

CLARKE COUNTY HIGH SCHOOL

ATHLETIC HANDBOOK

“HOME OF CHAMPIONS”

Overview

Introduction

The Department of Athletics of Clarke County High School has, as its primary goal, the task of establishing and maintaining an outstanding program of interscholastic athletics for the students it serves. The major objective of the program is to provide wholesome opportunities for students to develop positive attitudes, favorable work and health habits, and rewarding experiences through individual and teamwork.

It is the responsibility of our coaches to be good teachers, both in the classroom and on the playing field. Coaching is a special type of teaching. The staff is committed to providing the very best in equipment and facilities that is available.

Students who enlist in our sports programs must make choices and commitments to certain responsibilities, self-discipline, and prescribed training habits. To remain on the squad, all student-athletes are expected to comply with the rules of training and conduct to discipline their minds and bodies for rigorous competition.

Freshmen and junior varsity athletics provide the opportunity for students to prepare for participation on varsity teams. Learning and refining skills, sportsmanship, strategy, teamwork, competition, conditioning and maturity are necessary for athletes to advance to higher levels of competition. Although participation by students is highly desirable, there are no guarantees that all athletes will participate in all games. Playing time for athletes is at the sole discretion of the Head coach and his/her staff. Coaches are encouraged to give each student the opportunity to participate in as many contests as practical.

The varsity athletic program in Clarke County encourages each team to represent itself at the highest possible standard at every level of competition. The varsity program is intended to provide those students possessing a high degree of skill and talent in sports the opportunity to perform in the sport of their choice.

By communicating to you and team members the specific policies necessary for a well organized sports program, the members of the athletic department ask you to join in a community for support for all athletic programs at Clarke County High School.

With these ideas in mind, this handbook has been compiled to assist you, the student-athlete. It will be to you and your parents' advantage to become completely familiar with the contents of this handbook. Should you have questions, please contact the athletic director for clarification.

Profile

Clarke County High School is a voluntary member of the Virginia High School League and competes with member schools. As a member school, Clarke County High School agrees to abide by and enforce all rules and regulations instituted by the league. The primary role of the Virginia High School League is to maintain rules and regulations that ensure equity in competition for student athletes and a balance with other educational programs.

Clarke County High School (CCHS) offers athletic opportunities for students in grades 8-12 on varsity, junior varsity, and freshmen teams. The following athletic & academic activities are offered:

<u>FALL</u>	<u>GRADE LEVELS</u>
Varsity Football	9 - 10 - 11 - 12
JV Football	9 - 10 - 11
Freshman Football	8 - 9
Boys/Girls Cross Country	9 - 10 - 11 - 12
Varsity Girls Volleyball	9 - 10 - 11 - 12
JV Girls Volleyball	9 - 10
Varsity Cheerleader	9 - 10 - 11 - 12
JV Cheerleader	9 - 10
Golf	9 - 10 - 11 - 12
<u>WINTER</u>	
Varsity Boys Basketball	9 - 10 - 11 - 12
JV Boys Basketball	9 - 10
Varsity Girls Basketball	9 - 10 - 11 - 12
JV Girls Basketball	8 - 9 - 10
Varsity Cheerleader	9 - 10 - 11 - 12
Boys/Girls Swimming	9 - 10 - 11 - 12
Wrestling	9 - 10 - 11 - 12
<u>SPRING</u>	
Varsity Baseball	9 - 10 - 11 - 12
JV Baseball	8 - 9 - 10
Varsity Softball	9 - 10 - 11 - 12
JV Softball	8 - 9 - 10
Boys/Girls Track & Field	9 - 10 - 11 - 12
Boys/Girls Tennis	9 - 10 - 11 - 12
Boys Soccer	9 - 10 - 11 - 12
JV Boys Soccer	8 - 9 - 10
Girls Soccer	9 - 10 - 11 - 12
JV Girls Soccer	8 - 9 - 10
Scholastic Bowl, Forensics, Theatre	9 - 10 - 11 - 12

VHSL League Regions and Districts

CCHS is a member of the Bull Run District.

Bull Run District

Clarke County High School
 East Rockingham High School
 Luray High School
 Madison County High School
 Page County High School
 Rappahannock County High School
 Mountain View High School
 Strasburg High School

Philosophy and Goals

The coaching staff of Clarke County High School has dedicated itself to the development of the total student-athlete. Both the physical and psychological growth of each person is conscientiously considered when planning and implementing our athletic program.

Our professional staff is aware of the individual needs of youth as well as the social implications of being able to work as a member of a team. Students will be given the opportunity to improve their athletic skills and to develop as well rounded individuals.

In line with the mission of Clarke County Schools our goals are to:

1. Promote the student's physical growth through athletic development and competition.
2. Promote sportsmanship and good citizenship.
3. Help our student-athletes be successful academically.
4. Establish an expectation of excellence for our student-athletes and teams.
5. Encourage community support for our school and school programs.

Conflict Resolution

If there is a problem or disagreement between a coach and player or parent, the following steps must be followed to resolve the problem:

1. The student-athlete or parent should talk to the coach about the issue or concern.
2. If the issue is not resolved, the student-athlete or parent should contact the athletic director.
3. If necessary, student-athlete or parent requests a joint meeting with the coach and the athletic director.
4. If necessary, student-athlete or parent informs the principal of the situation in writing, and the principal may call together all parties for a meeting.

Pre-season Parent Meetings

At the beginning of each season, each individual team will have a parent information meeting. Information at this meeting will cover the following: team rules, transportation policy, practice schedules, standards of conduct through athletics and any other information pertinent to that particular sport.

Basic Requirements

VHSL Eligibility Requirements

Student Eligibility Requirements

1. **Bona Fide Student Rule** – You must be enrolled in and in good standing in the school you represent.
2. **Grade Rule** – You must be enrolled in the last four years of high school.
3. **Scholarship Rule** – You must have passed at least five credit subjects, or the equivalent, at the end of the previous semester and be enrolled in and remain continuously enrolled in at least five credit subjects, or the equivalent, during the current semester. Under most 4X4 block plans, one block is the equivalent of two traditional credits and a student who takes/passes three is taking/passing the equivalent of six.
4. **Age Rule** – You must not have reached your 19th birthday on or before the first day of August of the current school year.
5. **Transfer Rule** – You must sit out of VHSL activities for 365 calendar days following a transfer to the school unless the transfer corresponded with a family move into the school attendance zone. Eighth and ninth graders are automatically eligible wherever they enroll at the beginning of the year. Please check with your principal or athletic/activities director for exceptions.
6. **Semester Rule** – You may participate for no more than eight consecutive semesters following your initial enrollment in the ninth grade, whether or not you have remained continuously enrolled.
7. **Amateur Rule** – You must be an amateur who participates only for the educational, physical, mental and social benefits derived from the activity.
8. **Awards Rule** – You must not accept in recognition of athletic ability any award not approved by your school or the Virginia High School League.
9. **All-Star Rule** – Only seniors who have completed their eligibility in a sport may participate in one all-star game in that sports season.
10. **Consent Form/Physical** – You must have submitted a complete copy of a current Athletic Participation/Parental Consent/Physical Examination Form, including the required physical by a doctor, prior to practice, tryouts or membership on any school athletic team, including cheer.

