

SPARTAN ATHLETICS



STUDENT/PARENT HANDBOOK

2019-2020

Equal Opportunity Statement/Notice of Nondiscrimination:

Bixby Public Schools, as an equal opportunity educational provider and employer, does not discriminate on the basis of race, color, religion, sex, national origin, disability, and/or age in educational programs or activities that it operates or in employment decisions. The district provides equal access to the Boy Scouts and other designated youth groups. The District is required by Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, and the Age Discrimination Act of 1975, as amended, not to discriminate in such a manner. (Not all prohibited bases apply to all programs.) If you suspect discrimination please contact: Title IX, Section 504, Discrimination Employment Issues: Rob Miller, Superintendent, at [918-366-2200](tel:918-366-2200). Title IX, Discrimination, Section 504 Student Issues: Rob Miller, Superintendent, or Lydia Wilson, Assistant Superintendent at [918-366-2200](tel:918-366-2200). General questions about the District should be directed to [918-366-2200](tel:918-366-2200).

The following person has been designated to handle inquiries regarding the non-discrimination policies:

Rob Miller, Superintendent, 109 North Armstrong, Bixby, OK 74008.
[918-366-2200](tel:918-366-2200)

For further information on non-discrimination contact:

The OCR office for Oklahoma is located at: Kansas City Office, Office for Civil Rights, U.S. Department of Education, 8930 Ward Parkway, Suite 2037, Kansas City, MO 64114-3302.
Telephone: [816-268-0550](tel:816-268-0550); FAX: [816-823-1404](tel:816-823-1404); TDD: [877-521-2172](tel:877-521-2172).
Email: OCR.KansasCity@ed.gov

TABLE OF CONTENTS

Bixby Student Athletic Philosophy	pg 1
Student-Athlete Priorities	pg 1
Mission Statement	pg 1
Sport Offerings	pg 1
Schedules/Sports Websites/Directions	pg 2
Participation Requirements	pg 2
Objectives and Outcomes of Participation	pg 2
Academic Eligibility	pg 3
Student Absences	pg 3
Student Activity Absences (Policy 2136)	pg 3-4
Student Athletic Awards and Honors	pg 5
Student-Athlete Expectations	pg 5
Parent Expectations	pg 6
Parent/Student-Athlete/Coach Relationship	pgs 6-7
Student Participation (Policy 2136)	pgs 8-9
Equipment	pg 9
Locker Room	pg 9
Transportation	pg 10
Spartan Drug Policy BOE 2149	pg 10-13
Spartan Drug Policy BOE 2150	pgs 13-19
Certified Athletic Trainer(s)	pg 19
Injuries	pg 19
Athletic Training Room	Pg 19
Concussion Law/Protocol	pgs 19-22
Multi-Sport Athlete	pg 23
Accident Insurance	pg 23
Bullying	pg 23-24
Transgender Student-Athlete Protocol	pgs 24-25
Hazing	pgs 25-26
Sudden Cardiac Arrest Information	pgs 26-27
OSSAA Eligibility Rules	pg 28
NCAA/NAIA/NJCAA Eligibility	pg 28

BIXBY SPARTAN ATHLETIC PHILOSOPHY

The Bixby High School Athletic Department provides students with opportunities in interscholastic athletics in accordance with the missions of Bixby Public Schools. It is our belief that interscholastic athletics greatly enhance the educational experience of all students involved, provide lifelong learning experiences, and develop leadership qualities in our students, which are all important to a student's education.

Participation in athletics at Bixby Public Schools is a privilege. With this privilege comes the expectation of exemplary moral character displayed through good sportsmanship and respect for one's school, coach, teammates, opponents, officials, facilities, and equipment. We expect athletes and coaches to understand and embrace BPS's athletic philosophy. In return, the athletic department is truly student-centered with the best interests of the student-athletes always at the forefront. Coaches are role models and mentors, and this responsibility should be reflected in all of their actions.

Every sport, coach, and individual student-athlete will be treated fairly by the Athletic Administration at BPS, and new opportunities for our student-athletes will be constantly pursued. Diversity is embraced within the Athletic Department, and no student-athlete or coach will be discriminated against or subject to harassment of any form.

The Spartan Athletic Department will follow all rules and regulations established by the Oklahoma Secondary Schools Activities Association, the Frontier Valley Conference, and the Bixby Public Schools Board of Education and Administration.

STUDENT-ATHLETE PRIORITIES

1. Family
2. Academics
3. Athletics

MISSION STATEMENT

To provide student-athletes with the opportunity to compete at the highest level while fostering and contributing to the development of high athletic standards in the course of personal growth and development through leadership, competition and sportsmanship. Student-athletes will be developed into well rounded, healthy and productive citizens to be the BEST in 6A and beyond. This will be done at all facilities and environments where we compete/practice all day, every day, and for life.

SPORT OFFERINGS 8th Grade through 12th Grade*

FALL

Cheer
Cross Country
Dance
Football
Softball Fast-Pitch
Volleyball

WINTER

Basketball
Cheer
Dance
Swimming
Wrestling

SPRING

Baseball
Cheer- STUNT
Golf
Soccer
Softball Slow-Pitch
Tennis
Track

*7th Grade Exception: 7th Grade students may be allowed to participate if not enough 8th graders try out or come out for a particular team. In such cases, the Head Coach shall petition the Athletic Director for the inclusion of one or more 7th Grade students to be included on the team, if the Head Coach feels it necessary in order to have a sufficient number of players for a complete team.

SCHEDULES/SPORTS WEBSITES/DIRECTIONS

All athletic contest schedules and directions can be found on our athletic website at:

<http://bixbyspartanathletics.com>

Important announcements, links, and athletic documents can also be found on the athletic website. Please refer to this site for the most updated sports calendars, tryout dates, staff directory, etc. All parents should familiarize themselves with the site, as it almost always contains the information for which you are looking.

PARTICIPATION REQUIREMENTS

In order to participate in athletics at Bixby Public Schools, a student must:

- Be enrolled in Bixby Public Schools
- Have an up to date **physical examination** must be on file with the Certified Athletic Trainer(s). Physical examinations are required for students each year. All physicals given for OSSAA participation must be given no earlier than May 1st of the preceding year in which the students are to participate and before the first day of practice in that student's particular sport. The physical will be valid from the date of the physical given until the next required physical. Parent(s) or guardian(s) must sign the **parental consent form** each year before the student participates in any organized athletic practice session including contest participation.
- The following forms must be completed online at <https://bixbyisd.rankonesport.com>:
 - OSSAA Eligibility Form
 - Pre-Participation Signature Forms
 - Concussion and Head Injury Acknowledgement Form
 - Oklahoma Statute: Section 822.1 of Title 70 Acknowledgement Form
 - OSSAA Recruiting Acknowledgement Form
 - OSSAA Sudden Cardiac Arrest Acknowledgement Form
 - Student Parent Handbook Acknowledgement Form
 - General and Medical Information Form
 - Emergency Contact Information
 - Release of Medical Information
 - Insurance Release
 - ImPACT Information and Permission

There is no doubt that participation in athletics can enhance the overall educational experience for every student through the development of teamwork, leadership, and sportsmanship. However, participation in athletics is strictly voluntary, and thus, it is a **privilege** and **not a right!** Therefore, all student-athletes are expected to abide by the Bixby School Board Policy 2136 listed on page 8 of this handbook.

OBJECTIVES AND OUTCOMES OF PARTICIPATION

Athletics enhance a successful curriculum by strengthening opportunities that:

- Foster student leadership development.
- Support future academic or career options.
- Promote involvement in the school and the community.

As a result of their participation in interscholastic athletics, student-athletes will be able to:

- Demonstrate good sportsmanship and ethics of competition.
- Respect the integrity and judgment of officials, coaches, and school personnel.
- Develop desirable personal health habits.
- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity.
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport.
- Demonstrate the ability to work with others toward common goals and objectives.
- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage.
- Most importantly, enjoy the involvement and participation in interscholastic athletics.

ACADEMIC ELIGIBILITY

Athletes are responsible for meeting academic standards. In compliance with the OSSAA and BOE policy 2135, eligibility will be determined at the end of fourth week of a semester and weekly thereafter on Friday at 2am. Each subsequent week until the end of the semester, a probation and ineligible list will be issued. The weekly ineligibility period will begin Monday and continuing through Sunday.

STUDENT ABSENCES

If a student is suspended, they cannot practice or participate in contests on that day. If a student has a documented absence, such as a funeral or a doctor's appointment, they may participate that day. In order to be eligible to participate in a contest, a documented absence must be approved by the Principal.

STUDENT ACTIVITY ABSENCES (Reference to Policy 2136)

It is the desire of the Board of Education for all students to be in attendance in their regularly scheduled classes so that maximum learning can occur. Educational programs are built on the foundation of continuity of instruction and participation in the classroom setting. Consistent classroom attendance can assist students toward development of strong work habits, responsibility, and self-discipline. Since the educational merit of the co-curricular and extracurricular programs is recognized, the goal of the Board is to facilitate a balanced education for each student. Whether an absence from school is excused or not is determined in accordance with state law and school policies regarding attendance and excused absences.

To ensure a balance between the curricular and extracurricular and co-curricular components of our school program, however, in no event shall students be permitted to be absent from the classroom more than ten (10) times for any one class period of each school year to participate in co-curricular/extracurricular programs and activities whether sponsored by the school or an outside agency/organization ("activity absences").

The school principal is responsible for establishing a school procedure for monitoring the activity absences of students as well as notifying students and their parents about the attendance policy and number of activity absences accumulated in a school year. An activity absence is defined as any co-curricular or extracurricular program activity sponsored by the school or an outside agency/organization and at the convenience of the school/agency which causes a student to be absent from class during the school day.

The following activities are not included in the above category. Therefore, absences caused by participation shall be counted toward the maximum:

1. Class or school program trip/field trip during the school day in which the student is absent from a class other than the class taking the trip/field trip
2. Individual or team game, practice, rehearsal, preparation, contest, or competition (this includes all athletic and non-athletic events). Performances and shows by school groups are also included.
3. Student organizational meetings and conventions, both at the school and away from the school.

