

MARION COMMUNITY UNIT SCHOOL DISTRICT #2

ATHLETIC & STUDENT ACTIVITIES HANDBOOK 2018 - 2019

MARION HIGH SCHOOL
"WILDCATS"

MARION JUNIOR HIGH
"WILDCATS"

ADAMS SCHOOL
"WILDCATS"

www.marionathletics.com

Marion Community Unit School District No. 2

Student Activities Handbook
2018-2019

Table of Contents

A. An Introduction to Marion Unit 2 Activities

1. *Objectives*
2. *Participation is a Privilege Conditioned upon Compliance with Handbook Rules*
3. *Good Citizenship Requirement, 24 / 7 / 365*
4. *Additional Rules and External Governing Bodies*
5. *Nondiscrimination and Anti-Harassment*

B. Athletics Program Overview

C. Extracurricular Program Overview

D. General Conditions For Participation In Athletics and Activities

1. Academic Eligibility For Athletes
2. Transportation for Athletes
3. Attendance on Day of Athletic Contest
4. Attendance at Practice and Competitions
5. Rest Habits
6. Appearance
7. Injuries
8. Athletic PE
9. Equipment
10. Withdrawal from Athletic Team
11. Suspension & Social Suspension from School
12. Insurance for Athletes
13. Prospective college athletes
14. Athletics Awards and Honors

(a) Athletic Honor Awards
(b) Varsity Club
(c) Displaying Individual Pictures
(d) Displaying Team Pictures
(e) Letter Awards for Athletes
(f) Sports Awards Programs

E. Extracurricular Code of Conduct

1. Good Citizenship is Required At All Times

2. Prohibited Activities
3. Potential Consequences
(a) Generally
(b) Consequences for Violation of 24/7/365 Good Citizenship Standards
(c) Consequences for Violation of Drug and Alcohol Policies
(d) Other Specific Consequences and Repeat Violations
4. Procedures

F. Student Activities Random Drug Testing Policy

1. Policy of the Board of Education
2. Random Drug and Alcohol Testing Procedures
(a) Testing as a Condition of Participation
(b) Testable Items
(c) Medication
(d) Student Selection
(e) Testing
(f) "Positive Test"
(g) Signed consent
(h) Enforcement

G. Illinois High School Association Drug Testing Policy

H. Wildcat Creed: Student Participant's Pledge

Appendix A: Athletic insurance agreement

Appendix B: Medical consent form AGREEMENT

Appendix C: Practice Travel Permission Slip AGREEMENT

APPENDIX D: IHSA RULES……..25-31

APPENDIX F: PERFORMANCE-ENHANCING SUBSTANCES AGREEMENT…… 32

APPENDIX G; CONCUSSION INFORMATION & AGREEMENT……33-38

APPENDIX H: STUDENT PARTICIPATION FEE AGREEMENT……39

Appendix I: Parents Code of Ethics AGREEMENT

SIGNATURE PAGE……..……40-41

A. An Introduction to Marion Unit 2 Activities

The Board of Education has authorized the publication of this handbook so that students and parents have a better understanding of our extracurricular program and the rules and regulations of participation. The District is proud to offer its students a full range of athletic and other extracurricular activities to complement and enhance the District's academic program. The provisions of this handbook apply to all of the activities listed on pages 5 and 6 of this handbook.

1. Objectives

Marion Unit 2's extracurricular programs are guided by the following objectives:

- To enhance scholastic achievement.
- To promote the development of good citizens.
- To form leaders.
- To increase school pride.
- To cultivate individual confidence and poise.
- To excel in competition and continually improve

2. Participation is a Privilege Conditioned upon Compliance with Handbook Rules

The District encourages all its students to take advantage of the extracurricular opportunities available, but it provides these extracurricular opportunities for its students as a privilege, not a right. In order to be eligible for this privilege, student must review the following rules and requirements outlined in this handbook, and comply with them at all times. Failure to comply with school and community standards, including the standards outlined in this handbook, may result in the loss of the privilege.

3. Good Citizenship Requirement, 24 / 7 / 365

In particular, the District recognizes that extracurricular participants serve as leaders and role models in the student body and representatives of the schools to our community. Therefore, participants in student activities are required to serve exemplary citizens at all times. The good citizenship requirements apply to a student's behavior at all times, every day, throughout the year.

4. Additional Rules and External Governing Bodies

In addition to the rules contained herein, the coach or sponsor of a particular activity may impose additional requirements for participants. Also, participants should recognize that the rules and guidelines outlined herein are in addition to the rules and requirements imposed by the school's general code of conduct. In some activities, participants will also be subject to the additional requirements of a regional, state, or national governing body.

5. Nondiscrimination and Anti-Harassment

It is the policy of Marion Unit 2 to provide equal educational opportunities to all students. Athletics and extracurricular activities should further that policy outside the classroom by fostering an environment of mutual respect and encouragement. Discrimination or harassment of students or others in any form by students, coaches, staff, or outside individuals is prohibited. Students who believe they have been subject to discrimination or harassment should report in accordance with the Uniform Grievance Procedure in the District Student-Parent Handbook.

B. Athletics Program Overview

Dear Student-Athletes and Parents:

This handbook was written for the student-athletes of Marion Community Unit School District No. 2 so that athletes and parents may be better informed of the athletic rules and policies. Even though the primary focus of this handbook is toward that of the high school athlete, all rules and policies will also apply to those students participating in athletics at the Marion Junior High as well as Adams School.

The primary purpose of our athletic program is to provide a positive environment in which to prepare our young people for the future. We certainly hope that all student-athletes acquire the principles of discipline, self-sacrifice and dedication as they progress through our program.

For athletics to provide a positive experience in a student-athlete's life, parental support and encouragement is of the utmost importance. It is imperative that parents understand and support the policies outlined in this handbook. The parental role is certainly a most difficult one, but with parents, coaches and athletes working together, the benefits for everyone will be maximized.

