approves of open gyms/facilities that are not limited to specific team candidates.
2. Open gyms/facilities are for students to use on a voluntary basis without pressure from the coach.
3. A coach violates the intent of the open gym/facility when he has mandatory or "so-called" voluntary attendance at open gyms/facilities. "So-called" voluntary attendance is an implied requirement for an individual to attend open gyms/facilities as pre-requisite to team membership.
4. Coaches cannot use the open gym/facilities to coach team techniques of activities provided in the school's interscholastic athletic program.

**700.7 Specialized (Individualized technique) Sports Camps (WHSAA Handbook)**

1. Specialized sports camps for all athletic activities are permitted with no stipulation concerning the number of participants from any single school.
2. A high school student may attend any individual or team specialized sports camp/clinic of his/her choice.
3. No coach or school representative may directly or by implication direct a student to attend camps/clinics as a condition to practicing, participating, or otherwise influencing a student's opportunity to participate in any school interscholastic athletic program.
4. No student shall participate in a specialized sports camp/clinic during which individual skills are taught for a period greater than two calendar weeks (fourteen days) during any calendar year in which any of his/her coaches or high school faculty members are involved.
5. There shall be no participation in a specialized sports camp/clinic the two weeks prior to the beginning of a sport season if the student's coach(es) is a clinician.
6. The athletic camp fee (tuition) shall be paid by the student athlete or his/her parents/guardians. No school funds may be used for entry fees, equipment, transportation, or uniforms. Fund raising activities sponsored by a member school to send athletes to camp are illegal.
7. Students who attend specialized sports camps will not be covered by school insurance.

**700.8 Out of Season Practice Rule (WHSAA Handbook)**

1. These rules are intended to regulate only those WHSAA activities that are sponsored by the school.
2. Member schools subscribe to rules and regulations governing the start and close of each sport season. Each sport's season begins with the starting practice date for that sport and ends after the state culminating event in that sport.
3. The use of high school gymnasiums and other athletic facilities between the close of one season and the opening of the next season is permitted. However, there shall be no compulsion for athletes to participate in any out-of-season training program as a qualification for being on a high school team. Between seasons, student athletes shall be encouraged to participate in a broad range of activities and shall not be compelled to participate in pre-season or post-season programs in lieu of succeeding activity programs. Athletes shall be permitted to choose their activities in the off-season without compulsion of coaches.
4. School team practice during the school calendar year outside of the sport season is a violation of the out-of-season rule and cannot be included in an out-of-season training program. Coaches may work with individuals on individual sports techniques out-of-season at a participant's request. However, team concepts may neither be taught nor practiced through support of a member school. Coaches may coach non-school teams but may not receive member school support except for use of facilities. Except for supervision of open gyms as provided in WHSAA Rule 5.5.0, contact between coaches and potential participants must cease and desist two weeks prior to the first allowable practice date.
5. Intramural programs organized in between regular seasons must be conducted in a manner which may not be construed as organized practice.
6. Schools offering instruction in any sport as a part of their regular physical education program must be certain that classes are conducted in a manner which may not be construed as organized practice.
7. Participants on a non-school team must furnish their own clothing (sweat suits, pads, shoes, etc.). In addition, school-issued individual equipment may not be provided for the participant on a non-school team.
8. A summer weight program is not a violation as long as it is handled as an activity in a program and is open to all youngsters in a given area.
9. As designated by rule, each season ends on the last day of the state culminating event for each respective sport. Seasons in addition to the designated seasons by rule are not permitted (for example, spring football is prohibited).

#### **800.1 Athletic/Activity Training Rules**

1. It will be the policy of Niobrara County School District that rules of training and conduct will be established for all activities of an interscholastic nature. These rules were written by the 1995-96 Discipline

Committee; approved by the Administration and Board; and will be vigorously and impartially enforced.

2. It is further realized that the Athletic Director, Coaches, Activity Sponsors, Administrators and Board personnel are not **directly** responsible for a participant's outside school conduct, and that the primary responsibility for outside school supervision rests with the parents/guardians. It will therefore be the duty of the Building Principal or Athletic Director or Coaches or Activity Sponsors to see that each parent/guardian of the participant is notified of the school policy and their cooperation requested.
3. The Administration and Board implicitly direct all coaches and activity sponsors to investigate all reports on non-training fairly and impartially and make no exceptions in enforcing the Athletic/Activity Training Rules Policy.
4. Niobrara County School District recognizes that the use of mood altering chemicals (tobacco, alcohol, drugs-not prescribed by a doctor) is a significant health problem for many adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. Adolescent use and abuse of tobacco, alcohol and other drugs likewise affects the development of skills related to participation in extra-curricular activities.
5. Niobrara County School District supports education and awareness training for administrators, athletic directors, coaches, student advisors, athletic/activity participants and parents/guardians. This training would cover adolescent chemical dependency use/abuse problems, including the symptomology of chemical dependency and special problems affecting extra-curricular activities.

6. **RULES**

- A. A student shall not use a beverage containing alcohol (regardless of quantity); use tobacco (in any form); or have in possession, buy, sell, or give away any substance defined by law as a drug or look-alike drug. It is not a violation for a student to be in the possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

These training rules are in affect beginning when the signed and dated form is turned into the coach or sponsor and ending when the coach or sponsor checks them out of the activity. These rules apply to the students for this entire time regardless of where the student is. Participants may not practice or participate in any NCHS or LMS activities until these rules have been signed, dated and turned into the coach or sponsor.