You must earn the privilege to participate in interscholastic athletics and activities by meeting these standards, plus any other requirements established by either the school or the League. The standards listed here are a summary of the rules, many of which have detailed exceptions or interpretations. If you have any questions about your eligibility or about how specific activities might affect that eligibility, please check with your principal or athletic/activities director. By meeting the intent and spirit of League standards, you will prevent yourself, your team, your school and your League from being penalized.

Parents and students may request a copy of the complete rules sections from the athletic director or by consulting the VHSL website at www.vhsl.org.

Forms

NO STUDENT-ATHLETE WILL BE ALLOWED TO PRACTICE UNTIL ALL OF THE FOLLOWING FORMS HAVE BEEN TURNED INTO THE COACH OR ATHLETIC DEPARTMENT.

1. Physical Form (provided by VHSL)
2. Code of Conduct/Rules Form (Appendix A)
3. Emergency Care Information Form (Appendix B)
4. Parent Code of Conduct (Appendix C)
5. Concussion Form (Appendix D)
6. Insurance Waiver (Appendix E)
7. Athletic Handbook Acknowledgement Form (Appendix F)

A copy of all these forms can be found on our athletic website www.clarkecountyathletics.org under the files and links page. Forms are also located in the athletic office.

Tryouts

To try out for a sport each student must meet all eligibility requirements of the VHSL and CCHS. Because there is no guarantee that a student will make the team, CCHS does not reimburse a student for any expense associated with trying out. This includes the cost of the athletic physical and or any equipment purchased.

The dates, times, and procedures will be posted by each head coach and/or the athletic director on the school's athletic website www.clarkecountyathletics.org. Announcements and signs will be posted around school to help as well.

All athletes must follow the team tryout procedures set by each head coach. Absences from tryouts for any reason may hinder a student's chances of making the team. Athletes should discuss all matters of this type with the head coach before the tryout period begins. The tryout period will be at least a "3 day period".

After the third day of tryouts, those not making the team will be notified personally by the coach along with a letter. Trying out for a second sport during the same sports season is only allowed at the athletic director and coaches' discretion.

There are some special circumstances for tryouts due to some overlapping of sports seasons. Students who are participating in a previous season's sport may not quit that sport to practice another one. Furthermore, an athlete may not try out for the next season's sport until their previous season is complete. There is no penalty to the athlete who is playing a previous sport when it comes to the new season.

The tryout procedure **will** be extended for an athlete if an athlete is playing another sport from a previous season.

The tryout procedure **may** be extended for an athlete for the following reasons:

1. The number of participants is below what is required to play.
2. The athlete is returning from a significant injury.
3. The athlete was not enrolled in CCHS at the time of the tryout period.

Changing Sports After Season Start

From the time that team cuts have been made and the final roster decided, a student-athlete cannot join or compete in another sport until the end of the first sport's season, unless previously approved to be in the dual sports program.

If a student-athlete is dismissed or voluntarily leaves the team, such athlete will not be allowed to join another team until the schedule of the first team has been completed.

Rules and Regulations

Training Rules (practice)

Each student-athlete is required to attend all games. Because of the importance of proper preparation prior to competition any absence (excused or unexcused) from practice may result in a loss in the amount of playing time. The amount of time is determined by the reason for the absence by each individual coach. Each individual sport has their own team rules which will explain unexcused absences. (Excused = doctor's note, illness from school, or arrangement by coach and athlete). The Athletic Department supports student-athlete participation in co-curricular activities, however, it is the responsibility of the student-athlete to notify their respective coach, well in advance, of their intent to participate in any activity that would interfere with practice or cause an absence from a game or (games).

Student-athletes who find it necessary to miss practice must make arrangements personally with their respective coaches. This should always be done **before**, not after, missing practice. Illness may be an exception. In case of illness, the student-athlete should notify his /her coach by phone, or in person, **prior** to practice time.

DRUGS AND TOBACCO IN THE ATHLETIC AND EXTRACURRICULAR PROGRAMS (JFCF-CCPS-R)

Generally

This policy applies to all students participating in interscholastic athletic programs or extracurricular programs sponsored by the Clarke County Public Schools.

Virginia Code § 18.2-248.A. - Except as authorized in the Drug Control Act (§ 54.1-3400 et seq.), it shall be unlawful for any person to manufacture, sell, give, distribute, or possess with intent to manufacture, sell, give or distribute a controlled substance or an imitation controlled substance.

Virginia Code §18.2-371.2.B. - No person less than 21 years of age shall attempt to purchase, or possess any tobacco product, nicotine vapor product, alternative nicotine product, or hemp product intended for smoking.

Given the current Commonwealth of Virginia statutes, it is the policy of the Clarke County School District that:

The purchase, possession, use, or distribution of controlled substances or imitation controlled substances as defined in Policy JFCF, tobacco, nicotine vaping devices, or products, alternative nicotine products, hemp products intended for smoking, and/or electronic cigarettes are prohibited.

The goal of this regulation is to maintain both the physical and mental well-being of students by banning any substance that could negatively affect the well-being of the individual. Prior to the beginning of each athletic season, or prior to the commencement of all extracurricular activities, all participating students shall

acknowledge receipt of this regulation by signing and returning the attached acknowledgment form. Parents must also sign the acknowledgment to indicate their support of the program.

Failure to return a signed acknowledgment form prior to the start of the activity shall result in the immediate suspension of that student from participation in the activity until the administration receives the required signed documentation.

School officials will be proactive in preventing violations of this policy and will discuss with the individual student any reasonable suspicion they have of violations.

Suspected violators of this regulation shall be required to undergo drug screening, as directed by the school administration. Students/families will be responsible for the cost of any required screening procedure at a facility certified to provide such testing. Refusal by the student or the parent to consent to and pay for screening will preclude further participation in athletics or extracurricular programs for that student until such time that a negative drug screening is provided.

The results of any screening shall be shared with the Athletic Director or program sponsor. Results of any screening or prescribed treatment plans are subject to all privacy protections.

Students who have prescribed a treatment plan under the care of a licensed physician must have a copy of the treatment order on file with the student's athletic physical and in the nurse's office. Students under treatment plans shall not be permitted to participate in practices or events if he/she is impaired. Impairment is defined as diminished function or ability to perform.

Consequences

1. First Violation:

A. Tobacco, vape or electronic cigarettes:

- (i) Suspension from the team/activity for fifteen (15) calendar days.

