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POWER SCHOOL DISTRICT ACTIVITIES-ATHLETIC HANDBOOK 2025-2026

Power Public Schools (School District #30) will make equal educational opportunities available for all students without regard to race, color, national origin, ancestry, sex, ethnicity, language barrier, religious belief, physical or mental handicap or disability, economic or social condition, or actual or potential marital or parental status. (School Board Policy 3210)

DIRECTORY INFORMATION

Regarding student records, federal law requires that “directory information” on a child may be released by the District to anyone who requests it unless the parent/guardian/caretaker relative objects in writing to the release of the information. This includes release of directory information to postsecondary institutions and military recruiters. Directory information ordinarily includes the student’s name, address, telephone number, electronic mail address, photograph, date and place of birth, major field of study, dates of attendance, grade level, enrollment status, participation in officially recognized activities and sports, weight and height of members of athletic teams, degrees, honors and awards received in school, and most recent previous school attended. Please complete the Student Directory Information Notification found in the front office if you choose to exercise your rights to limit this information.

REQUIREMENTS FOR PARTICIPATION

All students participating in extracurricular activities must have the following prior to the first practice:

- A required physical documented on the official Montana High School Association (MHSA) Physical Form (at least for all MHSA sanctioned activities).
- An Assumption of Risk statement signed by the parent.
- A Permission to Participate form (sign-off).
- An updated Medical information form.
- A Concussion Education and Compliance form signed by the student athlete and parent.

PURPOSE OF HANDBOOK

The purpose of this guide is to establish rules, procedures, policies, and philosophy as it pertains to the Power School District Athletic and Activities Programs. The fundamental purpose of the athletic/activities program is to facilitate development of:

- Sportsmanship,
- A sense of responsibility to themselves and others,
- A devotion to an athletic and/or activities assignment,
- Pride of accomplishment of a job done to the best of one’s ability,
- Sense of belonging to a group,
- Social values derived from contact with students and adults from other communities and
- Healthy behaviors of participants.

ACADEMIC ELIGIBILITY FOR PARTICIPATION

Power School District will follow the eligibility rules as set forth by the Montana High School Association which reads as follows:

1) **MHSA Requirement:** A student must be enrolled and have received a passing grade in at least twenty (20) periods of prepared class work or its equivalent in the last previous semester in which the student was in attendance. Failure to meet this requirement will result in one (1) semester of ineligibility. Middle school students will be required to receive a passing grade in ten (10) periods of prepared work per week.

2) No student who is enrolled in a grade below the ninth shall be eligible to participate in a MHSA Association Contest, except as established in Section (5) of the MHSA handbook

Power School District further stipulates:

3) A student must receive a minimum of a 2.00 GPA during the preceding quarter in which the student was in attendance. Failure to do so will render the student ineligible until the posting of the mid-term grades for the quarter. If the mid-term grade report indicates that he/she has not received a 2.00 GPA he/she will remain

ineligible for the rest of the quarter. If his/her GPA is at or above a 2.00 GPA the student will become eligible immediately. This applies to transfer students also. Academically ineligible participants will be expected to practice, but will not be allowed to participate in games, meets, or performances or travel with the team or group.

4) **Weekly “F” Policy:** The Activities Office will print out an Activity Eligibility Report every Wednesday morning during the season, starting the 2nd week of the semester. This report will show all participants with a failing grade in any classes. If a participant appears on this report, they will be ineligible for participation in any activities until the following Wednesday when the next report is run. Students and parents should continually monitor “Infinite Campus” so they are aware of what their student athlete’s grades are in each class.

MISSING AND INCOMPLETE WORK

Education is about student learning. It is difficult to assess student learning if assignments are missing or incomplete. A daily missing and incomplete assignment report will be run in the morning. Students will work with the Superintendent or Teacher in Charge to develop a plan to get the work completed to a satisfactory level. The parent will receive a call to notify them of the missing or incomplete work and what they plan is to get it finished in a timely manner. If the assignment is not completed by the next day, students will be assigned a mandatory study hall after school until the work is complete. Study hall will be from 3:30-4:30 Monday through Thursday. Students may attend study hall Friday after school by teacher discretion.

If a student in extracurricular activities has missing or incomplete assignments, they will need to attend mandatory after school study hall until their assignment requirements have been met. They may join practice when their assignments are complete or 4:30 PM, whichever comes first. If practice is off Power Public School grounds, the student will not be allowed to participate in practice that day.

Participation in District Extracurricular Activities by Unenrolled Children

1. Any child who is a resident of the District who is attending a nonpublic or home school meeting the requirements of Section 20-5-109, MCA:
 - Is eligible to seek to participate in any extracurricular activity of the District that is offered to pupils of the district who are of the same age.
 - Is subject to the same standards for participation as those required of full-time pupils enrolled in the school and the same rules of any interscholastic organization of which the school of participation is a member as specified in Section 3.a. and 3.b. of this policy and any related student or activity handbook provisions.
 - Will be assessed for purposes of placement, team formation and cuts using the same criteria as used for full-time pupils enrolled in the District.
2. Must be a Montana resident and United States citizen.
3. In cases where there is more than one school serving the same age group within District boundaries, a child participating under this provision shall be subject to the same school zone rules applicable to full-time pupils of the District. Participation for one school for one sport and another school for another sport is prohibited.
4. The academic eligibility for extracurricular participation for a student attending a nonpublic school as specified under this provision shall be attested by the head administrator of the nonpublic school. No further verification shall be required.
5. The academic eligibility for extracurricular participation for a student attending a home school as specified under this provision shall be attested in writing by the educator providing the student instruction with verification by the school principal for the school of participation. The verification may not include any form of student assessment.
6. Students participating in extracurricular activities under this provision may be considered part time enrollees for purposes of ANB in accordance with Policy 3150, 3121, and 3121P. 3. Activities Philosophy (Each District will develop their own)

Grade Level Participation

Opportunities may occur for junior high students to attend or participate in high school co-curricular, intramural, and/or extracurricular events in accordance with Policy 3510. The Board authorizes the administration to

consider requests to approve participation in high school activities by junior high students on a case-by-case basis at the request of the parents, advisor, or coach. An additional coach or chaperone may be required if junior high and high school students are participating together.

