

White Mountains Regional School District

Athletic Policy Handbook Amended –2018 *School Board Policy JJB*

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MISSION STATEMENT:

White Mountains Regional School District will develop passionate athletes who are disciplined and committed to the process of becoming successful.

GUIDING PRINCIPLES

The athletic programs at White Mountains Regional School District are designed to

- Offer programs which meet the abilities, needs, and interests of a diverse student body and to facilitate the transfer of acquired skills and values into the classroom.
- Foster experiences which support the personal qualities of self-control, hard work, perseverance, fair play, cooperation, and cultural/intellectual awareness.
- Encourage the active support and participation of students, faculty, coaches, advisors, parents and all segments of the community, thereby promoting pride, enthusiasm, appropriate group behavior and joy in expanding horizons.
- Offer activities which explore potential career choices and offer intellectual stimulation.
- Demonstrate the importance of drill, practice, rehearsal and preparation toward a formulated goal or an improved level of performance.
- Inspire loyalty and support toward group goals.
- Afford the opportunity to deal with setbacks and to channel energy in positive direction by demonstrating that personal and group success can be achieved by a healthy lifestyle.
- The student primary focus is on learning so after school help/make up work takes precedence over all activities and will be an excused absence unless the coach/advisor and the teacher involved agree otherwise.

ELIGIBILITY

1. ELIGIBILITY RELATED TO ACADEMICS AT WMRHS:

A. Passing Grades

- To be eligible to participate in any athletic activity at White Mountains Regional School District, a student may fail no more than one class* during the school's previous quarter.
 - *Students at WMRHS must take six classes (including traditional classes and/or Extended Learning Opportunities).
 - *Students at WES/LES must be enrolled in a full day schedule
- Quarter grades (not semester or year averages) determine eligibility.
- Incompletes (INC) are not to be considered passing grades for the purpose of eligibility.
- If she/he fails quarter four an athlete may regain athletic eligibility by making up academic deficiencies or failures of the regular school year during the summer months. Incoming 9th graders are eligible regardless of their quarter four grades.
- Scholastic eligibility of all students will be considered official on the date that report cards for that quarter are issued to students.
- The Principal or Athletic Director, after reviewing the roster of students involved in all activities, will notify all ineligible students and parents.
- When quarters change during seasons the following will apply:
 - Students may become ineligible during the season if they are not passing at the end of the quarter.
 - Students who are ineligible at the time of tryouts for a team may still tryout for a team but may not participate in games/scrimmages until quarter grades are released and they are eligible.

2. ELIGIBILITY RELATED TO ATTENDANCE

- A. To be eligible to participate in or attend any game or practice, a student must be in attendance by 10:00 am and in school for the remainder of the school day.
- B. Exceptions may include absences due to:
 - Religious holidays;
 - School related;

- Other as pre-approved by administration.

3. ELIGIBILITY RELATED TO THE USE OF ILLEGAL SUBSTANCES (Including but not limited to alcohol, drugs, tobacco, and enhancement drugs)

Any student found to be using performance enhancement substances will be ineligible pending investigation.

The starting and ending dates of an athletic season are determined by the NHIAA. Students will be held accountable for violations of this policy during the athletic season (the first day of practice through the last game).

No possession or consumption of alcoholic beverages, tobacco, vaping and illegal substances are allowed.

All requirements must be met; including meeting with the Athletic Director, before the student can be reinstated to participate in athletics.

First Violation: Removal from the activity for 15 consecutive days. The student must attend three meetings with the Student Assistant Program (SAP) Coordinator complete the SAP requirement before returning to competition. Students must participate in all practices and sit with their team at all games.

Second Violation: Removal from the activity for 30 consecutive days or to season's end. The student must complete the following requirements before returning to competition. Documentation of completion must be presented before returning. Students must participate in all practices and sit with their team at all games.

- 10 hours of supervised community service: Prior approval by the athletic director is required
- Five meetings with the SAP Coordinator
 - If deemed necessary by the SAP Coordinator, the student will complete the counselor's recommended course of action.

Third Violation: Removal from athletics for a period of 365 calendar days (from the violation) for all students with the exception of 8th graders who's removal from athletics will conclude at the end of their 8th grade year. In addition to the above-mentioned drug and alcohol requirements, the student will complete twenty-four (24) community service hours.