B. Alcohol and/or Other Drugs:

- (i) Suspension from the team/activity for thirty (30) calendar days.
- (ii) A negative drug screen prior to resuming participation.

C. The building principal or designee will schedule a meeting between the student, parent(s), and Athletic Director or program sponsor within 48 hours or the next business day following the confirmation of alcohol, tobacco, or drug use.

- (i) At this meeting, the student and parents will have an opportunity to present any information relevant to the alleged violation.
- (ii) If a violation has occurred, the suspension from the team/activity as prescribed will begin immediately.
- (iii) Written notification will also be provided to the parents that will detail the conditions and the endpoint of the suspension.

- D. Refusal of the student or his/her parent(s) to provide the results of a negative drug screening will preclude further participation in school athletics or extracurricular programs until such time that this requirement is met.
- E. The student remains subject to random drug testing for the remainder of the season.

2. **Second Violation:**

- A. Tobacco, vape, or electronic cigarettes
 - (i) Thirty (30) calendar day suspension from the team/activity
 - (ii) Mandatory completion of a tobacco use cessation program
- B. Alcohol and/or other Drugs:
 - (i) Sixty (60) calendar day suspension from the team/activity.
 - (ii) Mandatory completion of an alcohol/drug use cessation/education program.
 - (iii) A negative drug screening prior to resuming participation.
- C. The building principal or designee will schedule a meeting between the student, parent(s), and Athletic Director or program sponsor within 48 hours or the next business day following the confirmation of alcohol, tobacco, or drug use.
 - (i) At this meeting, the student and parents will have an opportunity to present any information relevant to the alleged violation.
 - (ii) If a violation has occurred, the suspension from the team/activity as prescribed, will begin immediately.
 - (iii) Written notification will also be provided to the parents that will detail the conditions and the endpoint of the suspension.
- D. The Assistant Superintendent will have a screening interview with the student and parent(s) within 5 days from the beginning date of the suspension. Based on this interview, an intervention program suitable for the student will be developed and implemented;
- E. Refusal of the student or his/her parent(s) to participate in the intervention program will preclude further participation in school athletics or extracurricular programs until such time that the requirements of the plan are completed;
- F. Upon satisfactorily attending all the prescribed intervention sessions and a negative drug screen test at the end of the suspension, the student will be permitted to return to full participation;
- G. The student remains subject to random drug testing for the remainder of that school year.

3. **Third Violation:**

- A. A third incident of violating this policy by any student will result in a 365-day suspension of the individual's participation on any athletic team or extracurricular program sponsored by Clarke County Public Schools.
- B. Upon confirmation of a third violation of the policy by a student, the building principal or designee will schedule a conference with the student, parent(s), and Athletic Director or program sponsor within 48 hours or the next business day following the confirmation of alcohol, tobacco, or drug use.

- (i) At this meeting, the student and parents will have an opportunity to present any information relevant to the alleged violation.
- (ii) At the conclusion of this meeting, the principal or designee will determine if the policy has been violated and verbally inform all individuals present of the decision.
- (iii) If a violation has occurred, the student shall be prohibited from participating for 365 days from the date of the offense.
- (iv) Written notification will be provided to the parent(s).

C. Prior to reinstatement at the end of the 365 days suspension, the following criteria must be met-

- (i) The student/family must present evidence of the completion of a drug/alcohol treatment program or a tobacco cessation program.
- (ii) The evidence must be provided by a licensed clinician certified to provide such treatment.
- (iii) The student/family must provide a clean drug screen one week prior to participation in the selected activity and one screening per month during the season. The cost of all testing shall be the responsibility of the parent/guardian and shall be conducted by a certified testing facility.

4. Tolling:

- A. Should a suspension occur at a time when the consequence would continue into the next school year, the Virginia High School League calendar season practice days prior to the start of the school year will be counted toward completing the required suspension days.
- B. Should a suspension from a team/activity occur at a time that would incorporate a school break or vacation and the team/activity is previously scheduled to practice or play during that time, such days would count toward the team suspension.
- C. No student may participate in any contest until all assigned suspension days are complete.

5. **Anabolic Steroids** – Additionally, VHSL rules require that a student who is a member of a school athletic team be ineligible for two (2) school years to compete in interscholastic athletic competition if it has been determined by the school principal and Division Superintendent that the student used anabolic steroids during the training period immediately preceding or during the sports season of the athletic team unless such steroid was prescribed by a licensed physician for a medical condition.

School law enforcement referral: Any student-athlete referred to law enforcement authorities by school officials for school rule violations may be denied the privilege of participation in all athletic activities for a period determined by the Athletic Director and Principal.

Social-Media: Student athletes are held to the student use policy and rules of good sportsmanship regarding other teams, schools, officials, etc. as it applies to all social media postings. Those that do not adhere to the rule may face team and/or school consequences. See Policy JFCB.

Any student-athlete that behaves in a way that violates community standards, including violations of the law or illegal activity may be denied the privilege of participation in all athletic activities for a period determined by the Athletic Director and Principal.

Academic Requirements

The Clarke County High School Athletic Program will use the VHSL standards for academic eligibility. This rule falls under the category of the “semester rule”. For the first semester, a student must be enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. For the second semester a student must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.

School Attendance

Regular attendance in school is mandatory in order to participate in athletics. It is expected that student-athletes be in attendance at school the ENTIRE school day to be eligible to participate in practice and/or athletic contests; the only exception is a doctor and/or court note, and must be approved by administration.

Vacation Policy

It is the expectation of the athletic department that athletes make a commitment to a team when they tryout. Vacations by athletic team members during a sport season are discouraged. Athletes are required to attend all practices/games unless prior approval has been given by the head coach or athletic director.

Dual Sport Information

Participation in varsity dual sports must be applied for and approved by the athletic director and coaches prior to tryouts for each season.

Equipment and Uniforms

- Each student will be issued athletic equipment for his or her sport.
- Each student athlete is solely responsible for all his or her equipment that is issued.
- All lost, stolen, or damaged equipment must be paid for at replacement cost.
- A student-athlete will not receive any awards until his/her equipment has been turned in or paid for.
- Student-athletes that are still delinquent on their equipment at the end of the school year will be turned over to the administration. Any student-athlete who returns next school year with a delinquency will not be allowed to participate until it is settled.
- No student-athlete is to wear school athletic equipment other than at practices or games. Game jerseys may be worn on game days only if the coach permits it.
- Athletes playing consecutive sports seasons must have their equipment from the previous season turned in by the first play date of the next season. Failure to do so will result in suspension from that team until the equipment is turned in or paid for.

Post Season Eligibility

Athletes on a JV team may be moved up to the varsity team for all post season tournaments as approved by the athletic director.

Locker Room

Roughhousing and throwing towels or other objects is not allowed in the locker room. Team members may be assigned a locker and are responsible for the care of that locker. It is **HIGHLY RECOMMENDED** that locks be used on your locker. **YOU** are responsible for stolen items. Any student-athlete that is caught stealing will be removed from the team. All lockers must be cleaned out within one week after the conclusion of the season. Any materials in lockers after this one-week period will be **REMOVED** and **DISCARDED**.