Activities Philosophy

It is our philosophy that participation in co-curricular activities is an integral and vital part of the total educational program.

The clubs, activities, and athletics provided by School District No. 30 shall afford opportunities for students to involve themselves outside the classroom. Besides providing these programs, the District encourages student involvement because it benefits both the individual student and the school. The student derives cooperation, dedication, personal pride and ownership, sense of purpose, enhanced self-worth, loyalty, success and recognition, physical and social development, and a wholesome use of time.

Student interest leads to pride in school, citizenship, leadership, democratic experience, and character development. Teamwork, sportsmanship, and respect for others' rights and views are advanced.

Therefore, we believe it is the responsibility of the District to identify and maintain a mix of activities that motivates an optimum number of students without encroaching on one another. It is further incumbent upon the District to encourage participation by students for the above-mentioned reasons and their synergistic effect on the school community.

Finally, we believe that these activities are not an end in themselves, but vehicles to work with students. We want to "win" not for "winning's sake," but because the desire to excel is a worthwhile lifetime goal. We do not subscribe to a "winning at all costs" philosophy. We value the importance of good sportsmanship, giving one's best effort, winning humbly, and losing with grace. We believe it is not the score that makes one a "winner" or a "loser".

Accident Report Form and Procedure

Injuries: All injuries are to be reported immediately to the coach/advisor/activity director regardless of the nature of the injury. The coach/advisor/director will fill out an accident report form and file it in the principal's office within one (1) school day of the accident. A copy of this form is at the end of this Handbook.

Age Rule – MHSA

Section (7) AGE RULE

7.1 No student is eligible to participate in an Association contest who has become nineteen (19) years old on or before midnight, August 31, of a given year. Therefore, a student who becomes nineteen (19) years old after midnight, August 31, of a given year, will be permitted to compete in all Association contests throughout that school year, under the provisions of this section.

Assumption of Risk Statement Liability

The coach/advisor/director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by Power Public Schools. Each parent or guardian will be responsible to sign an "assumption of risk" statement indicating that the parents/guardians assume all risks for injuries resulting from such participation. [Board Policy 2151]

Attendance the Day of an Activity

School Absences

School Absences: Absences from school and participation in practices, games, meets or performances.

- If you are absent from school for a school sponsored event you can practice, play in a game, or take part in a performance that day.
- If you are absent from school for a limited number of periods for a medical, dental, optometrist, etc. appointment you can participate with approval from the administration (principal, vice principal, or the activities

director). A written excuse from the doctor is required.

➤ You may attend practice, play in games, or participate in performances with administrative approval if absent for a court appearance, bereavement, a family emergency, or some other reason deemed acceptable by the administration.

➤ If you are home sick and do not come to school for all or part of the day or are absent from any class (excused or unexcused) you cannot practice, play, or participate in performances. It is not in the best interest of our participants to be practicing when sick.

➤ If you are in school but are absent from class for reasons deemed unexcused, you may not participate in games, practices, or performances that day.

School Suspension

School suspension means the exclusion of a student from attending individual classes or school **and participating in school activities** for an initial period not to exceed ten (10) school days. This will be treated as an unexcused absence from the activity. [School Board Policy 3300]

Awards

Each coaching staff will establish their own awards and the criteria for earning those awards. They will communicate the requirements to the players and parents.

TRI-SPORT ATHLETE AWARD

Must compete in at least three sports from the beginning of the season to completion.

ATHLETE OF THE YEAR

An athlete must participate in at least three sports and be nominated by two or more head coaches to be considered for "Athlete of the Year". Once nominated, the determination of one male and one female "Athlete of the Year" will be based upon the total points gained from the following four categories:

1. TEAM AWARDS

Each individual sport will have 15 points to be issued towards team awards: captain, MVP, Most Improved, etc. No one award or selection of the athlete will be made by the varsity head coach without recommendation from the support coaching staff. Each award will be worth 5 points.

2. ATHLETIC ACHIEVEMENT

Specific point totals will be made according to athletic achievements at the highest levels of competition; conference and district, then divisional, then state. The abbreviations following the description of the point requirement indicate the sport(s) which apply*.

1 point An individual or team member achieving a 2nd place finish at district (GBB, GVB, T, BBB).

2 points An individual or team member achieving a 3rd place conference win (BFB), a 1st place district win (BBB, GBB, T, GVB), or a 4th place divisional win (W).

3 points An individual achieving a 3rd place divisional finish (W).

4 points An individual or team member achieving a 2nd place conference or divisional title (BFB, BBB, W, T, GBB, CC, GVB).

5 points An individual or team member achieving a 1st place conference or divisional title (BFB, BBB, W, T, CC, GBB, GVB)

6 points An individual or team member achieving a 4th, 5th or 6th place State Title (BFB, BBB, W, T, CC, GBB, GVB)

7 points An individual or team member achieving a 2nd or 3rd place State Title (BFB, BBB, W, T, G, CC, GBB, GVB)

8 points An individual or team member achieving a 1st place State Title (BFB, BBB, W, T, CC, GBB, GVB)

3. ATHLETIC HONORS

These are honorary certificates determined by various coaches (MCA) outside the District for, and at different levels of competition; again, any athlete can only acquire the points obtained at his or her highest level of competition.

