

Pleasant Plains High School

and

Pleasant Plains Middle School

Athletic/Extracurricular Activities Handbook



## **Athletic/Extracurricular Activities Handbook**

### **Introduction**

#### **High School Athletic Philosophy**

Our athletic programs shall function under educationally oriented coaches who are properly administered, and are viewed as a means to an end and not an end in itself. The total development of the program and student athlete is conducted within the letter and spirit of all applicable rules and regulations.

The explicit goal of all competitive sports is to win within the rules. However, that is by no means the only measure of success. Of greater and lasting value is the development of the individual as measured by character, competence, civility, and citizenship.

At all levels of high school competition, an athlete must be prepared to make a substantial commitment which involves contests or practices six days a week, on some holidays, and during vacations. Athletes will not be expected to practice on Sunday unless the team is involved in a state series tournament and will play on the following Monday. Such a commitment demands much of the student and the student's family.

The number of participants on a team is a result of factors including available playing space and time, student skill level, number and variety of players needed to conduct an effective practice or to play effectively in a contest. In determining which and how many students will participate on a team, coaches consider both individual and group needs.

Varsity play is the culmination of competition in a given sport. Junior varsity play is intended for those with potential to be varsity performers and for those whose aptitude is not yet of varsity competence. Players and parents must understand that selection to the team and playing time depends on the coach's judgment about how best to balance the individual's skills and role with the goals and needs of the team. Playing time will not be guaranteed.

#### **Middle School Athletic Philosophy**

All middle school athletic programs shall function under educationally oriented coaches, will be properly administered, and will be viewed as a means to an end and not an end in itself. The total development of the student and program will be conducted within the letter and spirit of all applicable rules and regulations.

The explicit goal of all competitive sports is to win within the rules. However, that is by no means the only measure of success. Of greater and lasting value is the development of the individual as measured by character, competence, civility, and citizenship.

Pleasant Plains Middle School encourages all students to participate in athletics. A goal of the middle school is to make an opportunity available to all students who wish to play, although resources, athletic ability and student interest may limit access. In determining how many teams to field or how many students will comprise a team, the coach must consider safety, athletic ability, facility availability, and

quality of instruction. When necessary, team tryouts will limit the number of participants. Playing time is not guaranteed and will be determined by the athlete's skill development, team commitment, personal responsibility, attitude, and safety.

At all levels of middle school competition, an athlete and his/her parents must be prepared to make a substantial commitment which involves contests or practices six days a week, on some holidays, and during vacations. Athletes will not be expected to practice on Sunday unless the team is involved in a state series tournament and will play on the following Monday. Such a commitment demands much of the student and the student's family.

In an effort to recognize the developmental differences both cognitively and physically between age groups in middle school, different expectations are outlined for sixth grade athletics:

Sixth grade athletics will:

- Focus more on skill development.
- Pay special attention to teaching the specific sport rules and etiquette.
- Spread playing time among more players (playing time still will not be guaranteed or evenly administered).
- Try to keep more participants and only cut when absolutely necessary.
- Nurture enjoyment for sport among players while focusing on fundamentals.
- Keep rules and expectations simple while developing responsibility, discipline, and work ethic in the participants.

Seventh/Eighth grade athletics will:

- Expect an advanced level of ability and training.
- Emphasize skill development along with winning as primary goals.
- The competitive nature of playing for championships requires higher expectations of athletes.
- Athletes will be expected to be responsible, disciplined, and have strong work ethics.

### **Extracurricular Programs Philosophy**

Extracurricular programs are an integral part of the educational experience offered to students in the Pleasant Plains School District. "It is the purpose of the school to help students develop academic, social and behavioral skills for them to become successful, productive, and satisfied members of the community; to provide a center for learning and culture within the community; and to be a place where students are challenged to the greatest extent possible." (Board Policy AD, 2000).

Participation in extracurricular programs enriches the educational experience, promotes connectedness with the school and fellow students, instills a sense of belonging, and contributes to the development of a well-rounded student.

