

HARDIN COUNTY ATHLETIC POLICY 2022-2023

(Adopted 2020-2021)

*Superintendent, Andy Edmondson
Principal, Susan Armstrong
Dean of Students, Ira Cruson
Athletic Director, Hunter Cullum*

COUGAR PRIDE

Please return forms to your coach

Addendum to the School Handbook:
School Operations during a Pandemic or Other Health Emergency

A pandemic is a global outbreak of disease. Pandemics happen when a new virus emerges to infect individuals and, because there is little to no pre-existing immunity against the new virus, it spreads sustainably. Your child's school and district play an essential role, along with the Illinois Department of Public Health, Southern Seven Health Department and emergency management agencies, in protecting the public's health and safety during a pandemic or other health emergency.

During a pandemic or other health emergency, you will be notified in a timely manner of all changes to the school environment and schedule that impact your child.

The Illinois Department of Public Health, Southern Seven Health Department, Center for Disease Control, Illinois High School Association, and the Southern Illinois Junior High Athletic Association policies and procedures will supersede the rules in the school athletic handbook during a pandemic or other health emergency.

Student Athlete Requirements

Each student must complete the following in order to participate in athletics at Hardin County High School:

- 1) A current certificate of physical fitness issued by a licensed physician, an advanced practice nurse or physician assistant
- 2) A permission slip to participate in the specific sport in which the athlete intends to participate signed by the athlete's parent or guardian
- 3) Proof the athlete is covered by medical insurance
- 4) A receipt showing the athlete and his/her parents received a copy of the Athletic Code, understand the terms of the Athletic Code and agree to abide by its terms and conditions
- 5) A signed agreement by the student not to use any drugs on the IHSA's most current banned drug classes list and an agreement to take part in random testing for these substances
- 6) A signed agreement by the student's parent or guardian authorizing random performance-enhancing substance testing and recognizing the dangers of drug use
- 7) A receipt showing the athlete and his/her parents received a copy of our concussion policy
- 8) Individuals must be registered as full time students in the district and be otherwise eligible to participate in athletics and extracurricular activities

Eligibility Parents please read.....

We will follow the IHSA guidelines of eligibility.

The IHSA and HCHS rules of eligibility:

- A. Athletes must have passed (6) classes in the week preceding his/her athletic eligibility.
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester

Failure to meet minimum grade requirements will result in the following:

- A. Students **will not** be allowed to attend any game nor travel with the team during the time in which they are suspended for grades
- B. Any student who is ruled ineligible due to grades for a **SECOND WEEK** during a season **will not** be eligible for postseason awards including letters or other awards designated for those who successfully complete the season.
- C. Any student who is ruled ineligible due to grades for a **THIRD WEEK will be removed** from the team for the remainder of the season.

Varsity Letters

Varsity letters are awarded in the following sports:

- Boys – Archery, Basketball, Baseball, Cross Country, and Golf,
- Girls – Archery, Basketball, Cross Country, Softball, and Cheerleading

Varsity letters are awarded to athletes that compete at the Varsity level (One Varsity letter will be awarded to students who letters academically or through sports, after one varsity letter, a bar will be issued thereafter).

Practice Requirements

Student athletes must attend all practice sessions prior to a contest unless excused by the coach prior to any absence. It is the responsibility of the player to communicate absences with the coach. If a practice is missed and is unexcused, then he/she will be subject to disciplinary action as deemed appropriate by the coach. Repeated unexcused absences could result in removal from the team.

Absence Policy

An athlete who is absent from school after 11:30 a.m. on the day of an activity is ineligible for any activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the coach: 1) for a medical absence pre-arranged with the coach or 2) for a death in the athlete's family. An athlete who has one or more truancies may be suspended from participation in athletic activities by administration.

A student athlete that is absent in the morning must be at school by the beginning of the student's fifth hour class.

An athlete who is absent from school on a Friday before a Saturday event may be withheld from Saturday activities at the sole discretion of the coach.

An athlete in suspension (in school or out of school) will not be allowed to participate in athletics during the period of suspension.

