



Herrin Community Unit School District #4

Activities & Athletics Handbook

Herrin High School

700 N. 10th Street
Herrin, Illinois 62948
(618) 942-6606
www.herrinschools.org

Table of Contents

1. Introduction
2. Overview
3. List of Sports and Activities
4. Responsibilities of the Activity/Athletic Participant
5. General Conditions for Participation
6. Eligibility Requirements
7. General Rules of Participation
8. Discipline Code
9. Concussion Policy
10. Drug Testing
11. Pay to Play
12. Home Event Admissions
13. Recognition

Introduction to Herrin C.U.S.D. #4 Activities and Athletics

The Herrin C.U.S.D. #4 Board of Education authorized this handbook, so parents, student athletes, and student activity participants have a better understanding of the rules and regulations for their participation in extracurricular activities.

- Objectives:
 - To develop our activities and athletics participants into well-rounded individuals through academics and athletics
 - To promote confidence and poise
 - To increase school pride
 - To excel in competition
- Participation is a privilege and not a right:
 - The district encourages all its students to participate in extracurricular activities, but these activities are a privilege and not a right. The participant will be held to a higher standard and must comply with the rules and requirements of participation.
- Good citizenship 24/7/365:
 - The good citizenship rule applies 24 hours a day, 7 days a week, and 365 days a year. Therefore, the activities and athletics participants are required to serve as exemplary citizens at all times.
- Additional rules by governing bodies:
 - In addition to the rules contained herein, the coach or sponsor of a sport or activity may impose additional requirements and regulations.
- Nondiscrimination and anti-harassment:
 - It is our policy to provide equal educational opportunities to all students. Athletics and activities should further this policy outside the classroom by fostering mutual respect and encouragement. Discrimination or harassment in any form is prohibited.

We, at Herrin High School, want to provide a positive environment for extra-curricular activities. To accomplish this, everyone involved must do their part. Together, we can achieve the goals and standards we are trying to attain.

Activities and Athletics Program Overview

Dear Athletics/Activities Participants and Parents:

This handbook was developed for activities and athletics participants and their parents, so that both can be better informed of the athletic and activities rules and policies.

The purpose of our athletic and activities department is to provide a positive environment to help prepare our student-athletes for the future. We are striving for our student-athletes to acquire the principles of discipline, self-sacrifice and dedication as they pass through our program.

For athletics and activities to provide a positive experience, parental support and encouragement is essential. It is crucial that the parents understand and support the policies contained in this handbook. If all work together, then the benefits will reach its full potential.

Fall Sports:

- Football
- Volleyball
- Boys and Girls Cross Country
- Boys and Girls Golf
- Girls Tennis
- Boys Soccer
- Girls Swimming
- Cheer
- Dance
- Flag

Winter Sports:

- Boys and Girls Basketball
- Wrestling
- Boys and Girls Bowling
- Boys Swimming
- Cheer
- Dance
- Flag

Spring Sports:

- Baseball
- Softball
- Boys and Girls Track
- Boys Tennis
- Girls Soccer

Activities:

- ACES Academic Challenge (Academic Challenge in Engineering Sciences)
- Art Club
- Book and Cinema Club
- Chess Club
- Computer and Gaming Club
- Drafting Team
- Drama Club
- Fall Musical
- Family, Career, and Community Leaders of America (F.C.C.L.A.) - Tiger Paws
- Fishing
- Flying Tigers
- French Club
- French Travel Club
- Future Business Leaders of America (F.B.L.A.)
- Gender Sexuality Alliance (G.S.A.)
- German Club
- Health Occupation Students of America (H.O.S.A.)
- HHS Pep Club
- Italian Club
- Journalism Club
- Math Team
- National Honor Society
- Rotary Interact Club
- Prom Committee
- P7 Bible Study
- Scholastic Bowl Team
- Spanish Club
- Spanish Travel Club
- Student Chamber of Commerce
- Student Government
- Tiger Treasures
- Youth and Government