Fourth Violation: Removal from athletics for the remainder of their athletic career at their current school (LES/WES/WMRHS).

4. ELIGIBILITY RELATED TO TRAVEL TO AND FROM THE ACTIVITY

Students are expected to travel with the group to and from all activities, contests and off-site practices for which transportation is provided by the District. In cases where the coach/advisor deems it appropriate for a student to be released to the custody of the parent/guardian, an exception will be made upon the presentation of a dated written note or upon notification by the parent/guardian in person.

Students with parent/guardian permission may, in rare circumstances only, have other transportation arrangements. Those students must have prior permission of the Athletic Director and/or Principal and a note on file in advance confirming the arrangement.

All arrangements will be handled on a game by game basis. No season-long notes will be accepted.

5. ELIGIBILITY RELATED TO ATHLETICS

A. All students participating in school-sponsored athletics at **WMRHS** must abide by the regulations established by the NHIAA. The rules apply to all varsity, junior varsity, boys and girls participating in sports at the high school level. The violation of any eligibility rule may result in forfeiture of a game won or the elimination of a player from participation for one year. The Executive Director of the NHIAA will resolve all questions on eligibility.

B. Students who are disqualified before, during or after a game, at any level, for unsportsmanlike conduct will follow the regulations established by the NHIAA. Any student who displays unsportsmanlike conduct toward an opponent or official, or uses profanity during a practice or contest, will receive immediate verbal correction by a coach and possible suspension from the activity.

C. Eligibility Rules

- AGE: Students who have reached the age of nineteen prior to September 1 may not represent their school in interscholastic athletics.
- SEMESTERS OF ENROLLMENT: Students are eligible for interscholastic competition for no more than eight consecutive semesters beyond the eighth grade whether or not they have competed.
- TRANSFER STUDENTS: Students who transfer to a school because of a move into the district by their parents/guardians will be immediately eligible for participation if all other requirements are met. Students who transfer without a parent/guardian are ineligible to participate unless a Transfer Rule Affidavit has been filed and the Executive Director has issued a ruling.
- FOREIGN STUDENTS: Foreign students enrolled at a high school in New Hampshire must be sponsored by an approved foreign exchange program in order

to be eligible for interscholastic competition and all other requirements must be met.

- MEDICAL EXAMINATION: There must be a medical statement on file certifying that a student has passed a pre-participation physical examination prior to the beginning of any high school athletic participation. A physical for high school and middle school students must be done once a year unless requested more often by the school nurse. No student may practice or play in a game (after an injury) without a release from the doctor in charge. The coach will send a copy of the release to the school nurse.
- HOMESCHOOL STUDENTS: Home school students may participate in school athletics per the NHIAA BY-LAW.
- NON-SCHOOL COMPETITION: A member of a school team is a student athlete who is regularly present for, and actively participates in, team tryouts, practices and competitions. Bona fide members, as of the first date to practice in that sport as listed in By-Law Article XXXVIII of the NHIAA Handbook, of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events. Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances.

6. PARTICIPATION

Attendance at practices and games is mandatory. Any excused absence must be requested in advance by the student athlete with communication with parent/guardian. An excused absence does not automatically guarantee participation in a practice or game. The coach retains the right to disallow participation in certain circumstances. Participation due to an unexcused absence will be at the coach's discretion.

- A. Students may switch teams in preseason, up to one week before the earliest game or match of either sport, only with the permission of the coaches.
- B. A permission form must be signed by the parent/guardian and the athlete prior to any practice or play.
- C. Criteria for a varsity letter may be established at the discretion of the varsity coach and approved by the Athletic Director and Principal.

- D. An athlete who wishes to participate in two sports during one season must meet with and have permission from Athletic Director and both coaches prior to starting the secondary sport.

7. SUSPENSION FROM SCHOOL

(External) Suspension is considered to be in effect until the student has attended a full day of school following the period of suspension.

- a. The student will lose eligibility to represent the school and participate in all meetings and/or practices during the time of suspension.
- b. Internal School Suspension (ISS): Student is eligible to participate on the day of an in-school suspension.

