

## **CONSENT FOR RELEASE OF MEDICAL INFORMATION FORM (HIPAA) & MEDICAL TREATMENT**

1. Understand and agree that participation in SDHSAA sponsored activities is voluntary on the part of the student and is considered a privilege.
2. Understand and agree that: (a) By this Consent Form the SDHSAA has provided notification to the parent and student of the existence of potential dangers associated with athletic participation; (b) Participation in any athletic activity may involve injury of some type; (c) The severity of such injuries can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries such as injuries to the body's bones, joints, ligaments, tendons, or muscles. Catastrophic injuries to the head, neck and spinal cord and concussions may also occur. On rare occasions, injuries so severe as to result in total disability, paralysis and death; (d) Even with the best coaching, use of the best protective equipment, and strict observance of rules, injuries are still a possibility; and; (e) By signing this form, I/we give our consent for the listed student to compete in SDHSAA approved athletics for the school year as listed on this form. Further, I/we give our permission for our child to participate in organized high school athletics, realizing that such activity involves the potential for injury and harm which exists as an inherent element in all sports. We also accept the risk of COVID-19 and that my son/daughter may contract the virus. We agree to accept this risk as a condition of my son/daughter's participation.
3. Understand, consent and agree to participation of the student in SDHSAA activities subject to all SDHSAA bylaws and rules interpretations for participation in SDHSAA sponsored activities, and the activities rules of the SDHSAA member school for which the student is participating; and
4. Understand, consent and agree that personally identifiable directory information may be disclosed about the student as a result of his/her participation in SDHSAA sponsored activities. Such directory information may include, but is not limited to, the student's photograph, name, grade level, height, weight, and participation in officially recognized activities and sports. If I/we do not wish to have any or all such information disclosed, I/we must notify the above mentioned high school, in writing, of our refusal to allow disclosure of any or all such information prior to the student's participation in sponsored activities.
5. Authorize the use or disclosure of the above named individual's health information including the Initial and Interim Pre-Participation History and Physical Exam information pertaining to a student's ability to participate in South Dakota High School Activities Association sponsored activities. Such disclosure may be made by any Health Care Provider generating or maintaining such information for the purposes of evaluating, observing, diagnosing and creating treatment plans for injuries that occur during the time period covered by this form, or, from pre-existing conditions that require care plans pertaining to participation during the time period covered by this form.
6. The information identified above may be used by or disclosed to the school nurse, athletic trainer, coaches, medical providers and other school personnel involved in the medical care of this student. I hereby consent to any medical services that may be required while said child is under the supervision of an employee of the fore-mentioned high school while on a school-sponsored activity, and hereby appoint said employee to act on behalf of myself in securing medical services from any duly licensed medical provider.

7. This information for which I/we are authorizing disclosure will be used for the purpose of determining the student's eligibility to participate in extracurricular activities, any limitations on such participation and any treatment needs of the student.

8. I understand that I have a right to revoke this authorization at any time. I understand that if I revoke this authorization, I must do so in writing and present my written revocation to the school administration. I understand that the revocation will not apply to information that has already been released in response to this authorization. I understand that the revocation will not apply to my insurance company when the law provides my insurer with the right to contest a claim under my policy.

9. This authorization will expire on July 1, 2021.

10. I understand that once the above information is disclosed, it may be re-disclosed by the recipient and the information may not be protected by federal privacy laws or regulations. Schools, School districts and school personnel are to uphold the bounds of FERPA. As such, disclosure and redisclosure by schools or school employees must be done in compliance with FERPA guidelines.

11. I understand authorizing the use or disclosure of the information identified above is voluntary. However, a student's eligibility to participate in extracurricular activities depends on such authorization. I need not sign this form to ensure healthcare treatment.

**PROOF OF INSURANCE** - I have adequate insurance coverage for my child.

# **SDHSAA** CONCUSSION FACT SHEET FOR STUDENTS

## ***What is a concussion?***

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works
- Can occur during practices or games in any sport or recreational activity
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged" or "had your bell rung"

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

## ***What are the symptoms of a concussion?***

You can't see a concussion, but you might notice one or more of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

## ***What should I do if I think I have a concussion?***

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

## ***How can I prevent a concussion?***

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

**IT IS BETTER TO MISS ONE GAME THAN A WHOLE SEASON – SEE SOMETHING – SAY SOMETHING!!!**

# SDHSAA CONCUSSION FACT SHEET FOR PARENTS

## **What is a concussion?**

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even or what seems to be a mild bump or blow to the head can be serious.