Behavioral Conduct

This Code does not contain a complete list of inappropriate behaviors for students in extracurricular athletic activities. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations and a student may be excluded from sports or activities while the school is conducting an investigation regarding that student's conduct.

The student shall not:

1. Violate the school rules and district policies on student discipline
2. Use a beverage containing alcohol (except for religious purposes)
3. Use tobacco in any form
4. Use, possess, buy, sell, barter, or distribute any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia
5. Use, possess, buy, sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in sports, such as archery, martial arts practice, target shooting, hunting, and skeet
6. Act in an unsportsmanlike manner
7. Vandalize or steal
8. Haze or bully other students
9. Violate the written rules for the activity or sport
10. Behave in a manner that is detrimental to the good of the group or school
11. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff
12. Falsify any information contained on any permit or permission form required by the activity or sport

Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. *Bullying* is any physical or verbal act or conduct that has or can be reasonably predicted to place a student in reasonable fear of harm; cause a detrimental effect on a student's physical or mental health; interfere with a student's academic performance; or interfere with a student's ability to participate in or benefit from school activities.

Coaches and school officials will impose disciplinary measures appropriate to the offenses committed. The discipline imposed for any particular offense shall be at the sole and exclusive discretion of the coaching staff and school officials.

Behavior during Practice/Games

It is the student athlete's responsibility to learn and demonstrate proper behavior. Such behavior can be described as actions by student athletes, which promote cooperation and learning during practice, encourages a profitable work ethic, and results in an excellent competition coupled with good sportsmanship on the playing field.

The coaching staff, for the benefit of the team and community, will not tolerate the actions of players who show a lack of concern for the above behaviors and attitudes. Therefore, if improper behavior is observed in practice or game situations, corrective disciplinary action will be taken.

The coach will establish guidelines to determine what corrective disciplinary action will be taken. The actions will be explained fully to the student before the season starts, and it will be fair and consistent throughout the season. This will occur at the pre-season meetings.

School Equipment

All uniforms and equipment issued to the student athlete must be returned and accounted for after the last game of the season as instructed by the coach. Lost or stolen items are the responsibility of the player, and he/she must pay the present day replacement cost of any items issued and not returned.

Any returned items, which have been damaged, not resulting from normal wear and tear, must be replaced or repaired. The replacement or repair bill(s) becomes the responsibility of the student athlete.

Transportation

All students must travel to sporting events and activities and return home from such events with the team on which the student participates by use of school approved means of transportation. A written waiver of this rule may be issued by the teacher, sponsor or coach in charge of the sport or activity upon advance written request of a student's parent/guardian and provided the parent/guardian appears and accepts custody of the student. Oral requests will not be honored and oral permissions are not valid. Any student found to be in violation of this rule will be subject to discipline in accordance with the Extracurricular Athletic Code of Conduct.

Cut Policy

Student athletes may be cut from all levels of competition. The coaching staff at each level of play may conduct tryouts. The selection of the team members will be based upon:

- Overall talent and ability
- Character, attitude & personality of the individual
- Work habits and loyalty to the program
- Positions needed on the team or activity
- Classroom work

Communication Chain of Command

Going through the proper channels can solve most problems or issues that may arise. If the student athlete has any concerns or questions about the sports program, he/she should contact the coaching staff first. If the parent/guardian of the student athlete has any questions about his/her child or the program, the parent/guardian should talk with the student athlete first to understand the problem.

If further inquiry is needed, the parent/guardian should contact the following in order as listed below

- Coaching staff
 - Immediately before, during or after the completion of a game is not an appropriate time to contact the coaching staff. Waiting at least 24 hours to talk to a Coach is a good idea to calm down.
- Athletic Director cell 618-841-6708 please feel free to contact me anytime
- Principal/Dean of Students
- Superintendent
- Board of Education

Social Media

We respect the right of our student athletes to use social media. However, it is important for our student athletes to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. Posting negative messages and "trash talking" on media outlets is bad practice and should be avoided! Teamwork and sportsmanship does not end after practice or games, but for an entire season.