Marion High School is a member of the South Seven Conference. Current member schools are Belleville Althoff, Cahokia, Carbondale, Centralia and Mt. Vernon. Marion Junior High is a member of the Big "7" Conference. Current member schools are Benton, Carbondale, Herrin, West Frankfort and Harrisburg. Adams School is a member of the Quad County Conference. Current members schools are Pinckneyville 204, DeSoto, Tamaroa/St. Bruno, Unity Christian, Elverado, Our Lady of Mt. Carmel, and Giant City.

If there are ever any questions, please contact me at Marion High School.

Sincerely,
Ryan Goodisky
MHS Athletic Director/Assistant Principal

MARION UNIT 2 SPORTS

High School	**Jr. High**	**Adams**
Fall Sports		
Football	Baseball	Baseball
Volleyball	Softball	Softball
Boys Soccer	Cross Country	Cross Country
Boys Golf		
Girls Golf		
Boys Cross Country		
Girls Cross Country		
Girls Tennis		
Winter Sports		
Boys Basketball - Girls Basketball	Boys Basketball	Boys Basketball
Boys Bowling - Girls Bowling	Girls Basketball	Girls Basketball
Wrestling	Volleyball	Volleyball
Spring Sports		
Boys Track	Boys Track	Boys Track
Girls Track	Girls Track	Girls Track
Softball		
Baseball		
Boys Tennis		

Girls Soccer
Bass Fishing

C. Extracurricular Program Overview

Participation in the following activities is governed by this handbook

Marion Unit #2 Schools (High School, Jr. High, Adams).

Athletics
Pom Pon
Cheerleading
Student Drivers (Parking Permits)
Clubs
Non-Academic Student Organizations
Competitive Academic Organizations

D. General Conditions For Participation In Athletics and Activities

1. Academic Eligibility For Athletes

Students must pass 25 hours of work per week during the season and must have passed 25 hours of work the previous semester in order to be academically eligible to participate in Marion Athletics. Marion Unit 2's standards are higher than the minimum standards required for IHSA eligibility. This means that student athletes must pass 5 out of 7 classes to maintain academic eligibility.

2. Transportation for Athletes

The following procedures will be used for athletes traveling to and from athletic fields that are located away from school property for practices and home contests.

> *Junior High:* Transportation to and from athletic fields will be provided for all athletes. Students/parents are required to sign a travel permission slip if they desire to be responsible for the transportation of their child to and from the athletic field.
>
> *High School:* Transportation from the school to the athletic field will be made available. Transportation from the athletic field to home is the responsibility of the parent/student. Students/parents are required to sign a travel permission slip if they desire to be responsible for the transportation of their child from school to the athletic field.

All athletes will ride school transportation to and from out of town contests. Exceptions can be made only through the Athletic Director or the Principal. A

request to ride home with parents should only be made in extreme circumstances and not simply as a matter of convenience.

3. Attendance on Day of Athletic Contest

Student-athletes must be in attendance ½ day (3 periods) on the day of a contest in order to compete in the contest. Any exceptions must be approved by the athletic director or Principal.

4. Attendance at Practice and Competitions

Student participants are expected to attend every practice or rehearsal and every game, performance, or event, unless excused by the coach or sponsor. Promptness is imperative for success. Failure to attend practice(s) can result in a participant being barred from one or more competitions or events.

5. Rest Habits

Student athletes will be expected to maintain regular hours and to restrict outside activities so that their physical performances will not be hampered.

6. Appearance

Extracurricular participants should be well groomed and follow all appearance guidelines imposed by their coaches or sponsors. Students are reminded that they are ambassadors of our school district to the community when they compete and travel.

7. Injuries

Students and parents should recognize the risk of physical injury from athletic participation and other student activities. Students should report every injury to the coach or sponsor, no matter how minor. Students should report all injuries to a coach or staff member immediately. The coach or sponsor must then submit an accident form to the school office within 24 hours for insurance purposes. Injuries will be treated appropriately, and students, parents, and doctors should ensure that an injured student is healthy again before participating in physical activity.

8. Athletic PE

Participants in sports during their junior or senior year have the option of taking PE classes or receiving PE credit for the sport in which they participate. Credit for PE can be earned only for the semester affected by the sport. Hence, only basketball and wrestling qualify for credit during both semesters. The

prerequisite for enrollment in Athletic PE is participation in the sport during the previous year.
***Failure to compete in all contests without permission of the Head Coach may result in the lowering of the student's grade in Athletic PE.**
***Failure to complete the season constitutes failure of Athletic PE.**

9. Equipment

All equipment assigned to the student belongs to the school. The student is responsible for laundering and maintenance of the equipment in his or her possession.

Any lost/stolen equipment must be paid for at the end of the season or semester. If payment is not made, the student will not be allowed to participate in another sport or activity until the equipment is returned or restitution is made.

10. Withdrawal from Athletic Team

Any student-athlete who quits a team after its first contest will not be allowed to begin another sport or participate in a conditioning program until the season of the initial sport has ended. An exception may be made if approved by the head coaches of both sports involved and the Athletic Director.

11. Suspension from School

A student serving an out-of-school suspension or alternative classroom placement (A.C.P.) will not be allowed to participate in practices, events, or games during the suspension period. A student serving an in-school detention (I.S.D.) will be allowed to participate in practices, but not events, and games during the detention period.

Social Suspension

If a doctor note/appointment site note is not submitted within 5 days, the absence will be counted towards the social suspension list. Once a student has accumulated 9 absences without documentation from a doctor, the school nurse, or official appointment site, the student will be placed on social suspension list for the remaining of the current semester. All in-school-suspensions (ALC) and out-of-school suspensions count towards the social suspension list. Students on the social suspension list will not be allowed to participate in field trips (competitive or otherwise), athletics, or any other extracurricular activities (including homecoming and prom). According to Illinois State law, any student who is absent one class period is counted one-half day absent. Any student who is absent 5 class periods or more is counted full day absent.

12. Insurance for Athletes

All students participating in athletics are covered by a limited student accident insurance provided by Illinois School District Agency (ISDA) and the Unit #2 District. Football players can purchase optional coverage to cover them during football season. A student participating in football must give evidence of having other insurance or have a parent or guardian sign a form releasing Marion CUSD #2 from any financial responsibility or any medical expenses incurred as a result of participation.

