

**ELMWOOD PARK HIGH SCHOOL
ATHLETIC CODE OF CONDUCT**

I. Mission Statement

The following material should be read completely by all athletes and parents or legal guardians. Because this material is important to your status as an athlete, you should familiarize yourself with the content on the following pages.

Athletes at Elmwood Park High School wear uniforms as representatives of our school. Therefore, athletes have greater responsibilities than the average student. Participating in sports provide an athlete the opportunity to gain recognition and other benefits that result from participation. The Elmwood Park High School Athletic Program depends on all athletes for its reputation.

The Requirements and Expectations set forth in this Handbook will apply throughout an athlete’s career as an Elmwood Park student-athlete at all times both in school and out of school 24 hours a day 365 days a year to students participating in any extra-curricular athletic activity. The commitment that the permission form signatures represent by an athlete and his/her parent or guardian will remain in effect for one calendar year from the date of the last participation by the athlete.

II. Requirements and Expectations	III. Consequences For Not Meeting Requirements and Expectations
<p>A. Students are required to be in attendance at least two periods to be eligible to practice or compete on that given day. Extraordinary circumstances (funerals, court dates) may be appealed to the Athletic Director.</p>	<p>A. Any student in violation of Code II-A will be ineligible to practice or compete in a contest on that day.</p>
<p>B. Students are responsible for all equipment and/or clothing issued for the athletic program and the return of the equipment and/or clothing at the end of the season.</p>	<p>B. Any student who does not return the equipment and/or clothing distributed during participation in an athletic program or any student who returns equipment and/or clothing that is damaged is financially responsible and may not be allowed to participate in another extra-curricular program until that obligation is met.</p>
<p>C. Students participating in a school-sponsored event must use the mode of travel provided by the school to and from the contest. The only exception to this is when the parents contacted the Athletic Director and requested to transport their child prior to the event.</p>	<p>C. The coach, sponsor or Athletic Director will properly discipline any student in violation of Code II-C.</p>
<p>D. Student-athletes on a current eligibility certificate in season are to maintain a passing grade in three of his/her classes, thus satisfying the Illinois High School Association requirements on a weekly basis in order to meet scholastic requirements. Additional work taken at Elmwood Park High School, Triton Community College, on-line courses or distance learning opportunities may be accepted toward fulfilling this</p>	<p>D. Any student in violation of Code II-D will be ineligible for participation for a minimum of one week, or until he/she is sufficiently meeting the Elmwood Park High School academic requirements. If a participant fails to pass 4 classes in the two terms prior to competition, he/she will be ineligible in the next two terms unless the deficiencies are made up in summer school.</p>

requirement provided the course is granted credit toward graduation at Elmwood Park High School. The student must have passed four classes in the two terms prior to competition.	
E. Illinois High School Association By-law number 2.150 requires student-athletes to file certificate of physical fitness every 13 months issued by a licensed physician, physician's assistant or nurse practitioner.	E. Any student in violation of Code II-E will be ineligible to participate without a physical examination. This includes practices as well as contests.
F. All student-athletes are representatives of Elmwood Park School District #401 and expected to conduct themselves in the same manner as in the normal school day. This includes respect for people, property and public law at all times.	F. The coach, sponsor, or director of athletics will appropriately discipline any student in violation of Code II-F. The suspension of non-participation will vary from a game suspension. 1/4 of the activity, or to the equivalent of one full season of activity. Students assigned In- School Suspension are not allowed to participate in games or practices on the day of their suspension
G. Use or possession of alcohol, tobacco, or controlled substances, or misuse of non-prescription drugs, will be considered a violation of the Athletic Code.	G. Any student in violation of Code II-G will be given one of the following dispositions
	First offense: Suspension from activity for 1/4 of the season. In this context, season is defined as the total number of scheduled games including invitations and tournaments during the regular season. However, suspensions will be carried into the IHSA State Tournament Series. The suspension will carry over into the next season or athletic activity until the suspension is completed. Athletes must complete the season they started for the disciplinary action to be complete.
	Second offense: Suspension from activity for 1/2 of the season. In this context, season is defined as the total number of scheduled games including invitational and tournaments during the regular season. However, suspensions will be carried into the IHSA State Tournament Series. The suspension will carry over into the next season or athletic activity until the suspension is completed. Athletes must complete the season the started for the disciplinary action to be complete.
	Third offense: One calendar year suspension.
	Fourth offense: The student will be suspended from participation in all athletic activities for the remainder of his/her academic career.

H. Student-athletes must refrain from any hazing or initiation activities as a member of any extra-curricular sports program.	H. Hazing or initiation activities are subject to disciplinary action from the Athletic Department and the Elmwood Park CUSD #401 student handbook.
I. Student-athlete MySpace, Facebook or any other social media pages or postings are expected to be responsible and appropriate and must refrain from any depictions that are not consistent with the Athletic Code of Conduct.	I. Students engaged in activities that violate the Athletic Code of Conduct that are depicted in MySpace, Facebook or any other social media will be subject to disciplinary action.

IV. Due Process Procedure

The Athletic Director will notify the student and his/her parent/guardian in writing regarding a determination that the Athletic Code of Conduct has been violated and any resulting disciplinary action. A student, accompanied by his/her parent/guardian, may appeal a determination of violation, or the disciplinary action imposed by the Athletic Director, by filing a written appeal with the Principal within three (3) school days following the student's receipt of the Athletic Director's determination. The written appeal shall state the specific reason(s) that the determination of violation is incorrect and/or why the disciplinary action should be rescinded. The Principal shall meet with the student and his/her parent as soon as practicable to consider the appeal. The decision of the Principal shall be final.

V. Illinois High School Association Sportsmanship By-Laws

- A. **Illinois High School Association By-Law 2.042** – IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.
- B. **The Illinois High School Association Sportsmanship By-Law 6.011** – Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

VI. Illinois High School Association Eligibility Rules

A student in Elmwood Park High School shall be eligible to participate on athletic teams in interscholastic athletic contests as a representative of the school provided:

- a. He/she shall have been enrolled and in attendance no later than the beginning of the eleventh day of the semester.
- b. He/she shall not have any lapse of school connection during any given eighteen-week session of greater than ten - (10) consecutive school days.
- c. He/she shall, unless they are entering high school for the first time, have credit on the school records for doing passing work in at least four (4) classes, of high school work in the previous two- (2) terms.
- d. He/she shall not have graduated from any four-year high school or its equivalent.
- e. He/she attend the public school in the district in which his/her parents reside.
- f. After they enroll in the ninth grade, students shall be eligible for no more than eight (8) semesters (16 terms).
- g. He/she will become ineligible on the date you becomes twenty (20) years of age, unless his/her twentieth (20th) birthday occurs during a sport season. In that case, he/she will become ineligible in regard to age at the beginning of the sport season during which he/she will turn twenty (20).
- h. He/she shall have, filed with the high school administration, a certificate of physical fitness issued by a licensed physician every 15 months preceding practice or participation in any interscholastic athletic contest or activity.

- i. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$20 fair market value. There is no limitation on the value of your school letter.
- j. He/she shall not participate in interscholastic competition under any other name than his/her own.
- k. During the school year and while a member of a school team, a student shall not participate on any non-school team in the same sport.
- l. During the school year, a student shall not participate in any coaching school for any interscholastic sport.
- m. A student shall not, during their high school career, participate in any all-star competition, either of a team or individual nature.
- n. At Elmwood Park High School, in-season athletes have their grades checked every week. An athlete must maintain a passing grade in two of his/her classes on a weekly basis in order to meet scholastic requirements. If found not fulfilling this requirement, the athlete is declared ineligible for one week, beginning the following Monday.

VII. Athletic Registration

Registration online is mandatory to participate in a sport. You must complete the online registration in order to be eligible. IHSA pre-participation physician forms can be brought to the athletic office or the school nurse. When the registration is complete and we have verified your physical is current, the student must come to the athletic office for their yellow card to be given to the coach. Parent's can register their child at il.8to18.com/elmwoodpark.

1. ATHLETIC PERMISSION

2. PHYSICIAN'S CERTIFICATE CARD

An approved physical examination is valid for 13 months from the date of the examination. Ninth grade entrance physicals are valid for athletics also. It is wise to obtain examinations during June or July to assure a full school year of uninterrupted participation. Under no circumstances should an athlete engage in any form of activity without a current physical.

3. CONSENT FOR DISCLOSURE OF STUDENT INFORMATION AND RECORDS

Elmwood Park School District 401, Cook County, Illinois, in accordance with the *Illinois School Student Records Act*, requires parent permission before utilizing a child's picture or name for the following/district-sponsored activities:

- Internet/website
- Promotional materials and brochures
- Yearbook
- School newspaper
- Local media coverage

The parent(s) will notify the school Principal and Athletic Director in writing should parent(s) decide to revoke this consent. This consent is in Elmwood Park High School's Student Handbook.

4. CONCUSSION INFORMATION SHEET

5. **IHSA PERFORMANCE-ENHANCING SUBSTANCE TESTING FORM**

6. **EQUIPMENT/USER FEE**

Equipment/User fees will be paid online after registration is complete. Athletic Equipment/User fees are **\$65.00 per sport. Participation in one sport is \$65, participation in a second sport is \$65 and participation for a third sport is no cost.**

The above forms are online and must have electronic signatures by both the parent and athlete to participate.

VIII. Attendance at Practices

Team members of all teams are expected to be at all practices and games at the time specified by their coach.

In the event you must miss a team function due to illness or family emergency, notify your coach as soon as possible. Unexcused absences will result in being dropped from the team.

On the third unexcused absence from practice, an athlete will be dropped from the team. The athlete may be dropped from the team with two (2) unexcused absences if the coach has indicated this policy to the team. If an athlete has an unexcused absence from a contest, he or she may be dropped immediately.

The following reasons for absences are examples of reasons that will be considered unexcused: (1) work (2) doctor or dentist appointment (unless previously cleared by the coach) (3) vacation (unless with parent(s)/guardian and cleared by the coach).

IX. Transportation

Whenever possible, all trips will be made by bus. For liability purposes, athletes are expected to travel to and from contests with the team. Parents must contact the athletic office prior to contests for permission to take an athlete home. If parents take home athletes from games, emergency transportation forms must be signed.

X. Care and Use of Equipment

All equipment issued to you must be returned to your coach at the time you leave the team or at the end of the season. You are responsible to see that all equipment used by you is properly cared for. Lockers will be issued to you and all equipment and personal belongings should be locked at all times.

Lost or damaged equipment must be paid for or future equipment will not be issued. Athletes will be charged replacement value, which is usually a 100% markup for a one-item order. If financial obligations are not met, students will not be permitted to participate in Elmwood Park CUSD #401 extra-curricular functions.

Uniforms laundered at home should be done according to label instructions or coach's instructions. Please do NOT put any items into the dryer.

XI. Changing Sports in Mid-Season & Dual Participation

Once a student becomes a member of any team or squad, he or she may not change to another sport during that season.

Dual participation during a season is strongly discouraged.

Exceptions will be considered on an individual basis by the Athletic Director.

XII. Quitting A Team (Off Season Conditioning)

ANY ATHLETE WHO QUILTS A SPORT MAY NOT TAKE PART IN THE OFF-SEASON PROGRAMS. THE EXCEPTION TO THIS IS:

1. The athlete leaves the team in good standing within two weeks of the start of the season and;
 - a. The student must see the coach within three days of quitting the team.
 - b. The athlete must return all equipment issued within the three days.
2. Refunds for athletic participation will not be provided after the three days.

XIII. ImPACT Testing

The Best Approach to Concussion Management

Elmwood Park High School is utilizing an innovative program for our student-athletes. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing), a computerized exam that the athlete takes prior to the season and if the athlete is believed to have suffered a head injury they re-take the exam to help determine the extent of the injury, the location of the injury and/or when and if the injury has healed. This system is utilized throughout professional sports, has been mandated in the NHL, and is the “Gold Standard” in recognizing and better managing concussion type injuries. The University of Pittsburgh Medical Center’s Sports Concussion Program is the founding group of this software.

The exam takes about 15-20 minutes and is non-invasive. The program is basically set-up as a “video-game” type format. What it is doing is giving the brain a pre-season physical of its cognitive abilities. Using a variety of scientifically-validated computerized neurocognitive tests of memory, reaction time, and processing speed, ImPACT provides specific information regarding the severity of injury and a standard for evaluating recovery from injury. It is simple and actually most people that have taken it have enjoyed the challenge of the test. If a concussion is suspected, the test is re-taken and the information can be used to better determine recovery from concussion. This program gives us the best available information in preventing brain damage that can occur with multiple concussions. The ImPACT concussion management program allows Elmwood Park administration, coaches, and athletic training staffs to keep your child’s health and safety at the forefront of the high school athletic experience.

XIV. INSURANCE

All athletes are required to carry insurance to participate in Elmwood Park CUSD #401 athletic programs.

XV. SPORTS MEDICINE POLICY

Permission is granted to the team physician and athletic trainer to provide the necessary emergency treatment at athletic events, to include games and practices, prior to the student's admission to medical facilities. Permission is also granted to the team physician and athletic trainer to administer daily evaluations and medical, rehabilitative treatments, to include therapeutic exercise and available modalities, of acute/chronic injuries. All medical information will be shared with the team physician, athletic trainer, school nurse, Athletic Director, and coaching staff. Parents have the right to restrict access of any and/or all medical information to any or all of the parties named above. In order to restrict the access of medical information, a written request stating specifically what information is to be restricted and to whom it is to be restricted from, must be sent directly to the Athletic Director prior to the start of the season.

XVI. Warning of Risk

You are to be aware that participation in athletics has inherent dangers and risks. Even though your participation and practice is within the rules of sport and following the instruction of your coach, you may suffer from catastrophic injury. These injuries may include but are not limited to death, serious head, neck or spinal injuries that may result in complete or partial paralysis or brain damage. Serious injury to any of the internal organs bones, ligaments, muscles, tendons, or other aspects of the musculo-skeletal system are possible. The injuries that may occur affect your future ability to participate in athletic and recreational activities, earn a living or engage in other business and social activities. To minimize the possibility of injury, you should follow your coach's instructions regarding techniques, training and team or club rules at all times and participate within the rules and regulations of your sport.

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