B. **DISCIPLINARY ACTION - TOBACCO**

Students are prohibited from possession and/or use of tobacco while under the School District's jurisdiction.

On the first offense of this policy, depending upon the severity and circumstances, the building principal will have the discretion of placing the student in Saturday School for 2-3 days, or suspending the student for 3-4 days. The student may be readmitted after the parent/guardian and student meet with the principal and an agreement is reached.

Further similar offenses by the student during the school year will require the student and his parent/guardian to appear before the superintendent to show cause why he should not be expelled for the remainder of the school year. The principal may recommend a disciplinary action other than expulsion to the Board. If the behavior persists, it will be treated as continued, willful disobedience. Legal authorities will be notified in all cases.

On a first offense, a student must miss one school calendar week of activities.

Activity participation includes attending any school event as a spectator and/or participant.

Further violations for students will result in the student's removal from activities for a period of three school calendar weeks.

If the violation occurs at the end of a season/activity, the penalty will be enforced during the next activity in which the student participates.

The school district also will take action to require counseling for students who violate this policy. Such counseling may be provided by school personnel or through other agencies at student expense.

**C. DISCIPLINARY ACTION - ALCOHOL**

Students are prohibited from possession and/or use of alcohol while in the School District's jurisdiction.

On a first offense of this policy, depending on the severity and circumstances, the building principal will have the discretion of placing the student in Saturday School for 3-5 days, or suspending the student for 4-10 days. The student may be readmitted after the parent/guardian and student meet with the principal and an agreement is reached. Further similar offenses by the student during the school year will require the student and his parent/guardian to appear before the superintendent to show cause why he should not be expelled for the remainder of the school year. The principal may recommend a disciplinary action other than expulsion to the Board. If the behavior persists, it will be treated as continued, willful disobedience.

Legal authorities will be notified in all cases.

On a first offense a student must miss two school calendar weeks of activities.

Activity participation includes attending any school event as a spectator and/or participant.

Further violations for students will result in the student's removal from activities for a period of four school calendar weeks.

If the violation occurs at the end of a season/activity, the penalty will be enforced during the next activity in which the student participates.

The school district also will take action to require counseling for students who violate this policy. Such counseling may be provided by school personnel or through other agencies at student expense.

**D. DISCIPLINARY ACTION - ILLEGAL DRUGS**

Students are prohibited from possession and/or use of illegal drugs while under the School District's jurisdiction.

On the first offense of this policy, the student will be suspended for 10 days. The student and his parent/guardian will appear before the superintendent to show cause why he should not be expelled for the remainder of the school year. The principal may recommend a disciplinary action other than expulsion to the Board. If the behavior persists, it will be treated as continued, willful disobedience.

Legal authorities will be notified in all cases.

Students in activities will immediately be suspended from activities for 88 school days. (WHSAA semester definition). On a second offense, the student will be barred from activities at NCSA.

Activity participation includes attending any school event as a spectator and/or participant.

The school district also will take action to require counseling for students who violate this policy. Such counseling may be provided by school personnel or through other agencies at student expense.

I, the undersigned, have read and understand fully the athletic training rules and agree to abide by this policy. Athletes will not be allowed to practice until this form is signed, dated and returned to the coach/sponsor.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

I, the parent/guardian, have read, understand, and will fully support enforcement of the athletic/activity training rules policy. I permit \_\_\_\_\_ to participate in Niobrara County School District athletics/activities.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**CONSENT FOR TREATMENT**

Niobrara County School District #1  
Lusk, Wyoming

As parent/guardian of \_\_\_\_\_, I hereby give my consent for any emergency medical as approved by his/her coach or other adult escort, in case of illness or injury while participating in the 20\_\_ - 20\_\_ Activity Programs.

I understand that this is to prevent undue delay and assure prompt treatment and that only a licensed physician will be engaged for such an emergency.

Signed: \_\_\_\_\_  
(Parent/Guardian)

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Parents/guardians will be notified in case of serious illness or injury as quickly as they can be reached, but this form will make immediate treatment possible.

Please list any pertinent information that may help in this situation. (e.g., allergies, eye contacts, medications, etc.)

\_\_\_\_\_  
Family Physician

\_\_\_\_\_  
Allergies

\_\_\_\_\_  
Other

\_\_\_\_\_  
Other

**CONSENT FOR TREATMENT FOR  
ACTIVITIES OTHER THAN SPORTS**

Niobrara County School District #1  
Lusk, Wyoming

I, the undersigned, do hereby grant permission for my child,  
\_\_\_\_\_

Student Name

to attend \_\_\_\_\_ on \_\_\_\_\_ as a school sponsored event.  
School Event Date

Members in attendance are hereby authorized to take whatever action is deemed necessary for the health of said child including treatment at the nearest medical facility in the event of an emergency.

The said child has my permission to take the following medication:

\_\_\_\_\_  
Medication

\_\_\_\_\_  
Dosage

\_\_\_\_\_  
Time of Day medication is to be given

\_\_\_\_\_  
Purpose of Medication

Please list severe allergies to medications or food:

\_\_\_\_\_

Please list the phone number(s) where you may be reached:

\_\_\_\_\_

OR

\_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date