Quitting a Sport

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

- 1. The athlete should think the whole situation through before reaching a final decision.
- 2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
- 3. If an athlete decides to quit, it is the responsibility of the student-athlete to inform the head coach.
- 4. All equipment must be turned in clean. The athlete must pay for any equipment not returned.
- 5. Quitting a sport may result in the athlete being ineligible to participate in the same sport the following year.

Rules in Effect

The rules set forth in this Athletic Code are in effect throughout the school year from the first practice session for any particular sport during a particular school term until the last day of that sport or until the last day of the school term whichever comes last and twenty-four hours a day, whether or not school is in session and including vacation periods, and holidays. The rules apply on and off campus and whether or not the misconduct occurs at school or a school-sponsored activity or in some other locale. The rules apply to an athlete from the beginning of the athlete's first tryout or practice in the sport which the athlete attempts until the completion of any school year or the completion of the athlete's season whichever comes last.

Due Process Procedures

Students who are accused of violating the Code of Conduct for Extracurricular Activities are entitled to the following due process.

1. The student shall be advised of the disciplinary infraction with which he/she is being charged
2. The student shall be entitled to a hearing before the coach/sponsor and/or appropriate administrator
3. The student will be able to respond to any charges leveled against him/her
4. The student may provide any additional information he/she wishes for the coach/sponsor and/or administrator to consider
5. The coach/sponsor and/or administrator, with the help of other staff members if needed may interview material witnesses or others with evidence concerning the case
6. If the coach/sponsor and/or administrator finds, after reviewing the evidence, that the violation occurred he/she will impose sanctions on the students as follows:
 - a. Sanctions for violations other than drug and alcohol will be determined by coach/sponsor and/or administration and will be based on the nature of the offense and the number of offenses, and may include suspension from all activities or sports. These sanctions may include:
 - i. Routine team appropriate measure taken by the coach/sponsor
 - ii. A suspension for a specified period of time from events, competitions, or practices
 - iii. Suspension from the remainder of the season or the next season
 - iv. Suspension for the remainder of the students high school career
 - b. Sanctions for alcohol and other drug violations will be based on the following

The use, possession of, or the sale or distribution of, or the act of being under the influence of tobacco (to include all forms of use including cigarettes, chewing tobacco, snuff, as well as "vaping", e-cigs, or future forms), alcohol, and/or controlled substances at any time during a student's tenure at Hardin County CUSD #1 will be in violation of the substance abuse policy. This includes times when school is not in session. The coach/sponsor and principal will meet to discuss the violation and any penalties that may be assessed. Violation must be based on proven knowledge and not hearsay evidence. Violation of the extracurricular code of conduct could result in a suspension from competing in the following contests:

Tobacco:

- 1st offense: 1 Game suspension
- 2nd offense: 25% of season suspension
- 3rd offense: 50% of season suspension
- 4th offense: Calendar year suspension

Alcohol:

- 1st offense: 25% of season suspension
- 2nd offense: 50% of season suspension
- 3rd offense: Calendar year suspension
- 4th offense: Career suspension

Drugs:

- 1st offense: 50% of season suspension
- 2nd offense: Calendar year suspension
- 3rd offense: Career suspension

The above penalties shall be considered aggravated and a one-step advance on the penalty shall be imposed if the violation includes more than use and possession such as: a DUI, providing or distributing substances to others, or use on school grounds or at school events.

(Penalties may be reduced for students participating in substance/alcohol abuse counseling)

Hardin County Concussion Protocols

When you suspect that a player has a concussion, follow the "Heads Up" 4-step Action Plan.

1. Remove the athlete from play.
2. Ensure that an appropriate health-care professional evaluates the athlete.
3. Inform the athlete's parents or guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and gives the okay to return to activity.

The signs, symptoms, and behaviors of a concussion are not always apparent immediately after a bump, blow, or jolt to the head or body and may develop over a few hours. An athlete should be observed following a suspected concussion and should never be left alone.

Athletes must know that they should never try to "tough out" a suspected concussion. Teammates, parents and coaches should never encourage an athlete to "play through" the symptoms of a concussion. In addition, there should never be an attribution of bravery to athletes who do play despite having concussion signs or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

Return to Play

After **suffering a concussion**, no athlete should return to play or practice on that same day. Newer studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Once an athlete no longer has signs, symptoms, or behaviors of a concussion and is cleared to return to activity by a healthcare professional, he or she should proceed in a stepwise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day. The return to activity program schedule may proceed as below following medical clearance:

Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.

Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

Step 3: Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.

Step 4: Full contact practice or training.

Step 5: Full game play.

Return to Learn

Like any injury, rest is the key component of healing. A child's brain recovers more slowly than adults. To help your child's brain recover as quickly as possible, follow the protocol below. Each stage of the protocol should take a minimum of 24 hours to complete. If symptoms worsen on one stage, the child should immediately rest until all symptoms have resolved and then resume the protocol at the stage prior to the one in which symptoms have developed.

Stage 1 –Home – Total Rest

- No mental exertion –No computer, texting, video games or homework
- Stay at home
- No driving

Stage 2 – Home – Light Mental Activity

- Up to 30 minutes of Mental Exertion
- No prolonged concentration
- Stay at home
- No driving

Stage 3 – School – Part Time

- Provide quiet place for scheduled mental rest
- No significant classroom or standardized testing
- Modify rather than postpone academics
- Provide extra help, extra time on assignments

Stage 4 – School - Part Time

- No standardized testing
- Modified classroom testing
- Moderate decrease of extra time, help and modification of assignments

Stage 5 – School - Full Time

- No standardized testing
- Routine tests OK
- Decrease extra time and help of modification of assignments

Stage 6 – School – Full Time

- Full Academics
- No Accommodations

Concussion Protocol Checklist

A student removed from competition or practice due to a possible concussion may not play or practice again until all of the following have been met:

1. The student has been evaluated by the student's physician or an athletic trainer working under the supervision of a physician and it has been determined that the student can safely return to play and return to learn.
 2. The student has completed all requirements of the school's return to play and return to learn protocol.
 3. The student's parents acknowledge that the student has completed the return to play and return to learn protocols. The student's parent must provide the physician's report to the individual at the school responsible for implementing the return to play and return to learning protocols.
 4. The student's parent signs a consent form indicating that the parent has been informed of the physician's report and consents to the student's return to play. The consent form must also indicate the parent understands the risks associated with a return to play and return to learn and will comply with ongoing return to play and return to learn protocols and consents to sharing the physician's statement and any recommendations to appropriate persons.
-
-
-

Parents, Athletes, and Coaches RE: Athletic Policy/Code of Conduct

The Athletic Policy was approved by the Board of Education effective Sept. 28, 2017. The code includes standards for student athletes (cheerleaders are considered athletes) and penalties for breaches of these standards. The policy was designed to establish a uniform set of procedures for all sports teams. Each athlete is to be given a copy of the policy statement. A parent or guardian and the athlete must sign the form below indicating that they know the rules and pledge to abide by them.

Andy Edmondson, Superintendent

Susan Armstrong, Principal

Ira Cruison, Dean of Students

Hunter Cullum, Athletic Director

Parent Signature _____

Athlete's Signature _____

PLEASE SIGN AND RETURN THIS FORM TO THE MAIN OFFICE

TRANSPORTATION RELEASE FORM

I, _____, give permission for my child, _____, to be released and transported home from school athletic events with the following individuals:

Name

Phone Numbers

Parent/Guardian Signature

Date

I understand that school district employees cannot supervise activity participants except when they travel to and from events and practices on school authorized vehicles. For valuable consideration, the receipt of which is hereby acknowledged, I knowingly and voluntarily release and forever discharge Hardin County Community School District 1 and the members of its Board of Education, its employees and agents from any and all liability, injuries, property damage, or other damage suffered by my students while traveling to or from activity events or practices by transportation other than a school authorized vehicle.

This transportation form is valid only for athletic events pertaining to the school year for which this date falls within.

Please provide the office or email hcullumn@hardink12.net a copy of your insurance card.

PLEASE FILL ALL INFORMATION AND RETURN THIS FORM TO THE MAIN OFFICE.