8. PERSONAL APPEARANCE

While representing the school dress should be reasonable and neat. Coaches will exercise discretion in determining appropriate dress and appearance. In the event that a student's appearance will have a negative effect upon the school, coaches have the option of refusing to allow the student to participate in an activity or contest.

9. USE OF EQUIPMENT

Any school issued uniforms or equipment may not be defaced or altered in any way and should be used only for school sanctioned activities. In the event that a student loses any of the school issued items, restitution must be made before a student is allowed to participate in any other school activity or sport. Restitution will be made at current replacement value.

10. STUDENT CONDUCT

Any civil or criminal law infraction, or conduct by a student that is determined by the coach or school administration to be detrimental to the athletic program, school, or district, will result in a meeting with the head coach and a school administrator. Suspension may result from this activity.

- a. Any theft or malicious destruction of any school's or individual's equipment or property will not be tolerated. Any theft or malicious destruction is to be reported to the administration by the coach. Disciplinary action by school administration will follow.
- b. HAZING:

"Hazing" is defined as any conduct or method of initiating students onto any student team or organization, which subjects a student to physical or mental abuse and/or publicly embarrasses or humiliates the student.

The White Mountains Regional School District will not tolerate hazing of any kind! (See School Board Policy JICFA) Hazing is often a dangerous form of initiation, and is against the law. Examples of hazing are, but not limited to, swirlies in the toilet, asking students to accept any physical harm to be a member of a team, ordering underclassmen/freshmen to do all team “duties” (such as carrying water bottles, medical kits, balls, equipment, etc.), asking students to perform unacceptable, or sometimes illegal, pranks. The White Mountains Regional School District will investigate any claims of hazing by any student, parent, or faculty member. Appropriate disciplinary actions will be assessed after a complete investigation by the school administration. The police will be notified in accordance with the *State of NH Student Hazing Law RSA 631.7*.

11. SPORTSMANSHIP

White Mountain Regional School District is dedicated as a school community to instilling sportsmanship, ethics, and integrity in its students, athletes, and fans.

EXAMPLES OF GOOD SPORTSMANSHIP

- Exhibiting a spirit of compassion and genuine consideration and respect for the opponent, officials, and fans
- Accepting results gracefully and acting fairly and courteously toward opponents and fans at all times
- Maintain self-control at all times
- Refuse to jeer an opponent's failure
- Help up a fallen opponent
- Pat an opponent on the back in a gesture of “nice play”
- Recognize a good game by an opponent with a meaningful handshake
- Courteously handing ball to or getting ball for the official
- Refuse to be baited into inappropriate action

EXPECTATIONS OF COACHES

- Always set a good example for players and fans to follow, exemplify the highest moral and ethical behavior
- Instruct participants in good sportsmanship responsibilities and demanding that they make sportsmanship the number one priority
- Respect the judgment of contest officials and not display behavior that might incite fans
- Treat opposing coaches, players, and fans with respect, shaking hands with officials and opposing coaches in public
- Develop and enforce penalties for players whom do not abide by sportsmanship standards
- No running up scores

EXPECTATIONS OF STUDENT ATHLETES

- Treat opponent with respect
- Shaking hands prior to and after contests
- Respect the judgment of contest officials and display no behavior that might incite fans
- Accept seriously the responsibility and privilege of representing school and community
- Display positive public actions at all times
- Live up to the high standards of sportsmanship displayed by the coach.

BE A FAN - NOT A FANATIC

EXPECTATIONS OF PARENTS AND OTHER FANS

- Realize that a ticket is a privilege to observe a contest and support high school activities – attendance at the contest is not a license to be unsportsmanlike
- Respect the decisions of contest officials
- Be an exemplary role model by positively supporting teams in every manner
- Respect fans, coaches, and players

EXAMPLES OF ACCEPTABLE BEHAVIOR OF FANS

- Applause during introduction of players, coaches, and officials
- Players shaking hands with opponents who may foul out while both sets of fans recognize players' performance with applause
- Graciously accepting all decisions of the officials
- Cheerleaders leading fans in positive school cheers
- Handshakes between opposing players and coaches at the end of the contest
- Coaches/players searching out opposing players to recognize them for outstanding performance or coaching
- Everyone showing concern for injured players, regardless of team
- Applause at the end of a contest for performance of all players