1 point An individual or team member achieving an Honorable Mention at the conference or divisional level (BFB, BBB, GBB, GVB)

- 2 points An individual or team member nominated to a 2nd Team All Conference or Division. (BFB, BBB, T, GBB, GVB)
- 3 points An individual or team member nominated to a 1st Team All Conference or Division. (BFB, BBB, T, GBB, GVB)
- 3 points An individual or team member achieving an Honorable Mention at the State level (BFB, BBB, GBB, GVB)
- 4 points An individual or team member nominated to a 2nd Team All State (BFB, BBB, T, W, G, GBB, GVB, CC)
- 5 points An individual or team member nominated to a 1st Team All State (BFB, BBB, T, W, G, GBB, GVB, CC)

4. ACADEMICS AND CITIZENSHIP

Because an athlete is a role model on, as well as off, the field of play, academics and citizenship must be encouraged, To this end the following points will be assigned to each nominee.

6 points Academic All-State

0-4 points Citizenship: this point total will be determined from the average value of the points cast by all coaches. Points will be awarded as follows: 1 point for a 2.0 GPA, 2 points for a 3.0 GPA and 2 points for community service involvement. In the event of a tie between two or more athletes of the same gender, the Activities Director will either recommend the title be shared or will be voted on by the coaches.

Bullying, Harassment, Intimidation, Hazing Policy

The Board will strive to provide a positive and productive learning and working environment. Bullying, harassment, intimidation, or hazing, by students, staff, or third parties, is strictly prohibited and shall not be tolerated. (School Board Policy #3226)

1. "Hazing" includes but is not limited to any act that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or as a condition or precondition of attaining membership in or affiliation with any District-sponsored activity or grade-level attainment, including but not limited to forced consumption of any drink, alcoholic beverage, drug, or controlled substance, forced exposure to the elements, forced prolonged exclusion from social contact, sleep deprivation, or any other forced activity that could adversely affect the mental or physical health or safety of a student; requires, encourages, authorizes, or permits another to be subject to wearing or carrying any obscene or physically burdensome article, assignment of pranks to be performed, or other such activities intended to degrade or humiliate.

2. "Bullying" means any harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication ("cyberbullying") or threat directed against a student that is persistent, severe, or repeated, and that substantially interferes with a student's educational benefits, opportunities, or performance, that takes place on or immediately adjacent to school grounds, at any school-sponsored activity, on school-provided transportation, at any official school bus stop, or anywhere conduct may reasonably be considered to be a threat or an attempted intimidation of a student or staff member or an interference with school purposes or an educational function, and that has the effect of:

- a. Physically harming a student or damaging a student's property;
- b. Knowingly placing a student in reasonable fear of physical harm to the student or damage to the student's property;
- c. Creating a hostile educational environment, or;
- d. Substantially and materially disrupts the orderly operation of a school.

3. Electronic communication device" means any mode of electronic communication, including but not limited to computers, cell phones, PDA, social media or the internet.

Reporting

All complaints about behavior that may violate this policy shall be promptly investigated. Any student, employee, or third party who has knowledge of conduct in violation of this policy or feels he/she has been a victim of hazing, harassment, intimidation, or bullying in violation of this policy is encouraged to immediately

report his/her concerns to the building principal or the District Administrator, who have overall responsibility for such investigations. A student may also report concerns to a teacher or counselor, who will be responsible for notifying the appropriate District official. Complaints against the building principal shall be filed with the Superintendent. Complaints against the Superintendent shall be filed with the Board.

Exhaustion of Administrative Remedies

A person alleging violation of any form of harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication, as stated above, may seek redress under any available law, either civil or criminal, after exhausting all administrative remedies.

SEX BASED DISCRIMINATION AND TITLE IX

The District encourages staff, parental, and student support in its efforts to address and prevent sexual harassment and sexual discrimination in the public schools. Students and/or parents will discuss their questions or concerns about the expectations in this area with Whitney Brewer who serves as the District Title IX coordinator.

For purposes of this section and the grievance process, "sexual harassment" means conduct on the basis of sex that satisfies one or more of the following:

- A District employee conditioning the provision of an aid, benefit, or service of the District on an individual's participation in unwelcome sexual conduct;
- Unwelcome conduct determined by a reasonable person to be so severe, pervasive and objectively offensive that it effectively denies a person equal access to the District's education program or activity or;
- "Sexual assault" as defined in 20 USC 1092(f)(6)(A)(v), "dating violence" as defined in 34 USC 12291(a)(10), "domestic violence" as defined in 34 USC 12291(a)(8) or "stalking" as defined in 34 USC 12291(a)(30).

All students are expected to treat other students and District employees with courtesy and respect; to avoid any behaviors known to be offensive; and to stop these behaviors when asked or told to stop. A substantiated complaint against a student or staff member will result in appropriate disciplinary action, according to the nature of the offense. Supportive measures are available to parties involved in Title IX investigations.

The District will notify the parents of all students involved in sexual harassment by student(s) and will notify parents of any incident of sexual harassment or sexual discrimination by an employee. To the greatest extent possible, complaints will be treated as confidential. Limited disclosure may be necessary to complete a thorough investigation.

A complaint alleging sexual harassment by another student or sexual harassment or sexual discrimination by a staff member may be presented by a student and/or parent in a conference with the Title IX coordinator. The parent or other advisor may accompany the student throughout the complaint process. The conference will be scheduled and held as soon as possible. The principal coordinator District will conduct an appropriate investigation in accordance with Policy 3225 and 3225P. The student will not be required to present a complaint to a person who is the subject of the complaint. If the resolution of the complaint is not satisfactory the decision may appeal in accordance with Policy 3225P.

For more information about the District's complaint procedure, see Policy 3225, 3225P, 3225F.

Cell Phones and Other Electronic Equipment (Students)

Student possession and use of cellular phones, and other electronic mobile devices on school grounds, at school-sponsored activities, and while under the supervision and control of District employees is a privilege which will be permitted only under the circumstances described herein. At no time, will any student operate a cell phone or other electronic mobile devices with video capabilities in a locker room, bathroom, or other location where such operation may violate the privacy right of another person.