Pleasant Plains School District encourages all students to participate in extracurricular programs. Through these opportunities, the District seeks to offer a variety of activities including membership in clubs, grade level activities, student government, fine arts programs, to name a few. A complete list of

the District's extra-curricular programs offered to the middle school and high school students is listed later in this handbook.

Participation in extracurricular activities is a privilege, and one that requires a commitment, fair play, and accountability. In determining the number of student participants and/or the number of programs offered, the District must consider issues related to safety, availability, of the facility, and the quality of instruction. Participation time is not guaranteed and will be determined by the student's skill development, commitment to the program, personal responsibility, attitude, and safety.

All extracurricular programs shall function under educationally oriented sponsors, will be properly administered, and will be viewed as a means to provide students with an opportunity to further develop the emotional, intellectual, and social needs of the student.

### **Eligibility Requirements**

Scholastic eligibility will be determined through the by-laws of the IHSA and IESA. An athlete/extracurricular participant declared scholastically ineligible may not practice with the team and will not be allowed to be in uniform for any contest for the duration of the period of ineligibility.

Athletes/extracurricular participants will be ineligible if they fail to pass a weekly eligibility check conducted by the Principal or Assistant Principal of School Activities on the last day of school attendance each week. An athlete/extracurricular participant will be deemed ineligible if he/she is failing any course at the time of the weekly grade check. The grade reported by the teacher on Friday will be the cumulative grade for the class at that point in the quarter.

#### **For High School Athletes:**

Athletes who fail a required course for a semester will be required to meet the following expectations:

- An athlete who fails a required course during the school year will be required to make up the credit through summer school or other approved means (see nontraditional learning policy) in order to be eligible for the following year.
- An athlete who fails a required course during the fall semester and who wishes to participate in a spring sport the following semester will be subject to an academic performance contract. The contract will require the student to maintain grades of "C-" or better as determined by the weekly grade check. The contract may include attendance and/or behavioral guidelines depending on the history of the student.
- Upon the second failure, whether in the same semester or a different semester, and any subsequent failures, the student will be ineligible for the entire next semester.
- For a student who fails first semester and is playing in a spring sport, the contractual obligation will remain in place even if the student makes up the required course through alternative means. The obligation remains until an official transcript is received from the alternative education program (see nontraditional learning policy).

No student athlete may participate in tryouts, practice or contests before an up-to-date physical has been turned in to the Coach or Assistant Principal of School Activities. All physical forms must be signed and dated by a physician. Pleasant Plains will offer physicals during the summer to any student wanting a physical in order to satisfy the athletic physical policy. Please note, athletic physicals will not count for students either entering 6<sup>th</sup> or 9<sup>th</sup> grade under Illinois State Board of Education rules. A full 6<sup>th</sup> or 9<sup>th</sup>

physical will count however, for athletic purposes. Please contact your Assistant Principal of School Activities for more information.

All students who participate in athletics must also have a signed insurance waiver on file or have purchased accident insurance through the school district.

An athlete/extracurricular participant must be in attendance at least ½ day on the date of the practice or contest in order to participate in that event. A ½ day is defined as being present at school for at least 3½ hours. The Principal may excuse an athlete/extracurricular participant in order to keep an afternoon appointment. An athlete/ extracurricular participant who leaves school sick will not be allowed to participate later that day. This statement should not be interpreted to mean that students cannot participate in a Saturday or holiday event if he/she were absent the day prior.

Athletes/extracurricular participants who are not in attendance due to religious holiday observations or are attending a funeral will be excused and allowed to participate in contests and games. It is the responsibility of the parent or student to notify the coach of the upcoming absence.