The ISDA student insurance is a limited student accident insurance policy, and it is the responsibility of the student/parent/guardian to be familiar with coverage provided.

The School District assumes neither responsibility nor obligation for the payment of treatment for injuries.

13. Prospective college athletes

Students who are interested in pursuing their sport at the college level should discuss NCAA and other eligibility requirements with their coach, the athletic director, or a guidance counselor to ensure that they will achieve the appropriate qualifications.

14. Athletics Awards and Honors

(a) Athletic Honor Awards

Special awards are presented in the spring to honor outstanding athletic achievements during the school year. These awards include:

1. Lions Club Most Valuable Player Awards
2. Cuss Wilson Scholarship Award
3. Cliff Storme Athletic Awards
4. MHS Student Council Outstanding Athlete Award
5. Mike Chornak Scholarships

(b) Varsity Club

All athletes having earned a letter in a varsity sport are eligible to become members of the Marion High School Varsity Club. Varsity Club meets during the regular club schedule.

(c) Displaying Individual Pictures

The following guidelines will apply to the display of individual pictures in the lobby of Wilson Gymnasium. An individual must accomplish at least one of the following achievements in order to have his/her picture displayed in the gym lobby:

1. Named to an all-state team by one of the wire services. (AP, UPI)
2. Named to an all-state team by a recognized statewide organization. (Illinois Coaches Association, Illinois Baseball Coaches Association, Illinois Basketball Association, etc.)
3. Named to an all-state team by a recognized statewide publication. (Chicago Tribune, Champaign News, etc.)
4. Earn an individual medal in the IHSA state finals.
5. Make All-American honors as a collegiate athlete.

*Honorable mention to an all-state team is certainly a worthy accomplishment, but does not qualify for this honor.

(d) Displaying Team Pictures

The following guidelines will apply to the display of team pictures in the lobby of Wilson Gymnasium. Each team has two opportunities to achieve this distinction: 1) Regular season performance; and 2) Performance in IHSA postseason competition.

Regular Season

1. South Seven Conference Championship

IHSA Postseason Competition

1. IHSA Regional Championship
2. IHSA Sectional Championship
3. IHSA Super-Sectional Championship
4. IHSA State Finalist
5. IHSA State Football Playoffs – (Must win one or more games)

(e) Letter Awards for Athletes

If an athlete earns a varsity letter, the letter will be a chenille “M”. Seniors are awarded a special “Marion Athletics” chenille letter. Those earning a letter as a member of a varsity conference championship team will be awarded a special “South Seven Champs” chenille letter. Patches are awarded to members of

underclass level teams. Special awards may be presented in each sport by the respective coaches.

Participation requirements for a varsity letter:

Baseball – one third of total varsity innings played
Basketball – 30 quarters of varsity play
Cross-Country – finish top 7 of at least 3 varsity meets
Football – 12 quarters of varsity play
Golf – 20 letter points in matches and tournaments
Soccer – one third of varsity matches
Softball – one third of total varsity innings played
Track – 16 accumulated points in varsity matches
Volleyball – one third of varsity matches
Wrestling – one third of varsity matches
Tennis – 13 varsity matches
Bowling – 12 full varsity games

- All must be recommended by the coach and approved by the Principal and Athletic Director.
- Any athlete that is dismissed from the team will not receive an award.

Requirements for a student to receive a varsity letter in a sport where Marion High School does not have a team:

1. The athlete must notify the Athletic Director of his/her intention to participate in a sport not offered by Marion High School. This notification must be prior to the start of the IHSA season.

2. The athlete must meet all IHSA athletic requirements for eligibility.

3. The athletes must adhere to all rules set forth by Marion High School for any student who participates on any athletic team. A student athlete handbook can be received from the Athletic director.

4. The athlete must inform the Athletic Director of the coach in charge of his/her training.

5. The athlete must provide written proof that he/she participated in a certified training program during the season.

6. The athlete must notify the Athletic Director of his/her intention to participate in the State tournament series. This notification must be prior to the start of the IHSA season. The notification is necessary so that all necessary forms may be completed.

7. The athlete must meet all requirements to participate in the Regional or Sectional competition.

8. The athlete must participate in the Regional or Sectional series.

9. The athlete must "medal" in the Sectional meet. To "medal" at the Sectional meet, the athlete must place in the top six places of any given event.

10. A varsity letter will be awarded to all athletes who meet the above requirements.

11. Certificates will be given to those athletes that participate in a Sectional meet, but do not medal.

12. The athlete will be pictured in the yearbook with other sports.

(f) Sports Awards Programs

The Head Coach of each sport is responsible for the organization of an awards program for the athletes in his/her sport. Individual awards are presented at this time.

E. Extracurricular Code of Conduct

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the District's extracurricular programs. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of activities and athletics. The welfare of the student is our major consideration and transcends any other consideration.

1. Good Citizenship is Required At All Times

All extracurricular participants shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic athletic program or extracurricular activity affords. Any conduct that results in dishonor to the individual or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to, theft, vandalism, disrespect, immorality or violations of law, tarnish the reputation of everyone associated with the program and will not be tolerated. A student may be removed from the

activity for all or part of a season for violating the citizenship requirements. Extracurricular activities are not for everyone--only if a student is ready to accept this full-time responsibility should he or she consider participating in the District's extracurricular program.

2. Prohibited Activities

In addition to general good citizenship requirements, the following activities are specifically prohibited:

1. The use, possession, purchase, distribution, or delivery of drugs, alcohol, steroids, controlled substances, illegal mood-altering and/or performance enhancing drugs or chemicals, or any substance used to obtain an altered mental state or "high" or being under the influence of such a substance.
2. The use, possession, purchase, delivery, or distribution of tobacco products.
3. Any violation or any positive test result under the Student Activity Random Drug Testing Policy as explained in this handbook.
4. Vandalism, theft, or property damage at Marion Unit #2 or another school
5. Possession of equipment or items stolen from Marion Unit # 2 or another school
6. Hazing, bullying, or intimidation of written, verbal, physical or sexual nature, including but not limited to handwritten, technology generated, or spoken words
7. Assault or battery
8. Disrespect toward teachers, officials, coaches, or sponsors
9. Conduct resulting in a suspension from school
10. Violation of other school rules
11. Violation of laws or community standards for acceptable conduct
12. Any unsportsmanlike conduct or violation of good citizenship standards, as defined by this code of conduct.

