

SHS
Athletic
Handbook

2015-16

**STAYTON HIGH SCHOOL
ATHLETIC CODE OF CONDUCT CONTRACT-AGREEMENT**

Name: _____ Date: _____

Sports: _____ Grade: _____ Sex: M / F

Vison Statement

We promote the physical, emotional, and mental wellbeing of all students through athletics, while educating student-athletes in the areas of effort, leadership and teamwork.

Athletic activities can be an important component of a student's school experience. Participation in these activities is a privilege and offers an opportunity for the students to make a commitment towards self-improvement. Because students who participate in athletic activities are viewed as leaders and representatives of their schools, they are held to a high standard of academic and behavioral achievement.

The intent of the Athletic Code of Conduct Contract is to encourage positive character growth and promote integrity. The intent is also to protect the health and safety of each student-athlete, those with and against whom the student competes, and others the student may be in contact with while participating. The stated rules and outcomes are designed to promote accountability through ownership of one's own actions. Our goal is to foster behaviors that prepare a student for a successful and productive future.

General Responsibilities

The undersigned agrees to:

1. Behave in a manner that brings respect to one's self, school and community.
2. Ride to and from all school-sponsored activities in school approved transportation. Students not riding home in school approved transportation must ride home with a parent or a pre-approved adult whose vehicle has been cleared through school procedures. Athletes must be signed out to ride home with anyone other than school approved transportation.
3. Return all school equipment and clothing in good condition. Lost or stolen items must be paid for at the replacement cost. Participation in future school activities is based on the return of issued equipment and clothing.
4. Abide by all OSAA, North Santiam School District and Stayton High School policies and rules. Any athlete ejected from a contest will pay the OSAA fine before they can return to competition. The OSAA requires that athletes representing SHS live within the NSSD boundaries with the appropriate guardian, or be cleared by the Director of Athletics prior to participation.
5. Clear or pay "Pay to Play" fees, fines, and/or outstanding balances or arrange for an approved payment plan, before participating in contests.
6. Meet the North Santiam School District eligibility standards as based on the OSAA standard of being enrolled in, as well as passing, at least five (5) credited classes.

Furthermore, students must meet the OSAA minimum graduation credits each year. A student must earn an indicated number of credits yearly to be eligible to participate.

7. Obtain permission from the Athletic Director and two head coaches before dropping an in-season sport and transferring to another in-season or out-of-season sport. An in-season sport is defined as a sport occurring within OSAA-sanctioned calendar. An out-of-season is an activity, club, or sport that occurs outside the OSAA-sanctioned calendar. If the student is released or cut from a team, the student may participate in another sport.
8. Attend all practices and report an absence to the coach prior to missing a practice or contest. Examples of ways to report a student-athlete's absence may include: a phone message, text message, email, etc. Additionally, the student-athlete, or their parents, may report their absence to a coach, the office staff, or an administrator. Unexcused absences from practice or contests will impact playing time and may result in consequences up to and including removal from the team.
9. Comply with the North Santiam School District attendance policy, which requires athletes to attend all classes in order to participate in practice or a contest. The only exception to this rule is pre-excused or planned absences (dr. appointments, field trips, testing, meetings with counselors or administrators, etc.) or emergency situations as cleared by the athletic director. Students who are absent due to illness may not participate in a practice or contest that day.

Minimum Satisfactory Progress Requirements:

Credits to Graduate	24	25	26
Credits per Year	6	6	6.5
Required Prior to Year 2	4.5	4.5	4.5
Required Prior to Year 3	10	10.5	11
Required Prior to Year 4	17	17.5	18.5

In addition to maintaining OSAA eligibility requirements, in-season students involved in co-curricular activities need to maintain a 2.0 G.P.A. and not be failing more than one class. Students who fall below this standard will be held out of competition until their grades improve to meet the minimum requirements for Stayton High School. Coaches will check grades for students every three weeks to maintain these academic standards. Coaching may appeal this suspension from contests on behalf of their athletes to the athletic director. Grounds for an appeal include exemplary attendance, work ethic, lack of missing work, and attitude in class.