### **Expectations of Athletes and Extracurricular Participants**

An athlete and extracurricular participant's greatest responsibility is to be a credit to his/her parents, school, and community. Therefore, a participant of sports and/or extracurricular activities at Pleasant Plains will:

- Always display good sportsmanship.
- Display a high standard of conduct both in and out of school.
- Display respect for those in authority including teachers, coaches, sponsors, and officials.
- Display a spirit of cooperation between teammates, coaches, and sponsors.
- Maintain a neat and clean appearance when representing a team.
- Always use appropriate language; foul language will never be acceptable.
- Abide by all school rules and regulations which govern the student body.
- Be financially responsible for the care and return of all school issued equipment and uniforms.
- Be punctual for all designated meetings, practices and games.
- Participate fully in every course during the school day.
- Report all injuries, regardless of how slight, to the coach.
- Leave all facilities as they found them; this includes busses, visiting locker rooms, and visiting schools.
- Enter our building and board our busses in an appropriate manner. No cleats, spikes are to be worn on busses or in buildings.
- Communicate honestly and appropriately with their coach/sponsor regarding any concerns. If the athlete/extracurricular participant or parent feels a need to address the issue further, the following chain of command is expected to be followed: Coach, Head Coach, Assistant Principal of School Activities, Principal, Superintendent.
- Be home at a reasonable hour the night before a game/activity in order to be well rested for the upcoming contest.
- Be truthful.

In addition, all coaches have the right to establish team rules such as curfew times that supplement these expectations.

## **Expectations of Parents**

A parent's greatest responsibility is to be a role model to his/her athlete/extracurricular participant and represent his/her athlete/extracurricular participant with pride, patience, and sportsmanship. Therefore a parent of an athlete/extracurricular participant at Pleasant Plains will:

- Support the athletic/extracurricular handbook and the guidelines set forth.
- Follow the chain of command regarding problematic issues: Coach, Head Coach, Assistant Principal of School Activities, Principal, Superintendent.
- Encourage athletes/extracurricular participants to be prompt for practices and games.
- Be courteous to officials and opposing fans/players.
- Be supportive and speak positively about our school, team, coaches, sponsors, and players.
- Treat the coaching staff in a professional manner. If a concern needs to be discussed the parent will make an appointment to meet with the coach/sponsor at least one day in advance.
- Drop off and pick up your athlete/extracurricular participant on time.
- Attend seasonal athletic/extracurricular informational meetings. This is vital in that mandatory paperwork will be filled out at the meeting. Failure to complete all paperwork may delay the athlete/extracurricular participant from participation.
- Be encouraged to participate in extra-curricular support programs: Booster Club, Fine Arts Society, PTC, Cardinal Club.
- Sign and observe the IHSA Parents Code of Conduct. The Code of Conduct found in the back of the handbook will be returned to the Assistant Principal of School Activities. Parents who violate the expectations set forth in this handbook of the Code of Conduct will be subject to penalties set forth in the following section.

## **Expectations of Coaches and Sponsors**

The coach/sponsor will direct his/her program/activity in such a manner in an effort to maintain an atmosphere of professionalism where coaches, sponsors, and players are treated with respect and dignity.

- Each coach/sponsor will meet district expectations as outlined under criteria for communication, program management, planning and preparation, and professionalism.
- Coaches/sponsors will educate students through participation in athletics/extracurricular activities.
- The coach/sponsor will provide immediate attention to an injured athlete/extracurricular participant and to any athlete/extracurricular participant that the coach knows is injured.
- When applicable, the coach/sponsor should meet with the opposing coach/sponsor prior to and after each game/activity as a demonstration of good sportsmanship.
- A coach/sponsor is expected to support the administration in all policies, rules, and regulations. When there are differences in opinions, they should be handled in a professional manner.
- Each coach is responsible for making sure his/her athlete has a physical before participation.
- Each coach/sponsor is responsible for making sure his/her athlete/extracurricular participant has signed the athletic/extracurricular participation code before participation.
- Rules of the game, competition, or contest will be followed.
- Good sportsmanship will be stressed and a positive example will be set for athletes, extracurricular participants, parents, and community members.