Responsibilities of an Athletics/Activities Participant

1. Abide by the Herrin High School and Herrin Community Unit School District # 4 Handbooks as well as the by-laws of the Illinois High School Association (I.H.S.A.) and any organizations under which students may participate.
2. *Responsibility to Yourself:* the most important responsibility is to broaden you, as an individual, and to develop poise, confidence, and strength of character. The academic, activity, and athletic experiences will help prepare you for life in the future.
3. *Responsibility to Others:* as a member of any team or activity, you bear a heavy responsibility to your teammates. You are not only relying on your teammates, but they are relying on you. You owe it to everyone involved to put forth the best effort, which takes sacrifice and commitment at all times.
4. *Responsibility to Your School:* representation of your school is of the utmost importance. You are representing yourself, your teammates, your school, and your community when you participate in an athletic event or activity. Everyone involved is judged by the overall conduct and attitude of its teams. You are on stage for everyone to see and are setting examples for anyone who may be watching, so project a positive image and represent everyone in a positive light.
5. Success at any endeavor demands self-discipline, sacrifice, commitment, and the desire to do things the right way.

General Conditions for Participation

1. *Academic Eligibility:* activities/athletics participants must pass 30 hours of instruction per week during the season and 6 out of 7 classes from the previous semester in order to be academically eligible. Eligibility checks are done on a weekly basis every Friday. Ineligibility runs from Monday through Sunday of the next week. Athletic/activity participants must pass 6 out of 7 classes per week and semester to remain eligible. These standards are higher than the basic I.H.S.A. requirements.
2. *Attendance on Day of Event/Game:* athletic/activity participants must be in attendance for a minimum of 4 class periods of the day.
3. *Attendance at Practice or Game:* the athletic/activity participant, by making a team or activity, has committed to be at all practices and games. Exceptions do exist but need to be cleared through the head coach or sponsor. Failure to attend a practice or game is considered unexcused (unless previously cleared by a coach or sponsor) and will have consequences.
4. *Suspension from School:* an athletic/activity participant serving an out-of-school suspension or an alternative classroom in-school suspension will not be allowed to participate in practice or games until the suspension is completed.
5. *Suspension from Athletics/Activities:* if an athletic/activity participant is suspended from a sport or activity, he/she is not allowed to attend a practice or a game until the suspension is over.
6. *Withdrawal from an Activity/Team:* if an athletic/activity participant quits a team or activity, he/she is not allowed to begin another sport or participate in a conditioning program until the season of the initial sport has ended.
7. *Travel:* all participants are to ride the bus to the game and back home from the game. If circumstances arise that do not allow this or are pre-arranged, the participant must have a pre-signed note from Herrin High School's principal, assistant principal, or activities/athletic assistant principal.
8. *Transfer Suspension:* Herrin Community Unit School District #4 will uphold any disciplinary action initiated by another school district. We will not allow a student who is ineligible in one school district to transfer into our schools and gain immediate eligibility.
9. *Dress/Image on Trips:* participants will be expected to dress appropriately for all away trips. It is the responsibility of the head coach or sponsor to advise them and see that they meet the dress code expectations.

10. *Injuries:* every participant should recognize the risks of physical injury from participation in athletics/activities. Every participant should report injuries to his/her coaching staff or sponsor immediately regardless of the nature of the injury. Herrin High School has a trainer on site for assistance when needed.
11. *Equipment:* the participant is responsible for all school issued equipment. If the equipment is damaged or lost, participants are responsible for the cost of the item. The same holds true for facility care. The participant is responsible for taking care of the great facilities we have at Herrin High School. Consequences for not taking care of facilities will be severe.
12. *Paperwork:* all participants are responsible for the following paperwork: physical, proof of insurance, drugs testing release, and the consent to treat form.
13. *Multiple sports/same season:* if a participant wishes to participate in multiple sports in the same season, the following procedure will be followed. The participant must designate a primary sport and a secondary sport. The primary sport takes precedence over the secondary sport. The head coaches of the sports involved will work together and determine a schedule the satisfaction of both coaches.
14. *Awards:* the head coach or sponsor of each sport or activity is responsible for awards and the issuing of letters/bars. The coaches or sponsors must report to the athletic secretary how many awards/bars/letters they need for their participants. The head coaches and sponsors are responsible for the distribution of all awards and letters/bars.
15. *Policy Reinforcement:* athletic/activity participants are expected to live by higher moral codes and become loyal, hard-working individuals that help make up a team or organization. They must be willing to make personal sacrifices for the benefit of the majority. It is our hope at Herrin High School that all participants accept and successfully meet the challenge of becoming a good teammate and a productive piece in a team's or club's chemistry.

