

## **Appendix A**

### **Hillsboro High School Conduct Code for Participants in Extracurricular Activities**

#### Athletic Rules & Code of Conduct

The Athletic Code applies to all students who want to participate in athletics. Athletics includes competitive sports, extracurricular activities. This code applies in addition to other rules and regulations concerning student conduct and imposes additional requirements on student athletes and cheerleaders. Participation in athletics is a privilege. Those who participate in athletics have a responsibility to favorably represent the school and community. Student athletes are expected to conduct themselves both in and out of school in a manner appropriate to their responsibilities as representatives of the school and district. If a student fails to comply with the terms of this code, the privilege to participate in athletics may be lost in accordance with the terms of this Athletic Code.

#### General Rules for Participants in Extracurricular Activities

Participants shall at all times abide by the rules of their activity or sport. Unsportsmanlike behavior is prohibited. Participants' conduct in and out of school shall not reflect negatively on their school or create a disruptive influence on the discipline, good order, moral or educational environment in the school. Participants who violate this conduct code are subject to dismissal from the activity at the discretion of the sponsor, coach or building principal. Participants are also subject to such other penalties designated by the rules of the activity sponsor or coach.

1. Students are responsible for the care of uniforms and equipment issued by the school. Students will be billed for the cost of repairing or replacing uniforms or equipment that are damaged or lost. Students who have not returned uniforms or equipment from a sport will not be issued uniforms/equipment in a subsequent sport or activity.
2. Hazing is prohibited and students will be subject to disciplinary action under this Policy and under the school disciplinary policies.
3. Student participants shall conform to rules specified by the sponsor or coach of the activity or sport in which the student participates. Those rules may include rules regarding grooming. Activity sponsors and coaches are authorized to impose discipline with regard to activities or sports at their discretion for violation of school rules or those additional rules imposed by the sponsor or coach.
4. Stealing of athletic, extracurricular or other school equipment or the property of others is prohibited. Extracurricular participants who steal property or equipment may be dismissed from such extracurricular sport or activity and/or subject to school discipline.
5. The building principal, athletic director and/or activity sponsor may impose penalties for violations of rules in this section. Coaches and activity sponsors or coaches may impose penalties for violations of rules established by them. Oral notification of penalty is sufficient, but students shall be permitted to meet with the coach or activity sponsor to discuss the situation prior to the time the penalty is imposed.

#### Attendance Requirement for Extracurriculars

A student must be in attendance for half of their regularly scheduled classes the day of an event to be eligible to participate in extracurricular activities or after school events. Exceptions may be made by the

designated teacher, sponsor, coach, or administrator for justifiable reasons, including: 1) a pre-arranged medical absence; 2) a death in the student's family; or 3) a religious ceremony or event.

A student who has been suspended from school is also suspended from participation in all extracurricular and athletic activities for the duration of the suspension.

A student who is absent from school on a Friday before a Saturday event may be withheld from Saturday extracurricular or athletic activities at the sole discretion of the designated teacher, sponsor or coach.

#### Use of Alcohol, Tobacco, and/or E-cigarettes

Use, possession, distribution, purchase, or sale of alcohol or tobacco (smoking, smokeless, look-alike tobacco, or Ecigarettes) at any time during the calendar year is prohibited.

For any infraction involving alcohol or tobacco, a meeting shall be held with the student, the building principal and the athletic director and/or activity sponsor. The student may not attend any practice or event until after the conference has been held. This meeting shall be held as soon as it is reasonably possible. Parent(s) or guardian(s) will be notified of the outcome of the meeting.

- ❖ First Violation: If it is determined by the administration that the student is guilty of an infraction involving alcohol or tobacco, the student will be suspended for one half of the regularly scheduled contests (to include post season play if the violation occurs in the second half of the season) of the sport or activity season in which the student is currently participating or the next sport or activity season in which the student regularly participates. If less than one-half (50%) of the sport or activity season remains, or the student is not currently participating in a sport or activity, the suspension will continue into the next sport or activity season. For example, if a student is suspended with twenty-five percent (25%) of a season remaining, he or she will be suspended for the remainder of that season and the first twenty-five percent (25%) of the next sport or activity season in which he or she participates. A penalty imposed hereunder may carry over to the following school year. The student may be required to practice with the group regardless of the violation (unless suspended or expelled from school).
- ❖ Second Violation: If a student commits a second infraction involving alcohol or tobacco at any time during his or her high school career, the student will be suspended from participation in any sport or activity described herein for a period of one calendar year.
- ❖ Third Violation: If a student commits a third infraction involving alcohol or tobacco at any time during his or her high school career, the student will be prohibited from participation in any sport or activity described herein for the remainder of his or her high school career.

**\*\*A suspension may not be satisfied by being served during a sport in which the students did not participate the previous year (Sophomore, Juniors and Seniors only).**

#### Use Possession/Distribution of Drugs

Use, possession, distribution, purchase, or sale of illegal drugs, look-alike drugs, or drug-related paraphernalia or the illegal use, possession, distribution or sale of prescription drugs at any time during the calendar is prohibited.