EXAMPLES OF UNACCEPTABLE BEHAVIOR OF FANS

- Disrespectful or derogatory yells, chants, songs, or gestures
- Booming or heckling an official's decision
- Criticize officials in any way
- Displays of temper with an official's call
- Yells that antagonize opponents
- Ridiculing or directing scurrilous remarks at participants
- Throwing objects or shining lights onto the floor or at participants
- Entering the floor or field while the game is in progress or if a fight breaks out
- Refuse to comply with a teacher, game official, or administrator's directive.

12. ACTIVITIES CODE GRIEVANCE PROCEDURE

A student participating in an activity in the White Mountains Regional School District, as well as the parent/guardian of that student, may elect to use the following grievance procedure as a means of arriving at an equitable solution to disciplinary problems. The process is conducted by beginning at level 1 and proceeds through the levels as appropriate.

LEVEL 1: COACH

The coach of each activity will render those decisions deemed necessary and proper for the good of the team or activity. The coach will contact the principal immediately upon making a decision that requires significant disciplinary action. Decisions will be made in accordance with this code and any other applicable School Board policies. A student or parent/guardian may appeal a disciplinary decision made by a coach in writing to the Athletic Director within five (5) school days of the decision.

LEVEL 2: ATHLETIC DIRECTOR

Upon receipt of a written appeal from a Level 1 decision, the Athletic Director will review the decision of the coach/advisor. The Athletic Director will meet with the student and/or parent/guardian as soon as practicable for the purpose of resolving the grievance. The Athletic Director will render a decision of the grievance, in writing, within two school days of the meeting. Failure to meet this deadline automatically pushes the grievance to Level 3. A student or parent/guardian may appeal the decision of the Athletic Director, in writing, to the Principal within five school days of the decision.

LEVEL 3: PRINCIPAL

Upon receipt of a written appeal from a Level 2 decision, the Principal will review the decision of the Athletic Director. The Principal will meet with the student and/or parent/guardian as soon as practicable for the purpose of resolving the grievance. The Principal will render a decision of the grievance, in writing, within two school days of the meeting. Failure to meet this deadline automatically pushes the grievance to Level 4. A student or parent/guardian may appeal the decision of the Principal, in writing, to the Superintendent within five school days of the decision.

LEVEL 4: SUPERINTENDENT

Upon receipt of a written appeal from a Level 3 decision, the Superintendent will review the decisions of Levels 1, 2 and 3. The Superintendent will meet with the student and/or parent/guardian as soon as practicable for the purpose of resolving the grievance. The Superintendent will render a decision of the grievance, in writing, within two school days of the meeting. Decisions of the Superintendent shall be final, subject to Board Policy BAAA (School Board Policies and Administrative Procedures).

CONCUSSION GUIDELINES AND PROTOCOL

WHAT IS A CONCUSSION?

A concussion is a form of traumatic brain injury caused by a blow/jarring or the head OR body

- From contact with another player, contact with surfaces such as the ground, floor or ice OR being hit by a piece of equipment such as a bat, soccer ball etc

- Can affect normal brain function
- Can present differently from person to person

CONCUSSION MYTHS

- Can occur during ANY sport or activity
- Can STILL be present even if consciousness is NOT lost
- You DO NOT need to be hit in the head to suffer a concussion
- Severity rating (mild, severe) are no longer used the medical community, a concussion is a concussion.
- MRI/CAT SCANS DO NOT 'see'/diagnose concussion
- DO NOT 'walk it off', go see your Athletic Trainer

CONCUSSION SYMPTOMS

Most concussion symptoms will present immediately and/or take hours to days to be noticed

- Memory loss
- Confusion
- Headache loss of consciousness
- Balance problems
- Dizziness
- Visual disturbances
- nausea/vomiting
- Feeling sluggish/foggy/groggy
- Unusual irritability
- Mood swings
- Trouble with concentration
- **PERMANENT DISABILITY/DEATH**

- Brain bleed
- Cranial nerve compromise

(if a second concussion occurs during healing process of previous concussion AKA Second Impact Syndrome)