Eligibility Requirements

1. *Weekly Grade Checks:* all activity/athletic participants' grades will be checked every Friday. They must be passing 6 out of 7 classes. If a participant is not passing the required number of classes they will be ineligible for the following week of competition.
2. *Semester Grade Checks:* all participants are required to pass 6 out of 7 classes per semester. If a participant does not pass 6 out of 7 classes in a semester, he/she is ineligible for the next semester.
3. *Regaining Eligibility:* if a participant is failing two classes at the end of a semester, he/she can take off-campus classes, pass these classes, verify that the classes were passed, and become eligible for the next semester.
4. Academics, activities, and athletics go hand in hand. At Herrin High School, we want our activities/athletics participants to be successful not only during competitions but in the classroom as well. We want well-rounded individuals, good citizens, and productive members of society. Herrin High School hopes that the high school experience of academics and extracurricular activities can lead to a positive high school experience.

Student Discipline

Procedural Guidelines:

- Consistency is the key in handling situations for disciplining activities/athletics participants for violations of the rules and regulations established by Herrin C.U.S.D. #4 and member organizations such as I.H.S.A.
- Respect for the judgements of Herrin C.U.S.D. #4, its coaches/sponsors, and member organizations such as I.H.S.A. is vital. If a participant makes a commitment to an athletic team or activity, he/she is expected to adhere to the rules regardless of the activity/sport or whether the activity/sport is in season or not.

- Consideration is given to each case and infractions are judged on their own merit within the procedural guidelines:
- The guidelines are as follows:
 1. Violations of the Activity/Athletic Discipline Code are subject to review by the Activity/Athletic Discipline Committee (A.D.C.). The A.D.C. consists of the high school principal or assistant principal, the high school activities/athletic assistant principal, an out-of-season head coach or sponsor, and a member of the faculty. The A.D.C. is authorized to impose penalties based on knowledge of a violation. A police report with full documentation and/or concrete evidence such as social media posts, digital images, etc. is needed before action will be taken. Full documentation of all factors and the implementation of the suspension shall be kept on file in the activity/athletic assistant principal's office with a complete copy mailed to the participant's guardians.
- A meeting of the A.D.C. may occur if a student:
 1. Violates Herrin High School rules and District policies on student discipline including policies and procedures on student behavior;
 2. Ingests or otherwise uses, possesses, buys, sells, offers to sell, barter, or distributes a beverage containing alcohol (except for religious purposes);
 3. Ingests or otherwise uses, possesses, buys, sells, offers to sell, barter, or distributes tobacco or nicotine in any form;
 4. Ingests or otherwise uses, possesses, buys, sells, offers to sell, barter, or distributes any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia;
 5. Uses, possesses, buys, sells, offers to sell, barter, or distributes any object that is or could be considered a weapon or any item that is a look-alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet;
 6. Attends a party or other gathering and/or rides in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
 7. Acts in an unsportsmanlike manner;
 8. Violates any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism, and reckless driving;
 9. Hazing or bullies other students;
 - a. Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his/her willingness to participate. Bullying includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:
 - i. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
 - ii. Causing a detrimental effect on the student's or students' physical or mental health;
 - iii. Interfering with the student's or students' academic performance; or
 - iv. Interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

- b. Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.
- 10. Violates the written rules for the extracurricular or athletic activity;
- 11. Behaves in a manner that is detrimental to the good of the group or school;
- 12. Is insubordinate or disrespectful toward the activity's sponsors or team's coaching staff; or
- 13. Falsifies any information contained on any permit or permission form required by the extracurricular or athletic activity.
- When suspended by the A.D.C., the activity/athletic participant shall not be allowed to participate in the current activity/sport season, practice or competition/game, or try out for any activity/sport while on suspension.
- Upon review, the A.D.C. may grant permission to practice and be present at games or events, but the suspended participant will not be allowed to participate.
- Any of the above decisions may be appealed to the principal of H.H.S., the superintendent, and the board of education.

Rules of Conduct:

- *Rule 1:* activities/athletics participants shall not knowingly possess, use, or transmit or be under the influence of any narcotic drug, hallucinogenic drug, stimulant, depressant, steroid, marijuana, or other non-prescribed prescription medicine or possess, use, or transport paraphernalia for use of such substances. Use of an authorized prescription drug prescribed to a participant by a physician shall not constitute a violation of this rule.
 - *Rule 1 Consequence:*
 - *First Offense:* 50% suspension from contests. Upon review, the A.D.C. may grant permission for the participant to practice and be present at games but with no participation in the contests.
 - *Second Offense:* suspension for a minimum of one calendar year (12 months) from the date of the infraction.
 - *Third Offense:* suspension from any activities for the remainder of their high school careers.
 - The A.D.C. may reduce these penalties by ½ if the athlete agrees to go through and complete substance abuse counseling.
- *Rule 2:* activity/athletic participants shall not partake in any degree or be in possession of alcoholic beverages and/or tobacco products, including the use of e-cigarettes used in vaping.
 - *Rule 2 Consequences: (Alcohol)*
 - *First Offense:* 25% suspension from contests
 - *Second Offense:* 50% suspension from contests
 - *Third Offense:* suspension from activities/athletics for a minimum of 1 calendar year (12 months) as stated in rule 1.
 - *Rule 2 consequences: (Tobacco/E-cigarettes)*
 - *First Offense:* 10% suspension from contests
 - *Second Offense:* 25% suspension from contests.
 - *Third Offense:* 50% suspension from contests.
 - The A.D.C. may reduce these penalties by ½ if the athlete agrees to go through and complete substance abuse counseling.

- *Rule 3:* the activity/athletic participant shall not commit misdemeanors, felonies, or acts of delinquency.
 - Any student-athlete detained or arrested on any charge may be suspended from participation pending investigation by school officials.
 - *Rule 3 Consequences:*
 - *Misdemeanor Conviction:*
 - *First Offense:* 25% of the season. Upon review, the A.D.C. may grant permission to practice and attend games but will not be allowed to participate in games.
 - *Second Offense:* 1 calendar year suspension from date of the infraction.
 - *Felony Conviction:*
 - *First Offense:* 1 calendar year suspension from the date of the infraction.
 - *Second Offense:* end of high school career.
- *Rule 4:* the activity/athletic participant shall not commit acts of disrespect, vandalism, or theft.
 - *Rule 4 Consequences:*
 - *First Offense:* 25% suspension from contests. Upon review, the A.D.C. may grant permission to practice and be present at contests but will not be allowed to participate in these contests.
 - *Second Offense:* 50% suspension from contests.
 - *Third Offense:* 1 calendar year suspension from date of infraction.
- *Rule 5:* any activity/athletic participant who is in violation of school rules such as truancy, suspension, classroom disruption, or any other punishable acts will be disciplined by the already established rule. The participant may be dealt with further within the structure of each individual coach's/sponsor's rule for the activity/sport. If a participant is suspended out of school for any reason, he/she will be ineligible for all contests during the terms of the suspension. Out-of-school suspension participants cannot participate/practice during the suspension time.
- *Rule 6:* activity/athletic participants' attendance at social events (parties, dances, etc) are up to the participant and parents. However, participants are expected to leave social events immediately where there is illegal use of chemical substances, alcohol, or tobacco. Failure to do so implies guilt and may be subject to suspension:
 - *Rule 6 Consequences:*
 - *First Offense:* 10% suspension from contests.
 - *Second Offense:* 25% suspension of contests. Upon review, the A.D.C. may grant permission to practice or be at contests but not to participate in these contests for the first and second offense.
- *Rule 7:* specific team rules may be set forth by the head coach of each individual sport. The rules and the penalties for breaking them will be given to the athletes and their parents by the head coach before the season. These penalties are not to exceed the rules set forth in the athletic code.
- *Rule 8:* the abuse of the internet through websites, social media, emails, messages, pictures, etc. will be monitored. Any evidence of abuse will be subject to penalty.
 - *Rule 8 Consequences:*
 - *First Offense:* 25% suspension from contests.
 - *Second Offense:* 50% suspension from contests
 - *Third Offense:* 1 year suspension (12 months) from the date of the infraction.
- *School Detentions and Suspensions:*
 - Herrin High School believes it is important that our activity/athletic participants exemplify good character in and about school. Participants who are in trouble with the teachers and the administration will suffer appropriate penalties from activities/athletics for their behavior.