The following activities will NOT be counted against the permissible ten (10) day absence regulation:

1. School counseling, health and administrative services.
2. School testing services.
3. School-wide programs or assemblies approved by the principal.

4. State and national level contests for which the student earned the right to participate. (subject to BOE approval)
5. Legislative page.

Unless an appeal is timely filed and approved, once a student has accrued ten activity absences for any one class period, the student is no longer eligible to be absent from said class for the remaining portion of the year due to an activity absence.

Appeals of the ten day absence rule shall be heard by the Internal Activities Review Committee (IARC).

Authorization is given for the IARC to be established in each school to serve as a review panel for activity absences affecting student's participation in co-curricular and extracurricular activities programs. A student/parent who desires to request permission to exceed the 10 activity absence rule may appeal to the IARC for permission to take a maximum of 15 activity absences. Such appeal must be submitted in writing to the school's principal. The appeal request must be received by the school principal after the student's 5th activity absence and within a minimum of five school days prior to the anticipated 11th activity absence. The appeal request by the student/parent must stipulate the reason(s) for the appeal. The decision of the IARC is final as the right of appeal to the Board of Education is not extended to decisions regarding the ten day activity absence rule.

In cases of an appeal, the IARC shall meet and review the respective positions of the student/parent and shall make a decision, after reviewing the appeal, as to whether or not to grant an additional one to five activity absence days to the ten per year allowed by this policy. In contemplating the appeal, the IARC shall consider the student's academic, overall attendance, and discipline records. The final decision of the IARC shall be reduced to writing by the site or district administrator reviewing the appeal as a member of the IARC and provided to the student/parent, coach/sponsor, and the superintendent (or his designee). The student/parent may be interviewed by the IARC at the discretion of the IARC prior to making a decision regarding the appeal.

If the IARC does not resolve an issue of activity absence to the satisfaction of a parent/guardian or student who has reached majority, a signed written complaint must first be filed with the local board of education. If the complaint is not resolved at the local board level then the complaint should be promptly filed by parent, guardian, or student who has reached majority with the Accreditation Section of the State Department of Education and will be determined by the guidelines found in the administrative regulation entitled "Co-Curricular and Extra Curricular Programs and Activities", codified as 210:35-17-2. The decision of the Accreditation Section as to the student's activity absences shall be binding on the District and the parent/guardian or student who has reached majority

The IARC shall be responsible for reviewing and recommending any revision of this policy to the superintendent and the Board of Education.

Composition of the Internal Activities Review Committee (IARC)

The IARC will be five to nine person committee to include, at a minimum, the following

1. Site or District Administrator
2. Site Classroom Teacher
3. District Athletic Director
4. District Activity Director
5. Site Coach/Sponsor

Additional members of the IARC may be added at the discretion of the site principal from the following categories:

1. Site or District Administrator
2. Site Fine Arts Director
3. Site Classroom Teacher

4. Site Coach/Sponsor
5. Site Counselor
6. Site Support Staff Member

~5~

STUDENT ATHLETIC AWARDS AND HONORS

LETTER – BOE Policy 2128: It is the policy of the Bixby Board of Education that the school athletic letter and the right to wear the letter award are earned by athletes who have represented the school in athletics and have met the established requirements. The athletic letter is the highest award conferred by the Department of Athletics and may be worn only by the school's best athletes.

The letter award shall consist of a certificate and a cloth letter “B” that may be worn on a jacket or sweater. The cloth letter is a one-time award and will be awarded free to each qualifying student athlete. The letter is a symbol of achievement and is to be considered an honor to win and to wear. Student athletes wearing the letter must remember that, to the world at large, the emblem stands for the school and that our school will be judged by their conduct. Such conduct should reflect credit upon the name of the school.

CONFERENCE: Other awards and honors which might be awarded by the conference include individual certificates based on academic achievement and season achievements/stats.

OCA ALL-REGION & ALL-STATE: These are two other honors senior athletes may qualify for nomination to the OCA sports specific committee.

STUDENT-ATHLETE EXPECTATIONS

As stated previously, participation in athletics at BPS is a privilege and not a right. With this privilege comes high expectations. We expect our student-athletes to pursue excellence in their athletic endeavors. High school sports are extremely competitive, so we have some basic expectations across all sports that will help our teams and individuals excel:

- **Represent BPS with class, dignity, and sportsmanship at all times** - Bixby is bigger than any one individual or team, and any unsportsmanlike behavior reflects negatively on the entire school. Our student-athletes are expected to promote a positive image of the school at all times through their actions and language both in victory and defeat.
- **Daily attendance at practice** – In-season practices are mandatory and should not be missed except for additional academic work, illness, or family emergency. Missed practice time may have consequences.
- **Participation in off-season and summer workout programs when conflicts do not exist** – The current landscape of high school athletics will not allow our teams to be successful if our student-athletes only work on their sport in-season. Student-athletes must work year around to improve their skills in every sport in which they participate whether that is on their own or through BPS off-season programs. **Participation in off-season or summer programs does not guarantee a student-athlete will make that team when the season tryouts occur. The workouts are meant to improve the skills of those involved to give them a better chance of making the team.**
- **Follow all OSSAA, school, athletic department, and team rules** – The OSSAA, school, and athletic department policies are the same across the board, and each team develops its own set of rules that all student-athletes are expected to follow. Violations of any of these rules and policies will result in consequences that are outlined in the OSSAA rules, the BPS student handbook, the student-athlete handbook, and the team rules, respectively.

Adherence to these expectations does not guarantee playing time. Due to the competitive nature of our athletic programs, there are no requirements for all athletes to receive playing time. All playing time decisions are left to individual coaches.

~6~

PARENT EXPECTATIONS

Parents should demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials to foster a positive, enjoyable experience for all student-athletes.
- Recognizing that student participation in athletics is a privilege.
- Using good sportsmanship as spectators and conducting themselves in a manner that reflects well on both the team and the school.
- Promoting the team by being supportive and helpful of the school program.
- Refraining from coaching their student from the stands or sidelines.
- Expecting consistent student attendance at practices and games.
- Being supportive of BPS athletic programs in public.

Parents should create a positive and supportive environment to promote their student-athletes' well-being by:

- Supporting good conditioning and healthy lifestyle habits.
- Placing the emotional and physical well-being of their child ahead of personal desire to win.
- Expecting their child to play in a safe and healthy environment.
- Supporting their son/daughter in planning how to meet their academic responsibilities, given the demands of training and practice.
- Being a role model for other parents by remaining positive at sporting events.

The Athletic Department highly suggests parents to review the free online National Federation of State High School Associations course titled, *The Role of Parents in Sports*. Please go to www.nfhslearn.com and take the course.

PARENT/STUDENT-ATHLETE/COACH RELATIONSHIP

The Parent/Student-Athlete/Coach relationship is one of the most fundamental and essential components of a successful Athletic Program. Communication from all parties is integral to ensure this relationship stays positive and helps the Student-Athlete thrive in their sport. As parents, when your son/daughter becomes involved in our program, you have a right to understand what expectations are placed on him. This begins with clear communication from the coach of your child's team.

Communication Parents Should Expect from Their Child's Coach

- A pre-season parent meeting.
- A copy of the team rules/expectations.
- Expectations the coach has for your child as well as all the players on the team.
- Location and times of all practices and contests.
- Team requirements, such as fees, special equipment, and off-season conditioning.
- Notice of a violation of team rules that results in denying your child's participation.

Communication Coaches Expect from Parents

- Concerns expressed directly to coach in accordance with the policy outlined below.

- Notification of any schedule conflicts well in advance.
- Any medical or injury issues that need to be monitored with your child.

~7~

Athletic Issues Procedure

As your child becomes involved in the programs at BPS, he/she will experience some of the most rewarding moments of his/her life. The athletic department also recognizes that there may also be times when things do not go the way you or your child planned. At these times, a discussion with the coach is encouraged. In an effort to improve direct communication during these rare occurrences, we ask that you follow these steps:

1. Student-athlete meets with his level coach.
2. Student-athlete meets with the Varsity coach & his level coach.
3. Parent/guardian meets with the level and/or Varsity coach; student-athlete is in attendance.
4. Parent/guardian meets with the AD; level coach & student-athlete are in attendance.

Please follow these steps in order. We are teaching our students to be leaders and responsible adults who can advocate for themselves; so, they need to initiate contact with their coach if they feel there is a problem that needs to be addressed. **We politely request that as a parent/guardian, please do not hinder your child's development by not allowing your child to work through problems themselves. We ask that you not call the coach or AD initially.** In addition, **no student-athlete or parent/guardian should ever approach a coach right after a game.** Emotions can be high, and little progress can come from discussing perceived problems right after a game.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you feel they deserve. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your son's coach. Other areas, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Although we have this policy, it is important to realize that playing time is the sole decision of the coaching staff. No parent or student-athlete should ever approach a coach and ask why he/she is not playing. Instead, a meeting or conversation should be scheduled to discuss what areas the student-athlete needs to improve upon in order to increase his/her playing time. Also, no other student-athletes will be discussed in any meeting. Only the student-athlete involved in the situation will be discussed.

We truly believe that any conflicts can be resolved by following the steps above. Please take note that every step involves the student-athlete. The only time it would be acceptable to skip steps or not

involve your child is if there is an abuse or inappropriate conduct accusation against a coach that necessitates going straight to the Athletic Director.

~8~

STUDENT PARTICIPATION IN SCHOOL CO-CURRICULAR AND EXTRACURRICULAR PROGRAMS AND ACTIVITIES AND DISCIPLINARY/INTERNAL ACTIVITY REVIEW COMMITTEE

(See Full BOE Policy 2136)

The Bixby Schools provide an extensive program of educational opportunities for all students. This includes a strong academic program which is enhanced by co-curricular and extracurricular activity programs designed to give all students an opportunity to participate, to compete, to develop leadership and citizenship skills, and to experience success in worthwhile projects.