- Players and extracurricular participants will be advised by their coaches/sponsors about proper conduct when speaking to the media.
- The coach will prepare and use daily practice plans.
- Sponsors will plan and organize all meetings and contests.
- When applicable, each coach/sponsor will provide adequate and proper fitting equipment for all participants.
- The coach/sponsor will treat his/her athletes and extracurricular participants with respect. The use of inappropriate language around participants will not be tolerated and can be grounds for dismissal.
- Each coach/sponsor will dress in professional and appropriate attire during contests.
- The coach/sponsor will supervise his/her participants before and after practice, meetings, games, contests, or activities.
- All coaches/sponsors will be trained in cardiopulmonary resuscitation (CPR) and automated external defibrillators (AED).
- Each coach/sponsor will be held accountable to keep accurate information regarding receipts, purchase orders, deposit slips, etc.
- All coaches/sponsors may fundraise for their team/activity. A fundraising form must be completed and turned into either the Principal or the Assistant Principal of School Activities for approval.

### **Rules Governing Spectators at School Events**

Any person, including adults, who behaves in an unsportsmanlike manner at any athletic or extracurricular event, will be ejected from the event the person is attending and/or denied admission to school events for up to a year after a School Board hearing (LEGAL REF: 105 ILCS5/24-24). Examples of unsportsmanlike conduct include:

- Using vulgar or obscene language
- Possessing or being under the influence of any alcoholic beverage or illegal substance
- Possessing a weapon
- Fighting or otherwise striking or threatening another person
- Failing to obey the instructions of a security officer or school district employee
- Engaging in any activity which is illegal or disruptive

The Superintendent, after notifications, may seek to deny future admission to any person by delivering or mailing a notice, sent by certified mail with return receipt requested, at least 10 days before the School Board hearing:

- The date, time, and place of School Board hearing;
- A description of the unsportsmanlike conduct;
- The proposed time period that admission to school events will be denied;
- Instructions on how to waive a hearing

If the person cannot be reached through the U.S. Postal Service, the Superintendent may request that the School Board deny admission to future athletic events/and or extracurricular activities in abstention.

## General Rules

- No athlete who is dropped from one squad for disciplinary reasons, or who quits, shall be allowed to compete in another sport for the remainder of that particular season.
- Students have a one-week time limit to switch sports during the same athletic season.
- Any student athlete who is found ineligible for the third time during a specific season will be dropped from the team. Any student participating in an extracurricular activity who is found ineligible for a sixth time during the same school year will be dropped from the extracurricular activity.
- Each coach/sponsor will have team specific rules and expectations that will be communicated to the athletes/extracurricular participants and parents in writing. The team rules and expectations will have prior approval by the Assistant Principal of School Activities or the Principal.
- If school activities conflict, the adults (coaches/sponsors) will resolve the conflict with no penalty to the athlete/extracurricular participant.
- At all contests only coaches, sponsors, players and manager shall occupy the designated team area or bench.
- When necessary, students staying after school to ride the bus to an away game will remain in the area designated by their coach/sponsor.
- Bus Regulations:
  - Every team member must ride the bus to away events if the district provides a bus.
  - Under special circumstances the coach/sponsor may require all athletes/extracurricular participants to ride the bus home if the team is returning from a game that requires traveling through Pleasant Plains.
  - If the student wants to ride home with his/her parents, the parents must sign the designated form provided by the coach/sponsor.
  - Parents requesting that their child ride home with another adult should request this in writing and deliver it to the coach prior to leaving for the contest.
  - Students will not be given permission to ride home with other students.
  - Violations of the transportation rules will result in a one game suspension. Discipline will be progressive if further infractions occur.
- All athletes must meet all standards set by the IHSA or IESA.
- Students suspended from school will be ineligible during the period of suspension.
- All athletes/extracurricular participants must be full time students in attendance at Pleasant Plains Middle School or Pleasant Plains High School. If a student, for any reason, is deemed not to be a full-time student, he/she will be considered ineligible immediately.
- Without prior approval by the Assistant Principal of School Activities and the Principal, practice on holidays and Sundays are prohibited unless the team will be competing in a contest the following Monday.
- It is the responsibility of the coach/sponsor to supervise students until all members of the team leave the building.
- All athletes/extracurricular participants are required to leave the gym or playing field and pay admission if there is a home activity following practice.
- Monthly practice schedules will be issued to all team members. The coaching staff will adhere to practice schedules.