3. Potential Consequences

(a) Generally

Any discipline or consequence imposed under this handbook is in addition to whatever discipline may be imposed under the general school rules and policies. Also, every situation is different and a case-by-case evaluation is

necessary to determine what discipline is appropriate under the circumstances of each case.

Students should be aware that a violation of the Code of Conduct may have consequences across each activity in which the student participates. A penalty may be carried over from one season to the next, or from one school year to the next, as the Athletic Director or Principal determines to by appropriate. A student may not attempt to circumvent a penalty imposed under this Code of Conduct by enrolling in an activity or sport in which a student has not participated in prior years.

(b) Consequences for Violation of 24/7/365 Good Citizenship Standards

Due to the serious nature of the good citizenship requirement, when a student has violated the rule, the coach or sponsor, athletic director, and/or principal shall meet to determine the penalty according to the degree of the infraction. The penalty shall range from the minimum of a game, performance, or short-term suspension from the activity to a maximum penalty of permanent denial of participation in extracurricular activities.

(c) Consequences for Violation of Drug, Alcohol & Tobacco Policies

Maintaining drug free training and competition is an expectation of all participants in Marion Unit # 2 athletics and extracurricular activities. Accordingly, the District has implemented a program of random drug testing for all students who participate in extracurricular activities, as outlined in this handbook. Violation of any rule regarding drugs, alcohol or tobacco, or a violation of the random drug testing policy may result in suspension and possible removal from extracurricular activities.

First Offense

Violation of the substance abuse rule will be divided among two distinct areas: 1) Use and/or possession of tobacco products, inclusive of any Vaping or E-Cigarette paraphernalia. The first violation of the substance abuse tobacco policy will result in suspension for 20% of the season or semester from all contests, competitions, performances, and other events that are actually held. The penalty for the first violation of tobacco, tobacco products, vaping or e-cigarette paraphernalia can be reduced to 10% of the season or semester if the student-participant chooses to perform eight hours of community service. 2) Use and/or possession of drugs/drug paraphernalia, alcohol, and other controlled

substances. The first violation of the drug/drug paraphernalia, alcohol, and other controlled substances abuse policy will result in suspension for 50% of the season or semester from all contests, competitions, performances, and other events that are actually held. This period of time will begin with the first competition or other event. If the violation occurs during the season or semester of participation, the suspension will begin when school officials are notified. The suspension from contests could lead into postseason (or semester) events, or into the following season or semester depending on the timing of the violation. The coach or sponsor will have the option of allowing the student to participate in practices. In addition, the student must attend all contests, competitions, and performances, but may not participate or wear a uniform. Should the violation occur after school has let out for summer vacation or should it occur at any other time when the student is not an active member of a sport or activity, the suspension will commence when the student begins the next season or semester in which he or she is involved in an activity. The penalty for the first violation of the drug/drug paraphernalia, alcohol and other controlled substances policy can be reduced to 25% of the season or 15 calendar days, whichever is less if the student-participant chooses to meet with a school approved treatment counselor and performs eight hours of community service. The counseling session(s) and community service must occur with the 15 day calendar period. The cost of the counseling assessment and sessions is the responsibility of the student or parent. In cases not involving athletics, the consequences may have to be modified on a case-by-case basis according to the nature of the extracurricular activity.

Second offense

One calendar year suspensions from the date of notification with the ability to reduce the suspension to 6 calendar months if the student participates in a substance abuse counseling program that includes assessment and at least five counseling sessions. The student must provide proof of a negative test prior to returning to the activity to participate. All drug/alcohol testing must be completed at an approved testing center. Local doctor's offices or clinic tests will not be accepted. The cost of the counseling assessment, sessions, and additional testing is the responsibility of the student or parent. Additionally, the student will serve a 20% suspension in the next sport or activity of participation if they reduce their suspension with counseling. In cases not involving athletics, the consequences may have to be modified on a case-by-case basis according to the nature of the extracurricular activity.

Third offense

Removal from all activities for the remainder of the student's career. The student can request reinstatement to activities after one year provided that the student has participated in substance abuse counseling for one year. The decision whether to reinstate the student will be made of a committee of two club sponsors, three coaches, the athletic director, and the principal. To be considered for reinstatement, the student must submit a written request for reinstatement to the principal and provide proof of the completion the year long substance abuse counseling program and two negative tests. The two tests must be a minimum of one month apart with the second test occurring within a month before the request to be reinstated. All drug/alcohol testing must be completed at an approved testing center. Local doctor's offices or clinic tests will not be accepted. The cost of the counseling assessment, sessions, and additional testing is the responsibility of the student or parent. In cases not involving athletics, the consequences may have to be modified on a case-by-case basis according to the nature of the extracurricular activity.

Cumulative violations

The training rules for tobacco, inhalants, alcohol, drug paraphernalia and controlled substances apply to a student from the first time the student starts competing/participating (i.e., as a 6th grader or 7th grader). A violation of the substance abuse rules will remain on the student's extracurricular record for the entire career of the student (i.e., 1st offense as an 8th grader, 2nd offense as a freshman, and 3rd offense as a sophomore)

(d) Other Specific Consequences and Repeat Violations

Specific consequences for violation of the code of conduct may include the suspension from the activity for a portion of the semester or season, up to a full semester or season.

A student who has committed a second offense may be subject to suspension from all activities for one calendar year.

Upon a third offense, the student may be subject to suspension from all activities for the remainder of the student's junior high or high school career.

4. Procedures

School officials may receive reports of Code of conduct violations from law enforcement authorities, district employees, other students, confessions, material on social networking websites, or other sources.

A student will be notified orally or in writing of a suspected violation of this code of conduct and the punishment to be imposed. The student will then have the opportunity to discuss the charge(s) with the coach, sponsor, athletic director or administrator imposing the extracurricular discipline. Penalties will be imposed if charges are filed or substantial evidence of the violation has been presented. Only the Athletic Director or the Principal can impose a penalty greater than a 2 week suspension from extracurricular activities. The student may appeal a decision to suspend a student from an activity to the building principal by making a written request for an appeal within 10 days.