Involvement in co-curricular and extracurricular activities is a privilege, and students choosing to participate take on extended responsibilities as representatives of their school and community. These extended responsibilities justify holding students who choose to participate in co-curricular and extracurricular activities to a high standard of conduct as a condition of participation.

The District particularly expects student participants to meet high standards with regard to morality, honesty, school citizenship, sportsmanship, and leadership. Students who choose to participate in co-curricular and extracurricular activities are responsible for behaving in accordance with this policy, and those whose behavior or conduct does not meet this standard will lose the privilege of participating in co-curricular and extracurricular activities.

The expectations for the behavior of our students who participate in co-curricular and extracurricular activities are very clear, and all violations of this policy will result in consequences to the student participant.

This policy for students participating in co-curricular and extracurricular activities is in effect 24 hours a day, 7 days a week, 12 months a year, both inside and outside of school and/or school-related activities.

All students participating in athletic, co-curricular, and extracurricular activities and their parents/guardians must adhere to this policy and sign it. Policy violations and consequences can carry over from one school year to the next.

EXPECTATIONS OF STUDENT PARTICIPANTS IN CO-CURRICULAR AND EXTRACURRICULAR ACTIVITIES

Student participants in co-curricular and extracurricular activities may be suspended from participation in all such activities for misconduct **including, but not limited to,** the following:

- Violation of any prohibited act set out in the Student Discipline Policy;
- Violation of the District drug, alcohol, or smoking policy
- A failure to practice good citizenship in all environments by respecting the property and rights of others. (By way of example only, poor citizenship includes actions such as stealing, vandalism, and other illegal acts.)
- A failure to display proper sportsmanship.
- Using social media and other websites in an inappropriate manner.
- Engaging in hazing, bullying, harassing, or discriminatory conduct.
- Student participants in extracurricular activities will not tolerate other students who are also student participants in any co-curricular or extracurricular activity who fail to live up to the standards of this policy and should immediately report all violations or perceived violations to a coach, sponsor, or school administrator.
- Engaging in inappropriate or unacceptable conduct/behavior.
- Will abide by and be accountable for the individual rules as outlined by the coach or sponsor other than those outlined in this policy.

- Any conduct occurring at any time that has a direct and immediate negative effect on the discipline or educational process or effectiveness of the school, a sports team, an organization, or activity, will result in disciplinary action.
- When, considering the totality of circumstances, a head coach, sponsor, athletic director, school principal, superintendent or superintendent's designee determines that it is in the best interest of the School District for any student participant in co-curricular or extracurricular activities to be suspended from the privilege of participation in any such activity, such suspension may occur.

~9~

CONSEQUENCES FOR VIOLATIONS OF THIS POLICY BY STUDENT PARTICIPANTS IN CO-CURRICULAR AND EXTRACURRICULAR ACTIVITIES

The consequences for violating this policy shall be determined by the head coach, sponsor, athletic director, school principal, superintendent, or superintendent's designee. Consequences are carried over from one sport to the next and from one school year to the next until the entire penalty is served. Furthermore, the student must finish the season in good standing. A student participant suspended for violation of this policy may be allowed to practice with the team or organization (as long as s/he is not suspended from school) but is not allowed to dress for contests, competitions or performances during suspension. Coaches and sponsors may set a stricter standard of behavior as long as it is clearly conveyed, in writing, to the student participant.

Student Discipline in School Co-Curricular and Extra-Curricular Programs and Activities Disciplinary action which affects a student's participation in a student co-curricular/extracurricular activities program shall be the responsibility of the activity sponsor/coach and school administration.

Authorization is given for an IARC to be established in each school to serve as a review panel for disciplinary action affecting a student's participation in co-curricular and extra-curricular activities programs. A student who is suspended and/or removed from a co-curricular or extracurricular program activity may appeal the decision of suspension and/or removal to the school's IARC. Such appeal must be submitted in writing to the school's principal within five school days of notice of the disciplinary action. The appeal request by the student/parent must stipulate the reason(s) for the appeal. Pending the outcome of an appeal, the principal, at his discretion, may reinstate the student to the activity program or continue the suspension and/or removal from the activity program. The decision of the IARC is final as the right of appeal to the Board of Education is not extended to cases of suspension and/or removal from co-curricular or extracurricular activities programs.

In cases of an appeal, The IARC shall meet and hear the respective positions of the student/parent and the coach/sponsor/administrator/superintendent or designee and shall make a decision, after hearing the appeal, to affirm, modify, or rescind the student's suspension and/or removal. **In modifying the discipline decision by the head coach, sponsor, athletic director, school principal, or superintendent/superintendent designee the IARC may INCREASE the consequences imposed on the student if such increase is found to be in the best interest of the District's co-curricular and extracurricular programs.**

The final decision of the IARC shall be reduced to writing by the site or district administrator hearing the appeal as a member of the IARC and provided to the student/parent, coach/sponsor, and the superintendent (or superintendent's designee). The final decision of the IARC is **non-appealable** to any other forum, jurisdiction, or venue.

EQUIPMENT

A great amount of money is spent every year to maintain and upgrade facilities and to purchase and maintain equipment. You, your parents, your friends, alumni, and our community all play a role in financing our programs in some way. So please, take pride in the facilities and equipment and treat them with respect!

Also, student-athletes are responsible for all equipment and uniforms issued to them. Any lost or unreturned equipment/uniforms must be replaced at the expense of the student-athlete. Students will not be allowed to participate in another sport until all equipment is returned or all fees are paid for lost equipment. Seniors may have their diplomas held until their equipment is returned or fees paid.

LOCKER ROOM

Student-athletes are not allowed in the locker room without adult supervision. Only lockers assigned by the coach should be used. All belongings should be **locked** in the locker. No cell phones are to be

used in the locker rooms. BPS is not responsible for lost or stolen items that are not properly secured in a locker.

~10~

TRANSPORTATION

It is policy (6136) of the Bixby Board of Education to allow the use of school buses or other district-owned vehicles for the transportation of students participating in school-sponsored activities under the following conditions:

- Bus or district-owned vehicle use for educational field trips and by student organizations is accepted as an extension of classroom activities.
- When district-owned transportation is used, the student organization using the vehicles may be required to reimburse the district for all or part of the cost of the transportation.
- Students participating in such activities must return in the same vehicle in which they departed unless permission is granted from the activity sponsors to return with parents.
- School patrons will not be permitted to ride school buses on any activity trip unless they are assigned as sponsors by a principal for non-athletic events, or the athletic director for athletic program activities.

BIXBY PUBLIC SCHOOLS

POLICY 2149

DRUG-FREE SCHOOLS: TESTING STUDENTS WITH REGARD TO THE USE OF ALCOHOL AND ILLEGAL CHEMICAL SUBSTANCES

Statement of Purpose and Intent:

- a. The safety of students and employees of the school district is of paramount concern to the School Board.
- b. Students who are under the influence of alcohol or an illegal chemical substance when the student is on school property, at a school sponsored event, in school vehicles, or going to or from a school sponsored event pose serious safety risks to students, employees and the public.
- c. The use of alcohol and illegal chemical substances by students has a direct and adverse effect on the safety, personal health, attendance, productivity and quality of education of all students.
- d. The Board recognizes that all students have certain personal rights guaranteed by the Constitutions of the United States of America and the State of Oklahoma. This policy will not infringe on those rights.
- e. Due to the devastating impact that the use by students of alcohol and illegal chemical substances can have on the safety of students and employees and their adverse effect on a student's ability to perform as a student, the Board will not tolerate students who use, possess, distribute, purchase, sell or are under the influence (as defined in the policy) of alcohol or illegal chemical substances while on school property, at a school sponsored event, in school vehicles, or going to or from a school sponsored event.
- f. This policy will apply to all students of the school district.
- g. Violations of this policy will subject the student to disciplinary action, including out-of-school suspension.

Definitions:

1. "Illegal chemical substance" means any substance which an individual may not sell, possess, use, distribute or purchase under either Federal or Oklahoma law. "Illegal chemical substance" includes, but is not limited to, all scheduled drugs as defined by the Oklahoma Uniform Controlled Dangerous Substances Act, all illicit drugs, such as prescription drugs obtained without authorization and all prescribed drugs and over the counter drugs being used for an abusive purpose (when they are not used in compliance with the prescription or directions for use and are not being used to treat a current health condition of the student). By way of example only, the drugs which may be tested for are: amphetamines, cannabinoids, cocaine, phencyclidine (PCP), hallucinogens, methaqualone, opiates, barbiturates, benzodiazepines, synthetic narcotics, steroids, designer drugs, or any metabolite of any of these substances.
2. "Alcohol" means ethyl alcohol or ethanol and includes "low point" beer.
3. "Under the influence" means any student of the School District who has any alcohol or illegal chemical substance or the metabolites thereof present in the student's body in any amount which is considered to be "positive" for such alcohol or drug or drug metabolites using any scientifically substantiated alcohol or drug use screen test and alcohol, or drug use confirm test.

~11~

4. "Positive" when referring to an alcohol or drug use test administered under this Policy means a toxicological test result which is considered to demonstrate the presence of alcohol or an illegal chemical substance or the metabolites thereof using the cutoff standards or levels determined by the State Board of Health for drug or alcohol testing of students or in the absence of such State Board cutoff levels, the cutoff levels customarily established by the testing laboratory administering the alcohol or drug use test.
5. "School property" means any property owned, leased or rented by the school district, including but not limited to school buildings, parking lots and motor vehicles.
6. "Drug or alcohol use test" means a chemical test administered for the purpose of determining the presence or absence of alcohol or illegal chemical substances or their metabolites in a student's blood, bodily tissue, fluids, products, urine, breath or hair.
7. "Reasonable suspicion" means a belief that a student is using or has used alcohol or drugs in violation of this Policy drawn from specific, objective, and articulable facts and reasonable inferences drawn from those facts in the light of experience, and may be based upon, among other things.
 - a. Observable phenomena, such as:
 - 1) the physical symptoms or manifestations of being under the influence of alcohol or a drug while on school property, at a school sponsored event, in school vehicles, or going to or from a school sponsored event, or
 - 2) The direct observation of alcohol or drug use while on school property, at a school sponsored event, in school vehicles, or going to or from a school-sponsored event.
 - b. A report of drug or alcohol use while on school property, at a school sponsored event, in school vehicles, or going to or from a school-sponsored event, provided by reliable and credible sources.
 - c. Evidence that a student has tampered with an alcohol or drug test.
 - d. Evidence that a student is involved in the use, possession, sale, solicitation or transfer of alcohol or drugs while on school property, at a school sponsored event, in school vehicles, or going to or from a school sponsored event.