For any infraction involving illegal drugs, look-alike drugs, drug-related paraphernalia, or prescription drugs, a meeting shall be held with the student, the building principal and the athletic director and/or

activity sponsor. The student may not attend any practice or event until after the conference has been held. This meeting shall be held as soon as is reasonably possible. Parent(s) or guardian(s) will be notified of the outcome of the meeting.

- ❖ First Violation: If it is determined by the administration that the student is guilty of an infraction involving illegal drugs, look-alike drugs, drug-related paraphernalia, or prescription drugs the student will be suspended from participation in any sport or activity for a period of one calendar year.
- ❖ Second Violation: If a student commits a second infraction involving illegal drugs, look-alike drugs, drug-related paraphernalia, or prescription drugs during his or her high school career, the student will be suspended from participation in any sport or activity described herein for the remainder of his or her high school career.

#### Other Criminal Offenses

If a student commits any other criminal offense, the student will be disciplined under this policy for a period of time in accordance with the schedule below.

- ❖ A student who is arrested or charged with a crime may be temporarily suspended from participation in extracurricular activities until the matter has been adjudicated. The length of the temporary suspension shall not exceed the length of suspension for conviction.
- ❖ If convicted of a misdemeanor, the student will be restricted from athletics for one-half of the regularly scheduled contests in which the student is currently participating or the next sport or activity season in which the student regularly participates. A student may not join a sport or activity in which he or she has not previously participated in order to serve a suspension during that sport or activity. If less than one-half of the sport or activity season remains, or the student is not currently participating in a sport or activity, the suspension will continue into the next sport or activity season.
- ❖ If convicted of a felony, the student will be restricted from athletics for one calendar year from the date of suspension.

#### Further Procedures

The procedures and rules of conduct set forth above shall apply irrespective of whether at the time of the infraction the student was participating in an IHSA sport or activity. For example, if a student commits an act which would be an infraction under this code in the fall semester, but participates for the first time in a sport or activity in the spring semester, the procedures and penalties shall apply immediately as of the time the student first begins to participate in sports or activities under this extracurricular code of conduct.

For infractions involving the use, possession, distribution, purchase or sale of alcohol, tobacco, e-cigarettes or drugs, a suspension will be reduced by 50% if the student participates in a Substance Use Assessment conducted by the Montgomery County Health Department AND successfully completes all treatment and/or educational program recommendation(s) resulting from the assessment. Educational programming options may also be offered directly from the District. Specific information about the Substance Use Assessment and any treatment program will not be shared with the District. The District will only be informed of completion of the assessment and compliance with any recommended treatment or educational programming.

If a student self-reports an infraction of the Code involving alcohol, tobacco, e-cigarettes, drugs, or criminal offenses, a one year or less period of suspension will be reduced by 50%. Infractions that would result in a career suspension will be reduced to a period of one calendar year. For a suspension to be reduced, report of an infraction must be made to the activity sponsor or coach, the athletic director, or a building administrator within seventy-two (72) hours of the offense or prior to the next athletic competition, whichever occurs first.

These 50% suspension reductions can both be applied to the same suspension resulting in an overall suspension reduction of 75%.

Suspension for multiple infractions involving alcohol, tobacco, drugs, or criminal offenses (whether those infractions occur in the same season or subsequent seasons) will be cumulative. A student who has committed multiple infractions will be reinstated only after a conference with the parents and only if the student provides proof that he/she has received professional counseling.

Any student participant and/or parent or guardian shall have the right to appeal any action taken pursuant to this policy by contacting the activity sponsor or coach within three days of receiving notice of the imposition of any sanction or penalty. A three-member advisory council consisting of the principal, the athletic director, and the coach or sponsor of the activity will review the student's case. A decision of the advisory council may be appealed to the Board of Education.

A decision to suspend a student participant for the remainder of his or her high school career may be reviewed annually for purposes of considering the student's reinstatement.

## **IHSA Sports Medicine Acknowledgement & Consent Form**

### **Concussion Information Sheet**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches "Pressure in head"	Amnesia
Nausea or vomiting	"Don't feel right"
Neck pain	Fatigue or low energy
Balance problems or dizziness	Sadness
Blurred, double, or fuzzy vision	Nervousness or anxiety
Sensitivity to light or noise	Irritability
Feeling sluggish or slowed down	More emotional
Feeling foggy or groggy	Confusion
Drowsiness	

Change in sleep patterns	Concentration or memory problems (forgetting game plays) Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

Appears dazed Vacant facial expression Confused about assignment Forgets plays Shows behavior or personality changes Seizures or convulsions Any change in typical behavior or personality	Is unsure of game, score, or opponent Moves clumsily or displays incoordination Answers questions slowly Slurred speech Can't recall events prior to hit Can't recall events after hit Loses consciousness
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What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/> Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 7/1/2011 Reviewed 4/24/2013

## **IHSA Performance-Enhancing Substance Testing Policy**

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

<http://www.ihsa.org/documents/sportsMedicine/2014-15/2014-15%20PES%20policy%20final.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/2014-15/2014-15%20IHSA%20Banned%20Drugs.pdf>

## **IHSA Steroid Testing Policy Consent to Random Testing**

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student's body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at [www.IHSA.org](http://www.IHSA.org). We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at

<http://www.ihsa.org/documents/sportsMedicine/2014-15/2014-15%20IHSA%20Banned%20Drugs.pdf>