Code of Conduct

Extra - and Co - Curricular Chemical Use Policy

Students participating in extra- and co-curricular activities, whether sponsored by the MHSA or not, shall not use, have in possession, sell, purchase, or distribute alcohol, tobacco products, marijuana, alternative nicotine and vapor products, or illegal drugs or abuse prescription or non-prescription drugs during their extracurricular seasons. These rules are in effect twenty-four (24) hours a day. If a student receives an MIP or is seen using tobacco, alcohol, marijuana, or illicit drugs, the student will forfeit the privilege of participating in accordance with the activities and student handbooks (15 calendar days-including 5 days for practice).

Policy Coverage

This policy applies to middle and high school students who are involved in the extra- and co-curricular activities program.

Policy Duration

This policy is in effect each school year from the date of the first practice for fall activities until the last day of school or activities, whichever is later. Violations are cumulative, through the student's period of attendance in grades 6-8 and in grades 9-12. The Administration shall publish the participation rules annually in the activities and student handbooks.

Student and Parent/Legal Guardian Due Process

If a determination is made that a student has violated this policy, the student and parent/guardian shall be notified of the violation by telephone and mail. Also at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Board. Any parent or legal guardian and student who are aggrieved by the imposition of any action (other than a recommendation for exclusion from an activity) shall have the right to an informal conference with the principal, for the purpose of resolving the grievance. At such a conference, the student and the parent shall be subject to questioning by the principal, and shall be entitled to question staff involved in the matter being grieved.

If the discipline involves a high school student and the recommended discipline is exclusion from participation in extra- and/or co-curricular activities for a period in excess of ten (10) days, the parent and student will be notified of the date and time the Board will consider the recommendation. Only the Board can exclude a high school student from participation in extra- and/or co-curricular activities.

Legal Reference: § 20-5-201, MCA Duties and sanctions

Violation of Rules

First Violation

1. Meet with the parents, coach/advisor and school administrator.
2. Continue his/her involvement in the activity
3. Receive counseling through the District counseling services (minimum of two hours arranged by the student) Complete District arranged Drug and Alcohol class.
4. Complete a three-hour service program at the school
5. Suspension of Competition for 2 week
6. Athlete will not receive a varsity letter for that activity or be eligible for post season awards.

Second Violation

1. A meeting with the student, parent, coach/advisor, and school administrator
2. Suspension for five (5) weeks of competition which will carry over into the next activity or next school year as appropriate.
3. Athlete will not receive a varsity letter for that activity or be eligible for post season awards.

Third Violation

1. Suspension for fifteen (15) weeks of competition which will carry over into the next activity or next school year as appropriate.

2. Athlete will not receive a varsity letter for that activity or be eligible for post season awards.

Further Violations

1. Suspension for one (1) calendar year which will carry over into next school year as appropriate.
2. Athlete will not receive a varsity letter for that activity or be eligible for post season awards.

Coaches/Advisors policies may exceed these rules.

College Recruiting

Coaches are encouraged to promote their athletes for scholarships whenever possible, however this should be done after consultation with parents. Documentation of all contacts with representatives of secondary institutions should be forwarded to the Activities Director. When counseling athletes or their parents, coaches should inform them of NCAA student-athlete eligibility requirements.

Code of Ethics

It is the duty of everyone involved in school activities, participant or sponsor, to:

- 1) Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- 2) Eliminate all possibilities which tend to destroy the best values of the activity.
- 3) Stress the values derived from participating in activities.
- 4) Show cordial courtesy to visitors and officials.
- 5) Respect the integrity and judgment of sports officials.
- 6) Achieve a thorough understanding of the activity and its rules.
- 7) Encourage leadership and good judgment.
- 8) Recognize that the purpose of activities is to promote the physical, mental, social, and emotional well-being of all involved.
- 9) Remember ... no competition is a matter of life or death for participants, coach, school, official, fan or community.
- 10) Keep an open line of communication between participant and coach/sponsor.
- 11) Hazing, harassment, bullying, intimidation on the part of students, staff, or a third party (fan or student attending event) will not be tolerated. Activities are an extension of the classroom and a violation will be treated as such and dealt with as stated in the student and staff handbooks.
- 12) Realize that your failure as a student participant to abide by the code of ethics may result in your removal from the event, activity, and/or disciplinary action.

Concussion Education and Compliance

Concussion Form

All participants and their parent/guardian must initial all the required information on the concussion form, found at the end of this Handbook, and have it completed before the student may begin practice.

A Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE CONCUSSION?

- Tell your coaches and your parents. Never ignore bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have concussion.

- Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - > The right equipment for the game, position, or activity
 - > Worn correctly and fit well
 - > Used every time you play

Remember, when in doubt, sit them out! It's better to miss one game than the whole season.

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2. Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Tell your child’s coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Remember, when in doubt, sit them out! It’s better to miss one game than the whole season.

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
•Appears dazed or stunned •Is confused about events •Answers questions slowly •Repeats questions •Can't recall events prior to the hit, bump, or fall •Can't recall events after the hit, bump, or fall •Loses consciousness (even briefly) •Shows behavior or personality changes •Forgets class schedule or assignments	Thinking/Remembering: •Difficulty thinking clearly •Difficulty concentrating or remembering •Feeling more slowed down •Feeling sluggish, hazy, foggy, or groggy Physical: •Headache or “pressure” in head •Nausea or vomiting •Balance problems or dizziness •Fatigue or feeling tired •Blurry or double vision •Sensitivity to light or noise •Numbness or tingling •Does not “feel right”	Emotional: •Irritable •Sad •More emotional than usual •Nervous Sleep*: •Drowsy •Sleeps less than usual •Sleeps more than usual •Has trouble falling asleep *Only ask about sleep symptoms if the injury occurred on a prior day.