Procedures for Alcohol or Illegal Chemical Substance Testing:

Any alcohol or drug use test administered under the terms of this Policy will be administered by or at the direction of a professional laboratory licensed by the Oklahoma State Department of Health and using scientifically validated toxicological methods that comply with rules promulgated by the State Department of Health. The professional laboratory shall be required to have detailed written specifications to assure chain of custody of the samples, proper labeling, proper laboratory control and scientific testing, with all samples to be taken under the supervision of appropriate employees at a school site or site designated by the laboratory. All aspects of the alcohol and drug use testing program, including the taking of samples, will be conducted so as to safeguard the personal and privacy rights of students to the maximum degree possible and shall be conducted under reasonable sanitary conditions. The test sample shall be obtained in a manner which minimizes its intrusiveness.

In the case of urine samples, the samples must be collected in a restroom or other private facility behind a closed stall; a sample shall be collected in sufficient quantity for splitting into two (2) separate samples, pursuant to rules of the State Board of Health, to provide for any subsequent independent confirming analysis of the first sample; the test monitor shall not observe any student while the sample is being produced but the test monitor may be present outside the stall to listen for the normal sounds of urination in order to guard against tampered samples and to insure an accurate chain of custody; and the test monitor may verify the normal warmth and appearance of the sample. If at any time during the testing procedure the test monitor has reason to believe or suspect that a student is tampering with the sample, the test monitor may stop the procedure and inform the test coordinator. The test monitor shall be of the same gender as the student giving the sample.

If a student is determined to have tampered with any specimen or otherwise engaged in any conduct which disrupts the testing process of any student, then the student will be deemed to have violated this policy and will be subject to disciplinary action, including out-of-school suspension from school.

Upon a positive test result a student may, but shall not be required to, list any medications he has taken or

any other legitimate reasons for his having been in recent contact with alcohol or illegal chemical substances.

If the initial drug use test is positive for the presence of an illegal chemical substance or the metabolites thereof, the initial test result will be subject to confirmation by a second and different test of the same sample. The second test will use an equivalent scientifically accepted method of equal or greater accuracy as approved by rules of the State Board of Health, at the cutoff levels determined by Board rules or the laboratory's rules in the absence of such rules. A student will not be subject to disciplinary procedures unless the second test is positive for the presence of illegal chemical substances or the metabolites thereof. If an initial alcohol use test is positive for the presence of alcohol, the initial test result will be subject to confirmation by a second test using any scientifically accepted method approved by rules of the State Board of Health, at the cutoff levels determined by Board rules or the rules of the laboratory in the absence of such rules.

Upon written request, the student will be furnished with a free copy of all test results performed under this policy. All test records and results will be confidential and kept in files separate from the student's cumulative records. All tests required of a student by the School District under this policy shall be at school district expense.

Any student who is subject to disciplinary action as a result of being under the influence of alcohol or an illegal chemical substance while on school property, at a school sponsored event, in school vehicles or going to or from a school sponsored event will be given a reasonable opportunity, in confidence, to explain or rebut the alcohol or drug use test results. If the student asserts that the positive test results are caused by other than consumption of alcohol or an illegal chemical substance by the student, then the student will be given an opportunity to present evidence that the positive test result was produced by other than consumption of alcohol or an illegal chemical substance. The school district will rely on the opinion of the district's laboratory which performed the tests in determining whether the positive test result was produced by other than consumption of alcohol or an illegal chemical substance.

The laboratory reports and results of alcohol and drug use testing will be maintained on a confidential basis except as otherwise required by law. The laboratory performing alcohol or drug use tests for the school district will not report on or disclose to the school district any physical or mental condition affecting a student which may be discovered in the examination of a sample other than the presence of alcohol or illegal chemical substances or the metabolites thereof. The use of samples to test for any other substances will not be permitted.

Student Alcohol and Drug Use Tests - When Required:

Any student whose behavior while on school property, at a school sponsored event, in school vehicles, or going to or from a school sponsored event creates a reasonable individualized suspicion that the student is under the influence of alcohol or an illegal chemical substance may be required to take an alcohol and/or drug use test. Nothing in this policy shall require alcohol and/or drug use testing of any student nor prohibit the School District from disciplining any student in the absence of an alcohol or drug use test of the student.

Any student who refuses to take an alcohol or drug use test when so required under the provisions of this policy will be deemed to have violated this policy and will be subject to disciplinary action including out-of-school suspension to the same extent as if the student tested positive for the presence of alcohol or illegal chemical substances.

Student Use, Sale, Possession, Distribution, Purchase or Being Under the Influence of Alcohol or Illegal Chemical Substance:

Any student who possesses, uses, distributes, purchases, sells or is confirmed by alcohol or drug use tests to be under the influence (as defined by this policy) of alcohol or an illegal chemical substance while on school property, at a school sponsored event, in school vehicles, or going to or from a school sponsored event or as a result of alcohol or drug use tests conducted under this policy will be subject to disciplinary action, including out-of-school suspension.

~13~

Persons Authorized to Order Alcohol or Drug Testing:

The following persons have the authority to require alcohol or drug use testing of students under this policy:

- a. The Superintendent of Schools;
- b. Any employee designated for such purposes by the Superintendent or the School Board.

Out-of-School Suspension Due Process Procedures:

Any student who is subject to an out-of-school suspension for the violation of this policy shall be afforded appropriate due process procedures allowed by the school district's policy on student behavior.

Circulation of Policy:

This policy shall be given broad circulation to all students of the school district which shall include posting in the Parent-Student Handbook and on the District's webpage.

BIXBY PUBLIC SCHOOLS

POLICY 2150

DRUG FREE SCHOOLS: SCHOOL STUDENT PARKING AND EXTRACURRICULAR STUDENT ACTIVITIES POLICY ON TESTING FOR ILLEGAL OR PERFORMANCE ENHANCING DRUGS

In an effort to protect the health and safety of students parking on school property or participating in extracurricular activities, and to educate and direct these students away from drug and alcohol abuse, the Board of Education adopts the following policy for testing students for the use of illegal drugs, alcohol and performance enhancing drugs.

Statement of Purpose and Intent:

It is the desire of the Board of Education, administration and staff that every student in the school district refrains from using or possessing alcohol and illegal or performance enhancing drugs. Notwithstanding this desire, the administration and Board of Education realize that their power to restrict the possession or use of alcohol and illegal or performance enhancing drugs is limited. Therefore, except as provided below, the sanctions of this policy relate solely to limiting the opportunity of any student determined to be in violation of this policy to park on school property or participate in the extracurricular activities identified in this policy. **This policy is intended to supplement and complement all other policies, rules and regulations of the school district regarding possession or use of alcohol and illegal or performance enhancing drugs.**

Participation in the identified school-sponsored extracurricular activities at the school district is a privilege, not a right. Students who participate in these activities are respected by the student body and are expected to conduct themselves as good examples of behavior, sportsmanship, and integrity. Accordingly, students who participate in the identified extracurricular activities carry a responsibility to themselves, their fellow students, their parents and their school to set the highest possible example of conduct, which includes avoiding the use or possession of alcohol and illegal or performance enhancing drugs. Participation in many of the identified school-sponsored activities are sport activities and therefore physical in nature. The Board of Education believes in providing for a safe environment for activities. Students participating in physical and other identified activities while under the influence of alcohol and/or illegal or performance enhancing drugs present a danger to the student, all student participants and the activity.

Parking on school district property is a privilege, not a right. Students who park on school district property operate vehicles in close proximity to other students and faculty and may also have passengers in their vehicles. Because of this, the potential harm from misjudgment or impaired judgment due to alcohol or illegal drugs is great. Accordingly, students who park on school property carry a responsibility to themselves, their fellow students, and members of the public to operate their vehicles in a safe and reasonable manner. The use of alcohol and illegal drugs impairs a student's ability to meet this responsibility.