Travel

Players are requested to wear proper attire as specified by the coach. Dress should be neat and representative of the school. Players are to exhibit proper conduct to and from the contest. Student-athletes are representing Clarke County High School and must conduct themselves within the guidelines of the student handbook. Players and managers must return from an athletic contest on the team bus.

Exception

An athlete, manager or any member of the team who travels with the team may return with his/her parents or another athlete's parents, provided the parents give notification by note and phone call to the coach. A violation of BUS or TRAVEL rules will result in a one game suspension. A second violation will result in dismissal from the team.

Overnight Travel

There could be an overnight trip for a contest or tournament. All athletes are held to all school policies for the duration of the trip. The athlete is considered "on school grounds" for the entire trip and any violation of school policy will be dealt with the appropriate disciplinary action of the school. If an athlete disrupts the team or is in danger to him/her or others, the parent or guardian is called and the athlete is sent home.

Meal Money

Meal money paid for by the school is guaranteed only for overnight trips for regional or state play-off or tournament participation.

Injuries

It is the responsibility of all athletes to immediately notify coaching and training staff of any and all injuries that occur during competition, practice, or outside of school hours. This includes pre-season existing injuries. All diagnosis and treatment plans from doctors must be communicated in writing to the coaching and training staff.

VHSL Fines

Any student-athlete whose actions cause Clarke County High School to be fined by the VHSL is responsible for reimbursing the school for such fines. Actions that may result in the school being fined include, but are not limited to, providing false information; unsportsmanlike conduct before, during or after a game; leaving the bench area during an altercation; fighting; or damage to school or facility property. The fines range per incident.

VHSL Sportsmanship Code

Comments directed at an opposing player, coach or official from a spectator may result in immediate dismissal from that contest and may result in a suspension from attendance to any CCHS athletic events for a period of time.

Individual Coaches Rules

Coaches may establish additional rules and regulations with the approval of the Athletic Director and Principal for their respective sports. Rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violations of rules must be in writing and administered by the coach. All team rules must be on file in the Athletic Director's office.

Disciplinary Report during the Sport Season

Each head coach, in each season, must document disciplinary actions taken on each athlete during the course of a season. The purpose of this documentation is to provide the athletic director with times, dates, and the nature of the problems. This data can be used as supporting documentation should it become necessary to recommend an athlete's suspension or dismissal.

At any point during the course of a sports season when a student-athlete's behavior reaches a point of formal discipline, the coach **must make telephone contact** with the parent and notify the athletic director. If contact can't be made by phone, a letter must be sent to the parent with a copy to the athletic director.

In the event that a student-athlete is dismissed from a team the following procedures are to be followed:

- The coach will communicate with the athletic director to give the reason for recommending the athlete's dismissal from the team, with the exception of the training rules and school enforced rules which will be investigated directly by the athletic director or school administration.
- The athletic director will inform the athlete, explain the violations, and hear the student's response to the issues. A written statement will be taken from the athlete at this time.
- The athletic director or his designee will make contact with the parent.
- The athletic director will then make a decision. If the athlete is to be dismissed, the student and the parents of the athlete will be notified in writing.
- The parent/guardian of the student may ask for a review of the decision of the athletic department to the principal within five (5) business days. The request for review requires that:
 - A. A written request be presented to the principal within five (5) business days of the initial ruling;
 - B. The principal render a decision in writing within five (5) business days to the student and his/her parents.

Hazing/Bullying

Clarke County High School forbids hazing/bullying of any kind. Athletes determined to be a part of any hazing activity will be removed from the team and face additional disciplinary action by the school. The following are examples of conduct which constitutes hazing; this list is not meant to be exhaustive or to limit the school's ability to discipline any conduct which it determines to be inappropriate:

- Subtle hazing/bullying includes initiations and the like which manipulate, coerce, or in other respects seek to deny the rights of the individuals;

- Harassment hazing/bullying involves actions which cause mental anguish or physical discomfort;
- Hazardous hazing/bullying includes actions which endangers life or mental health, which have the potential of causing bodily harm, or which subject a person to severe mental stress.

The following list is provided for the purposes of clarifying what actions constitute an act of hazing/bullying. This list includes, but is not limited to, the following:

- Assigning pranks such as stealing, painting objects, harassing another group or club.
- Modifying one's appearance such as partial or total haircuts, shaving of eyebrows, tattoos, and drawing on skin with magic markers.
- Engaging in public stunts and buffoonery.
- Consumption of undesired food or liquids.
- Apparel which embarrasses or which is lewd.
- Agreeing to do demeaning tasks for others (servitude).

Concussions

There is a free concussion course @ www.nfhslearn.com "Concussions Is Sport" available to the public. Further information can be found @ www.cdc.gov/concussion/.

CONCUSSION FACT SHEET FOR PARENTS

WHAT IS A CONCUSSION?

A concussion is a type of traumatic 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 a 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 CONCUSSION?

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

SYMPTOMS 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
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY PARENTS/GUARDIANS:

- 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 mood, behavior, or personality changes

DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if she/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

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 regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don't let your child return to play the day of the injury and 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. Repeat 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 PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- 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. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
- However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child’s teachers, school nurse, coach, speech-language pathologist, or counselor about your child’s concussion and symptoms. As your child’s symptoms decrease, the extra help or support can be removed gradually.

JOIN THE CONVERSATION www.facebook.com/CDCHeadsUp
To Learn More Go To>> WWW.CDC.GOV/CONCUSSION

Content Source: CDC’s Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

CONCUSSION FACT SHEET FOR HIGH SCHOOL ATHLETES

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head. 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 you suspect any symptoms of concussion, seek medical attention right away.

HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

- Get a headache
- Feel dizzy, sluggish, or foggy
- Are bothered by light or noise

- Have double or blurry vision
- Vomit or feel sick to your stomach
- Have trouble focusing or problems remembering
- Feel more emotional or “down”
- Feel confused
- Have problems with sleep

Concussion symptoms usually show up right away, but you might not notice that something “isn’t right” for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

WHAT SHOULD YOU DO IF I THINK I HAVE A CONCUSSION?

REPORT IT.

Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It’s up to you to report your symptoms. Your coach and team are relying on you. Plus, you won’t play your best if you are not feeling well.

GET CHECKED OUT.

If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.

GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.

HOW CAN I HELP MY TEAM??

PROTECT YOUR BRAIN.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.

BE A TEAM PLAYER.

You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.

JOIN THE CONVERSATION www.facebook.com/CDCHeadsUp
TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

STUDENT-ATHLETE CONCUSSIONS DURING EXTRACURRICULAR ACTIVITIES - JJAC-CCPS

Definitions

Concussion: a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e., a helmet to the head, being knocked to the ground). A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual.