Corporal Punishment (Discipline and Punishment of Pupils M.C.A. 20-4-302)

No District employee or person engaged by the District may inflict, or cause to be inflicted, corporal punishment on a student. Corporal punishment does not include reasonable force District personnel are permitted to use as needed to maintain safety for other students, school personnel, or other persons or for the purpose of self-defense.

Curfew

Students involved in extracurricular activities have to be home by the following hours:

Sunday-Thursday	10:00 p.m.
Friday—if there is no activity the next day	12:30 a.m.
Friday—if there is an activity the next day	11:00 p.m.
Saturday	12:30 a.m.

Coaches/advisors will check curfew hours periodically.

Dress and Grooming

Dress for Activities

Coaches/sponsors/advisors are hereby encouraged and authorized to establish exemplary standards and practices in fashion, grooming and taste that will tend to enhance the appearance of the group as a whole.

Such standards and/or practices must be of a reasonable nature, appropriate to the group's activity and reflect positively on the image of the group and school. Student dress must not contain slogans or images that pertain to drugs, alcohol, tobacco, or sexual innuendo.

Further, these standards and/or practices must be made known to all potential members at the beginning of the activity season for that group (or sooner if possible).

Dual Activity in a Season

QUALIFYING ACTIVITY PREFERENCE

At any time a student is participating in multiple school-sponsored activities and more than one activity falls on the same day, the participant will attend and participate in the activity that is a state level competition or qualifying activity (districts/divisionals/ regionals) for future participation.

Eighth Grade Participation Policy:

1. The coaches and athletic director will meet prior to their respective season to determine if 8th grade participation will be utilized for high school participation in their upcoming season.
2. If determined that 8th grade participation will be utilized, all 8th grade students will be given the opportunity to participate in that sport with the approval of their parents.
3. The decision to approve or not approve 8th graders for high school participation will be made by the District Superintendent and Athletic Director.
4. If the coach does not agree with the decision made they can appeal to the school board and be heard at the next regularly scheduled school board meeting.
5. A student who is enrolled in the eighth grade must meet the following requirements and parameters set forth by the Montana High School Association:
 - a. The eighth-grade student is participating in a contest other than football. Students may participate in volleyball, basketball or track and field.
 - b. There is no restriction in place for participation of this 8th grade student at his/her middle school and/or high school of which he/she will be participating.
 - c. Any eighth-grade student allowed to participate will have eight semesters of high school eligibility remaining.

- d. All eighth-grade students participating must meet the academic requirements of Power High School.
- e. All eighth-grade students participating must meet the transfer requirements. The official MHSA transfer form must be used.
- f. All eighth-grade students participating in a high school contest must adhere to all other MHSA rules and guidelines. Committed to a contest at the high school level, the eighth-grade student may not also participate in that same sport at a level under high school concurrently. This means that a student participating in volleyball, basketball or track and field will not be allowed to participate in that same sport in high school until their middle school seasons have concluded.
- g. The student(s) meet all MHSA eligibility rules, i.e., age, residency and regular enrollment in the school they are attending. The student(s) and his/her entire family must live in the attendance area of the school they will be participating for.

Extra-Curricular Activities Offered *Titan Cooperative **Fairfield Cooperative

ELEMENTARY ACTIVITIES

Basketball*	Band, Drum Line, Chorus	Volleyball*
Cross Country*	Groups)	
Football*	School Play	
Music (Pep Band, Concert	Track*	

MIDDLE/JR HIGH SCHOOL ACTIVITIES

Basketball*	Band, Drum Line, Chorus	Speech/Drama/Debate*
Cross Country*	Groups)	Track*
Football*	Pep Club	Volleyball*
Music (Pep Band, Concert	School Play	Wrestling**

HIGH SCHOOL ACTIVITIES

Basketball*	Band, Drum Line, Chorus	Student Council
Cross Country*	Groups)	Track*
FCCLA	National Honor Society	Volleyball*
Football*	Pep Club	Wrestling**
Golf*	School Play	
Music (Pep Band, Concert	Speech/Drama/Debate*	

Homeless Student Rights

Our school and school district provide equal access and comparable services to all students. A homeless student's residence is determined by the residence of the parent/guardian. A homeless student must meet all MHSA eligibility criteria for participation in any MHSA sanctioned activity. Contact the school districts Homeless Liaison and Activity Director for further assistance.

Whitney Brewer
Homeless Liaison
Power Public School
406-463-2251

Insurance and Injury

The School District requires that the parent, guardian, and caretaker relative of students participating in school sponsored activities (co-curricular, extra-curricular, etc.) provide verification of their child's health insurance coverage status. The school district does not provide health insurance to pay for injuries of students while participating in school sponsored activities (extra-curricular, co-curricular, etc.). If the parent, guardian, caretaker relative elects not to provide private health insurance coverage for their child, they are accepting

responsibility for any medical expenses incurred by their child in the event they are injured while participating in the school sponsored activities (extracurricular, co-curricular, etc.) that is not the result of fraud, willful injury to a person or property or the willful or negligent violation of a law by a trustee, employee, or agent of the School District.

Also, the School District does not provide student accident insurance coverage for students. Student accident insurance coverage may be purchased by parents through a private company for a fee. Student accident insurance information is distributed at the beginning of the school year and available throughout the year. Please review the information carefully, consider the benefits of such coverage, and complete the application as per instructions. This is an opportunity to provide student accident insurance coverage while your child is at school or participating in activities. A parent seeking coverage must make sure the student accident insurance coverage is in place prior to the first day of practice and/or school. Please contact the coach or athletic director for additional information.

Lettering Criteria

The following are the minimum requirements for earning extracurricular awards. The coach/advisor may have additional requirements, if so he/she must have them reviewed by the administration and must let the participants and their parents/legal guardians know before the activity starts. Any participant in any extracurricular activity who becomes ineligible for participation because of academic failures or disciplinary reasons will not be eligible for an award in that particular extracurricular activity.