A CONCUSSION IS A BRAIN INJURY. DON'T TAKE A CHANCE

CONCUSSION ASSESSMENT AND RETURN TO PLAY PROTOCOL

- If you experience a blow to the head or body and/or present concussion, tell your coach or athletic trainer(atc)
- If symptoms do not present right away, notify parents Athletic trainer or physician ASAP
- Once diagnosed, student should be immediately removed from all activity where further injury can occur(phys ed, practices, games) or activities where symptoms are significantly provoked (school)
- First notification should be made to Athletic trainer, Athletic Director, School Nurse and School Counseling Department
- School administration will coordinate with guidance, school nurse and teaches to support student athlete with academic adjustments
- Parent info packet and physician clearance form must be signed to begin Return to Play protocol
- IMPACT test should be administered within the first 24-72 hours of injury. Test results are compared to baseline scores.
- ● IMPACT test results are read by Athletic Trainer AND Neurologist Dr. Jonathan D. Lichtenstein, Psy.D., MBA of Dartmouth Hitchcock
- Check in with Athletic Trainer or other concussion specialist/physician regularly to monitor symptoms to gauge if return to play process can begin.

Return to Play(RTP) may begin once athlete is 24 hours SYMPTOM FREE

Athlete must remain symptom free after each phase

- Phase one- REST UNTIL SYMPTOM FREE
- Phase two- 30 Minutes of cardio
- Phase three- 15-20 min cardio, sport specific skills and drills
- Phase four- non contact practice
- Phase five- full contact practice
- IMPACT Tests will be administered after phase three to monitor progress

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT ATHLETICS
CONSENT AGREEMENT AND
CODE ACKNOWLEDGEMENT**

1. I understand and acknowledge there are risks associated with participation in athletic activities. I understand and agree that neither White Mountains Regional School District, nor its coaches, advisors, employees shall be liable for any injury, loss or damage occurred by my son/daughter as a result of participation in any such activity as long as there has been a reasonable standard of care.
2. I understand that participation in athletic activities depends on passing grades and so give my permission for my son's/daughter's coaches/advisors to have access to his/her grades in order to determine eligibility.
3. In case of an emergency, by authorization of my signature below, I hereby allow White Mountains Regional School District or its designated coach/advisor/trainer/nurse to administer first aid and make arrangements for emergency transportation to a medical facility for emergency treatment.
4. I hereby acknowledge that I have been given a copy of the White Mountains Regional School District Athletic Code and I acknowledge that I have carefully read the regulations prescribed herein.
5. I understand that athletic activities are a privilege and agree to represent White Mountains Regional School District in a positive manner at all times. I further understand that any student convicted or has a finding of guilt of illegal activity at any time will have their privilege of any/all participation in athletic activities revoked. Any appeals for reconsideration must go through the "ACTIVITIES CODE GRIEVANCE PROCEDURE".

ACTIVITY: _____ DATE: _____

STUDENT NAME

STUDENT SIGNATURE

PARENT SIGNATURE

HOME TELEPHONE

CELL PHONE

PLEASE COMPLETE AND RETURN TO THE ATHLETIC DEPARTMENT.

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT ATHLETICS
SPORTS PARTICIPATION HEALTH RECORD

****This Form Must Be Completed By A Physician, Physician's Assistant, Or
Certified Nurse Practitioner When a Sports Physical Is Required**

Turn in form to WMRHS, LES, or WES Athletic Director

Name _____ Date _____ Age _____

Birthdate _____ Height _____ Weight _____ Grade _____

Blood Pressure _____ Pulse _____

Vision R _____ Corrected _____ Uncorrected _____
L _____ Corrected _____ Uncorrected _____

She/He has been examined by me in this office. In addition, the health history and immunization records have been reviewed. There are no apparent contraindications to full participation in school athletics/competitive sports.

Exceptions, Comments, Special Problems, Allergies, etc.

Most recent Exam Date: _____

*Tdap date (**must be current within 10 years**): _____.

TD ok only if date of immunization is less than 5 years.

Practitioner's Signature: _____.

Telephone Number: _____

Please place clinic stamp to the right: