



Illinois Valley Central
Unit School District No. 321
1300 W. Sycamore, Chillicothe, Illinois 61523
Phone 309-274-5418
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DR. CHAD ALLISON
SUPERINTENDENT

Student Name: _____

2017-18 School Yr.

Each student and his or her parent/guardian must read the following packet and sign this *Agreement to Participate* each year before being allowed to participate in interscholastic sport(s) or intramural athletics or certain school activities. The completed *Signature Sheet* should be returned to the Coach.

1. I wish to participate in one of the following interscholastic sport(s) or intramural athletics programs: baseball, basketball, cheerleading, cross country, football, golf, soccer, softball, swimming/diving, tennis, track, volleyball, or wrestling.
2. I wish to participate in one of the activities covered by the IVC District 321 Activity Code.
3. Before I will be allowed to participate, I must show proof of accident insurance coverage, and complete any forms required by the Illinois High School Association (IHSA) or IVC District 321.
4. Before I will be allowed to participate in interscholastic sports or marching band, I must provide the School District with a certificate of physical fitness (the Pre-Participation Physical Examination Form serves this purpose).
5. I agree to abide by all conduct rules and guidelines in the IVC District 321 Activity Code, and will behave in a sportsmanlike manner. I agree to follow the coaches' instructions, playing techniques, and training schedule as well as all safety rules.
6. I understand that Board policy 7:305, *Student Athlete Concussions and Head Injuries*, requires, among other things, that a student athlete who exhibits signs and symptoms, or behaviors consistent with a concussion or head injury must be removed from participation or competition at that time and that such student will not be allowed to return to play unless cleared to do so by a physician licensed to practice medicine in all its branches or a certified athletic trainer.
7. I am aware that with participation in sports comes the risk of injury, and I understand that the degree of danger and seriousness of risk vary significantly from one sport to another with contact sports carrying the highest risk. I am aware that participating in sports involves travel with the team. I acknowledge and accept the risks inherent in the sport(s) or athletics in which I will be participating and in all travel involved. I agree to hold the District, its employees, agents, coaches, School Board members, and volunteers harmless from any and all liability, actions, claims, or demands of any kind and nature whatsoever that may arise by or in connection with my participating in the school-sponsored interscholastic sport(s) or intramural athletics. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

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:

<ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness

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 by the Illinois High School Association from the CDC and the 3rd International Conference on Concussion in Sport, Document created 7/1/2011.

IHSA Steroid Testing Policy Consent to Random Testing

(This section for high school students only)

2017-2018 school term

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/his/her 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. 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/initiatives/sportsMedicine/files/IHSA_banned_substance_classes.pdf

Illinois Valley Central District 321

Activity Code

Mission Statement

This Activity Code is an attempt to state expectations and help influence positive behavior of those students representing IVC School District 321. The Board of Education believes the activity programs are a means for developing wholesome attitudes, positive human relations and offering participants enhanced learning opportunities. The Board of Education recognizes that participation in all extracurricular and co-curricular activities is a privilege and not a right. Students participating in extracurricular activities are ambassadors of the school and community; therefore when they choose to participate in an activity, the expectations of the students will be higher, both while in school and out of school on a year-round basis.

Covered Activities

The Board of Education recognizes that students participating in the following activities are representatives and ambassadors of the school and community, and as such are subject to the Activity Code:

- **All Interscholastic Athletic Activities**

Football	Track
Cross Country	Baseball
Golf	Softball
Volleyball	Pom Poms
Basketball	Cheerleading
Swimming	Soccer
Wrestling	

- **Performance-based Activities**

Scholastic Bowl	Pep Band
Speech Team	Fall Play
Band competitions	Choral competitions
Jazz Band	Madrigal/Swing Choir
Marching Band/Flags	Spring Musical

- **Elected or Selected Positions in Student Clubs and Organizations**

Newspaper officers	Student Council members
Yearbook officers	National Honor Society members
Art Club officers	National French Society members
Junior Optimist Club officers	National Spanish Society members
S.O.A.P Club officers	National German Society members
Tri-M Music Honor Society members	

*Please note that any other officers of student clubs or organizations that may be added to the extracurricular activities will also be subject to the Activity Code.