Any participant in any extra-curricular activity who becomes unable to participate during the course of the activity because of injury or illness may, at the discretion of the coach or advisor, receive a letter for the extracurricular activity.

Academic Letter

1. At least a sophomore, junior or senior
2. Having at least a 3.5 GPA from both semesters of an academic year with no grade lower than a B
3. Being a full-time student, having 95 percent attendance for the qualification period and
4. Completing a minimum of 10 community service hours

Music (Band and Chorus) Varsity Letters

1. Must be enrolled in either band or chorus.
2. Participate in all concerts and festivals in which the school may be involved.
3. Must participate in a specified number of public performances by the band, chorus, pep band, or any other performing groups.
4. Perform in one solo or ensemble performance, vocal or instrumental, depending on the activity in which you intend to letter. (Only medical/illness excuses will be accepted). OR
5. Accompanying and/or piano solos/duets. OR
6. Audition for an honors ensemble such as North Central Honor Groups or All-State.
7. Students participating in any musical ensemble during the year, either for semester 1 or 2, will receive certificates of participation

Music (Pep Band) Varsity Letters

1. Must have been eligible to play at tournaments based on regular season attendance.
2. Must have attended and played a specified number of pep band events (teacher's discretion).
3. Must not have any unexcused absences from pep band events.
4. Athletes also playing in the pep band will be awarded letters based on their participation when they were available to play.

Pep Club Varsity Letters

1. Make an effort to attend monthly meetings.
2. Attend at least one (1) football, girl's basketball, boys basketball, and volleyball game.
3. Serve on at least one (1) committee and one (1) sign painting

4. Perform seven (7) hours of service, which can include work in the concession stands, flag presentations, sign painting, or any other committee assignments.
5. The President and Points-keeper will automatically letter upon successful completion of the duties of their elected office.
6. No violation of the extracurricular policies.
7. Junior High members and high school members who do not meet the requirements will receive certificates of participation.

Titan Cooperative Lettering

Lettering only applies to Varsity level activities and criteria will be developed by the coaches and Titan Administrative Team to be aligned and consistent between districts. The actual letter will be ordered by the TAD using appropriate procedures and participants may choose P, D/B and/or T for their letter.

Meal Procedure

In support of building team camaraderie and recognizing participants, there will be one “team meal” allowed per activity per season. Funds may be used to cover the meal for the TAD (if present), coaches, managers, volunteers, participants and bus drivers at \$20 per person regardless of the type of meal (breakfast, lunch or dinner). The team meal limitation is not inclusive of meals provided where overnight travel was required.

Overnight trip meals will be capped at a daily rate of \$60 per person and include the TAD (if present), coaches, managers, volunteers and bus driver.

The district will not provide meals for regular season games, meets or tournaments. The District will allow parents or others to provide packed meals for the team(s) while traveling. This would be known as a ‘cooler clause’.

Medical Information Form

MEDICAL TREATMENT/RELEASE FORM

This form is attached to the end of the handbook and must be updated annually. Please complete the form, sign it, and return it to the faculty member in charge.

Medication Policy

ADMINISTERING MEDICINES TO STUDENTS (SB Policy #3416)

School District No. 30 recommends that medication be given at home whenever possible. Students requiring medication shall be identified by parents and/or physician and will be encouraged to notify coach/sponsor or Activities Director. Under no circumstances will school personnel provide aspirin or other patient’s medication to students.

Parent Meeting

Parents/guardians and students participating in an activity **are required** to attend an informational meeting to discuss and sign the activities policy. Parents are required to attend only one of these meetings per year, even if they have more than one child participating in more than one activity. This meeting will be held before the first practice session. If parents are unable to attend the regularly scheduled meeting, a PowerPoint presentation will be made available up to the week before the teams’ first competition.

Participation Fee/Activity Ticket

Students participating in any school sponsored activity, supported by activity fees, are required to purchase a student activity ticket. The activity ticket must be paid prior to any participation by students.

This includes students in the pep band. **Parents/guardians and their students in grades K-12 will be included in the family pass. Students enrolled in college/vo tech are not included in the family pass.** Waivers based on financial need, are considered by the administration. The costs are as follows:

K-5	\$ 30.00
6-12	\$ 45.00

Adult \$ 75.00

Family \$185.00

Senior Citizens (65 and over) No charge/May request a complimentary pass.

Online Fee Payments

The Power School District offers an online payment system, SchoolPay, to allow parents to have easy and convenient online access to purchase and pay for items and fees 24 hours a day, 7 days a week.

Parents can now make payments on the school's web site, www.power.k12.mt.us with an e-check or credit card. Items that may currently be purchased online include, but not limited to, school lunches, activity tickets, annual (yearbook) purchases, and wellness center donations. We cannot accept payment for non-income generating accounts such as Jostens, Lifetouch, Booster Club, Spanish Club or the Freshman Field trip.

Please check out the website and if you have any questions, please contact the school office at 463-2251.

Physical Exams (MHSA Form)

MHSA Handbook: ARTICLE II Section (3) Physical Exam

A physical examination is required for each student in order to be considered eligible and to be approved for participation in an Association Contest. Physical examinations must be completed prior to the first day of practice. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. A physical examination conducted before May 1st is not valid for participation the following school year. The physical examination form developed by the MHSA Medical Advisory Committee and approved by the MHSA Executive Board must be used. A current form may be obtained from the school office or from the medical office giving the physical.

A physical examination is required for each student in order to be considered eligible to participate in an association contest. This exam must be certified by a medical doctor for the current school year." (MHSA Handbook Article II Section III). The cost of the physical exam is the responsibility of the student athlete and his/her parents.