Licensed Health Care Provider: a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.

Return-to-Learn: instructional modifications that support a controlled, progressive increase in cognitive activities while the student recovers from a brain injury allowing the student to participate in classroom activities and learn without worsening symptoms and potentially delaying healing.

Return-to-Play: to participate in a non-medically supervised practice, game, or athletic competition.

Practice: any organized activity scheduled and/or supervised by a coach,

Coach: anyone who schedules or supervises an athletic practice or activity,

Non-Interscholastic Youth Sports Program: a non-school sponsored program organized for recreational athletic competition or recreational instruction for youth.

Clarke County Concussion Management Team

The Clarke County Concussion Management Team (“CMT”) shall be appointed by the superintendent and shall consist of a school administrator, an athletic administrator, a licensed health care provider, a coach, a parent or guardian of a student-athlete, a student-athlete and any such other person or persons the superintendent determines will assist the CMT in its actions.

The CMT shall develop, review and adopt, concussion training materials for school personnel, volunteers, student and parents. Those materials may address the proper fitting and maintenance of helmets. The CMT shall also develop concussion reporting, management and review protocols for the school division. The CMT shall maintain a record of all incidents where a student-athlete has been removed from a game, competition or practice because he or she has been suspected of sustaining a concussion.

The CMT shall meet at least once per semester and shall evaluate the division’s training materials, concussion reporting, management and review protocols annually.

Required Concussion Training for School Personnel and Volunteers:

Every coach, assistant coach, school staff, adult volunteer, or other person serving in a coaching or advisory role over student-athletes during games, competitions or practices shall receive training in the signs and symptoms of sports-related concussions, strategies to reduce the risk of concussions, how to seek proper medical treatment for concussions and the process by which a concussed student-athlete may safely return to practice or

competition. Each school and the CMT shall maintain a written record of the names and dates of completion for all persons completing the school's concussion training.

Each school shall ensure that no person is allowed to coach or advise a student-athlete in any practice, game, or competition who has not completed the school's concussion training within the previous twelve months.

Distribution of Training Materials for Student-Athletes and Parent/Guardian:

Prior to participating in any extracurricular physical activity, each student-athlete and the student-athlete's parent or guardian shall review concussion training materials developed by the CMT and sign a statement acknowledging receipt of such information. The concussion training materials shall describe the nature and risks of concussions, short-and long-term health effects of concussions, criteria for removal from and return to play, risks of not reporting injury and continuing to play, and effects of concussions on students' academic performance.

The signed statements acknowledging the receipt of concussion training materials shall be valid for one school year and will satisfy the concussion training requirements for all of a student-athlete's extracurricular physical activities for a school year.

Removal from Extracurricular Physical Activities

A student-athlete suspected by a student-athlete's coach, athletic trainer or team physician of sustaining a concussion or brain injury shall be removed from athletic activity immediately, evaluated and, if necessary, referred for further treatment. A student who has suffered a head injury outside of the coach's presence or awareness (including outside of school) must report that head injury to his/her coach. A student-athlete who has been removed from play, evaluated, and suspected to have sustained a concussion or brain injury shall not return to play that same day.

In determining whether a student-athlete removed from play is suspected of having sustained a concussion, an appropriate licensed health care provider or other properly trained individual, shall evaluate the student-athlete at the time of removal utilizing a standardized concussion sideline assessment instrument (e.g., Sideline Concussion Assessment Tool (SCAT-II, SCAT III, ChildSCAT3), the Standardized Assessment of Concussion (SAC), or the Balance Error Scoring System (BESS)).

The determination of whether a student-athlete removed from play is suspected of having sustained a concussion shall be the sole determination of the licensed health care provider or other properly trained individual conducting the concussion sideline assessment. Such determination is final and may not be overruled by another licensed health care provider or other properly trained individual, coach, assistant coach, school staff, or other person serving in a coaching or advisory role, the student-athlete or the parent or guardian of the student-athlete.

The coach of a student-athlete may elect not to return the student-athlete to play, even if after the concussion sideline assessment it is determined that the student-athlete is no longer suspected of having sustained a concussion.

Return-To-Play Protocol

No student-athlete shall be allowed to return to extracurricular physical activities, which includes all practices, games or competitions, until the student presents a written medical release from the student-athlete's licensed health care provider. The written medical release shall certify that (i) the provider is aware of the current medical guidance on concussion evaluation and management; (ii) the student-athlete no longer exhibits signs symptoms or behaviors consistent with a concussion either at rest or with exertion; and (iii) the student-athlete has successfully completed a progressive return to sports participation program. The length of progressive return to sports participation program shall be determined by the student-athlete's licensed health care provider but shall last a minimum of five calendar days.

The coach of a student-athlete may elect not to allow a student-athlete to return to extracurricular physical activities, even after the production of written medical release from the student-athlete's licensed health care provider, if the coach observes signs and symptoms of sports-related concussions. If the student-athlete's coach makes such a decision, the coach shall communicate the observations and concerns to the student-athlete's parent or guardian within one day of the decision not to allow such student-athlete to return to extracurricular physical activities.

A student must be asymptomatic and progress to full participation in academic activities (e.g., no longer require any instructional modification or other support, attend all classes, maintain a full academic load/homework) before being cleared to return to full athletic participation (return-to-play). Even if the student has been released to full sports participation by the student's licensed health care provider, the student will not be permitted to return to full sports participation if the student has not progressed to full participation in academics.

Return-to-Learn Protocol

- a. School personnel shall be alert to cognitive and academic issues that may be experienced by a student who has suffered a concussion or other head injury, including (i) difficulty with concentration, organization and long-term and short-term memory; (ii) sensitivity to bright lights and sounds; and (iii) short-term problems with speech and language, reasoning, planning and problem solving.
- b. School personnel shall accommodate the gradual return to full participation in academic activities by a student who has suffered a concussion or other head injury as appropriate, based on the recommendation of the student's licensed health care provider as to the appropriate amount of time (i) such student needs to be away from the classroom, and (ii) would benefit from accommodations to promote recovery following a concussion. Timeframes for a student's return to full participation in academic activities will vary for each student, and will depend on the presence, severity and/or absence of symptoms resulting from the student's concussion.
- c. A student must be asymptomatic and progress to full participation in academic activities (e.g. no longer require any instructional modification or other support, attend all classes, maintain a full academic load/homework) before being cleared to return to full athletic participation (return-to-play).

Helmet Replacement and Reconditioning

All helmets used in school physical activities must conform to the National Operations Committee on Standards for Athletic Equipment (NOCSAE) and certified as conforming by the manufacturer at the time of purchase. Reconditioned helmets that have been purchased must be recertified as conforming to the NOCSAE by the reconditioner.

Regular training on proper helmet fitting and maintenance will be required for all coaches of sports which require protective headgear.

VIII. Athletic Activities Conducted by Non-School Organizations on School Property

The school division shall provide this policy and the Board of Education's Guidelines for Policies on Concussions in Students to organizations sponsoring athletic activity for student-athletes on school property and to all non-interscholastic youth sports programs using school property. All such organizations and programs shall, as a condition of using School Board property, either (i) adopt and enforce policies and/or guidelines to identify and manage concussions and return-to-play consistent with this policy and the Board of Education's Guidelines or (ii) follow this policy. It is not the obligation of the school division to enforce compliance with the policy or Guidelines by such organizations, but the school division may withdraw permission to use School Board property/facilities in the event of noncompliance.

Adopted: July 27, 2015

Revised: July 25, 2016

Legal Refs.: Code of Virginia, 1950, as amended, §§ 22.1-271.5, 22.1-271.6.
Virginia Board of Education Guidelines for Policies on Concussions in Student-Athletes (Adopted November 2016).

Cross Refs.: KG Community Use of School Facilities
KGB Public Conduct on School Property.

Varsity Letters and Awards

Criteria for Varsity Letters

A student-athlete must maintain a 2.0 nine weeks grade point average. Fall sports will use the end of the first nine weeks. Winter sports will use the end of the second nine weeks. Spring sports will use the end of the third nine weeks.

A student-athlete must participate in 50% of all games or matches.

A student-athlete must attend 95% of all practices.

A student-athlete cannot be in violation of the Athletic Conduct Policy, school or school division policy and regulations; or local, state or federal law.

Coaches will document all of the above at the end of season reports. The **COACH** has the final decision on awarding monograms. That decision is based on the athlete's commitment, dedication and attitude.

Student managers must complete two seasons with the same sport. The coach's approval is the determining factor for student managers to receive letters.

All letter winners must be present at the Awards Banquet to receive their letters unless prior arrangements are made with their coach. **Failure to attend will result in forfeiture of your letter.**

Senior Awards

CHARLES E. LUTMAN AWARD—this plaque will be awarded to a senior male and female athlete who has made a significant contribution to their sport and has significant achievements in their sport.

CHARLES “BUD”MILEY DEDICATION AWARD—this plaque will be awarded to a senior male and female athlete who has participated in the athletic program throughout his/her four years and has made a unique contribution to the athletic program through spirit, commitment, and attitude exhibited.

BILL BOWERMAN UNSUNG HERO AWARD—this plaque will be awarded to the senior boy or girl who lettered at least once during his/her varsity career and made a significant contribution to the athletic program.

SPORTSMANSHIP AWARD—this plaque is presented annually to the senior boy or girl who best exemplifies sportsmanship and dedication to the Clarke County High School athletic program. The athlete must have lettered in at least one sport and have been a leader.

H.B. “HAMMER” PIERCE OUTSTANDING SENIOR FEMALE ATHLETE AWARD—this plaque will be awarded to a senior girl. The athlete must have lettered in two varsity sports her senior year and earned five varsity letters as a participating athlete during her high school career. She also must have demonstrated outstanding leadership, sportsmanship, and athletic achievements throughout her high school career.

HARDESTY-DENT OUTSTANDING SENIOR MALE ATHLETE-- this plaque will be awarded to a senior boy. The athlete must have lettered in two varsity sports his senior year and earned five varsity letters as a participating athlete during his high school career. He also must have demonstrated outstanding leadership, sportsmanship, and athletic achievements throughout his high school career.

Varsity head coaches nominate deserving athletes for the senior awards. The coaches vote on each award. The athletic director serves as a tie breaker.

Recognition Nights

At the end of each sport season, the athletic department will host an awards night to honor the varsity and junior varsity teams and athletes and those who supported them throughout the season. The major awards for each sport will be given out at this time along with the varsity letters and participation awards.

Revised: January 30, 2023

Appendix A

Code of Conduct and Eligibility Requirements For Student-Athletes of Clarke County Public Schools

1. It is a privilege, not a right, to participate on an interscholastic team. Therefore, this privilege can be revoked for improper conduct of a student at school or in the community. Any appeal of the revocation of this privilege may be made through the Athletic Director's office.
2. The student-athlete shall be a regular bona-fide student in good standing of the school, which he/she represents.
3. Given the current Commonwealth of Virginia statutes, it is the policy of the Clarke County School Board that the purchase, possession, use, or distribution of controlled substances or imitation controlled substances as defined in Policy JFCF, alcohol, tobacco, nicotine vaping devices or products, alternative nicotine products, hemp products intended for smoking or ingesting, and/or electronic cigarettes are prohibited. A student-athlete who violates this policy will be disciplined in accordance with policy JFCF-CCPS-R.
4. On the student-athlete's first offense, a student-athlete who is caught stealing will be dismissed from the team for the remainder of the athletic season.
5. In order to be eligible to try out for or to participate in any school-sponsored interscholastic athletic program, the student-athlete must agree to submit to a physical examination. The physical exam must be conducted after May 1 for participation in athletics for the upcoming school year and must be completed before the student will be allowed to participate in any manner. Every student-athlete will be encouraged to maintain a grade letter of "C" or better in every class during the season.
6. A student-athlete who is suspended to site (Alternative Education Program) will receive the following consequences:
 - First Offense – A conference with the parent/guardian, coach and athletic director. The student-athlete will also receive a one game suspension upon return to the high school.
 - Second Offense – The student-athlete will be dismissed from the team. In order for the student-athlete to be eligible for another sport he/she must have a conference with the athletic director.
7. Student-athletes must obey all team rules as well as policies and regulations of both the school and school division, including local, state and federal law. Student-athletes are accountable for their actions during contests, at school or away from school, 7 days per week, 24 hours per day, while in their athletic season.
8. If a student-athlete is ejected from a contest by an official, the player will not participate in the next contest unless successfully appealed. Then the situation will be reviewed by the coach, the player, the athletic director, and the school administration prior to final action being taken by the administration. Action could range from no additional restrictions to suspension for the rest of the season.
9. Social-Media: Student athletes are held to the student use policy and rules of good sportsmanship regarding other teams, schools, officials, etc. as it applies to all social media postings. (See IIBEA-R/GAB-R) Those that do not adhere to the rule may face team and/or school consequences.
10. Attendance criteria: It is expected that student athletes be in attendance at school the ENTIRE school day to be eligible to participate in practice and/or athletic contests; the only exception is a doctor and/or court note, and must be approved by administration.
11. **NO STUDENT-ATHLETE WILL BE ALLOWED TO TRY OUT FOR A TEAM UNTIL OUTSTANDING OBLIGATIONS ARE MET AND REQUIRED ATHLETIC FORMS ARE COMPLETED (CODE OF CONDUCT, DRUG TESTING, PHYSICAL EXAMINATION FORM, CONCUSSION FORM, INSURANCE RELEASE, AND EMERGENCY RELEASE AND ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM).**

My signature verifies that I have read all relevant athletic policies of Clarke County Public Schools. I understand and accept the above criteria and the Code of Conduct for Athletes of Clarke County Schools as prerequisites to being allowed to participate on an athletic squad. If I am unclear about any policies, it is my responsibility to contact my coach or athletic director.