~14~

The purpose of this policy is to prevent alcohol and illegal or performance enhancing drug use, to educate students who participate in identified extracurricular activities and park on school property as to the serious physical, mental and emotional harm caused by alcohol and illegal or performance enhancing drug use, to alert students who have possible substance abuse problems to the potential harms of use, to prevent injury, illness, and harm as a result of alcohol and illegal or performance enhancing drug use, and to strive within the school district for an environment free of alcohol and illegal or performance enhancing drug possession and use. This Policy is not intended to be disciplinary or punitive in nature. The sanctions of this policy relate solely to limiting the opportunity of any student who parks on school property or participates in in identified extracurricular activities and who is found to be in violation of the policy to park at school or participate in identified extracurricular

activities. There will be no academic sanction solely for a violation of this policy. **Notwithstanding the foregoing, a student may be disciplined, including suspended out of school, if a violation of this policy also results in a violation of the school district's Student Behavior Policy and/or Policy 2149.**

Definitions:

1. "Extracurricular" means School District sponsored athletic and/or non-athletic team, club, organization or activity in which student participation is not required as part of the school district curriculum as identified thusly: Marching Band, FFA, Drama, Speech, and Vocal Music, Football, Volleyball, Softball, Cross Country, Basketball, Swimming, Wrestling, Track, Baseball, Cheerleading (and Stunt), Dance, Golf, Soccer, and Tennis
 2. "Student participant" means any student participating in any extracurricular activity as defined above or a student who parks on school property.
 3. "Student Athlete" means a member of any school district sponsored interscholastic sports team.
 4. "School parker" means any student who parks his/her and/or a vehicle on property owned or under control of the school district.
 5. "Coach/Sponsor" means any person employed by the school district to coach athletic teams of the school district or to serve as a sponsor for any other extracurricular activity.
 6. "Athletics" and "athletic activity" means participation by a student athlete on any athletic team sponsored by the school district.
 7. "School District" means Independent School District No. 4 of Tulsa County, Oklahoma, also known as the Bixby School District.
 8. "Alcohol" means ethyl alcohol or ethanol and any alcoholic beverage and includes "low-point beer" as defined by Oklahoma law.
 9. "Illegal drugs" means any substance which an individual may not sell, possess, use, distribute or purchase under either federal or Oklahoma law. "Illegal drugs" includes, but is not limited to, all scheduled drugs as defined by the Oklahoma Uniform Controlled Dangerous Substance Act, all prescription drugs obtained without authorization and all prescribed and over-the-counter drugs being used for an abusive purpose, and paraphernalia to use such drugs. By way of example only, the drugs which may be tested for are: amphetamines, cannabinoids, cocaine, phencyclidine (PCP), hallucinogens, methaqualone, opiates, barbiturates, benzodiazepines, synthetic narcotics, steroids, designer drugs, or any metabolite of any of these substances.
 10. "Performance enhancing" drugs include anabolic steroids and any other natural or synthetic substance used to increase muscle mass, strength, endurance, speed or other athletic ability. The term "performance enhancing drugs" does not include dietary or nutritional supplements such as vitamins, minerals and proteins which can be lawfully purchased in over-the-counter transactions.
- ~15~
11. "Drug or alcohol use test" means a chemical test administered for the purpose of determining the presence or absence of alcohol or illegal or performance enhancing chemical substances or their metabolites in a student's blood, bodily tissue, fluids, products, urine, breath or hair.
 12. "Random selection basis" means a mechanism for selecting student participants for drug and/or alcohol use testing that:
 - A. results in an equal probability that any student participant from a group of student participants subject to the selection mechanism will be selected, and

- B. does not give the school district discretion to waive the selection of any student participant selected under the mechanism.
13. "Positive" when referring to an alcohol or drug use test administered under this policy means a toxicological test result which is considered to demonstrate the presence of alcohol or an illegal or a performance enhancing drug or the metabolites thereof using the standards customarily established by the testing laboratory administering the drug or alcohol use test.
 14. "Reasonable suspicion" means a suspicion based on specific personal observations concerning the appearance, speech or behavior of a student participant and reasonable inferences drawn from those observations in the light of experience. Information provided by a reliable source, if based on personal knowledge, shall constitute reasonable suspicion. In the context of performance enhancing drugs, reasonable suspicion specifically includes unusual increases in size, strength, weight or other athletic abilities.
 15. "Games/competitions" mean regular season, tournament, and playoff games/competitions/performances and do not include practice games or scrimmages.
 16. Meetings/Activities of Non-Athletic Groups, Clubs, or School Organizations are events for student members that may occur before, during and/or after school.

Participation and Procedures:

Alcohol and illegal or performance enhancing drug possession or use is incompatible with parking on school property or participation in identified extracurricular activities on behalf of the school district. For the safety, health and well-being of the student participant, the school district has adopted this policy for use by all participating students at the 7th-12th grade level. Any student found to be in possession of, or having used alcohol or illegal or performance enhancing drugs, by observation, self-reporting, or alcohol or drug use test, will be considered to have violated this policy.

Documentation Procedures:

1. Each student participant shall be provided with a copy of this policy and ...
2. The "Student Participant Alcohol and Illegal or Performance Enhancing Drugs Contract" (the "Contract") ...
3. Which shall be read, signed and dated by the student, parent or custodial guardian and a coach/sponsor/principal or designee
4. Before such student shall be eligible to practice or participate in any extracurricular activity or park on school property.

No student shall be allowed to practice or participate in any extracurricular activity or park on school property unless the student has returned the properly signed contract.

The Superintendent or designee shall be responsible for determining whether a violation of this policy has occurred. All reports of potential violations shall be reported to the Director of Athletics and Activities or designee. The Superintendent or designee will contact the student, the sponsor or head coach, and the parent or custodial guardian of the student and schedule a conference. At the conference, the violation of the policy will be described and the restrictions explained. The Superintendent or designee shall contact the appropriate school principal to report the violation of Policy 2150 and for a determination of a violation or not of the Student Behavior Policy and/or Policy 2149.

The contract for alcohol and illegal or performance enhancing drug use testing shall be to provide a urine sample:

1. as part of the District's annual physical event for a student athlete, the District's annual Drug Testing event (during some years the annual physical event and the annual drug testing event are held on separate dates), within two weeks after the first day of classes at the beginning of the school year for other student participants, or within two weeks after a student not previously on a team or activity (such as a newly enrolled student);
2. as chosen by the random selection basis; and

3. at any time a student participant is requested by the Director of Athletics and Activities or designee based on reasonable suspicion, to be tested for alcohol or illegal or performance enhancing drugs.

All drug use testing shall be conducted by a laboratory designated by the school district.

Student participants who have physical examinations performed by their personal physicians must nonetheless sign the contract and comply with all policy requirements, including a drug test at a lab designated by the school.

Random Selection Basis

Drug and/or alcohol use testing for student participants will also be chosen on a random selection basis weekly from a list of all student participants. The school district will determine a weekly number of student names to be drawn at random to provide a urine sample for alcohol and/or drug use testing for alcohol and/or illegal or performance enhancing drugs.

The school district will set a fee charge to be collected from each student when the contract is signed and returned to the coach or sponsor.

Reasonable Suspicion Testing

In addition to the drug or alcohol use test required by the above paragraphs, any student participant may be required to submit to a drug and/or alcohol use test for illegal or performance enhancing drugs or the metabolites thereof at any time upon reasonable suspicion.

Professional Drug Testing Laboratory

Any drug or alcohol test required by the school district under the terms of this policy will be administered by or at the direction of a professional laboratory chosen by the school district using scientifically validated toxicological methods. The professional laboratory shall be required to have detailed written specifications to assure chain of custody of the specimens, proper laboratory control and scientific testing.

All aspects of the alcohol or drug use testing program, including the taking of specimens, will be conducted so as to safeguard the personal and privacy rights of student participants to the maximum degree possible. The test specimen shall be obtained in a manner designed to minimize intrusiveness of the procedure. In particular, the specimen must be collected in a restroom or other private facility behind a closed stall. Superintendent or designee shall designate a coach, sponsor, or other adult person of the same sex as the student participant to accompany the student to a restroom or other private facility behind a closed stall. The monitor shall not observe the student while the specimen is being produced, but the monitor shall be present outside the stall to listen for the normal sounds of urination in order to guard against tampered specimens and to insure an accurate chain of custody. The monitor shall verify the normal warmth and appearance of the specimen. If at any time during the testing procedure the monitor has reason to believe or suspect that a student is tampering with the specimen, the monitor may stop the procedure and inform the Superintendent or designee who will then determine if a new sample should be obtained. Upon notification of a positive test result, the student participant shall be given an opportunity to list any medications he/she has taken or any other legitimate reasons for having been in contact with illegal drugs or performance enhancing drugs in the preceding thirty (30) days. The medication list may

~16~

be submitted to the lab in a sealed and confidential envelope and must be supported by legal documentation via a doctor's order and/or prescription from a licensed pharmacist.

If a student being tested or any other student is determined to have tampered with (or been in the chain of events leading to tampering) any specimen or otherwise engaged in any conduct which disrupts the testing process of any student, then the student will be deemed to have committed a second or subsequent offense under this policy and the sanctions for a second offense or subsequent offense will be imposed.

If an initial drug use test is positive, the initial test result will be subject to confirmation by a second and different test of the same specimen. The second test will use the gas chromatography/mass spectroscopy technique. A specimen shall not be reported positive unless the second test utilizing the gas chromatography/mass spectrometry procedure is positive for the presence of an illegal drug or performance enhancing drug or the metabolites thereof. If an initial alcohol use test is positive for the presence of alcohol, the initial test result will be subject to confirmation by a second test using any scientifically accepted method. The unused portion, if any, of a specimen that tested positive for alcohol or illegal or performance enhancing drugs shall be preserved

by the laboratory for a period of six (6) months. [The school district will rely on the opinion of the laboratory which performed or analyzed the additional alcohol or drug use test in determining whether a positive result in the additional alcohol or drug use test was produced by alcohol or illegal or performance enhancing drugs used by the student participant before the offense or by more recent use.]

If the alcohol or drug use test for any student participant has a positive result, the laboratory will contact the Superintendent, Director of Athletics and Activities or designee with the results. The Superintendent, Director of Athletics and Activities, or designee will then contact the student, the sponsor or head coach, and the parent or custodial guardian of the student and schedule a conference. At the conference, the Superintendent, Director of Athletics and Activities or designee will solicit any explanation for the positive result and ask for doctor prescriptions of any drugs that the student was taking that might have affected the outcome of the drug use test. If the student and his/her parent or custodial guardian desires another test of the remaining portion, if any, of the specimen, the Superintendent, Director of Athletics and Activities, or designee will arrange for another test at the same laboratory. Any such re-test shall be at the expense of the student and his/her parent or custodial guardian. The Superintendent, Director of Athletics and Activities or designee shall contact the appropriate school principal to report the violation of Policy 2150 and for a determination of a violation or not of the Student Behavior Policy and/or Policy 2149.

If the student participant asserts that the positive test results are caused by other than consumption of alcohol or an illegal or performance enhancing drug by the student, then the student will be given an opportunity to present evidence of such to the Superintendent, Director of Athletics and Activities or designee. The school district will rely on the opinion of the original laboratory that performed the test in determining whether the positive test result was produced by other than consumption of alcohol or an illegal or performance enhancing drug.