- If school closes early due to weather related issues, all practices will be cancelled. On “Snow Days” when school is cancelled for the entire day, practices and games may be held with the approval of the Assistant Principal of School Activities and/or other building administration.
- Practices may be held on planned early dismissal days (parent/teacher conferences, day before a holiday) if the building principal gives permission.

### **Extracurricular Code of Conduct**

Pleasant Plains Community Unit School District #8 promotes a drug-free environment. The District also promotes participation in extracurricular activities as part of a complete education experience. Participation in extracurricular activities is a privilege; participation in extracurricular activities is not a right. The District is proud to have its students represent the school and the community. As representatives of the school and community, certain additional responsibilities are required of students who benefit the school, the community, and most importantly, themselves through participation in extracurricular activities. The Pleasant Plains Community Unit School District #8 Extracurricular Code of Conduct sets forth these additional responsibilities, as well as the policies and procedures for violations of the same.

### **Definitions**

The following definitions shall be used for purposes of this document:

**Code:** The Pleasant Plains Community Unit School District #8 Extracurricular Code of Conduct may be referred to as the “Code”.

**Covered Activity:** “Covered Activity” shall mean any (i) inter-scholastic competition (athletic or otherwise); (ii) performance based activity or event for which a performance is not necessary component of a class grade; and (iii) any other group or club activity for which participation is not part of the Illinois High School Association (IHSA), or any other extra-curricular events so determined by the School Administrator. Covered Activities include:

#### **High School Interscholastic Activities:**

Baseball, Basketball, Cheerleading, Cross Country, Football, Golf, Pom Pon, Scholastic Bowl, Soccer, Softball, Swimming, Hockey, Team Quest, Track and Field, Volleyball, WYSE, IEMA, Instrumental and Vocal Solo and Ensemble Contest

#### **High School Extracurricular Activities/Clubs/Organizations:**

Jazz Band, Madrigal (non-graded performers), Spanish Club, Science Club, Art Club, National Honor Society, FFA, Snowball, Beta Club, Class Officers, Student Council, Drama Club, Fall Musical, Spring Play, Homecoming Court, Prom Court.

#### **Middle School Interscholastic Activities:**

Baseball, Softball, Basketball, Speech, Cheerleading, Pom Pon, Track and Field, Cross Country, Volleyball, Scholastic Bowl, IEMA and SEMA Instrumental and Vocal Ensemble Contest.

#### **Middle School Extracurricular Activities/Clubs/Organizations:**

Art Club, Drama Club, Spring Play, Beta Club, Green Team, Jazz Band, Yearbook, Student Council, Literary Speech

These Covered Activities are subject to a yearly review with the purpose of making changes as required.

**Participant:** “Participant” shall mean a student enrolled in PPCUSD #8 and who is or becomes a member of any team, cast, club, or other group involved in a Covered Activity.

**Sponsor/Coach:** “Sponsor/Coach” shall mean that individual employed by PPCUSD #8 to coach, sponsor, or otherwise be responsible for leading any team, cast, club or other group in a Covered Activity. Any assistant coach or sponsor may perform the duties and responsibilities of the Sponsor/coach with respect to the Code. Volunteer coaches shall not be considered a Sponsor/Coach for purposes of the Code.

**School Administrator:** “School Administrator” shall mean the Superintendent, individual school Principal, Assistant Principal, Assistant Principal of School Activities, or person so designated by the Principal to perform the functions of the School Administrator with respect to the Code.

### **Student Acknowledgement**

The Sponsor/Coach and School Administrator will communicate the Code annually to every student in grades 5-12. The Code will be reviewed at the mandatory parent meeting that will be held prior to the season for IHSA or IESA sanctioned competition by Covered Activities.