Infractions

A student will be subject to discipline under the Activity Code if he/she commits any of the following infractions a) whether on or off school grounds and b) regardless of the time of year:

1. Use or possess tobacco in any form (including e-cigarettes and personal vaporizers); this includes a violation of the IVC Random Drug Testing Policy, as applicable.
2. Use a beverage containing alcohol. This includes a violation of the IVC Random Drug Testing Policy, as applicable.
3. Use, possess, buy, sell, barter, or distribute any illegal substance (including inhalants, mood-altering and performance enhancing drugs or chemicals) or paraphernalia (this includes look alike items). This includes a violation of the IVC Random Drug Testing Policy, as applicable.
4. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors.
5. Criminal acts (excluding minor traffic tickets).
6. Behave in a manner that is detrimental to the good of the group or school.
7. Violate any of the school rules and district policies on student discipline.

Consequences

A student involved in the infractions listed above shall incur the following consequences:

	<u>Athletic or Performance-based Activity</u>	<u>Club or Organization</u>
First Infraction	¼ of the season	¼ of the school year
Second Infraction (within 1 calendar year of the 1 st Infraction)	1 calendar year	1 calendar year
Second Infraction (after 1 calendar year of the 1 st Infraction)	¼ of the season	¼ of the school year
Third Infraction	Suspension from all activities, clubs and organizations for the remainder of the student's middle school or high school career. <u>Note: This suspension may be reduced to one calendar year, provided that within that calendar year the student satisfactorily completes 100 hours of community service approved by the school administration. This option may be used one time only.</u>	

****Self Reporting**

Reporting by a student, parent or guardian of an infraction within three school days of occurrence and before initial questioning by school personnel. The consequences for self-reported infractions are:

	<u>Athletic or Performance-based Activity</u>	<u>Club or Organization</u>
First Infraction	1/8 of the season	1/8 of the season
Second Infraction (within one calendar year of the first infraction)	1/2 of the season	1/2 of the season
Second Infraction (after one calendar year of first infraction)	1/8 of the season	1/8 of the season

The following definitions and conditions apply to these consequences:

1. A student who possesses or uses tobacco (including e-cigarettes and personal vaporizers) in any form will meet with the school counselor.
2. A student who violates rules 1, 2 or 3 regarding the use, possession or distribution of alcohol, tobacco (including e-cigarettes and personal vaporizers) or illegal substances is required to meet with his or her counselor, and complete a drug education program provided by the school. (high school only)
3. Students who violate rule 4 must enroll in and satisfactorily participate in a school-sponsored substance abuse education/awareness program.
4. A season for athletic and performance-based activities is defined as the start of the first event of the activity to the end of the last event of the activity. A season for clubs and organizations is defined as the school year.
5. For an athletic or performance-based activity, if a first infraction occurs in season and at least 1/4 of the regular scheduled events remain, the student will be suspended from 1/4 of the regular season events. For a club or organization, if a first infraction occurs during the school year and at least 1/4 of the school year remains, the student will be suspended from participation for 1/4 of the school year.
6. For an athletic or performance-based activity, if a first infraction occurs in season with fewer than 1/4 of the regular season events remaining, the suspension will carry over into post-season events. If the penalty is still not satisfied, the suspension will then be carried over to the next activity in which he/she participates until the penalty has been satisfied. For a club or organization, if a first infraction occurs during the school year and less than 1/4 of the school year remains, the student will be suspended from participation for the remainder of the school year. This suspension will then be carried over to the next school year until the penalty has been satisfied.
7. If an infraction occurs out of season, the student will be suspended from 1/4 of the regular season events of the next activity in which he/she participates. If a student quits after 1/4 of the events have been completed, but before completion of the season, then he/she has not satisfied the suspension and it will be carried over to the next activity.
8. A second infraction within a calendar year of the first infraction will cause the student to be suspended from all activities for a period of one year from the date of the second infraction. A second infraction after a calendar year of the first infraction will result in the same penalty as a first infraction, but will still be recorded as a second infraction.
9. A third infraction during a student's middle school career, regardless of the date of occurrence, will cause the student to be suspended from all activities for the remainder of that student's middle school career. A third infraction during a student's high school career, regardless of the date of occurrence, will cause the student to be suspended from all activities for the remainder of that student's high school career.

Coaches and Sponsors

Coaches or sponsors may have additional rules above and beyond the Activity Code (provided these rules are deemed appropriate by the principal). A copy of these rules along with consequences shall be given to each participant at the beginning of the activity. The coaches' or sponsors' rules will be enforced only during the season that the student participates in that activity.