A student participant who has been determined by the Superintendent, Director of Athletics and Activities or designee to be in violation of this policy shall have the right to appeal the decision to the superintendent or his/her designee(s). Such appeal must be lodged within five (5) business days of notice of the initial report of the offense, during which time the student participant will remain ineligible to participate in any extracurricular activities. The superintendent or his/her designee(s) shall then determine whether the original finding was justified. There is no further appeal right from the superintendent's decision and his/her decision shall be conclusive in all respects. Any necessary interpretation or application of this policy shall be the sole and exclusive judgment and discretion of the superintendent which shall be final and non-appealable.

All documents created pursuant to this policy with regard to any student participant will be kept in a confidential folder and will never be made a part of the student's cumulative folder nor be considered a "disciplinary" record.

~17~

Violation:

Any student who is determined by observation or by alcohol or drug use tests to have violated this policy shall be subject to the loss of the privilege to park on school property or participate in identified extracurricular activities and offered educational and support assistance to stop using.

For the First Offense:

Suspension from parking on school property or participation in all scheduled extracurricular performances, games, events or competitions for 30 school days, which may be reduced by 15 school days for successful participation in and completion of the school drug contract. The student will also be required to miss a minimum of two events, games/competitions/OSSAA sanctioned events. (If the student participant is not competing in any extracurricular activity during any suspension period due to injury, academic ineligibility or the games or competitions for that sport or activity are finished or have not begun for that school year and, therefore, does not miss a minimum of two events, games/competitions during the suspension period, then the student will be required to miss the next two events, games/competitions after he or she returns from the injury, becomes eligible or the events, games or competitions resume in the following school year or begin later in the same school year.) These restrictions and requirements shall begin immediately following the determination of a violation of this

policy. Such suspension will extend into a succeeding competition season if necessary to fulfill the suspension.

For the Second Offense:

Suspension from parking on school property or participation in all scheduled extracurricular performances, games, events or competitions for 30 school days. The student will also be required to miss a minimum of two events, games/competitions/OSSAA sanctioned events. (If the student participant is not competing in any extracurricular activity during any suspension period due to injury, academic ineligibility or the games or competitions for that sport or activity are finished or have not begun for that school year and, therefore, does not miss a minimum of two events, games/competitions during the suspension period, then the student will be required to miss the next two events, games/competitions after he or she returns from the injury, becomes eligible or the events, games or competitions resume in the following school year or begin later in the same school year.) These restrictions and requirements shall begin immediately following the determination of a violation of this policy. Such suspension will extend into a succeeding competition season if necessary to fulfill the suspension.

For the Subsequent Offense:

Complete suspension from participation in all identified extracurricular activities including all meetings, practices, performances and competition and/or parking on school district property for eighteen (18) continuous and successive school weeks from the date of the determination of a violation or the reporting of the results of a positive alcohol or drug use test under this policy. Such suspension will extend into a succeeding school year if necessary to fulfill the suspension. The eighteen (18) week suspension from participation in all extracurricular activities or parking on school district property shall come into play with any subsequent offense beyond the second (2nd).

Self-Referral:

As an option to the consequences for a first offense only, a student participant may self-refer to the Superintendent, Director of Athletics, designated staff, or a coach or a sponsor before being notified of a policy violation or prior to being asked or required to submit to an alcohol or drug use test. A student who self-refers must submit to an alcohol or drug use test on the same day as the self-referral. A student who self-refers will be allowed to remain active in all extracurricular activities after the following conditions have been fulfilled: (1) a conference has been held with the student, Director of Athletics and Activities (or designee), coach or sponsor, and the parent or custodial guardian of the student to discuss the policy violation; (2) the student participant will be placed in the random drug testing pool (3) and a participation commitment by the student and parent for substance abuse education/counseling provided and/or approved by the school district.

~18~

Documentation of successful completion of this commitment must be provided to the Superintendent or designee. A student who self-refers, while not necessarily removed from the activity, will, however, be considered to have committed his/her first offense under this policy. A self-referral may be used only once in a student's time in the school district. A self-referral will not exempt a student from the consequences of the District's Student Behavior Policy and/or Policy 2149, if applicable.

Refusal to Submit to Drug Use Test:

If, after signing the contract, a student participant refuses to submit to an alcohol or drug use test authorized under this policy, such student shall not be eligible to park on school property or participate in any extracurricular activities including all meetings, practice, performances and competition for eighteen (18) continuous and successive school weeks. Such suspension will extend into a succeeding school year if necessary to fulfill the suspension. In addition, the student participant and parent or custodial guardian shall successfully complete a program of substance abuse education/counseling for a minimum of 4 hours provided by the school district and/or recommended by the school district.

Parking Participant: Obtain the signature of the BHS Principal
Parking Permit Application and Alcohol and Illegal Drugs Contract

Statement of Purpose and Intent

Parking on school district property is a privilege and not a right. Such privilege is governed by the attached policy. Alcohol and illegal drug use of any kind is incompatible with the privilege of parking on school property. Students who park on school district property operate vehicles in close proximity of other students. Because of this, the potential harm from misjudgment or impaired judgment of a student is great. Students who park on school district property carry a responsibility to themselves, their fellow students and members of the public to operate their vehicles in a safe and reasonable manner, which includes avoiding the use or possession of alcohol or illegal drugs.

Parking Permits

For the safety, health and well-being of the students, the district has adopted the attached policy and this contract which shall be read, signed and dated by the student, parent or custodial guardian before such student shall be eligible to apply for a parking permit. No application for a parking permit will be considered until the student has returned the properly signed contract.

I understand after having read the policy and this contract that, out of care for my safety and health, the district enforces the rules applying to the consumption or possession of alcohol and illegal drugs. As a driver, I realize that the personal decision that I make daily in regard to the consumption or possession of alcohol and illegal drugs may affect my health and well-being as well as the possible endangerment of those around me. If I choose to violate the policy regarding the use or possession of alcohol and illegal drugs any time during the school year, I understand upon determination of that violation I will be subject to the restrictions of any parking permit issued to me as outlined in the policy.

Student Name:

ID No.:

Student Signature:

Date:

We have read and understand the policy and this contract. We desire that the student named above be issued a parking permit by the school district and we hereby agree to abide by all provisions of the school district's policy. We accept and consent to the method of obtaining urine samples, testing and analyses of such specimens, and all other aspects of the program. We agree to cooperate in furnishing urine specimens that may be required from time to time. We further agree and consent to the disclosure of the sampling, testing and results as provided for in this program. This consent is given pursuant to all state and federal privacy statutes and is a waiver of rights to non-disclosure of such test records and results only to the extent of the disclosures authorized in the program.

~19~

Parent Signature:

Date:

Adult student signature:

Date:

Car Year:

Car Color:

Car Make:

Car Model:

Car Tag No.

License No.

(Office use only)

Permit Number:

CERTIFIED ATHLETIC TRAINER(S)

BPS is fortunate to have two full-time Certified Athletic Trainers on staff. On school days our trainers' hours are from 7am to 8:30 a.m., then 2:30 p.m. until the conclusion of the last practice or home game. During weekends and times when school is not in session, the Trainer is required to be on site only for contests.

The training program exists to help athletes receive the best possible care. At certain times, however the trainer and training room facilities are extremely busy. Consequently, access to the training room and its services is limited to athletes who require care only. Training services are granted on a first come, first serve basis on

practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met.

In the event of an athletic injury, the Certified Athletic Trainer(s) is/are in immediate control. At away contests, if the trainer is not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to take charge of the situation and, if warranted, call for emergency care. All sport related injuries must be reported to the athletic trainer and a student may not return to competition without clearance by the trainer, which may also include written permission from a physician.

Student-athletes who have been treated for an injury must be cleared by the Athletic Trainer prior to resuming participation.

INJURIES

Any student-athlete who is injured during a contest, practice, or workout at BPS should immediately see the Head Athletic Trainer(s). It is very important that the Certified Athletic Trainer or a member of the coaching staff is aware of an injury before a student-athlete goes home.

The Certified Athletic Trainer(s) will do his/her best to rehab an injured student-athlete back to health as quickly as possible. However, there are times when the Certified Athletic Trainer(s) may refer an injured student-athlete to a doctor or therapist to aid in diagnosis or treatment.

ATHLETIC TRAINING ROOM

The training room provides student-athletes with the equipment and the facilities to prevent injuries or to provide treatment for them. It should not be considered a lounge or meeting place. Student-athletes should go there only when necessary. Training supplies are expensive and very necessary. Only the Athletic Trainer(s) should handle supplies. We need all student-athletes' cooperation to keep the appearance of the training room neat and orderly.

CONCUSSION LAW/PROTOCOL

Bixby athletics will follow the BOE policy 2166 dealing with concussions. Concussions are serious injuries. A concussion is the result of a complex physiological process induced by the trauma of the biomechanical forces. Concussions are no longer categorized as "dings", "bell ringers", or as mild or severe. The severity of a concussion is now determined after the athlete has fully recovered, is no longer symptomatic, and has returned to full and unrestricted activity.

Concussions are cumulative injuries. This means that once an athlete sustains a concussion they are more likely to sustain another one. Often it takes less force to cause successive concussions. Unrecognized

~20~

concussions or athletes who have not fully recovered and incur another concussion run the additional risk of developing Second Impact Syndrome (SIS). SIS is a catastrophic complication that occurs rarely but is devastating to the concussed athlete. When SIS occurs, the brain swells rapidly after a person suffers a second concussion before symptoms from an earlier one have subsided. This deadly second blow may occur days or weeks after an initial concussion and even the mildest grade of concussion can lead to SIS. The condition is often fatal and almost everyone who does not die is severely disabled.

More commonly, concussed athletes will often have some difficulties with cognitive tasks such as academics and homework for variable amounts of time. Concussed athletes often exhibit difficulties with concentration and comprehension. Fortunately, these difficulties are often short lived and are transient symptoms. However, in some concussed athletes these symptoms can linger for weeks and even months and have adverse effects on personality and learning.