Practice Requirements

Basketball: 8 practices

Cross Country: 8 practices

Football: 10 practices

Golf: 2 practices

Track and Field: 8 practices

Volleyball: 8 practices

Wrestling: 8 practices

School Sponsored Trips

Student participation on intra and extracurricular trips is subject to eligibility requirements. (See Activity Eligibility.) Students participating in school sponsored trips, whether for the day or overnight, are regarded by Power School and the public as representatives of the school system. As representatives of the school system, public image is projected by the conduct, the attitudes and the reputations of those students who take a leading role in intra- and extra-curricular activities. Therefore, student participants must comply with rules of the school system, the rules of their coaches or advisors, and the civil laws of society.

Student conduct on any school sponsored trip that does not adhere to the reasonable standards established will be dealt with in a timely manner by the coach/advisor and administration. Student misbehavior on school sponsored trips may lead to student suspension from participating in school sponsored trips. Parents will be notified of any incident concerning their child on a school sponsored trip by the coach/advisor and/or administration.

Sportsmanship (MHSA Handbook p. 26-27)

Section (33) SPORTSMANSHIP GUIDELINES

A. Statement of philosophy: The Montana High School Association has established policies, expectations and

responsibilities which will cultivate the ideals of good sportsmanship. It shall be the responsibility of each member school to ensure that all individuals employed or directly associated with the interscholastic program conduct themselves in a sportsmanlike manner. The coach represents the school at interscholastic athletic activities. It is the responsibility of the head and assistant coaches to serve as role models for students and the public.

B. Code of Conduct: A coach will be in violation of the standards for good sportsmanship established by the Montana High School Association by:

1. Making degrading/critical remarks about officials during or after a contest either at the competition site, from the bench, in the locker area or through any public news media;
2. Arguing with officials or going through motions indicating dislike/disdain for a decision;
3. Detaining the officials following a contest to request or argue a ruling or explanation of actions by the official;
4. Being ejected from a contest;
5. Physically assaulting an official.

Student Sign Out Sheet (protocol when students request to leave site)

Students are not permitted to leave the facility in which their coach/sponsor is present without specific permission from their coach/sponsor in advance of the student's departure. When permission is granted to leave the facility by the coach/sponsor, the student(s) must sign out with the coach/sponsor when leaving and sign back in upon their return.

Suspension or Exclusion from Team – (Who makes the call)

Dismissal of any student from a co-curricular activity needs to be brought to the attention of the Activities Director in a timely fashion.

Student and Parent/Legal Guardian Due Process

If a determination is made that a student has violated this policy, the student and parent/guardian shall be notified of the violation by telephone and mail. Also at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Board.

Any parent or legal guardian and student who are aggrieved by the imposition of any action (other than a recommendation for exclusion from an activity) shall have the right to an informal conference with the principal, for the purpose of resolving the grievance. At such a conference, the student and the parent shall be subject to questioning by the principal, and shall be entitled to question staff involved in the matter being grieved.

If the discipline involves a high school student and the recommended discipline is exclusion from participation in extra- and/or co-curricular activities for a period in excess of ten (10) days, the parent and student will be notified of the date and time the Board will consider the recommendation. Only the Board can exclude a high school student from participation in extra- and/or co-curricular activities.

Legal Reference: § 20-5-201, MCA Duties and sanctions

Travel Rules, Regulations and Procedure

(Parent written request that their child allowed alternative transportation to and from site)

Travel Requirements: All participants must travel to and return from all out of town activities with the team unless prior written permission is asked by their parents and granted by the administration. **Participants will be released to travel with their parents/guardians only, after signing out with their coach/sponsor.**

ACTIVITY TRANSPORTATION

Transporting students with Personal Vehicles

USE OF PRIVATE VEHICLES FOR DISTRICT BUSINESS

The use of private vehicles for district business, including the transportation of students, is generally discouraged. Staff members should use district-owned vehicles whenever possible, scheduling activities and

other transportation far enough in advance to avoid any non-emergency use of private vehicles. No staff members may use a private vehicle for district business without written permission from the Superintendent. Before transporting any students, the owner of any private vehicle must provide proof of sufficient liability insurance, current registration and a current Montana driver's license. A driver may only transport the number of students as there are seat belts in his/her vehicle.

Transportation To/From a Contests

All participants must travel to and return from all out-of-town activities with the team unless prior written permission is asked by their parents and granted by the administration. **Participants will be released to travel from a cooperative event with their parents, or designee approved by their parents, after signing out with their coach/sponsor.**

Because of the legal implications regarding school district responsibilities and liability for any student involved as a participant in a school sponsored extracurricular activity, participating students will be required to ride school-sponsored transportation to and from any activity that is not a home* contest. This will apply to any student who is a member of a team, music group, pep bus or any other school-sponsored activity involving students as assigned participants. It does not include student spectators, except those riding on a pep bus. The only exception will be a written request by a parent for their son/daughter to ride with THEM to/from the activity. The parents must SEE the coach/sponsor and sign a release at the time of the request. If for some reason, the parent may want the student to LEAVE an activity with someone other than themselves, a request must be made in writing PRIOR to the scheduled activity and must be preapproved by the Superintendent.

Any participant who arrives late for a coach's/sponsor's announced leave time will NOT be allowed to participate in the activity for that day.

*Home events are those events that take place within Power and Dutton/Brady districts' boundaries. A participant MUST travel with the team on the district provided transportation to any events outside the participating districts' boundaries.

Transportation To/From Practice (Co-ops)

TRANSPORTATION

A participant may have the privilege of traveling to/from a cooperative facility practice and home* event only with the **advanced** written permission of their parent/guardian on the district provided form (attached in the back) and providing proof of current vehicle insurance. These arrangements must be made at least **two weeks prior** to the first practice and remain consistent throughout the season. If the proper form has not been completed in a timely manner, the participant may be expected to ride the district provided transportation to/from practice and events for the season unless there is an extenuating circumstance that warrants adjustment. TAD will collect and coordinate the forms with the prime agency and provide a list of coaches of those participants with driving privileges.

If a participant does not consistently arrive on time for practice and home events, they may have consequences at the discretion of the coaching staff and may lose their privilege to drive to practices and home events.