- Detentions will be served on the date and time assigned.
- Participants on suspension will not be allowed to participate in contests during the suspension period.
- Participants receiving after school detentions or suspensions will be subject to these guidelines:
 - *Detentions:*
 - 1-4 Detentions: coach's/sponsor's discretion
 - 5 or More Detentions: 1 Game Suspension
 - *Alternative Classroom Suspension (A.C.R.)*
 - If a participant receives an A.C.R., he/she will receive a 1 game or equivalent suspension.
 - *Suspensions:*
 - One-Three Day Suspension: 1 game suspension for each day suspended from school.
 - Four-Ten Day Suspension: 1 game suspension for each day suspended from school. A.D.C. committee will look at removal from sport/club depending on the nature of the suspension.
- *Notes:*
 - Any missed practice time will be made up at the coach's/sponsor's discretion.
 - Any detention or suspension assigned to the activity/athletic participant will be reviewed by the A.D.C.
 - Due to the number of contests within a season, football will serve ½ of the aforementioned penalties.
 - If the violation of the activity/athletic code occurs in the last part of the activity's/sport's season and the participant in violation of the code cannot fulfill the violation in that activity/sport, the suspension does carry over into the next activity/sport until the suspension is completed. This includes a different activity/sport or the same activity/sport next year. A participant may not pick up an activity/sport he/she had not previously participated to fulfill the suspension. This will be determined by the previous year's participation in activities/sports.

Concussion Management Policy

The following policy is for all athletes and athletic teams at Herrin Unit School District No. 4. Herrin High School contracts Certified Athletic Trainers for Sports Medicine; this policy was formed and based on the Consensus Statement on Concussions in Sport: The 5th International Conference on Concussion in Sports held in Berlin, 2016. The policy is in accordance with IHSA guidelines and The National Athletic Trainers Association policy and procedures for concussions. The policy is also in accordance with the Illinois State Law SB 0007 Youth Sports Concussion Safety Act.

Definition of Concussion:

Sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces (with or without the loss of consciousness).

Defining the Nature of a Concussive Head Injury:

1. Concussion may be caused either by a direct blow to the head, face, or neck or a blow elsewhere on the body with an "impulsive" force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairments of neurologic function that resolves spontaneously.

3. Concussion may result in neuropathological changes, but the symptoms largely reflect functional disturbances rather than a structural injury.
4. Concussion may or may not involve loss of consciousness,
5. No abnormality on standard neuroimaging tests. (Neuro test can not detect concussions)

Pediatric Concussive Injury:

Children, ages (5-18) years old should not return to playing or training until clinically completely symptom free. Due to the physiological response during childhood head trauma, a conservative return to participation approach is recommended. It may be appropriate to extend the amount of time of asymptomatic rest and/or length of the graded exertion in children and adolescents due to type of injury or history of previous concussions.

Concussion Management:

To ensure appropriate management of concussions, baseline cognitive testing will be administered to all HHS athletes prior to participation in sports. All concussion injuries will be appropriately managed by SIH Rehabilitation Sports Physicians, Primary Care Physicians, or by Certified Athletic Trainers working under medical supervision. A Return to Learn Procedure that was developed by the school's Concussion Oversight Team will be followed accordingly. Then, concussion management ideally includes rest until all symptoms resolve and then implementing a graded program of exertion before returning to sport.

When a player shows ANY symptoms or signs of a concussion:

1. The player will not be allowed to return to play the same day.
2. The player will not be left alone, and serial monitoring for deterioration will be essential over the initial few hours following injury.
3. The player will be medically evaluated following injury with the use of the SCAT (Standardized Concussion Assessment Tool), or similar exam on the sideline, MD office, or Athletic Training Room.
4. Return to Learn must follow protocol adapted and approved by the school Concussion Oversight Committee. (see RTL protocol)
5. Return to participation must follow a medically supervised stepwise process (see RTP protocol).
6. A concussion information handout will be given to the athlete, parent/guardian, or friend of the athlete who is taking care of him/her.

A PLAYER WILL NOT BE RETURNED TO PLAY WHILE SYMPTOMATIC. "WHEN IN DOUBT, SIT THEM OUT!"

Return to Learn (RTL) Protocol

SIH Rehabilitation Sports staff will monitor and follow school district policy. Refer to attached documentation.

Return to Participation (RTP) Protocol

Activities that require concentration and attention may exacerbate the symptoms and as a result, delay recovery. Therefore, during the period of recovery following injury, it is important to emphasize to the athlete that physical AND cognitive rest is required.

The return to participation following a concussion follows a stepwise process:

1. No activity, complete rest. Once asymptomatic, proceed to levels using the following:
 - a. Light aerobic exercise such as walking, or stationary cycling, but no resistance training.
 - b. Sport-specific exercise (skating in hockey, running in soccer, etc) progressive addition of resistance training at steps b or c.
 - c. Non-contact training drills.