The signature of acknowledgement for the Student Handbook also acknowledges receipt of this Code.

### **Activity Code Responsibilities**

A Participant shall not:

- Use or consume, have in possession, attempt to purchase, sell or give away tobacco in any form, alcohol, or any controlled substance, including, but not limited to, marijuana, look-alike drugs, or drug paraphernalia;
- Attend a gathering where the student is in the presence of illegal use of alcohol and/or any other controlled substance:
  - Beyond a time when students can reasonably know that alcohol and/or other illegal drugs are in possession of or being used by other underage students, and,
  - Beyond a time when such students have the opportunity to depart from the illegal activity; or,
  - At the time of presence of law enforcement.

### **Investigation of Known or Suspected Violations**

Upon receiving a report of a known or suspected Code violation, the School Administrator shall investigate the allegation. The School Administrator shall use his/her discretion as to the extent and means of conducting the investigation. As part of the investigation, the School Administrator shall notify

the Participant's parents or guardian of the allegation. The School Administrator shall determine if a Code violation has occurred.

In the event a School Administrator is also the Sponsor/Coach of a Participant under investigation for a possible violation of this Code, that School Administrator may participate in the investigation, but will not render a final decision on the violation.

### **Penalties and Enforcement**

The code is effective the entire calendar year. The Code shall apply to Participants in grades 5 – 12. With the exception\* further discussed below, violations shall be cumulative for all Covered Activities and throughout a Participant's matriculation through and including grade 12, including violations that occurred under the previous extracurricular policy be served concurrently.

\*Exception: A Participant who violates the Code in Middle School who does not have another code violation for three calendar years from the date of the infraction will start with a First Violation if the next offense is in High School.

Violation of the Code shall result in a loss of eligibility for a Participant. The Participant shall not participate in any Covered Activity. While suspended under the Code, the Participant will be permitted to attend all practices and contests, but will not be able to participate.

If a student athlete chooses to participate in a Covered Activity to prevent missing a percentage of a future Covered Activity, the student athlete must complete the entire season of the chosen activity to be eligible for the future activity.

The Code applies to all Covered Activities. Because the nature of the Covered Activities differs greatly and many students participate in more than one Covered Activity, a Participant may be ineligible for a number of events. In the event a Participant is involved in multiple or overlapping Covered Activities, the School Administrator shall, in his/her discretion, fashion the suspension according to the following guidelines and purpose of this Code and the Student Handbook when determining the extent of a Participant's loss of eligibility.

#### I. Violations

- A. First Violation: A Participant shall lose eligibility for 25% of all Covered Activities.
- B. Second Violation:
  - 1. A Participant shall lose eligibility for 50% of all Covered Activities;
  - 2. The Participant may be required to undergo a drug screen and/or evaluation at the parent guardians' expense;
  - 3. The Participant and parents/guardian shall participate in any recommended treatment and follow-up that result from the screen and/or evaluation;
  - 4. The Participant and parents/guardian must agree to release information to the School Administrator that confirms the screen/evaluation was performed and the treatment and follow-up were completed.

C. Third Violation:

1. A Participant shall lose eligibility for the remainder of his/her enrollment in the District.
2. If a third violation before promotion from 8<sup>th</sup> grade to 9<sup>th</sup> grade, the student may make a request to the High School Administrator to be reinstated for Covered Activities under the following terms:
  - a. A suspension of one calendar year;
  - b. Provide documentation of successful completion of a drug/alcohol rehabilitation program (at parent's expense);
  - c. Will be subject to random drug testing at the school's request and parent's expense, must test negative on those random drug tests; and,
  - d. If the code is violated again during the suspension or at any time following reinstatement, the student will lose eligibility for the remainder of his/her enrollment in the District.

II. Voluntary Admission

In order to promote honesty, any Participant who voluntarily admits a violation to the School Administrator before the Participant is questioned about his/her possible violation of the Code, the School Administrator may reduce the suspension by 50%.