PARENT SIGNATURE _____

DATE _____

STUDENT SIGNATURE _____

DATE _____

Appendix B

Clarke County High School Emergency Care Information

In case of an emergency, the school staff will contact 911.

Every attempt will be made to contact a parent/guardian or a designated emergency contact.

STUDENT NAME	School _____
Last _____	Date of Birth ____/____/____ Sex: Male or Female
First _____ Middle _____	Grade _____

FATHER	ADDRESS	TELEPHONE
Last _____	_____	Home _____
First _____	_____	Work _____
Middle _____	_____	Cell _____

MOTHER	ADDRESS	TELEPHONE
Last _____	_____	Home _____
First _____	_____	Work _____
Middle _____	_____	Cell _____

LEGAL GUARDIAN	ADDRESS	TELEPHONE
Last _____	_____	Home _____
First _____	_____	Work _____
Middle _____	_____	Cell _____

Student resides with FATHER MOTHER BOTH LEGAL GUARDIAN

LIST 2 PERSONS WE SHOULD CALL IN AN EMERGENCY IF THE PARENT(S)/GUARDIAN CANNOT BE REACHED:

1. _____	_____	_____
Name	Relationship	Telephone
2. _____	_____	_____
Name	Relationship	Telephone

ADDITIONAL INFORMATION

Name of Student's Physician _____	Physician's Telephone # _____
-----------------------------------	-------------------------------

Name of Health Insurance Company _____	Policy/Group/Employee Number or HMO # _____	Insurance Company's Telephone # _____
--	---	---------------------------------------

MEDICAL INFORMATION (Check all that are applicable)

<input type="checkbox"/> Allergies, Be Specific _____ <input type="checkbox"/> Foods _____ <input type="checkbox"/> Medicine _____ <input type="checkbox"/> Bee or Insect Allergy _____ <input type="checkbox"/> Cancer _____ <input type="checkbox"/> Diabetes _____ <input type="checkbox"/> Digestive, Be Specific _____ <input type="checkbox"/> Hearing _____	<input type="checkbox"/> Heart Problems, Be Specific _____ <input type="checkbox"/> Hemophilia _____ <input type="checkbox"/> Physical Disability, Be Specific _____ <input type="checkbox"/> Respiratory Disability, Be Specific _____ <input type="checkbox"/> Seizures _____ <input type="checkbox"/> Other, Please List _____
---	--

List all medical conditions for which your child receives continual care: _____

List all medications and dosages your child receives on a continual basis: _____

The school has my permission, in an emergency when I (or my physician) cannot be contacted, to take my child to the emergency room of the nearest hospital, where the hospital and its medical staff have my authorization to provide treatment, which a physician deems necessary for the well-being of my child. YES NO

Student Information Release: The school has my permission to use my child's name, stats, athletic team information and photo on the school website, emails or information submitted to the press. Please answer yes or no and sign below. YES NO

By signing below, I certify that the above information is correct.

Signature of Parent/Legal Guardian: _____ Date: _____

Appendix D

Clarke County High School

Athletics



PARENT CODE OF CONDUCT

Clarke County High School's interscholastic athletics are an integral part of the educational program and are designed to have a positive influence on students. In addition to athletic skill development, we are charged with the responsibility of instilling proper attitudes and behaviors that reflect the ideas of citizenship, sportsmanship, and cooperation, as well as building self-discipline and self-esteem. These goals can best be achieved through a successful partnership between student-athletes, coaches, and parents.

Player/Coach Communication – It is the responsibility of the student-athlete, not the parent, to notify the coach well in advance of any scheduling conflict that may involve an absence from practice or a game.

If your son/daughter has a concern, encourage him/her to resolve it directly with the coach. The majority of issues are successfully resolved through direct communication between the student-athlete and the coach. There is an open door policy for players. Players need to have confidence that their concerns will be heard and addressed with respect and confidentiality in a timely manner.

Parent/Coach/Player Communication – If an issue is not resolved after the student-athlete has met with the coach, the student-athlete's parent should then contact the coach directly at school via email or by phone. Leave your name, number, a short message, and the best time to call. The coach will contact you in a timely manner.

Please be prudent with your decision when contacting the coach. Coaches spend significant time preparing for, and supervising practices and games. Moreover, the period of time after a game can be an emotional time for student-athletes, parents, and coaches, and therefore is less conducive to solving problems rationally. We respectfully request that you abide by the 24 hour rule, which states that you wait 24 hours after a game to contact/discuss any issue or concern with a coach.

It is very difficult to accept your child not playing as much as you had hoped. Yet, coaches make decisions based on what they believe to be the best for all student-athletes involved. **Therefore, coaches are not expected to respond to parents' questions about amount of playing time, positioning, team strategies or tactics, or any discussion about another student-athlete.**

Player/Parent Communication – Understand that you are a role model for your son/daughter. Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play, and your child will too.

If your child's performance produces strong emotions in you, maintain a calm demeanor. Your relationship with your child remains long after competitive sport days are over. Keep your goals and needs separate from his/her experience.

Clarke County High School

Athletics



PARENT CODE OF CONDUCT

The essential elements of character building and ethics in athletes are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of athletics is achieved when competition reflects these "six pillars of character".

Therefore I agree:

1. I will let the coaches do the coaching for all team members.
2. I will support the program by volunteering to assist the team in some way.
3. I will respect the integrity and judgment of sports' officials.
4. I will eliminate criticism of coaches, this only diminishes my child's respect and has no place in high school athletics.
5. I will model good sportsmanship at all times during games.
6. I will encourage my child to speak directly to his/her coach if he/she is having difficulties in practice or games or can't make a practice.
7. I will support the 24 hour rule: Parents are not permitted to discuss athletic concerns with the coach for at least 24 hours after an issue arises at a game, practice, or other instance.
8. I will conduct myself in such a manner as to bring positive feedback to our athletes, our school, and our community.
9. I will remember that the game is for the students-not the adults.
10. I will demand that my child treats other players, coaches, officials, and spectators with respect.
11. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing, taunting, and using profanities.
12. It is never acceptable for a parent to attempt to discuss a child's playing time during a game or practice. It is never acceptable for a parent to attempt to discuss another student's playing time or performance.
13. I understand that any violation of this code will be cause for potential disciplinary action.

I have read and understand the Parent's Code of Conduct at all Clarke County High School's _____ sporting events. By signing, I acknowledge the receipt of these guidelines/expectations.