SECTION ONE

Behavior and Conduct:

In order to realize the vision and meet the goals of the Stayton Athletic Department, student-athletes agree to not participate in nor be associated with activities that are unlawful or are connected with acts that bring disrespect to the individual, school, and community.

Students also need to avoid a pattern of negative or inappropriate behavior at school. Students found to be involved in these behaviors can expect consequences as stated below.

Consequences May Include:

- Loss of a percentage of the season or equivalent period of time in a subsequent season
- Loss of a full season or equivalent period of time in a subsequent season
- Termination of high school athletic/activity career
- Youth Service Team Counseling
- Coaches Plan of Action for restitution, ownership of actions, and reinstatement

SECTION TWO

Attendance at Parties and/or Use of Drugs, Alcohol, or Tobacco:

A primary focus of Stayton High School is the development of a drug free lifestyle for our student-athletes. In keeping with that objective, the undersigned student agrees not to possess or use alcohol, drugs, and illegal muscle/performance enhancing substances, any form of tobacco or tobacco look-alike products at any time. In addition, students are not to misuse or abuse prescription drugs.

Furthermore, students are expected to avoid environments where inappropriate/unlawful behaviors are taking place. If a student-athlete is attending a gathering and alcohol or drugs appear, the student-athlete must begin to leave with urgency and purpose within 5 minutes and self-report the incident to a coach or administrator in-person, by telephone, voicemail, text, and/or email within 12 hours of the gathering. If athletes contact a coach, the coach must then contact an administrator immediately.

Violators of policy JFCG/JFCH/JFCI-Use of Tobacco, Alcohol or Drugs and this contract will comply with the consequences listed below. The following consequences listed are “minimums,” Stayton High School reserves the right to render harsher consequences which, at its sole discretion, believes are warranted under the circumstances.

FIRST OFFENCE: Suspended for 25% of the total season’s contests

SECOND OFFENCE: Suspended from contests for ONE FULL sports’ season and required Drug and Alcohol counseling

THIRD OFFENCE: Ineligible for the remainder of the student-athlete’s high school career

In addition to the Ineligibility Consequence and at parent/guardian expense, the student may be required to participate in the following:

- Peer Court;
- Youth Service Team Counseling;

- Drug and /or Alcohol Assessment through the student's designated counselor, sign a release of information form, and follow recommendations from the assessment at parent/guardian expense; and/or
- Follow the Coaches Plan of Action for restitution, ownership of actions, and reinstatement.

The student-athlete recognizes that any violation of the above Code of Conduct and Drug/Alcohol/Tobacco policies may result in immediate suspension and/or dismissal from the team. Students and parents must understand that coaches reserve the right to establish team rules, or sport-specific rules, in addition to those described in the Athletic Code of Conduct. Team specific rules will be approved by the athletic director. Consequences that cannot be satisfied during the immediate season will carry over to a subsequent season. In order to satisfy ineligibility consequences, student-athletes who participate in a sport must complete the season in good standing. If the student-athlete does not complete the season in good standing, the suspension/ineligibility consequence will not be recognized.

Notice of Consequence of Violation:

The Athletic Director or designee will notify the student-athlete in writing of the consequence for contract violation using the Stayton High School Athletic/Activities Discipline Form. The student-athlete's signature on this form indicates only the receipt of consequence and violation. In addition, the student-athlete's parent/guardian will be notified by phone and a copy of the form will be mailed to the student athlete's address on file in the main office. A principal may recommend to the hearings officer that a student be expelled if they violate Board Policy while under the supervision of school personnel. If so, a hearing consistent with policy JGE-Expulsions will be held. If the decision is to expel, participation in extra-curricular activities will be stated in the final hearing officer's decision letter and will follow the minimum guidelines established in this Athletic Code of Conduct.