## **What are the signs and symptoms?**

You can't see a concussion, Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports, one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed By Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"><li>• Appears dazed or stunned</li><li>• Is confused about assignment or position</li><li>• Forgets an instruction</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily</li><li>• Answers questions slowly</li><li>• Loses consciousness (even briefly)</li><li>• Shows mood, behavior, or personality changes</li><li>• Can't recall events prior to hit or fall</li><li>• Can't recall events after hit or fall</li></ul>	<ul style="list-style-type: none"><li>• Headache or "pressure" in head</li><li>• Nausea or vomiting</li><li>• Balance problems or dizziness</li><li>• Double or blurry vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish, hazy, foggy, or groggy</li><li>• Concentration or memory problems</li><li>• Confusion</li><li>• Just not "feeling right" or is "feeling down"</li></ul>

## **How can you help your teen prevent a concussion?**

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times.

## **What should you do if you think your child has a concussion?**

1. **Keep your child out of play.** If your child has a concussion, her/his brain needs time to heal. Don't let your child return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your child is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
3. **Teach your child that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your child convince you that s/he's "just fine".
4. **Tell all of your child's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your child has ever had a concussion. Your child may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your child's coaches, school nurse, and teachers. If needed, they can help adjust your child's school activities during her/his recovery.

## SIOUX VALLEY ACTIVITIES CODE OF CONDUCT

Students participating in school activities are required to conduct themselves with respect for self and others through their actions, language, and dress. Students who choose to participate in school activities represent their community and school at public events and performances. Student activity participants are expected to demonstrate behavior that reflects positively on the individual, the school, and the community all year round.

### Activity Rules

The Activity Rules Discipline Plan applies to all students participating in athletic and extra-curricular activities and other activities included in the school activities definition below. In addition, these rules apply to all students in grades 7-12 even if they are not involved in activities or have not signed off on the code of conduct. The consequences for an offense would be served during the next activity that the student would participate in.

### DEFINITIONS

**1. School Activities:** School Activities include, but are not limited to, athletics, fine arts groups, school-sponsored organizations, cheerleading and any other school-sponsored activities including NHS, FFA, FCCLA, theater productions, Oral Interp, Visual Arts, school dances, Student Council activities. Those activities such as Band, Chorus and Yearbook that may also have a grading system attached to it would be decided by the Activities Director/Administration.

**2. School Activity Event:** A public presentation, performance, competition, or trip associated with participation in a school sponsored activity.

**3. School Administration:** School Administration shall be the superintendent, principal, and activities director.

### ACTIVITY RULES DISCIPLINE PLAN

Student participation in school activities is a privilege, not a right. Students who choose to participate in school activities are expected to exemplify high standards of behavior and positively represent Sioux Valley school and the community and to bring credit rather than discredit to the school whose programs make such participation possible.

These activity rules will be enforced the entire year, which includes the summer months, regardless of whether or not the student is participating in an activity at the time. A student who violates these regulations shall be ineligible to participate according to the activity rules listed below. Any middle school or high school student wishing to participate in school activities shall not do the following and must adhere to the following training rules.

**The following are violations of the activity code of conduct and subject the violator to the consequences set forth herein:**

- possess, sell, dispense, or use tobacco.
- possess, sell, dispense, or use a controlled or mood-altering substance, such as steroids, marijuana, inhalants, alcohol and other drugs. This is to include huffing, vaping and e-cigarettes.
- commit any crime against a person or against property.

- commit any of the acts listed above on or discovered by way of facebook, twitter, snapchat or any other type of social media.