Student Athlete Signature: _____
Print Name: _____
Parent/Guardian Signature: _____
Print Name: _____
Parent/Guardian Signature: _____
Print Name: _____
Date signed: _____

***This form must be returned to the Coach prior to participation. Athletes will not be allowed to participate without completion of form.**

Appendix D

Clarke County High School Concussion Form

Dear Parent/Guardian,

Valley Health has provided our high school with an opportunity to use an innovative program for our student-athletes. The program is called ImPACT™ (Immediate Post Concussion Assessment and Cognitive Testing) and is a computerized exam that the athlete takes prior to the season. If the athlete is believed to have suffered a head injury, he or she re-takes the test to help determine a) the extent of the injury, b) the location of the injury, and c) when the injury has healed. The system is used throughout professional sports, has been mandated in the NHL, and is fast becoming the “gold standard” in recognizing and better managing concussion-type injuries. The University of Pittsburgh Medical Center’s Sports Concussion Program is the founding group of this software (www.impacttest.com).

The test takes about 15-20 minutes. The program is basically set up as a “video-game” type format. What it is doing is giving the brain a preseason physical of its cognitive abilities. It tracks information such as memory, reaction time, processing speed, and concentration. It is simple, and actually most who take it enjoy the challenge of the test. If a concussion is suspected, the test is re-taken, parents are notified, and the information is shared with your student’s physician to help determine when return to play is appropriate and safe.

Mariecken Fowler, MD, board-certified neurologist of Winchester Neurological Consultants, and John Lewis, PsyD, neuropsychologist of Neuropsychology Associates of Winchester, have successfully completed the ImPACT™ Concussion Management Software Training Workshop and will be involved throughout the year in monitoring the program. This program does not replace the involvement of your family physician with your student’s general healthcare. If there is evidence of cognitive dysfunction related to a concussion, a physician’s release will be required before your student returns to play.

The administration, coaches, and athletic training staffs are trying to keep your child’s health and safety at the forefront of the high school athletic experience. Please sign the section below and return it to the athletic department in order for your student to participate. If you have any questions regarding this program please feel free to contact me.

Sincerely,

Lindsay Griego MS, ATC
griegol@clarke.k12.va.us

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT™)

I have read the above information. My parent(s) and I agree to participate in the ImPACT™ Concussion Management Program.

(Please check one)

- Parent consents for student athlete to take the ImPACT™ test.
- Parent does not give consent, and athlete will not be tested.
- Athlete has had ImPACT™ baseline testing within the past two years at this school.

Printed Name of Athlete _____

Sport(s) in which Athlete Participates _____

Signature of Athlete _____ Date _____

Signature of Parent _____ Date _____

Appendix E

CLARKE COUNTY PUBLIC SCHOOLS ATHLETICS

(Please fill out either the insurance waiver or insurance verification.)

Insurance Waiver

We, the parents or guardians of _____ do hereby
STUDENT'S NAME

acknowledge that an insurance policy is not in force for our son/daughter that will pay the medical or surgical expense that results from any injury, major or minor, that the above named student/athlete may receive as a result of practicing or performing in athletics in the Clarke County Public School system.

Since we, the parents or guardians of the above named student/athlete do not have an insurance policy which will provide adequate financial coverage for any type injury or whatever might result therefrom, we, the parents or guardians agree to release the Clarke County School System or any part thereof, from any obligation as pertains to financial responsibility in these matters for the _____ school year or any period of time thereafter.

DATE

SIGNATURE OF PARENT OR GUARDIAN

Insurance Verification

We, the parents or guardians of _____ have insurance with
STUDENT'S NAME

Name of Insurance Company

Policy Number

that will pay the medical or surgical expenses that result from any injury, major or minor, that the above-named student may receive as a result of practicing or performing in athletics in the Clarke County Public School system. This insurance will also cover the above-named student-athlete while traveling to or from practice sessions or scheduled performances.

Since we, the parents or guardians of the above-named student have an insurance policy which will provide adequate financial coverage for any type injury or injuries or whatever might result therefrom, we the parents or guardians agree to release the Clarke County School System or any part thereof, from any obligation as pertains to financial responsibility in these matters for the _____ school year or any period of the thereafter.

DATE

SIGNATURE OF PARENT OR GUARDIAN

Appendix F

CLARKE COUNTY HIGH SCHOOL

Athletic Handbook Acknowledgement

This Athletic Handbook was created to inform parents, coaches, and athletes of all procedures, policies, rules, and expectations for all athletic programs at Clarke County High School.

All parents and athletes must sign the form below acknowledging that you have received, understand, and will abide by all regulations set forth in this handbook. All handbook procedures become effective on the first day of tryouts.

To try to reduce paper usage in the athletic department, we encourage everyone to download the handbook from our athletic webpage www.clarkecountyathletics.org.

Return the signed form to your coach. If you don't have access to the student athletic handbook online, please contact the athletic department to receive a hard copy.

I have read, understand and agree to abide by the terms and conditions of the Clarke County High School Athletic Handbook.

I received and reviewed information on concussions provided by Clarke County Public Schools in the Athletic Handbook, and at www.nfhslearn.com, as well as information about the baseline testing available to student-athletes. I understand the short and long term health and academic effects of concussions, and I understand my obligation to report any head injury I/my child sustains, even a head injury sustained outside of school, and my obligation to abide the return-to-learn and return-to-play protocols set for myself/my child.

I further understand that policies, guidelines and protocols can change from time to time, and I can obtain up-to-date information either from the Athletic Director or on the CCPS website.

Parent Name (Print) _____

Parent Signature _____ Date Signed _____

Athlete Name (Print) _____

Athlete Signature _____ Date Signed _____

Appendix G

Sudden Cardiac Arrest (SCA) Information for Parents and Student Athletes

Definition: Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs.

SCA in student athletes is rare; the chance of SCA occurring to any individual student athlete is about one in 100,000. However, student athletes' risk of SCA is nearly four times that of non-athletes due to the increased demands on the heart during exercise.

Causes: SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

Warning Signs of SCA	Emergency Response to SCA
<ul style="list-style-type: none">● SCA strikes immediately.● SCA should be suspected in any athlete who has collapsed and is unresponsive.<ul style="list-style-type: none">○ No response to tapping on shoulders○ Does nothing when asked if he/she is OK● No pulse	<ul style="list-style-type: none">● Act immediately; time is most critical to increase survival rates.● Recognize SCA.● Call 911 immediately and activate EMS.● Administer CPR.● Use Automatic External Defibrillator (AED).

Warning signs of potential heart issues: The following need to be further evaluated by your primary care provider.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

Risk of Inaction: Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

Information used in this document was obtained from the American Heart Association (www.heart.org), Parent Heart Watch (www.parentheartwatch.org), and the Sudden Cardiac Arrest Foundation (www.sca-aware.org). Visit these sites for more information.

Please sign and return this portion to acknowledge that you received and reviewed this information.

Parent/Guardian Signature: _____

Print Name: _____

Date Signed: _____