The medical research is still trying to understand exactly what is happening in the brain after a concussion. The current body of knowledge indicates that there is a complex physiological process induced by the trauma of the biomechanical forces. It is not fully understood how long these physiological processes take. This is one of the reasons why recovery from concussion can be variable and sometimes unpredictable. Concussions are a physiologic injury and not an anatomical injury. This is why brain imaging (CT or MRI scans) are almost always normal.

Because of the catastrophic potential for SIS, the potential for cognitive dysfunction that can be variable and persistent, and the continued search for answers in the medical world in regard to concussions the following guidelines and rule changes have occurred to help protect concussed athletes.

For 2010-2011 the NFHS rule book states: *Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.*

The 2010-2011 NFHS rule book suggested management of concussions state: *No athlete should return to play or practice on the same day as a concussion. Any athlete suspected of having a concussion should be evaluated by an appropriate healthcare professional that day. Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition. After medical clearance, return to play should follow a step-wise protocol with provisions for delayed return to play based upon return of any signs or symptoms.*

To simplify: **WHEN IN DOUBT, HOLD THEM OUT.**

ALL athletes that are held out of a practice or competition because they are suspected to have sustained a concussion should be referred to a physician or to the Certified Athletic Trainer.

In addition to the NFHS rules and management suggestions the Bixby Athletic Training Dept will also use following policies will be followed:

1. All concussions that involve loss of consciousness no matter how brief that loss of consciousness may have been will be referred to a physician immediately.
- 2.
3. In an acute concussion scenario, no notes from emergency rooms or urgent care facilities that clear an athlete to return to activity will be accepted.

At the beginning of each academic school year each student-athlete along with their parent/guardian will be required to fill out and return a concussion awareness form, which will be kept on file in the athletic training room.

Below are guidelines that will be followed when an athlete has been diagnosed with a concussion.

~21~

Cognitive Rest

If necessary, the athlete may need to stay home from school. Activities requiring concentration and attention may worsen symptoms and delay recovery. Additionally, the athlete should refrain from use of computers, texting, extended periods of TV viewing, or reading. This period of cognitive rest will be variable and based upon the individual's improvement in symptoms.

Physician Referral

All student-athlete's sustaining a head injury or concussion will be evaluated by the Certified Athletic Trainer and or a licensed physician trained in head injury management (per SB1700). The student-athlete should never be denied access to a physician. All athletes will need written consent before returning to play.

Certified Athletic Trainer(s) - Management

The Certified Athletic Trainer, when on site will assess the injury, or provide guidance to the coach when they are not available for immediate evaluation. At the time of injury, the Certified Athletic trainer(s) will determine if immediate care is necessary whether it is to our team physician, emergency room or athlete's family physician. During the initial evaluation the athletic trainer or licensed healthcare provider will use a series of assessments which can include SAC testing, SCAT testing, BESS testing and ImPACT testing.

After the initial evaluation the student-athlete's parents / guardian will be contacted to go over the injury and give written and verbal home and follow up care instructions.

During the recovery process the athletic training will continue to provide coordinated care with physicians, coaches, parents, administrators and teachers.

The athletic trainer or licensed healthcare provider is responsible for administering the Sac test; the initial post-concussion test will be administered within 48–72 hours of injury, whenever possible. The testing will take place in the athletic training room. Repeat tests will be given at appropriate intervals and is dependent upon clinical presentation. All data acquired during testing will be shared with student-athlete, parents/ guardians and physician as deemed necessary.

The athletic trainer is responsible for monitoring recovery and conditioning following the outlined guidelines and coordinating appropriate return to play activity progression. The athletic trainer will also maintain appropriate documentation regarding assessment and management of the injury.

Return to play

Before a student athlete may return to practice or competition they must be a minimum of 7 days' symptom free in order to start a return to play regime. Anytime during the symptom free period, the athlete starts to show symptoms, the minimum of 7 days will start over. The student athlete must have a clear Sac test and be cleared by physician with written clearance in the athletic training room. All clearances will be reviewed by the Certified Athletic Trainer and team physician.

Light exercise

This begins when the athlete has been cleared to do so by their physician. At this point the athlete should be asymptomatic. If there are any symptoms the athlete should NOT do any exercise that increases the heart rate.

Running or other aerobic exercise

This includes aerobic conditioning running, stationary cycling, Elliptical, or Stairmaster for 20-30 minutes.

Non-contact training drills

Weight training can be resumed at this time. Athlete can do non-contact drills, agilities, sport/position specific drills, and conditioning activities that are a part of the practice.

~22~

Full Practice – Competition

If the athlete becomes symptomatic as they progress through the return to activity protocol they will stop activity for that day, rest at least one day or as many days as needed to return to asymptomatic status and repeat the previous step.

Authorization to Return to Play

If a student athlete is suspected of sustaining a concussion/head injury or has sustained a concussion/head injury, only a licensed health care provider may authorize a student athlete to return to play. The Bixby Board of Education has defined a licensed health care provider as follows: M.D.-Medical Doctor / D.O. Doctor of Osteopathy / A.R.N.P.-Advanced Registered Nurse Practitioner /P.A.-Physician's Assistant / L.A.T. –Licensed Athletic Trainer.

After an athlete has suffered from a concussion, they should be released back to school with the same level of care as they are released to play. If an athlete has not been cleared to return to learn, they are to avoid bright rooms, television, video games, or reading with the goal of achieving a sustainable asymptomatic status. The following return to learn guidelines may also require additional academic accommodations, but these decisions should be determined by a multidisciplinary team (i.e. Team Physician, Certified Athletic Trainer(s), Principal, Counselor, Teachers, Parents, etc.) on a case by case basis.

Return to Learn

Step 1. Athlete at Home and total brain rest

- a. No Mental exertion. (No computer, texting, Video games or Homework)
- b. Stay at home
- c. No driving

Step 2. Athlete at Home with Light mental activity

- a. Up to 30 Minutes of mental exertion
- b. No prolonged concentration
- c. Stay at Home
- d. No driving

Progress to step 3 when athlete is able to handle up to 30 minutes without worsening symptoms. Parents indicate student is ready to return to school.

Step 3. Athlete in School part time with maximum accommodations

- a. Provide quiet place for scheduled mental rest
- b. No significant classroom or standardized testing
- c. Modify rather than postpone academics
- d. Provide extra time, help and modified assignments

Progress to step 4 when able to handle 30-40 minutes of mental exertion without worsening symptoms.

Step 4. Athlete in School with part time accommodations

- a. No standardized testing
- b. Modified classroom testing
- c. Moderate decrease of extra time, help and modification of assignments

Progress to Step 5 when able to handle 60 minutes of mental exertion

Step 5. Athlete in School full time with minimal accommodations

- a. No standardized testing, routine tests ok
- b. Continue decrease of extra time help and modification of assignments.

Step 6. Athlete in school full time with full academics and no restrictions

When symptoms continue beyond 3-4 weeks, prolonged in-school support is required. Request a 504 meeting to plan and coordinate. Progression is individually based, and all concussions are different. Students may start at any step as symptoms dictate and remain at that step if needed. Return to previous step if symptoms worsen.

~23~

MULTI-SPORT ATHLETES

We strongly encourage our student-athletes to participate in more than one sport. Participation in more than one sport is highly beneficial for the student-athlete and for the school's athletic programs. However, multi-sport athletes must possess excellent time-management skills and be able to meet the demands of all sports in which they choose to participate.

The In-season sport should always come before an out-of-season sport. No athlete should ever miss a practice or game for their in-season sport to participate in another sport at BPS. This policy also includes tryouts. In-season athletes are still allowed to participate in off-season workouts, but coaches cannot make them mandatory for those athletes. However, please understand that missed workouts may cause the student-athlete to fall behind other athletes who are participating in the workouts. Finally, the coaches of an athlete should determine a plan for an in-season athlete to lift weights or participate in a workout for another sport on a game day.

During the summer, there is no sport that takes precedence over another sport. Coaches try to schedule their summer events in collaboration with each other so sports are not overlapping. However, this is not always possible. We try and ensure no camps will overlap, but we cannot control the scheduling of summer games for certain sports. When conflicts arise, the following order should be followed:

1. Summer League Playoff Games.
2. Summer Camp (if it is an actual camp with new instruction, not just a workout).
3. Summer League Games (if more than one sport has a game on the same night, athletes who play both sports should split up the games they attend so neither team is left without enough players to compete).

4. Weightlifting, conditioning, or other workouts.

ACCIDENT INSURANCE

It is the policy of the Bixby Board of Education to select a reputable insurance company through which our patrons may purchase accident insurance for their children. The purchase of such insurance is completely voluntary and is entirely within the discretion of parents. In making this accident insurance available, the school district assumes no obligation or liability as agent or representative of any insurance company or agency.

Parents may go to <http://www.kandkinsurance.com/sites/K12Voluntary/Pages/Home.aspx> for more information regarding accident insurance.

OKLAHOMA BULLYING LAWS

Bullying/Harassment

Statute [70-24-100.4](#), the School Bullying Prevention Act, requires each district board to adopt a policy for the control and discipline of all children attending a public school. The policy must specifically prohibit threatening behavior, harassment, intimidation and bullying by students at school and via electronic communication. The policy must also establish a procedure for reporting and investigation and reporting of incidents, address prevention and education, and establish procedures for referral to mental health care options. The Act requires the district board policy to allow a school to request the disclosure of any information concerning students that have received mental health care following a school referral, if there is a specific threat to the safety of students and/or personnel. Statute [70-24-100.5](#) requires each Safe School Committee to study and make recommendations to the principal regarding student bullying and harassment at school and the professional development needs of faculty and staff.

~24~

Cyber Bullying

[Statute 70-24-100.3](#) includes acts of electronic communications its list of potential acts of "harassment, intimidation and bullying" in the school environment." "Electronic communication" is defined as the communication of any written, verbal, or pictorial information by means of an electronic device, including, but not limited to, a telephone, a cellular telephone or other wireless telecommunication device, or a computer. A specific electronic communication does not need to originate at a school or with school equipment to be included under this policy if it is specifically directed at students or school personnel and contains harassment, intimidation or bullying.