F. Student Activities Random Drug Testing Policy

1. Policy of the Board of Education

The Board of Education recognizes that alcohol and drug abuse are serious societal problems, and schools, including Marion Community Unit School District #2, are not immune. It is the District's position that drug usage and underage drinking are inconsistent with a sound educational and learning environment. Drug and alcohol abuse causes serious physical, mental and emotional harm. A student using drugs is a danger to himself or herself, as well as to other students. The Board of Education believes that the District's students are entitled to an education in a drug-free environment.

In particular, the Board of Education believes that the use of tobacco products, anabolic steroids, illegal drugs, or alcohol by students who participate in extracurricular activities presents a specific hazard to the health, safety and welfare of the student participant and those who participate with the student. Additionally, students participating in extracurricular activities are respected and admired by a large segment of the student body. In order to participate in such activities, students are expected to hold themselves as good examples of conduct, citizenship, sportsmanship and training, which excludes drug use. The Board encourages students to participate in extracurricular activities, but believes that the opportunity to try-out for and to participate in school-sponsored extracurricular activities is not a right but a privilege offered to eligible students on an equal opportunity basis. Therefore, students who wish to have the privilege of participating in extracurricular activities must conduct themselves in

accordance with Board policy. To be eligible to try-out for and to participate in any school sponsored extracurricular activity, students must agree to submit to testing for the use of anabolic steroids, alcohol, and/or illegal drugs in accordance with this policy.

Accordingly, Marion Unit 2 will conduct a program of random drug testing for student athletes and participants in extracurricular activities. The primary purpose of the program is to protect the health and safety of the District's students from illegal drug use and from injuries resulting from the use of drugs. Other purposes of the program include educating students about the serious physical, mental, and emotional harm caused by alcohol and drug abuse; preventing or deterring drug or alcohol usage; and maintaining a school environment where students can be free from alcohol and drug abuse. The Board has determined that it is better to assure the health and safety of student athletes and students who drive to school by disqualifying students who use drugs or alcohol than to provide a means of punishment short of disqualification from these activities. Therefore, the Superintendent or designee shall establish a procedure for Board approval for drug and alcohol testing of students participating in extracurricular activities and for students who obtain parking permits.

Students who consent to the District's random drug and alcohol testing will be permitted to participate in extracurricular activities. Students who do not consent to the testing program will suffer no adverse consequences, and will merely be unable to participate in extracurricular activities.

This Student Activities Drug Testing Policy does not limit or otherwise affect Board policy, regulation, or procedure regarding discipline for the sale, possession, use, distribution, or purchase of drugs or alcohol when reasonable suspicion of such conduct arises out of circumstances other than the random testing conducted pursuant to this policy.

2. Random Drug and Alcohol Testing Procedures

(a) Testing as a Condition of Participation

The parent and/or guardian and the student involved in any extracurricular activity give consent for drug and alcohol testing when they sign the “Wildcat Creed” in the Student Activity Handbook as a condition precedent to the student’s participation in a program. If any student/guardian refuses to sign a written consent for drug and alcohol testing, that particular student will not be allowed to participate in any extracurricular program until the student and parent/guardian signs such a consent.

(b) Testable Items

Alcohol is the intoxicating agent in any beverage, mixture, or preparation as defined in the Liquor Control Act, 235 ILCS 5/1-3, *et seq.* The term "alcohol" for purposes of this policy shall also include spirits, wine, and beer as defined in the Liquor Control Act.

Controlled substances are those substances prohibited by the Illinois Controlled Substances Act, 720 ILCS 570/101, *et seq.*, and the Cannabis Control Act, 720 ILCS 550/1, *et seq.*, and include, but are not limited to the following substances:

- Amphetamines
- Barbiturates
- Benzodiazepines
- Cocaine
- Marijuana
- Methadone
- Methaqualone
- Opiates
- Phencyclidine
- Propoxyphene
- Anabolic steroids including boldenone, methandienone, methyltestosterone, nandrolone, oxandrolone, oxymetholone, stanozolol, probenecid, clenbuterol, specific gravity, t/e ration, testosterone, epitestosterone

(c) Medication

Students involved in any extracurricular activity who have been taking medication will be expected to provide parental phone numbers at the time of the test. The Medical Resource Officer of the testing company may then contact the parent for verification of a doctor-authorized prescription.

(d) Student Selection

All extracurricular participants may be tested at the beginning of each sport season or activity. Extracurricular participants may then be tested randomly over the course of the entire year, **including the summer months**. At intervals of the sport season or extracurricular activity, testing may be conducted at random, unannounced times.

For testing purposes, names of all students participating in extracurricular activities will be provided to the third-party administrator of the testing program, who will randomly select students for testing and notify the District of the students that have been selected. After a student has been randomly tested, the student's ID number will be returned to the testing population and subject to random re-selection.

The District specifically reserves the right to retest any extracurricular participant at any time where reasonable suspicion is found to exist.

(e) Testing

The third party testing program will provide a testing procedure to the District and chain of custody procedure that the District will follow.

(f) "Positive Test"

The only persons who shall be informed of the results of a test are the student, his or her parents or guardians, the Principal, the Athletic Director, and the Head Coach or Sponsor.

If the test is positive, the student shall be subject to the consequences found within the Code of Conduct provision of this handbook.

(g) Signed consent

By signing the Wildcat Creed contained in this Student Activity Handbook, we, the student and parent/guardian, hereby acknowledge that we have received and have read and understand all testing procedures and policies. We desire that our student participate in this program and in the extracurricular programs of Marion Unit #2 and hereby agree to be subject to its terms. We accept the method of obtaining fluid samples, testing, and analysis of such specimens, and all other aspects of the program. We agree to cooperate in furnishing such fluid samples, which may be required from time to time. We further agree and consent to the disclosure of the sampling, testing, and results as provided for in this program. This consent is given pursuant to all State and Federal privacy statutes and is a waiver of rights to non-disclosure of such test records and results only to the extent such disclosure is authorized by this program.