Coaches or sponsors are expected to handle violations of the Activity Code and/or Random Drug Testing Policy with the highest level of confidentiality. The discussion of suspensions must be limited to a need to know basis.

Because students cannot be academically punished for violations of the Activity Code and/or Random Drug Testing Policy, coaches or sponsors of activities for which a student receives academic credit shall provide an alternative assessment opportunity or exempt a student from an assignment or event missed due to a suspension imposed under the Activity Code after a student has been found in violation of the Activity Code and/or Random Drug Testing Policy.

Sportsmanship

Sportsmanship must be displayed by students, athletes, parents, family members and all guests to any and all IVC school events due to the fact that we all represent the IVC community. The administration reserves the right to remove violators from an event and/or withhold entry into events if an infraction occurs. Examples of infractions include, but are not limited to, confronting a coach before or after a game without an appointment or profanity toward a coach or referee.

Procedures

The student and his/her parents or guardians must sign the Activity Code form verifying that they have read and understood the Activity Code. Once the signed form is returned to the coach/sponsor, the form will be kept on file and the Activity Code will apply to that student for the duration of his/her school career in I.V.C. District 321. A student may not participate until the signed form is on file.

1. Reports of infractions of the activities code are to be made to the coach/sponsor, the high school athletic director, or the administration.
2. All reported infractions will be investigated as deemed necessary by the administration.
3. The student will be questioned by the Principal, Assistant Principal, or Athletic Director. If a satisfactory conclusion is not reached at that time, the student's counselor may be called in to discuss the matter with the student and the administrator. Parents will be notified as soon as reasonably possible.
4. The school administration will decide whether an infraction has been committed and the consequences for that infraction. The high school athletic director will be included in this process when the infraction involves high school athletics.
5. A student will be advised of the charges against him/her and be given the opportunity to respond to the charges before a decision is made or penalty imposed.
6. The student and his/her parents or guardians will be advised in writing by the administration of any disciplinary action taken as a result of the charges and their right to appeal.
7. The student or parents or guardians may appeal the disciplinary action by responding in writing to the Principal within one calendar week of the date on the notice of disciplinary action. The Principal's ruling during the appeal process is final.
8. Random student drug testing will be administered in accordance to Board Policy, as applicable.

Academic Eligibility

High school students who participate in activities that are regulated by this Activity Code must be passing at least two and one half graduation credits at all times during the school year. Those students who are found to be academically ineligible to participate will remain ineligible for at least one week, until they meet those eligibility requirements. At the end of each semester, every student must have accumulated at least three graduation credits. If a student fails to accumulate three graduation credits, he/she will be ineligible to participate in activities for the entire next semester. A student may qualify for academic probation, however, if he/she has earned at least 2.5 graduation credits during the previous semester but less than 3.0 graduation credits. Such academic probation may occur only once in a student's high school career.

Middle school students who participate in activities that are regulated by this Activity Code must be passing all subjects at all times, as specified under IESA guidelines.

Adopted: June 23, 1998
Revised: August 10, 1999
Revised: November 23, 1999
Revised: July 25, 2000
Revised: May 25, 2004
Revised: July 24, 2012
Revised: May 5, 2016

Illinois Valley Central High School

Informed Consent Agreement: Random Drug Testing Policy

We hereby consent to allow the student named on the front of this form to undergo random drug testing for the illegal or improper use of drugs and other banned substances in accordance with the Random Drug Testing policy as approved by the IVC School Board. We understand that the collection process will be overseen by the principal or the principal's designee using a qualified Vendor. We understand that any samples will be taken and analyzed by said Vendor, and that the samples will be coded to provide confidentiality. We hereby give our consent to the medical Vendor selected by the IVC School Board, their laboratory, doctors, employees, or agents, together with any clinic, hospital, or laboratory designated by the selected Vendor to perform testing for the detection of the illegal or improper use of drugs and other banned substances. We further give permission to the Vendor selected by the IVC School Board, its doctors, employees, or agents, to release all results of these tests only to the principal (or the principal's designee) of IVCHS. We understand that these results will also be made available to us, as parent/ guardian/custodian of this student. We further understand that consent pursuant to this Informed Consent Agreement shall be effective for all athletics, extra-curricular activities, and co-curricular activities in which the student participates, and for students who receive a parking permit, while in attendance at IVCHS. We hereby release the IVC Board of Education, its employees and staff, and its agents from any legal responsibility or liability for this release of such information and records.