**Evidence of a violation may be the result of:**

- information received from law enforcement or court services personnel provides reasonable cause to believe that an infraction has occurred; this is to include a positive test on a breathalyzer, blood test or other means conducted by law enforcement.
- a student found guilty, pled guilty, or enters a no contest plea in either Juvenile court or adult criminal court.
- a self-reported violation by either the parent or student.
- an observed violation reported by a school district employee.
- an observed violation reported by a person not a school district employee, provided the information has been verified to the satisfaction of the Activities Director/Administration

**Due Process:**

(1) The activities director/administration shall inform the student/parents/guardian of the rule, regulation or policy that has been violated.

(2) The student will be given an opportunity to answer the charges with the parents present.

(3) The activities director/administration will render a decision after reviewing the case followed by written confirmation.

(4) Decisions by the activities director/administration may be appealed in writing to the superintendent within ten (10) days of the decision.

(5) During the appeals process the penalty will be in effect. The Superintendent shall render a decision on the appeal within five (5) days.

**Violations:**

The following activity rules apply for all students participating in school activities whether the offense occurs in a school, on school property, in district vehicles or buses, at district events, or away from district property.

**Consequences:**

By suspending the student-athlete, Sioux Valley Schools is not pre-judging guilt or innocence, rather the suspension protects the integrity of the school district, including all of our student-athletes, when there is an arrest or criminal charge.

Conduct violations accumulate over a student's 7-12 grade middle school and high school career. If the student is in the process of serving a one year suspension, they must complete that year of suspension before eligibility will be restored.

The suspension period for an activity rules violation begins on the date of the next school activity event in which the student is involved and the season must be completed (practices, events, etc.) for the suspension to be served.

The following consequences are minimums only. The actual period of suspension shall be determined by the administration in each individual case. **The administration and coach/activity supervisor may enforce a more severe penalty, which may include termination from activities, if the violation warrants it. If the penalty exceeds the minimum for the violation, the reason shall be stated in writing.**

#### **A. First Violation**

After confirmation of the first violation, the student shall not participate in any school activity event in which the student is a participant for a minimum of 1/8 of the number of regular season events scheduled.

Athletes who have committed a first violation may receive their appropriate awards, including the 4 year 3 sport award, if they have completed all policy requirements to be reinstated.

#### Marijuana and other Drugs (SDCL 13-32-9)

Any student is ineligible to participate in any extracurricular activity for drug violations for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one-year suspension may be reduced to thirty school days if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program.

#### **B. Second Violation**

After confirmation of the second violation, the student shall not participate in any school activity event in which the student is a participant for a minimum of 1/3 of the number of regular season events scheduled.

Athletes who have committed their second violation will forfeit their appropriate awards, including the 4 year 3 sport award.

#### Marijuana and other Drugs (SDCL 13-32-9)

After confirmation for the second marijuana or other drug violation, the student shall not participate in any school activity or activity event for the rest of his or her high school career.

Any student is ineligible to participate in any extracurricular activity for drug violations for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one-year suspension may be reduced to sixty school days if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program.

#### **C. Third Violation**

After confirmation of the third or subsequent violations the student will be terminated from all activities for the remainder of their school career. The student will not be eligible for activity awards.

#### Marijuana and other Drugs (SDCL 13-32-9)

After confirmation for the third marijuana or other drug violation, the student shall not participate in any school activity or activity event for the rest of his or her high school career.

In the event the second marijuana/other drug violation is not a conviction, adjudication, or the subject of a suspended imposition of sentence, the activity suspension may be reduced if the student completes a drug evaluation and completes an approved drug prevention program.

### **State Law Violation and Consequences Pursuant to SDCL 13-32-9:**

In addition to school district consequences, state law (SDCL 13-32-9) can also result in the student not being able to participate in any activity sanctioned by the South Dakota High School Activities Association (SDHSAA). SDCL 13-32-9 requires:

- **First Violation:** SDCL 13-32-9 states that any person adjudicated, convicted, the subject of an informal adjustment or court approved juvenile diversion program, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled drugs or substances or marijuana as defined in SDCL 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by SDCL 22-42-15, is ineligible to participate in any extracurricular activity at any secondary school accredited by the DOE for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one year suspension may be reduced to thirty calendar days (which must include two SDHSAA sanctioned events) if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. If the assessment indicates the need for a high level of care, the student is required to complete the prescribed program before becoming eligible to participate in extracurricular activities. In order for events to count toward the minimum number of events for which the student is ineligible following a reduction in the suspension, the student must participate in the entire activity season.
- **Second Violation:** SDCL 13-32-9 states that any person adjudicated, convicted, the subject of an informal adjustment or court approved juvenile diversion program, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled drugs or substances or marijuana as defined in SDCL 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by SDCL 22-42-15, is ineligible to participate in any extracurricular activity at any secondary school accredited by the DOE for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one year suspension may be reduced to sixty calendar days (which must include six SDHSAA sanctioned events) if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. If the assessment indicates the need for a high level of care, the student is required to complete the prescribed program before becoming eligible to participate in extracurricular activities. In order for events to count toward the minimum number of events for which the student is ineligible following a reduction in the suspension, the student must participate in the entire activity season.
- **Subsequent Violation:** SDCL 13-32-9 states that upon a subsequent adjudication, conviction, diversion, or suspended imposition of sentence for possession, use or distribution of controlled drugs or substances or marijuana as defined in SDCL 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by SDCL 22-42-15, by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education.



## ACADEMIC ELIGIBILITY FOR EXTRA-CURRICULAR ACTIVITIES

1. Students must meet grade requirements as set forth by the South Dakota High School Activities Association (SDHSAA handbook – passing 4 courses (2.0 credit hours) the previous semester, has not reached their 20<sup>th</sup> birthday, etc.).
2. Students must maintain a D- average in each individual class. Grades will be checked every two week period to determine eligibility.

The students and teachers will be made aware of the dates for grade submission prior to the beginning of each quarter.

3. Procedure for administering the academic eligibility program:
  - A contact will be made to the student/parent each time a student is determined to be academically ineligible.
  - The Athletic Director will contact the student and the Head Coach/Advisor concerning student-athletes/participants who are on this list.
  - Once a student raises their grade to all passing levels and notification has been given from the teacher to the principal or athletic director, the student is immediately eligible.
  - The affected students will then follow the phases listed below as a consequence: (Students would move to the next phase if still ineligible after consecutive failing grade checks)
    - A. **PHASE ONE:** the student will receive a one time (per semester) probation period. The student will continue to practice and compete.
    - B. **PHASE TWO:** the student must practice but may not compete until the grade is raised to a D- average.
    - C. **PHASE THREE:** the student may not practice or participate until the grade is raised to a D- average.
  - In the event, a student has two or more failing grades at any scheduled grade check, they will immediately be on phase three and will return to phase two when having only one failing grade.
4. Due to the timing of when Sioux Valley School receives official grades/transcripts from the college/votech, dual credit courses will not factor into the Sioux Valley School eligibility policy. However, dual credit courses will factor into the SDHSAA semester rule eligibility.

**\*The administration will make eligibility decision on students with special circumstances**

### Missing Practice/Competitions:

Athletes at Sioux Valley Schools should be aware that playing a school sport requires a substantial commitment. However, it will be allowed for athletes to be involved other activities outside the school ones (e.g. club sports, music/dance lessons, cheer, mission trips, or similar activities.) Athletes should plan to make the school activity the top priority. Sioux Valley Schools require that in the event there is a conflict between the two, the athlete and their parents need to communicate ahead of time with the coach and he or she will make the decision as to what course of action will be allowed. During the season, alternative practice sessions may be arranged if approved by the coaches.

If communication and approval occurs prior to a contest; an athlete may miss one contest without a penalty in a respective sport season as a result of attending non-school activities as stated above. This absence will be considered an unexcused absence and reported to the Activities Director by the Head Coach. A second unexcused absence from a competition of school-sponsored activity will result in a one game suspension and a meeting with the athlete, parent, Head Coach and the Activities Director. In addition, conference meets/tournaments and post season events are to be attended by all athletes. An absence due to personal, family illness, emergency or other school event shall be considered excused.

The Activities Director will be made aware of all such situations by the coaching staff and will have the final determination on the status of any excused or unexcused absences which are in question.

### Activity Tickets:

All students that participate in one or more co-curricular activities (athletic or fine arts) are required to purchase an activity ticket prior to participating in their first event. This money gets put back into the programs at Sioux Valley School District.