- d. Full contact training and or exertional testing after medical clearance.
- e. Game play.

This progression will proceed over several days, but will be dependent on the athlete's progress with the resolve of symptoms.

With this stepwise progression, the athlete will continue to proceed to the next level if asymptomatic at the current level. If any post concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after 24 hours. RTP process will be monitored by SIH Rehabilitation Sports Medicine staff.

The above policy will be followed by the healthcare professionals (Team Physician, Athletic Trainers, along with the Athletic Department) that deal with the return to participation of the student athletes. This concussion management and return to play protocol will be followed despite the athlete presenting a prescription note to return to play sooner from his/her primary care physician or emergency room. If the athlete presents a prescription from his/her primary care physician for the appropriate time frame in regards to return to play, then the exertional progressive steps will be followed by the Athletic Trainer using the RTP protocol.

Drug Testing

The Board of Education of Herrin C.U.S.D. #4 and Herrin High School recognize the health risks and dangers associated with the use of illegal drugs and alcohol. The risks associated with the use of illegal drugs and alcohol greatly reduce the capability of the individual. Athletics and other extra-curricular activities are an integral part of the school and community. The Board of Education and Herrin High School encourage all students to become involved in a wide variety of athletics, academics, and activities but also believe that this opportunity is a privilege and not a right.

In order to prevent the harmful effects of alcohol and drugs, to help student-athletes achieve their highest level, and to arm our student-athletes with a reason to say "no," Herrin C.U.S.D. #4 conducts mandatory drug testing on all students involved in extracurricular activities. The drug testing program is not intended to be a punitive measure but rather a way to help our activity/athletic participants stay away from any illegal drug usage. Herrin High School wants to promote a drug-free environment for all its students.

General Information:

- Any student involved in extracurricular activities at Herrin High School and his or her parent/guardian, must sign a written consent form to be drug tested. If any student or parent/guardian refuses to sign the drug release form, the student will be ineligible for extra-curricular activities and will remain ineligible until the consent is signed.
- All participants involved in an extra-curricular activity will have numbers assigned to them. A computer program will randomly generate a list of students to be tested. When an activity/athletic participant's number is picked, he/she will be escorted to a private screening location to take the test.
- Once a participant has been tested, his/her number will still be used in the next random selection. Therefore, the participant has just as good a chance of being selected for the next random selection.
- If a participant refuses to take the test, he/she will complete a refusal statement and will be ruled ineligible for one calendar year from the date of the refusal.
- Activity/athletic participants will be tested twice a month on random dates with five randomly chosen students each time.

Items Tested:

- Amphetamines
- Cocaine
- Methamphetamines
- T.H.C. (cannabis)
- Opiates

Procedures:

1. When a participant's number is randomly selected, he/she is brought to an isolated area to wait to take the test.
2. The participant is escorted back to an isolated and secure area to begin the testing procedure.
3. The testing procedure is explained by the nurse and a form is signed and dated by the participant.
4. The participant must stipulate what prescription medication or over the counter medication he/she is taking presently. A doctor must have prescribed the medicine, and the student or parent(s)/guardian(s) must be able to verify the prescription. If the participant cannot verify that the medicine was prescribed to them, he/she will be subject to the actions of a positive test.
5. The activity/athletic participant is provided the testing materials and directed to an isolated and secure restroom.
6. When finished, the participant brings the specimen back to the beginning area to be read.

Results:

1. The nurse will read the results of the test and the result will be verified by the principal, assistant principal, or activities/athletics assistant principal.
2. If the result of the test is negative, the tested participant will be allowed to go back to class.
3. If the test is positive, the sample will be sealed, initialed by the participant, the nurse, and the principal, assistant principal, or activities/athletics assistant principal, and identified by the participant's identification number. While in custody, the sample will be kept in a secure location and will follow the legal chain of custody.
4. The sealed package will then be picked up by a delivery company and sent to the lab for professional testing and result monitoring.
5. Herrin High School uses Fedex as its delivery service and Redwood Toxicology Lab in California as its testing facility.
6. The parent(s)/guardian(s) of the activity/athletic participant who has tested positive will be notified by the principal, assistant principal, or activities/athletics assistant principal of a positive test and the procedure that will follow.
7. Once the verified results return from Redwood Toxicology, the discipline phase will begin.
8. The parent(s)/guardian(s), at their own expense, may have a separate lab run a drug screening. This test must follow the legal chain of custody. The results must be sent directly to Herrin High School. The test must be made within 12 hours of the original test, and if its results are to be used, this test must test for creatine, specific gravity, and any masking agents.
9. If the district's drug screening is positive and the independent test is negative, there will be a meeting of the A.D.C. to judge the proper response and action taken.