Honesty and Integrity Clause:

In order to promote and encourage accountability and character maturation, the student-athlete may have the consequences for violation of the Athletic Code of Conduct reduced based on their honesty, integrity, and cooperation during the investigation. Examples of honesty, integrity, and cooperation include:

- Taking immediate ownership of behavior, participation and/or association;
- Compliance to disciplinary action; and/or
- Projecting a positive attitude and having positive behavior during practice, in contests, and in the classroom prior to the infraction.

Athletic Appeals Procedure:

Before an Appeals Hearing is held, the student-athlete or their parent/guardian must submit in writing to the Athletic Director or designee the intent to appeal. The intent to appeal must include the reason(s) for the appeal. The Athletic Director or designee

must receive the written request within five (5) school days following the issuance of the Stayton High School Athletic/Activities Discipline Form to the student-athlete.

The Appeals Committee will meet within five (5) school days from the date the appeal is filed with the SHS Athletic Director or designee. Upon receipt of a student-athlete's appeal, the student-athlete will be once again informed of the charges against him or her, be advised of the hearing date, and be given an opportunity to be present and submit relevant evidence, witness testimony, and arguments. The decision of the Appeals Committee may uphold, modify, or withdraw the disciplinary action imposed by the Athletic Director. The committee will render its decision within three (3) school days of the conclusion of the hearing. During the appeals process the student-athlete will be suspended from the sport. The suspension time will be included as part of any decision made by the committee. The Athletic Appeals Committee will consist of a North Santiam building administrator, three head coaches (coaches may not be an athlete's current in-season coach), and an assistant coach who is not the athlete's current in-season coach. The high school principal will select the Appeals Committee.

The criteria primarily utilized to consider reinstatement of the athlete will be:

- A. The general attitude of the athlete during the time of the suspension;
- B. The academic record of the athlete, and its compliance with participation standards;
- C. The behavioral record of the athlete, including referrals, if any, for disciplinary action regarding any violation of district, state, and/or federal law or rules; and
- D. The reasons provided by the athlete in support of the appeal, and the ability of the athlete to defend the reasons why he/she should be reinstated into the SHS athletic program or why the length of the suspension should be reduced.

If the appeal is for a second or third violation, the length of time between the first violation and the second and third violations, as well as the nature and severity of the violations will also be considered.

Following the Appeals Committee hearing, parents will be notified by phone within three (3) school days, and in writing within five (5) school days of the Appeals Committee's decision. The decision of the Appeals Committee may be appealed to the Superintendent by contacting the Superintendent within five (5) school days after the Appeals Committee's decision. Students appealing to the Superintendent will be ineligible to participate in competitions pending the Superintendent's decision. **The Superintendent's decision will be final.**

Alcohol/Drug Counseling

A student athlete who has concern about his/her own drug and/or alcohol use should speak with the Athletic Director or another Administrator to be referred for counseling and/or treatment services. Provided the athlete is not in jeopardy of facing consequences for a violation of this athletic contract, the athlete will not receive consequences for this

type of self-reporting. However, an athlete who is found in violation of the athletic contract, whether receiving treatment or not, will be held accountable and be assigned consequences as deemed appropriate.

Although this contract will be renewed and signed annually, I/we understand that this code, once signed, **will be in effect for the entire time period the student is attending Stayton High School, including out-of-season and during the summer.** I/We further understand that infractions are cumulative throughout the student's enrollment at Stayton High School.

Stayton High School reserves the right to hold athletes accountable for their actions 365 days per year if the actions involved serious misconduct on or off school grounds, including but not limited to assault, robbery, drunk driving, or the use, possession, and/or distribution of alcohol/ drugs/tobacco.

***Please Note:** Any violations of the previous athletic code will be carried over cumulatively to the current athletic code.