TRANSGENDER STUDENT ATHLETIC POLICY

For the purpose of this policy the following definitions will be in place:

Transgendered: a person whose gender identity doesn't match the sex assigned to him or her at birth.

Intersex: a person who is born with a reproductive or sexual anatomy and /or chromosome pattern that doesn't seem to fit the typical definitions of female or male.

Gender Identity: a person's deeply-felt internal sense of being male or female.

Gender Expression: a person's external characteristics and behaviors that are socially defined as either masculine or feminine (dress, speech, mannerisms, social interactions, etc.)

Guidelines in determining the gender-specific athletic teams on which a transgender student is permitted to participate:

- A female-to-male student who is not taking testosterone may choose to participate on either boys or girls teams. Once that choice is made, the student must consistently participate as that gender in any athletic activities at the secondary school level.
- A female-to-male student taking testosterone may only compete on boys teams.
- A male-to-female student who is not taking hormone therapy, or who has been taking hormone therapy for less than one year, may only participate on boys teams.
- A male-to-female student who has completed one year or more of hormone therapy may participate on girls teams.

Student requesting to participate on a team for the gender in which the student identifies must:

- Submit documentation demonstrating that the student is under the care of a licensed physician
- Hormone therapy - if prescribed how long the prescribed therapy has been administered
- Other relevant information to support the request

With consideration of the above provided information, the Board of Education will determine whether the student should be permitted to participate as requested.

If approved, OSSAA will be notified. In the interest of preserving the student's privacy, Bixby Public Schools will not disclose the identity of the student, or any of the other information relating to the request, to the OSSAA.

If the student is denied their request, they may appeal to the OSSAA's Board of Directors. The identity of the student, and all discussions and written documentation submitted concerning the student, will be maintained as confidential by OSSAA unless the information has already been publicly disclosed or the student has consented to disclosure.

~25~

Areas of Awareness:

Have a plan in place to:

- Use correct names/pronouns- according to student's self-identification
- Have gender appropriate restroom accessibility
- Have locker room accessibility
- Provide education training for teachers, counselors, coaches, administrators and students on transgender sensitivity in relation to student
- Understand manner of dress according to gender identity
- Provide access to resources and accurate information

HAZING

Athletic hazing will not be tolerated. It is the policy (BOE 2145) of this school district that no student or employee of the district shall participate in or be members of any secret fraternity or secret organization that is in any degree related to the school or to a school activity. No student organization or any person associated with any organization sanctioned or authorized by the Board of Education shall engage or participate in hazing.

For the purposes of this policy, hazing is defined as an activity which recklessly or intentionally endangers the mental health or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization sanctioned or authorized by the Board of Education.

“Endanger the physical health” shall include, but is not limited to, any brutality of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption of any food, low-point beer, alcoholic beverage, drug, or controlled dangerous substance; or other forced physical activity which could adversely affect the physical health or safety of the individual.

“Endanger the mental health” shall include any activity, except those activities authorized by law, which would subject the individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

OKLAHOMA HAZING LAW

§21-1190. Hazing – Prohibition – Presumption as forced activity – Penalty – Definition

- A. No student organization or any person associated with any organization sanctioned or authorized by the governing board of any public or private school or institution of higher education in this state shall engage or participate in hazing.
- B. Any hazing activity described in subsection F of this section upon which the initiation or admission into or affiliation with an organization sanctioned or authorized by a public or private school or by any institution of higher education in this state is directly or indirectly conditioned shall be presumed to be a forced activity, even if the student willingly participates in such activity.
- C. A copy of the policy or the rules and regulations of the public or private school or institution of higher education which prohibits hazing shall be given to each student enrolled in the school or institution and shall be deemed to be part of the bylaws of all organizations operating at the public school or the institution of higher education.
- D. Any organization sanctioned or authorized by the governing board of a public or private school or of an institution of higher education in this state which violates subsection A of this section, upon conviction, shall be guilty of a misdemeanor, and may be punishable by a fine of not more than One Thousand Five Hundred Dollars (\$1,500.00) and the forfeit for a period of not less than one (1) year all

~26~

of the rights and privileges of being an organization organized or operating at the public or private school or at the institution of higher education.

E. Any individual convicted of violating the provisions of subsection A of this section shall be guilty of a misdemeanor, and may be punishable by imprisonment for not to exceed ninety (90) days in the county jail, or by the imposition of a fine not to exceed Five Hundred Dollars (\$500.00), or by both such imprisonment and fine.

SUDDEN CARDIAC ARREST INFORMATION

Definition: Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs.

SCA in student athletes is rare; the chance of SCA occurring to any individual student athlete is about one in 100,000. However, student athletes’ risk of SCA is nearly four times that of non-athletes due to the increased demands on the heart during exercise.

Causes: SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few

minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

What causes Sudden Cardiac Arrest?

Conditions present at birth:

Inherited (passed on from parents/relatives) **conditions of the heart muscle:**

- **Hypertrophic Cardiomyopathy** – hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.
- **Arrhythmogenic Right Ventricular Cardiomyopathy** – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.
- **Marfan Syndrome** – a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.

Inherited conditions of the electrical system:

- **Long QT Syndrome** – abnormality in the ion channels (electrical system) of the heart.
- **Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome** - other types of electrical abnormalities that are rare but are inherited.

Non-Inherited (not passed on from the family, but still present at birth) **conditions:**

- **Coronary Artery Abnormalities** – abnormality of the blood vessels that supply blood to the heart muscle. The second most common cause of sudden cardiac arrest in athletes in the U.S.
- **Aortic Valve Abnormalities** – failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.
- **Non-compaction Cardiomyopathy** – condition where the heart muscle does not develop normally.
- **Wolff-Parkinson-White Syndrome** – an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.

Conditions not present at birth but acquired later in life:

- **Comotio Cordis** – concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.
- **Myocarditis** – infection/inflammation of the heart, usually caused by a virus.

~27~

- **Recreational/Performance-Enhancing drug use**
- **Idiopathic** – sometimes the underlying cause of the SCA is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age <50

Any of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

What is the treatment for Sudden Cardiac Arrest?

- Time is critical and an immediate response is vital
- CALL 911
- Begin CPR
- Use an Automated External Defibrillator (AED)

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical including 12 important cardiac elements.
 - Personal History:
 - Chest pain/discomfort upon exertion
 - Unexplained fainting or near-fainting
 - Excessive and unexplained fatigue associated with exercise
 - Heart murmur
 - High blood pressure
 - Family History:
 - One or more relatives who died of heart disease (sudden/unexpected or otherwise) before age 50
 - Close relative under age 50 with disability from heart disease
 - Specific knowledge of certain cardiac conditions in family members: hypertrophic or dilated cardiomyopathy in which the heart cavity or wall becomes enlarged, long QT syndrome which affects the heart's electrical rhythm, Marfan syndrome in which the walls of the heart's major arteries are weakened, or clinically important arrhythmias or heart rhythms.
 - Physical Examination:
 - Heart murmur
 - Femoral pulses to exclude narrowing of the aorta
 - Physical appearance of Marfan syndrome
 - Brachial artery blood pressure (taken in a sitting position)
- The Pre-Participation Physical Evaluation-Medical History form includes all 12 of these important cardiac elements and is mandatory annually.
- Additional screening using an electrocardiogram and/or an echocardiogram can be scheduled through your family physician.

What can I do to avoid cardiac arrest?

- A healthy diet, including fruits and vegetables, and avoiding foods high in saturated fat and sodium will help. You should also avoid drinks high in sugar, such as soda and energy drinks. There is no better fluid replacement than water to avoid or combat dehydration.
- Energy drinks will increase the heart rate, so you should always avoid drinking anything that promotes an effect of increased energy.
- Daily exercise is also recommended to maintain a healthy heart. There is no better way to avoid a cardiac event than to be knowledgeable in your own family history, and live a healthy lifestyle that promotes good heart health.

~28~

OSSAA ELIGIBILITY RULES

You may find the OSSAA eligibility rules at

http://www.ossaaonline.com/docs/2014-15/PoliciesRules/1415_rules.pdf.

NCAA/NAIA/NJCAA ELIGIBILITY

Information for students interested in playing college athletics after high school.

NCAA - <http://www.ncaa.org/>

[National Collegiate Athletic Association](http://www.ncaa.org/) - Indianapolis, IN

Resources:

- [NCAA Eligibility Center](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp) - http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp
- [NCAA Guide for the College-Bound Student-Athlete](#)
- [Initial Eligibility Virtual Presentation](#)
- [Initial Eligibility Resource Index](#)
- [2.3 or Take a Knee-NCAA Division I Academic Standards](#)
- [How do scholarships work?](#)
- [Think you will play professionally? Check out the numbers](#)
- [Benefits of being a student-athlete](#)
- [Recruiting calendars](#)



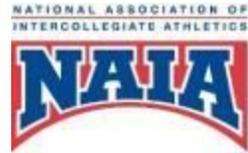
- [Frequently Asked Questions](#)
- NCAA Eligibility Center Contact Information: 877-262-1492

NCAA Divisions:

- [Division I](#)
- [Division II](#)
- [Division III](#)

NAIA - <http://naia.org/>

[National Association of Intercollegiate Athletics](#) - Kansas City, MO



Resources:

- [NAIA Eligibility Center](#)
- [The NAIA Guide for the College-Bound Student-Athlete](#)
- [High School Student Registration Checklist](#)
- [Register to Play NAIA](#) (Video)
- [Entering Freshman](#)
- NAIA Eligibility Center Contact Information: 866-881-6242 / ecinfo@naia.org

NJCAA - <http://njcaa.org/>

[National Junior College Athletic Association](#) - Colorado Springs, CO



Resources:

- [NJCAA Eligibility Corner](#)
- [NJCAA Prospective Student-Athlete Guide](#)
- NJCAA Eligibility Contact Information: 719-590-9788