(h) Enforcement

Nothing in this policy shall prohibit or limit the application of the District's regular student disciplinary rules and regulations to student participants. The provisions of this policy are considered an addition to all other rules and regulations governing student conduct and discipline.

G. Illinois High School Association Drug Testing Program

1. IHSA Performance Enhancing Drug Testing of High School Student Athletes

The Illinois High School Association (IHSA) prohibits participants in an athletic activity sponsored or sanctioned by IHSA from ingesting or otherwise using any performance enhancing substance on its banned substance list, without a written prescription and medical documentation provided by a licensed physician who evaluated the student-athlete for a legitimate medical condition. IHSA administers a performance enhancing substance testing program. Under this program, student athletes are subject to random drug testing for the presence in their bodies of performance-enhancing substances on the IHSA's banned substance list. In addition to being penalized by IHSA, a student may be disciplined according to Board policy 7:190, *Student Behavior*

H. Wildcat Creed: Student Participant's Pledge

Parent and Student Agreement/Acknowledgement

I desire to become a member of the Marion Community Unit School District #2 Extracurricular Program. I am sincerely interested in contributing my best to the success of the Extracurricular Program. Participation in extracurricular activities is an honor and a privilege. As a visible representative of the school and community, I have the obligation and responsibility to represent myself, my activity, my school, and my community in an exemplary manner.

I hereby agree to conduct myself according to the rules as outlined in the Student Activity Handbook. I understand all of the rules and regulations in the Student Activity Handbook, and specifically all of the drug and alcohol testing procedures. I consent to participate in the random drug testing program for extracurricular activities and understand the potential consequences.

I understand that the handbook rules apply for the entire year, including the summer months. Furthermore, I understand that if I violate the express or implied terms of the Student Activity Handbook, or if I engage in any behavior that negatively affects my activity, fellow students, or community, I will be subject to disciplinary measures that may include the immediate revocation of my privilege to participate in the extracurricular program.

MARION COMMUNITY UNIT SCHOOL DISTRICT NO. 2
SCHOOL ATHLETIC / ACTIVITY INSURANCE STATEMENT

Parent and Student Agreement/Acknowledgement

All students participating in athletics are covered by a limited student accident insurance provided by the Illinois School District Agency (ISDA) and the Unit #2 District.

Student Accident benefits will not cover, and we will not be responsible for any payment for, nor is any contribution or premium charged for, any claim based upon, arising out of, directly or indirectly resulting from or in consequence of the following:

Football:

Injury sustained while participating in the play of football in Grades 9 –12, whether during an intramural activity, interscholastic competition, or otherwise; except that subject to the terms, conditions, limitations and exclusions of the Plan of Coverage, expenses incurred by an Eligible Person due to injury sustained while participating in the play of IHSA-sanctioned Grades 9 –12 interscholastic tackle football will be paid up to a maximum of $5 million or during a maximum term of 10 years, whichever occurs first, but only after $25,000 in out-of-pocket expenses have been paid by or on behalf of the Eligible Person.*

The ISDA student insurance is a limited student accident insurance policy and it is the responsibility of the student/parent/guardian to be familiar with the coverage provided. **The School District assumes neither responsibility nor obligation for the payment of the treatment or injuries.**

Many families already have insurance coverage through their place of employment or private sources and do not care to buy additional insurance. This is an individual choice. However, for a student to participate in interscholastic athletics and activities at school in Community Unit School District No. 2, it will be necessary for the parent/guardian of the student to complete the following authorization concerning their responsibilities in case of injury and insurance coverage.

MARION COMMUNITY UNIT SCHOOL DISTRICT NO. 2
EXTRACURRICULAR ACTIVITY MEDICAL CONSENT

Parent and Student Agreement/Acknowledgement

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray, examinations and immunization for the below named student-athlete. In the event of serious illness, the need for major surgery or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. Permission is also granted to the coach to provide the needed emergency treatment to the athlete prior to his admission to the medical facilities.

MARION COMMUNITY UNIT SCHOOL DISTRICT NO. 2

ATHLETIC PRACTICE TRAVEL PERMISSION SLIP

Parent and Student Agreement/Acknowledgement

As the parent, I give permission for my child to drive, or to ride with another student or coach to and from athletic practice. I release Marion CUSD #2 from all responsibility related to the transportation of my son/daughter to or from athletic practice.

Parent/Guardian Signature: _____ Date: _____



Illinois High School Association
2018-2019

This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

Key Provisions Regarding IHSA Rules

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums. The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not

contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.
You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance
A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Scholastic Standing
A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).
B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. Residence
Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian.
You may be eligible if you are entering high school as a freshman and:
A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or

court appointed guardian; or
B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
F. You attend the private/parochial high school which one or both of your parents attended; or
G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer
A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. ***You cannot be eligible when you transfer until this form is fully executed and on file in the school office.***
B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you

transfer and transfer after the IHSA sport season has begun, you will be ineligible for cross country that entire school term at the new school.

C. If you transfer attendance from one high school to another high school, you will be ineligible unless:

1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;

2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;

3. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;

D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.

E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.

G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

5. Age
You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

6. Physical Examination
You must have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practioner in order to practice or participate. Your physical examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status
A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed $75 fair market value. There is no limitation on the value of your school letter.
C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes
A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any

person or group of persons, connected with or not connected with the school, related to athletic participation.
C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.
Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons
A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.

B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

10. Playing in Non-School Competition
A. During the time you are participating on a school team in a sport at your high school, you may neither play on a nonschool team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
C. If you wish to participate in a competition sanctioned by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

11. All-Star Participation
A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed.
You may lose your eligibility for other interscholastic sports if you play in allstar competition in any of these sports under any other conditions.
B. You are not restricted from participating in all-star competition in

sports other than football, basketball, soccer or volleyball, except that you may not do so during the school season for the sport.

12. Misbehavior During Contests
A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

Parent and Student Agreement/Acknowledgement Form Performance-Enhancing Substance Testing Policy

Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.

Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.

Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.

Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

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

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in IHSA athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from performance-enhancing substance use and may be asked to submit to testing for the presence of performance-enhancing substances in his/her body. I understand that testing may occur during selected IHSA state series events or during the school day. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my 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. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by IHSA.

IHSA PES Testing Policy & Agreement 2015-16

Student Athlete Concussions and Head Injuries

Marion Unit 2 School Responsibilities

The Superintendent or designee shall develop and implement a program to manage concussions and head injuries suffered by student-athletes. The program shall:

1. Fully implement the Youth Sports Concussion Safety Act, that provides, without limitation, each of the following:
    a. The Board must appoint or approve members of the Concussion Oversight Team for the district.
    b. The Concussion Oversight Team shall establish each of the following based on peer reviewed scientific evidence consistent with the guidelines from the Centers of Disease Control and Prevention:
        i. A return-to- play protocol governing a student's return to interscholastic athletics practice or competition following a force of impact believed to have caused a concussion.
        ii. A return-to-learn protocol governing a student's return to the classroom following a force of impact believed to have caused a concussion.
    c. Each student and the student's parent/guardian shall be required to sign a concussion information receipt form each school year before participating in an interscholastic athletic activity.
    d. A student shall be removed from an interscholastic athletic practice or competition if any of the following individuals believe that the student sustained a concussion during the practice and/or the competition: a coach, a physician, a game official, an athletic trainer, the student's parent/guardian, the student, advanced practice nurses, physician's assistant or any other person deemed appropriate under the return-to-play protocol.

e. A student who was removed from practice or competition shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the return-to-play and return-to-learn protocols developed by the Concussion Oversight Team. An athletic team coach or assistant coach may not authorize a student's return-to-play or return-to-learn.
f. The following individuals must complete concussion training as specified in the Youth Sports Concussion Safety Act: all coaches or assistant coaches (whether volunteer or district employee) of interscholastic athletic activities; nurses who serve on the Concussion Oversight Team; athletic trainers; game officials of interscholastic activities; and physicians who serve on the Concussion Oversight Team.
g. The Board shall approve school-specific emergency action plans for interscholastic athletic activities to address the serious injuries and acute medical conditions in which a student's condition may deteriorate rapidly.

2. Comply with the concussion protocols, policies and by-laws of the Illinois High School Association, including its *Protocol for Implementation of NFHS Sports Playing Rules for Concussion which includes* its *Return-to-Play (RTP) Policy.* These specifically require that:

a. A student athlete who exhibits signs, symptoms or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.
b. A student athlete who has been removed from competition for a possible head injury or concussion shall not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois, advanced practice nurses (APN), physician assistant (PA) or a certified athletic trainer.
c. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

3. Require that all high school coaching personnel, including head and assistant coaches, and athletic directors obtain online concussion certification by completing online concussion awareness training.
4. Require all student athletes to view the Illinois High School Association's video about concussions.
5. Inform student athletes and their parents/guardians about this policy in the *Agreement to Participate* or other written instrument that a student athlete and his or her parent/guardian must sign before the student is allowed to participate in a practice or interscholastic competition.
6. Provide coaches and student athletes and their parents/guardians with educational materials from the Illinois High School Association regarding the nature and risk of concussions and head injuries, including the risks inherent to continuing to play after a concussion or head injury.

7. Include a requirement for staff members to notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.
8. Include a requirement for certified athletic trainers to complete and submit a monthly report to the Illinois High School Association on student athletes who have sustained a concussion during: 1) a school-sponsored activity overseen by the athletic trainer; or 2) a school-sponsored event of which the athletic director is made aware.

Concussion Information Sheet

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 7/1/2011 Reviewed 4/24/2014

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

Symptoms may include one or more of the following:

Headaches
"Pressure in head"
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

Signs observed by teammates, parents and coaches include:
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

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 7/1/2011 Reviewed 4/24/2015

Concussion Information Sheet

Parent and Student Agreement/Acknowledgement

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 7/1/2011 Reviewed 4/24/2014

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/

Concussion Management Policy

The following policy is for all athletes and athletic teams at Marion Unit #2 District. Marion Unit #2 contracts Certified Athletic Trainers for Sports Medicine, this policy was formed and based on the Consensus Statement on Concussions in Sport: The 3rd International Conference on Concussion in Sports held in Zurich, 2008. The policy is in accordance with IHSA guidelines and The National Athletic Trainers Association policy and procedures for concussions. The policy is also in accordance with the Illinois State Law SB 0007 Youth Sports Concussion Safety Act.

Definition of Concussion:

Sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces (with or without the loss of consciousness).

Defining The Nature of a Concussive Head Injury:

1. Concussion may be caused either by a direct blow to the head, face or neck or a blow elsewhere on the body with an "impulsive" force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairments of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the symptoms largely reflect functional disturbances rather than a structural injury.

4. Concussion may or may not involve loss of consciousness,
5. No abnormality on standard neuroimaging tests. (Neuro test can not detect concussions)

Pediatric Concussive Injury:

Children, ages (5-18) years old should not return to playing or training until clinically completely symptom free. Due to the physiological response during childhood head trauma, a conservative return to participation approach is recommended. ***It may be appropriate to extend the amount of time of asymptomatic rest and/or length of the graded exertion in children and adolescents due to type of injury or history of previous concussions.***

Concussion Management:

To ensure appropriate management of concussions, baseline cognitive testing will be administered to all MHS athletes prior to participation in sports. All concussion injuries will be appropriately managed by Primary Care Physicians or by Certified NovaCare Athletic Trainers working under medical supervision. A Return to Learn Procedure that was developed by the school's Concussion Oversight Team will be followed accordingly. Then concussion management ideally includes rest until all symptoms resolve and then implementing a graded program of exertion before return to sport.

When a player shows <u>ANY</u> symptoms or signs of a concussion:

1. The player will not be allowed to return to play the same day.
2. The player will not be left alone; and serial monitoring for deterioration will be essential over initial few hours following injury.
3. The player will be medically evaluated following injury with the use of the SCAT (Standardized Concussion Assessment Tool), or similar exam on the sideline, MD office or Athletic Training Room.
4. Return to Learn must follow protocol adapted and approved by school Concussion Oversight Committee. (see RTL protocol)
5. Return to participation must follow a medically supervised stepwise process. (see RTP protocol)
6. A concussion information handout will be given to athlete, parent/guardian or friend of the athlete who is taking care of them.