I/We have read, understand, and support the above contract **FOR THE TERM OF ONE FULL CALENDAR YEAR.** I/We understand that the undersigned student's compliance with the above terms is a condition of his/her participation in athletics within the North Santiam School District. This document constitutes a contract, and the undersigned student agrees to abide by it **FOR ONE FULL CALENDAR YEAR FROM THE DATE SIGNED.**

Parent Signature	Date	Student Signature	Date
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Legal Reference(s):

ORS 326.051
ORS 332.107 (1) (e)
ORS 332.107
ORS 339.430
OAR 581-021-0034 to -0035
OAR 581-021-0045 to -0049
OAR 581-022-1680
Title IX of the Education Amendments of 1972, 20 U.S.C. Sections 1681-1683; 34 CFR Part 106 (200).
OSAA Handbook, Oregon School Activities Association

Policy Reference(s)

JFCG/JFCH/JFCI-Use of Tobacco, Alcohol or Drugs
JFCG/KGC/GBK-Tobacco-Free Environment
JG-Expulsions

**North Santiam School District
HS Athletic Participation Permit
2015-16**

<p>OFFICE USE ONLY</p> <p>Does the student have a HEALTH PLAN? YES NO</p> <p>If YES, Notify District Nurse</p> <p>Initial: _____ Date: _____</p>

Please print clearly (Office needs top sheet back only)

Athlete Last Name	First Name	Age	Birth date	Grade

Emergency Information

Parents/Guardians	
Street/Mailing Address	
City State Zip	
Phone Home / Work	
Cell Email	

In case of emergency, if parents cannot be contacted, notify:

Name		Phone	
Name		Phone	
Family Doctor		Phone	
Preferred Hospital		Known Allergies	

My son/daughter has my permission to compete in the below named sports(s) and to go with the coach on any regularly scheduled trips. While I expect school authorities to exercise reasonable precautions to avoid injury, I understand that there is a risk of injury in any athletic activity, and that the school assumes no financial obligation for any injury that may occur. I must present a doctor's release when my child returns to participation after an injury. I am advised that students are held responsible for all players' equipment owned and issued by the school. I give permission for my son's/daughter's name to be published in articles given to the media or general public regarding the below-mentioned activity.

All training rules and regulations can be found in the SHS Athletic Agreement. It is the responsibility of the parent/athlete to inform the school district of special medical needs. Special needs (Inhaler, Epi pen, allergies, etc.):

I want my son/daughter to have the privilege of participating in the following sports:

Fall Sport	Winter Sport	Spring Sport

(Fall Sports) Football, Rally, Soccer, Volleyball, Cross Country **(Winter Sports)** Basketball, Wrestling, Dance, Rally, Swimming

(Spring Sports) Baseball, Softball, Tennis, Track, Golf

INSURANCE INFORMATION

All athletics must be covered by insurance and provide the following information

_____ Paid for school insurance on (date) _____
(Parent Initial)

_____ Insurance coverage is with:
(Parent Initial)

Insurance Name _____
Policy Number _____

_____ Parent or Guardian signature

_____ Date

_____ Student's Signature

Training Rules and Regulations

2015-16

Training is the key to individual and team success. It means getting into condition physically and mentally by means of common sense living and intelligent, hard work. Athletes representing the District must at all times display behavior which is complimentary to the school, must make a consistent effort in the academic program, and have good attendance and behavior records.

It is the athlete's responsibility to be aware of and abide by all training rules and the rules contained in the athletic agreement. Training rules apply to all athletes, those involved in OSAA activities (dance, rally, etc.), student body officers, and Link Crew members. Training rules apply to all athletes from the first day of practice through the last day of the season. In addition, infractions, which occur late in one sport season, may impact the student-athlete's participation in the next season.

Training rules infractions and their consequences are listed below:

1. Any athlete found using or in possession of tobacco in any form at any time during their season shall be suspended from participation.
2. Any student involved in malicious mischief on or off campus shall be suspended from all participation.
3. Any student who finds himself or herself in the presence of any person illegally consuming, possessing, or transmitting alcohol, illegal drugs, or performance enhancing will be suspended from all participation. Students who find themselves in this situation must make an effort to leave within a reasonable period of time. In the investigation of a possible violation, the administration will look at what the athlete did immediately after his or her discovery of the activity, who he/she called, where he/she went, and the approximate time period that elapsed before leaving. No athlete will be disciplined if it is determined that they did everything within their control to leave in a reasonable period of time.
4. Any athlete found in possession or consumption of alcoholic beverages at any time during their season shall be immediately suspended from all participation.
5. Students involved in criminal-related activities shall be suspended from all participation.
6. Violations are cumulative and do not necessarily have to be the exact same offense in order to count as a second violation. For example, a student caught for a tobacco violation that is then later caught for an alcohol violation would face the second offense penalty.
7. Any student who is expelled for any reason may be ineligible to participate in co-curricular activities for the period of the expulsion.
8. Any student athlete who is suspended from participation due to drug or alcohol use must undergo a drug and alcohol assessment at parent/guardian expense before the student athlete may return to play. If the student and guardian have trouble with funding of the drug and alcohol assessment they need to make an appointment with administration.

Training Rules/Athletic Agreement Infractions

1. First offense of the school year, the student/athlete will be suspended for 25% of the season's contests.
2. Second offense of the school year, the student/athlete will be suspended from participation for one full sports' season and required to have drug and alcohol counseling.
3. Third offense, the student/athlete will be ineligible for the remainder of the student-athlete's high school career.

In addition to the ineligibility consequences and at the parent's expense, the student may be required to participate in the following:

- Peer Court;
- Youth Service Team Counseling;
- Drug and/or Alcohol Assessment through the student's designated counselor, sign a release form and follow the recommendations from the assessment; and/or
- Follow the Coach's Plan of Action for restitution, ownership of actions, and reinstatement.

Any athlete found in possession of or attempting to transmit or deal illegal substances, prescription medication not prescribed to them, performance-enhancing drugs, and/or hallucinogenic compounds will be suspended from all participation for a time determined by the Athletic Director, the Principal, and the Expulsion Hearing Officer.

Suspension from participation shall mean that the suspended student-athlete shall not participate in any games for the period described. Suspensions take place immediately, there is no negotiation based on where the student/athlete is in their season. The student-athlete may participate in practice during the period of the suspension.

The number of games that shall be missed shall be determined by taking the total number of regularly-scheduled contests, multiplying that number by the percentage, then rounding up to the nearest number of contests.

Policy administration will be handled by the school administrator, Athletic Director, and the coach involved. Their judgment will be intended to serve the best interests of the student and the school. The student's past record and the nature of the discipline problem may require modifications of the policy (leniency or restrictions).

The procedures listed above are for athletics and activities. If students/athletes are in violation of substances on campus or at a school activity, the student/athlete will be held accountable under normal school policies.

The athlete and/or their parents may request a conference for further clarification of athletic policies. Signing the attached permission slip indicates that you have read, understand, and will uphold the training rules.

Academic Eligibility Requirements

District athletes are expected to set working toward a diploma and academic success as their primary goal. Student-Athletes will attend class regularly and punctually. The District is a member of the Oregon School Activities Association (OSAA) and as such falls under their rules established for the eligibility of athletes.

Ejection from Contests

Any student-athlete who is ejected from an athletic contest will be fined according to OSAA and District policy by the Athletic Director. This is designed to offset OSAA fines, which the school must pay for each student or coach that is ejected.

The student may continue to practice, but may not participate in any further contests until the fine is paid. This suspension shall continue into another sport or school year as needed.

Students have the right to appeal the ejection. The appeal should be made to the Athletic Director and the Commissioner of Officials of the particular sport.

School Sports Pre - Participation Examination Part 2: Medical Provider Completes

NAME: _____	BIRTHDATE: ____ / ____ / ____
Height: _____ Weight: _____ % Body Fat (optional): _____	Pulse: BP: ____ / ____ (____ / ____, ____ / ____)
Vision: R 20/____ L 20/____ Corrected: Y N	Rhythm: Regular _____ Irregular _____
	Pupils: Equal _____ Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS*
Appearance			
Eyes / Ears / Nose / Throat			
Lymph Nodes			
Heart: Pericardial activity			
1st & 2nd heart sounds			
Murmurs			
Pulses: brachial / femoral			
Lungs			
Abdomen			
Skin			