READ AND SIGN THE INFORMED CONSENT AGREEMENT ON THE LAST PAGE OF THIS PACKET.

This Consent Agreement is applicable to students who are under 18, and must be signed by both the student and the student's parent, guardian, or custodian. Students who are 18 (the age of the majority) are solely responsible for signing this Consent form and also reading and agreeing to the consent paragraph above. By signing this form, the student is granting consent for the test results to be released to the student's parents, guardians, or custodians.

AS A STUDENT:

- I understand and agree that participation in extra-curricular and co-curricular activities and using the school parking lot is a privilege that may be withdrawn for violations of the Activity Code and/or other school policies.
- I have read the Activity Code and the Random Drug Testing Policy and thoroughly understand the consequences that I will face if I do not abide by it.
- I understand and realize that there is risk of injury in participating in extra-curricular and co-curricular activities defined in this policy.
- I understand that when I participate in any extra-curricular and co-curricular activities or use the school parking lot, I will be subjected to random drug testing, and if I refuse to sign the consent form, I will not be allowed to practice or participate in the activities. I have read the consent on the reverse of this form and agree to its terms.
- I understand that if I refuse to take a test if selected, it will be deemed a positive result and the appropriate consequences will be imposed.
- I understand that if I am not able to submit a hair sample (or other requested test sample), I am responsible for submitting urine test results provided by a school approved vendor within 72 hours.

AS A PARENT/GUARDIAN/CUSTODIAN:

- I have read the Activity Code and the Random Drug Testing Policy and understand the responsibilities of my son/daughter/ward as a participant in extra-curricular and co-curricular activities and use of the parking lot at Illinois Valley Central High School.
- I understand and realize that there is an assumed risk of injury involved for my son/daughter/ward as a participant in extra-curricular/co-curricular activities defined in this policy.
- I understand that my son/daughter/ward, when participating in these extra-curricular or co-curricular activities or parking in the IVC parking lot will be subjected to random drug testing, and if they refuse to sign the consent form, will not be allowed to practice or participate in any such activities. I have read the consent on the reverse of this form and agree to its terms.
- I understand that if my son/daughter/ward refuses to take a test if selected, it will be deemed a positive result and the appropriate consequences will be imposed.
- I understand that if my son/daughter/ward is not able to submit the requested test sample, we are responsible for submitting urine test results provided by a school approved vendor within 72 hours.

PLEASE COMPLETELY FILL OUT THE LAST PAGE OF THIS PACKET AND RETURN TO THE COACH OF THE ACTIVITY IN WHICH YOUR CHILD IS PLANNING ON PARTICIPATING

Incomplete Health Information and/or missing names and signatures will keep your child from being able to participate in their desired activities.

Student Name (Print)

Grade

Activity/Sport

Emergency Contact Information (one must be a parent/legal guardian)

Name: _____ Relationship to student: Parent/Legal Guardian

Day phone number: _____ Evening phone number: _____

Cell phone number: _____ E-Mail: _____

Name: _____ Relationship to student: _____

Day phone number: _____ Evening phone number: _____

Cell phone number: _____ E-Mail: _____

Health Insurance Information

Provider: _____

Policy Number/Group Number (*this is required in order to participate*): _____

To be read and signed by the student and parent/guardian of the named student:

1. I am the parent/guardian of the below named student and give my permission for my child or ward to participate in the interscholastic sport(s) or intramural athletics indicated. I have read the above *Information* and understand its terms.
2. I acknowledge having read and received the attached *Concussion Information Sheet*.
3. I acknowledge having read and received the attached *IHSA Steroid Testing Policy Consent to Random Testing Policy*.
4. I acknowledge having read and received the *IVC District 321 Activity Code*.
5. I understand that all sports and activities can involve many **risks of injury**, and I understand that the degree of danger and seriousness of risk vary significantly from one activity to another with contact sports carrying the higher risk. I am aware that participating in activities involves travel with the team. In consideration of the School District permitting my child to participate, I agree to hold the District, its employees, agents, coaches, Board members and volunteers harmless from any and all liability, actions, claims or demands of any kind and nature whatsoever that may arise by or in connection with the participation of my child in the sport(s) or athletics. I assume all responsibility and certify that my child is in good physical health and is capable of participation in the above indicated sport or athletics.

Student Signature

Date _____

Parent/Guardian/Custodian Signature

Date _____

Parent/Guardian/Custodian Name (Print)

Home Phone

Work Phone