*Home events are those events that take place within the participating districts' boundaries. A participant MUST travel with the team on the district provided transportation to any events outside the participating districts' boundaries.

Video Surveillance

The Board authorizes the use of video cameras on District property to ensure the health, welfare, and safety of all staff, students, and visitors to District property and to safeguard District buildings, grounds, and equipment. The Superintendent will approve appropriate locations for video cameras.

The Superintendent will notify staff and students, through staff and student handbooks or by other means, which video surveillance may occur on District property. A notice will also be posted at the main entrance of all District buildings indicating the use of video surveillance.

The District may choose to make video recordings a part of a student's educational record or of a staff member's personnel record. The District will comply with all applicable state and federal laws related to record maintenance and retention.

Accident Report

This form is to be completed by the appropriate employee(s) as soon as possible after an accident occurs.
Please Print or Type.

District Name _____ School Name _____

Principal's Name _____ School Phone _____

Date of Accident: _____ Time: _____ AM _____ PM Supervising Employee _____

Claimant's Name (Last, First, Middle Initial) _____

Claimant's Address (City, State, Zip Code) _____

Claimant's SS # _____ Home Phone Number (_____) _____

Claimant's Age _____ Date of Birth _____ Sex _____ Grade _____

Parent's Name (of student) _____ Work Phone Number (_____) _____

Nature of Injury		Place of Accident		Body Part Injured		
☐ Scratch	☐ Concussion	☐ Classroom	☐ Gymnasium	☐ Ankle	☐ Foot	☐ Leg
☐ Fracture	☐ Head Injury	☐ Hallway	☐ Parking Lot	☐ Arm	☐ Face	☐ Nose
☐ Bruise	☐ Sprain/Strain	☐ Bathroom	☐ Sidewalk	☐ Back	☐ Finger	☐ Teeth
☐ Burn	☐ Cut/Puncture	☐ Cafeteria	☐ Stairs	☐ Neck	☐ Hand	☐ Wrist
☐ Dislocation	☐ Bite	☐ Playground	☐ Athletic Field	☐ Eye	☐ Knee	☐ Shoulder
☐ Other _____		☐ Other _____		☐ Other _____		

Describe accident and injury in detail (attach additional description as necessary): _____

Were efforts made to contact the parent/guardian about the accident? Yes No

Was first aid administered? _____ Yes _____ No By whom? _____

Was the student Sent home Sent to physician Sent to hospital

Is student covered by Student Accident Insurance? _____ Yes _____ No

If "yes," please list Company Name, address, and phone number

If medical or hospital treatment was required, please complete the following information.

(Attach a copy of medical bills, if available.)

Name and address of doctor or hospital _____

Witnesses (Name, Address, and Phone) _____

Signature/Name of Person Completing the Report

Date

Intentionally Left Blank

Power Public Schools

Student Transportation Liability Release Form

It is the policy of Power Public Schools to provide transportation for students whenever possible for school activities and/or sporting events. It is also the district's requirement to have a signed liability release form from the parent or guardian of any student who chooses to transport themselves to practice in Dutton using their own vehicle. Only siblings of the student will be allowed to ride as passengers with parent permission.

I fully understand that some activities involve inherent risks to my child regardless of reasonable safety measures taken by the district. In consideration of the school district's agreement to allow my child, _____, to transport himself/herself, and siblings, to practice in Dutton, I agree to accept responsibility for any less or injury that occurs during his/her travel that is not the result of fraud, willful injury, or the willful negligent or violation of the law by a trustee, employee, or agent of Power Public Schools.

This agreement terminates at the end of the sports season: FALL WINTER SPRING

Parent Name: _____

Date: _____

Signature: _____

Address: _____

Phone Number: _____

Copy of student's driver's license on file? _____ Yes _____ No

Copy of vehicle insurance on file? _____ Yes _____ No

Siblings Permitted to ride with licensed driver:

Intentionally left blank.

Student-Athlete & Parent/Legal Guardian Concussion Statement 3415F

Because of the passage of the Dylan Steigers' Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete's parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed healthcare provider.

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Guardian Name(s): _____

☐ We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet*.

If true, please check box

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed healthcare professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a licensed healthcare professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion fact sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Guardian

Date

MEDICAL TREATMENT/RELEASE FORM

To: Parents and/or Guardians of Students Representing School District No. 30 in Activity Programs. It has become exceedingly difficult to obtain medical services for students injured when competing, without first obtaining parental/guardian consent in writing. So that proper emergency assistance may be provided, we ask that you review the following statement, sign and return to the faculty member in charge.

I hereby authorize School District No. 30 and its faculty members in charge of my child named below to obtain all necessary medical care for my child and I hereby authorize any licensed physician and/or medical personnel to render necessary medical treatment to my child.

Print Student's Name: _____

Signed: _____
(Parent and/or Guardian)

Address _____

Telephone No. _____ Date: _____

Emergency Contact (Within 15 miles of name of town)

Name: _____

Address: _____

Telephone No. _____

Relationship to Student: _____

Allergies? _____ YES: _____ NO

If "Yes" please list:

Medication Needed: _____ YES _____ NO

If "Yes" please list:

Special Medical Problems? _____ YES _____ NO

If "Yes" please list:

We have private health care coverage for our student. _____ YES _____ NO

POWER STUDENT ACTIVITIES/ATHLETIC HANDBOOK SIGN-OFF
2025-2026 School Year

My signature on this document verifies my consent and understanding on the following document:

I have received a copy of the Power Public Schools Student Activities/Athletic Handbook for the 2023-2024 school year. I have read and understand the policies and procedures as outlined in the handbook and agree to follow and abide by said policies and procedures.

Name of Student _____

Parent Signature _____

Date _____

Student Signature _____

Date _____

PLEASE RETURN THIS SIGN-OFF SHEET TO THE OFFICE BY THE FIRST DAY OF PRACTICE!