MUSCULOSKELETAL

Neck			
Back			
Shoulder/Arm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*Station-based examination only

CLEARANCE

Cleared
 Cleared after completing evaluation / rehabilitation for: _____
 Not cleared for: _____ Reason: _____

Recommendations: _____

Printed Name of Medical Provider: _____ Date: ____ / ____ / ____

Address: _____ Phone: _____

Signature of Medical Provider: _____

SUGGESTED EXAM PROTOCOL FOR THE PHYSICIAN

MUSCULOSKELETAL

Have patient:

1. Stand facing examiner
2. Look at ceiling, floor, over shoulders, touch ears to shoulders
3. Shrug shoulders (against resistance)
4. Abduct shoulders 90 degrees, hold against resistance
5. Externally rotate arms fully
6. Flex and extend elbows
7. Arms at sides, elbows 90 degrees flexed, pronate/supinate wrists
8. Spread fingers, make fist
9. Contract quadriceps, relax quadriceps
10. "Duck walk" 4 steps away from examiner
11. Stand with back to examiner
12. Knees straight, touch toes
13. Rise up on heels, then toes

To check for:

- AC joints, general habitus
- Cervical spine motion
- Trapezius strength
- Deltoid strength
- Shoulder motion
- Elbow motion
- Elbow and wrist motion
- Hand and finger motion, deformities
- Symmetry and knee/ankle effusion
- Hip, knee and ankle motion
- Shoulder symmetry, scoliosis
- Scoliosis, hip motion, hamstrings
- Calf symmetry, leg strength

MURMUR EVALUATION – Auscultation should be performed sitting, supine and squatting in a quiet room using the diaphragm and bell of a stethoscope.

Auscultation finding of:

1. S1 heard easily; not holosystolic, soft, low-pitched
2. Normal S2
3. No ejection or mid-systolic click
4. Continuous diastolic murmur absent
5. No early diastolic murmur
6. Normal femoral pulses

(Equivalent to brachial pulses in strength and arrival)

Rules out:

- VSD and mitral regurgitation
- Tetralogy, ASD and pulmonary hypertension
- Aortic stenosis and pulmonary stenosis
- Patent ductus arteriosus
- Aortic insufficiency
- Coarctation

MARFAN'S SCREEN – Screen all men over 6'0" and all women over 5'10" in height with echocardiogram and slit lamp exam when any two of the following are found:

1. Family history of Marfan's syndrome (this finding alone should prompt further investigation)
2. Cardiac murmur or mid-systolic click
3. Kyphoscoliosis
4. Anterior thoracic deformity
5. Arm span greater than height
6. Upper to lower body ratio more than 1 standard deviation below mean
7. Myopia
8. Ectopic lens

CONCUSSION—When can an athlete return to play after a concussion?

After suffering a concussion, no athlete should return to play or practice on the same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown that the young brain does not recover that quickly, thus the Oregon Legislature has established a rule that no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health care professional before they are allowed to return to play or practice.

Once an athlete is cleared to return to play they should proceed with activity in a stepwise fashion to allow their brain to readjust to exertion. The athlete may complete a new step each day. The return to play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weightlifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight training can begin. Step 4: Full contact practice or training.

Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by a health care provider.

581 - 021 - 0041 Form and Protocol for Sports Physical Examinations

The State Board of Education adopts by reference the form entitled "School Sports Pre-Participation Examination May 2010" that must be used to document the physical examination and sets out the protocol for conducting the physical examination. Medical providers conducting physicals on or after June 30, 2010 must use the form dated May 2010.

NOTE: The form can be found on the Oregon School Activities Association (OSAA) Website www.osaa.org.

Stat. Auth: ORS 326-051

Stats. Implemented: ORS 336.479

Hist.: ODE 24-2002, f. & cert. ef. 11-15-02; ODE 29-2004 (Temp), f. & cert. ef. 9-15-04 thru 2-25-05; ODE 4-2005, f. & cert. ef. 2-14-05