Notwithstanding the following exception a Participant is only eligible to use this Voluntary Admission exception for the first violation of this Code.

\*Exception: A Participant who has received a first violation under the previous extracurricular conduct policy is eligible to use this Voluntary Admission exception for a second violation. Under this exception, the School Administrator may reduce the suspension by 50% upon completion of a term of probation, which may include Community Service.

III. Academic Suspension

In the event a Participant becomes academically ineligible during a Code suspension, the academic suspension shall supersede the Code suspension. The suspensions shall not run concurrently. Upon completion for the academic suspension, the Code suspension shall resume.

IV. Carry Over

In the event a Covered Activity or season ends before a Participant completes his/her suspension, the remaining suspension shall carry over to the next Covered Activity.

In the event a Participant has a carry over suspension or becomes suspended when the Participant's Covered Activity is out of season, and the Participant becomes involved with a Covered Activity in which he/she has never before participated, the Participant will be required to complete the covered Activity and meet every expectation of the Sponsor/coach for the entire season.

If the Participant fails to meet this requirement, then any carry over suspension or entire out of season suspension shall be served in the Participant's next Covered Activity.

V. Other Criminal Activity

If a Participant is indicted by a Grand Jury or charged by the State's Attorney for a criminal offense, the Participant may be suspended from all Covered Activities pending a resolution by the judicial system. While suspended under the Code, the Participant will be permitted to attend all practices. Participation in the practices will be left to the discretion of the Covered Activities Coach/Sponsor. Unless the Participant has lost eligibility for the remainder of his/her enrollment in the District, the length of the suspension may not exceed the terms of any sentence imposed by the Court.

**Appeal**

A Participant may appeal any penalties assessed under the Code by providing a written notice of appeal to the School Administrator within seven (7) days of receiving written notice of the penalties. The School Board shall conduct all appeal hearings at the next School Board meeting.

**School Handbook**

The provisions of this Code do not constitute an irrevocable, contractual commitment between the district and the Participant. The Code reflects the current status of rules, practices, and procedures and is subject to change without prior notice. In addition, the Code supplements the Student Handbook, which is provided to every student and is hereby incorporated by reference.

Revised 4-19-19

### 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 you child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory or problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>
<b>Signs observed by teammates, parents and coaches include:</b>	
<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays in coordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>	

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport  
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## Concussion Information Sheet

### **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 or 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. The Return-to-Play Policy of the IESA and the IHSA 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 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/headsup/youthsports/index.html>

### **IHSA STEROID TESTING POLICY – CONSENT TO RANDOM TESTING**

Any student-athlete who ingests or otherwise uses substances from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-Law 2.170 and its subsections, and is subject to the IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and team that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the students, his or her parents, and his or her school.

By your signature(s) you consent to random testing in accordance with the IHSA's steroid testing policy. We understand that, if the students or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing. A complete list of the current IHSA Banned Drug Classes can be accessed at:

<https://www.ihsa.org/documents/sportsMedicine/current/IHSA%20Banned%20Drugs.pdf>

**PARENT AGREEMENT:**

My signature below verifies that I have received a copy of the **PPHS/PPMS Athletic/Extracurricular Handbook, IHSA Steroid Policy, and Concussion Information Sheet**. I agree to support my child's adherence to the athletic/extracurricular code. I will support the coaching staff, Assistant Principal of School Activities, and administration if it is determined that my child has broken the athletic/extracurricular code in any way. Our child has our permission to take part in activities in the Pleasant Plains School District. The school will take reasonable care and precaution and prevent accidents, but the schools, teachers, or coaches are not responsible for any accident should occur in practice or games.

**STUDENT AGREEMENT:**

My signature below verifies that I have received a copy of the **PPHS/PPMS Athletic/Extracurricular Handbook, IHSA Steroid Policy, and Concussion Information Sheet**. I agree to follow the athletic code and understand that if I violate any part of the code, I will be subject to the penalty specified.

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_