Results of a Positive Test:

If an activity/athletics participant tests positive, the following measures will be taken after the participant has his/her case heard by the A.D.C. A participant and his/her parent(s)/guardian(s) can appeal the decision from the A.D.C. to the principal, next to the superintendent, and finally the Herrin C.U.S.D. #4 Board of Education.

- *First Offense:* the participant will be suspended immediately for 50% of the season. If 50% of the season is not left, the punishment will conclude during the next season the participant participates.
 - *First Offense Option (one-time usage):* if a participant tests positive for the first time, the suspension can be reduced to 25% of the season if the parent(s)/guardian(s) and participant agree to the following:
 - Start and finish a counseling program that is paid at the expense of the parent(s)/guardian(s).
 - Be subject to random drug testing at all times.
- *Second Offense:* the participant will be suspended immediately for one calendar year from the date of the infraction.
- *Third Offense:* the participant will be suspended from any extra-curricular activity for the remainder of their high school careers.

Clauses:

- *Self-Reporting Clause:* if an activity/athletic participant has a substance abuse problem and wants help, the following will take place, as long as admission occurs before a participant is called to be tested:
 - The participant will be tested to see what levels of the drug are in the body.
 - The participant starts counseling at the parents' expense.
 - The participant completes counseling with written verification.
- *Reasonable Suspicion Clause:* Herrin C.U.S.D. #4 and Herrin High School specifically reserve the right to test any participant involved in extracurricular activities, at any time, where reasonable suspicion of drug usage has occurred.

Pay to Play

(To be determined by the Board of Education on a yearly basis)

Students will be charged \$50.00 per sport with a maximum of \$100.00 for the year and with a maximum \$150.00 per family per school year. Students receiving free lunches will have no charge, and students receiving reduced lunches will be charged one half of the above amounts. These fees apply to the following:

- All Herrin High School and Herrin Junior High School athletic teams
- All spirit teams, including cheerleading, dance team, and flag team.

In regards to academic teams, students will be charged according to the number of contests being held. Teams that only compete at the state level will have no charges (e.g. W.Y.S.E. and Drafting Team). Teams that have several competitions leading up to a state tournament will be charged \$25.00 (e.g. Math Team). Teams that have more than 7 events leading up to a state tournament will be charged as the athletic teams are charged (e.g. Scholar Bowl Team). As with the athletic teams, if students receive free lunches, they will have no charge, and students that receive a reduced lunch will be charged one half the amount.

All students will need to pay before the first official contest. Students will not be allowed to compete until the fees have been paid. Money should be turned into the athletic secretary at Herrin High School.

Home Event Admissions

- Participation cards for activity/athletic participants will be issued to participants during their season and must be presented to be admitted at no charge for non-I.H.S.A. sponsored home events.
- Tickets for one parent/guardian for the following varsity sports will be issued by the head coach. They will be available before the first game.
 - Varsity Football
 - Varsity Volleyball
 - Varsity Basketball
 - Wrestling

Recognition

- *Individual Wall of Fame:* Herrin High School has a great tradition of having athletes performing individual events at state. To qualify for the individual wall of fame, the criteria are:
 - Place in a state competition
 - State champion in state competition
- *Team Wall of Fame:* through the years, Herrin High School has recognized outstanding team accomplishments by showcasing their team pictures. To qualify for the team wall of fame, the criteria are:
 - Conference champions
 - Regional champions
 - Sectional finals
 - One or more wins in football playoffs
- *Banners:* all sports will have banners for their sports. These banners will represent:
 - Conference championships
 - Regional championships
 - Supersectional appearances
 - State appearances
 - Football playoffs
- *Patches:* all sports participants will be provided patches who those that accomplish the following:
 - Conference champions
 - Sectional champions
 - State qualifiers
 - Football must win 1 game in state series
- *All-Sports Banquet:*
 - Herrin High School will host the all-sports banquet at the end of the school year. Individual and team awards, as well as the induction of the new hall of fame members, will take place at this time.
 - Students who participate in three sports all four years of high school will be recognized as a "Golden Tiger" during this banquet.