A PLAYER WILL NOT BE RETURNED TO PLAY WHILE SYMPTOMATIC.

"WHEN IN DOUBT, SIT THEM OUT!"

Return to Learn (RTL) Protocol

NovaCare staff will monitor and follow school district policy. Refer to attached documentation.

Return to Participation (RTP) Protocol

Activities that require concentration and attention may exacerbate the symptoms and as a result, delay recovery. Therefore during the period of recovery, following injury, it is important to emphasize to the athlete that physical AND cognitive rest is required.

The return to participation following a concussion follows a stepwise process:

I. No activity, complete rest. Once asymptomatic, proceed to levels using the **Following:**

a. Light aerobic exercise such as walking, or stationary cycling, no resistance training.
b. Sport specific exercise (skating in hockey, running in soccer, etc) progressive addition of resistance training at steps b or c.
c. Non-contact training drills.
d. Full contact training and or exertional testing after medical clearance.
e. Game play.

This progression will proceed over several days, but will be dependent on the athlete's progress with the resolve of symptoms.

With this stepwise progression the athlete will continue to proceed to the next level if asymptomatic at the current level. If any post concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after 24 hours. RTP process will be monitored by NovaCare Sports Medicine staff.

The above policy will be followed by the healthcare professionals (Team Physician, Athletic Trainers along with the Athletic Department) that deal with the return to participation of the student athletes. **This concussion management, return to play protocol will be followed despite the athlete presenting a prescription note to return to play sooner from their primary care physician or Emergency room.** If the athlete presents a prescription from their primary care physician for the appropriate time frame in regards to return to play, then the exertional progressive steps will be followed by the Athletic Trainer using the RTP protocol.

Marion Unit 2
Student Participation Fee

Parent and Student Agreement/Acknowledgement
2018-2019

A $75.00 participation fee will be incurred once a student has made the team and has been placed on the final team roster. This fee must be paid before the student can participate in competition/performances for that team. This fee is applied to each sport/activity that a student participates in for that school year.

A $150.00 cap (2 fees) is applied to an individual and a $225.00 cap (3 fees) is applied to a family. Parents should notify the High School Athletic Directors office when a family cap has been reached. The family cap may include fees that have been paid for both high school and junior high family members.

Students who qualify for a free or reduced lunch are exempt from the participation fee.

Participation fees for high school students should be paid at the Athletic Secretary's office at the high school and at the secretary's office at Marion Junior High for junior high students.

The following sports/activities have a required participation fee:
Marion High School
Football, Volleyball, Boys/Girls Soccer, Boys/Girls Golf, Boys/Girls Cross Country, Boys/Girls Tennis, Boys/Girls Basketball, Wrestling, Boys/Girls Bowling, Boys/Girls Track, Baseball, Softball, Cheerleading, Dance Team
Marion Junior High School
Baseball, Softball, Boys/Girls Cross Country, Boys/Girls Basketball, Volleyball, Boys/Girls Track, Cheerleading, Dance Team

Students Name: _____Grade:_____

Parent/Guardian:_____Phone:_____
$75.00 Participation Fee: Make Checks payable to: Marion Unit 2/Athletics
Sport: _____2018-2019 School Year

Parents Code of Ethics

As developed by the National High School Athletic Coaches Association
www.hscoaches.org

We feel the parents play a vital role in the development of student athletes, therefore, we as coaches believe in the following:

- Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
- Be a “team” fan, not a “my kid” fan.
- Weigh what your children say; they will tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Be respectful of all officials’ decisions.
- Don’t instruct your children before or after a game, because it may conflict with the coach’s plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help your child learn that success is oriented in the development of a skill, and should make a person feel good about himself or herself, win or lose.
- If you as a parent have a concern, take time to talk with coaches in an appropriate manner including proper time and place. Be sure to follow the designated chain of command.
- Please reinforce our drug and alcohol free policies by refraining from the use of any controlled substances before and during athletic contests.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.

Athletic & Student Activities Handbook Acknowledgement 2018-2019

The Marion Unit 2 Athletic & Student Activities Handbook is available online at www.marionunit2.org (schools-high school-click on Athletic Handbook link)
You may also request a hard copy from the Athletic Director's office at the High School.

I consent that I have read and agree with the following procedures and guidelines as outlined in the Marion Unit 2 Athletic & Student Activities Handbook.

No student will be allowed to compete or perform until the acknowledgement form is signed and returned to the Athletic Secretary's office.

Parent/Guardian and Student, please initial to indicate that you have read and agree to the following in the Athletic & Student Activities Handbook:

Parent Student

_____ _____ Wildcat Creed: Student Participant's Pledge; Page 21

_____ _____ School Athletic/Activity Insurance Statement; Page 22

_____ _____ Extracurricular Activity Medical Consent; Page 23

_____ _____ Athletic Practice Travel Permission Slip; Page 24

_____ _____ IHSA Rules; Pages 25-31

_____ _____ IHSA Performance-Enhancing Substance Testing; Page 32

_____ _____ Concussion Information; Page 33-38

_____ _____ Student Participation Fee; Page 39

_____ _____ Parents Code of Ethics; Page 40

_____ _____
Student's Signature Date Student's Printed Name

_____ _____
Parent/Guardian Signature Date Parent/guardian Printed Name

Parent/Guardian Phone Number:_____

Insurance Information:
Name of Own Insurance Company:_____

Policy Number:_____
Family Physician:_____
Physician Phone Number:_____

MARION COMMUNITY UNIT SCHOOL DISTRICT #2

ATHLETIC & STUDENT ACTIVITIES HANDBOOK

2018-2019

IMPORTANT NOTE TO PARENTS AND STUDENTS

After reading the Marion Unit #2 Athletic & Student Handbook, please complete the Athletic & Student Activities Handbook Acknowledgement form found on page 41. Return the completed form to the respective head coach/sponsor of the sport/activity. No student will be allowed to compete or perform until this form is turned in.