

Arthur County Schools Activities Handbook



2022 - 2023

Introduction

Student participation in extracurricular activities has been linked to improved attendance, higher academic achievement, and greater student self-confidence and self-esteem. Arthur County Schools provides students with the opportunity to participate in a comprehensive activities program that includes athletics, fine arts, and select clubs or organizations associated with academic areas.

Although the school district believes strongly in the value of student activities, participation in the activities program is a privilege, not a right. Students must obey the rules set out in this handbook and any additional rules created by their coach or activity sponsor. This handbook is advisory and does not create a "contract" with parents, guardians, students, or staff. The administration reserves the right to make decisions and make rule revisions at any time to implement the educational program and to assure the well-being of all students. The administration is responsible for interpreting the rules contained in the handbook. If a situation or circumstance arises that is not specifically covered in this handbook, the administration will make a decision based upon all applicable school district policies, and state and federal statutes and regulations.

Please read this handbook carefully. Students and their parents/guardians are responsible for complying with all of the rules and procedures detailed in this booklet.

Parents/guardians must sign the acknowledgement and permission to participate form at the end of this handbook before their student will be permitted to participate in the activity programs of the district.

The provisions in this handbook are subject to change at the sole discretion of the Board of Education. From time to time, you may receive updated information concerning changes in the handbook. These updates should be kept within the handbook so that it is up to date. If you have any questions regarding this handbook, please contact the Superintendent for assistance

GENERAL INFORMATION ABOUT THE ACTIVITIES PROGRAM

Academic Eligibility

To be eligible to participate in the school's activity programs, each student must (1) meet Nebraska State Activities Association (NSAA) requirements concerning scholastic eligibility (see Section Three of this Handbook), (2) be registered for 10 credit hours per semester and be in regular attendance, and (3) have not less than a 70% grade in two or more classes for a period of one week to remain eligible to participate in any portion of the activities program. Participants must attend practices and participate in all conditioning during any period of ineligibility.

Eligibility checks will be conducted each Monday morning. Students having a 69% or lower in two or more classes will be ineligible and will remain ineligible until the following Monday's grade check, and will be required to attend 8th hour with the teacher or teachers in which they have a failing grade and will continue to do so until they have completed all work and improved the grade to at least a 70%. In addition students who have a zero in a class due to incomplete or missing work will be required to attend 8th period until the work has been completed. Eighth period is scheduled to begin at 3:50 and will conclude at 4:20; participants in 8th period will not be allowed to attend practice until the period is completed.

The building principal or activities director will notify a participant and his or her parents whenever the participant is declared academically ineligible.

Students may not participate in any practice, activity, or performance while serving a short-term suspension, long-term suspension, or expulsion from school.

Activity Trips

A student's behavior and appearance on an activity trip must be representative of Arthur County High School. The coach(es), sponsor(s) and the driver will be the authorities in charge. The bus will always leave from the high school and return to it. Any student riding to a school sponsored activity is to return with the sponsor/coach unless a personal request (written) is made by the student's parent/guardian. All schoolwork should be made up in advance for classes which will be missed. All Arthur County Schools students and staff will follow any and all protocols of the school district of whom they are visiting and competing against. This specifically includes special protocols opposing schools may require. Students will be responsible for their own food and accommodations while traveling.

Attendance at Practices and Contests

Participants in the activities program are expected to attend and be on time at all practices and meetings scheduled by the coach or sponsor. Participants may be excused for absences resulting from a participant's illness, a death in the family, a doctor's appointment, a court appearance, or other absences that are arranged in advance. The coach/sponsor of an activity may require a participant who has an excused absence to complete an alternate assignment for missing a practice, meeting, event, performance, or contest. A participant who is unable to attend a scheduled practice, meeting, or game must contact the coach or sponsor in advance. Students who are absent from school due to illness are not required to provide the coach or sponsor with additional notification of the student's absence from practice.

You will be allowed participate in an extracurricular activity after school provided that you are present for a no less than $\frac{1}{2}$ a school day, the day of the activity. A $\frac{1}{2}$ school day constitutes three and one-half (3 $\frac{1}{2}$) class periods of school. You need to return by 11:30 AM to meet the three and one-half (3 $\frac{1}{2}$) periods. Students who are absent for more than $\frac{1}{2}$ a day will not be allowed to participate in an afterschool activity; including contests, performances, and practices. Absences for appointments the day of an activity that may require a student to miss more than $\frac{1}{2}$ day should be cleared with the superintendent or principal before the appointment and participation in any activities.

If a participant misses a scheduled contest or performance, the coach or sponsor may impose discipline up to and including suspension of the participant from the activity for the remainder of the season or length of the activity.

Closings

Unless the administration determines that it is permissible for the activity to continue as scheduled, all activities/practices will be canceled or postponed in the event that school has been called off for inclement weather or any other reason as determined by the administration.

Colors

Arthur County Schools colors are Blue, White, & Red.

Complaint Procedure

To reduce conflicts in the school's activities program, students and/or their parents/guardians should use the district's formal complaint procedure to manage conflicts about the program. The complaint procedure is printed later in this handbook.

Concussion Awareness

The Nebraska Unicameral has found that concussions are one of the “most commonly reported injuries in children and adolescents who participate in sports and recreational activities and that the risk of catastrophic injury or death is significant when a concussion or brain injury is not properly evaluated and managed.”

The School District will:

- a. Require all coaches and trainers to complete one of the following online courses on how to recognize the symptoms of a concussion or brain injury and how to seek proper medical treatment for a concussion or brain injury:
 - Heads UP Concussions in Youth Sports
 - Concussion in Sports—What You Need to Know
 - Sports Safety International
 - ConcussionWise
 - ACTive™ Athletic Concussion Training for Coaches; and
- b. On an annual basis provide concussion and brain injury information to students and their parents or guardians prior to such students initiating practice or competition. This information will include:
 - 1 The signs and symptoms of a concussion;
 - 2 The risks posed by sustaining a concussion; and
 - 3 The actions a student should take in response to sustaining a concussion, including the notification of his or her coaches.

A student who participates on a school athletic team must be removed from a practice or game when he/she is reasonably suspected of having sustained a concussion or brain injury in such practice or game after observation by a coach or a licensed health care professional who is professionally affiliated with or contracted by the school. The student will not be permitted to participate in any school supervised team athletic activities involving physical exertion, including practices or games, until the student:

- a. has been evaluated by a licensed healthcare professional;
- b. has received written and signed clearance to resume participation in athletic activities from the licensed healthcare professional; and
- c. has submitted the written and signed clearance to resume participation in athletic activities to the school accompanied by written permission to resume participation from the student’s parent or guardian.

If a student is reasonably suspected after observation of having sustained a concussion or brain injury and is removed from an athletic activity, the parent or guardian of the student will be notified by the school of:

- a. the date and approximate time of the injury suffered by the student,
- b. the signs and symptoms of a concussion or brain injury that were observed, and
- c. any actions taken to treat the student.

The school district will not provide for the presence of a licensed health care professional at any practice or game.

School officials shall deem the signature of an individual who represents that he/she is a licensed healthcare professional on a written clearance to resume participation that is provided to the school to be conclusive and reliable evidence that the individual who signed the clearance is a licensed healthcare professional. The school will not take any additional or independent steps to verify the individual's qualifications.

Dances

School dances are part of the district's extracurricular activity program. Students who wish to participate in school dances must comply with the activity code. Students may be prohibited from participating in school dances as a consequence for violating school rules or these activity rules.

Middle School/High School Dances

All school dances are restricted to Arthur County High School students and their guests. Outside guests of Arthur students will be required to fill out a permission form. Each student is responsible for his/her guest's conduct. Any organization wishing to sponsor a dance must obtain permission from the principal regarding dates and times. Each dance should be sponsored by at least two adults. Once admitted to the dance, students are expected to remain until the close of the dance. Students who leave the dance will not be readmitted. Students who are academically ineligible will not be allowed to attend school dances without approval from administration.

Homecoming and Prom

The Homecoming dance is open to 7-12 students and guests of Arthur County High School.

The Junior/Senior Prom is open to 9-12 students and guests of Arthur County High School. Guests must follow all rules that students must follow. Outside guests of Arthur students will be required to fill out a permission form and cannot be older than 20 years of age. Each

student is responsible for his/her guest's conduct. Appropriate attire is required for these dances.

Electronic Communication

The school board supports the use of technology by coaches, extracurricular sponsors, and other staff members to communicate with students for legitimate educational, extracurricular, and other school-related purposes. However, electronic communication between students and teachers, sponsors, and coaches shall be appropriate at all times and shall not violate any law, district policies, or the Regulations and Standards for Professional Practices Criteria, commonly known as Rule 27 of the Nebraska Department of Education ("Rule 27"). Please see the Social Media Policy For School District Employees for further explanation.

Equipment

Each participant in the athletic portion of the activities program will be issued a locker to store his/her personal belongings and school equipment that has been checked out.

School-owned clothing or equipment that is checked out to individual students remains the property of the school. The clothing or equipment is not to be used or worn by the student except for the intended use. Each piece of equipment or clothing is to be returned to the instructor or coach when the season or the use of such clothing or equipment is over. Each participant is responsible for all equipment checked out to him/her. Students will be assessed the replacement cost for school equipment that has been checked out to him/her and is lost or stolen.

Fundraising

All school-sponsored fundraising activities must be approved by a member of the school district administration. Fundraising for any activity must comply with the district's policies, including applicable provisions specifically pertaining to Booster Clubs and PTOs for non-school-sponsored fundraising. Use of the school mascot shall not be permitted unless approved by the superintendent.

Individual Training Rules and Rules of Conduct

Head coaches or sponsors may develop additional training rules or rules of conduct for their activity. Students are responsible for knowing these rules and complying with them.

Initiations and Hazing

Initiations and hazing by members of classes, clubs, athletic teams, or any other organization affiliated with the district are prohibited except as otherwise permitted by this policy. Any student engaging in hazing or

non-approved initiations is subject to discipline as permitted by policy and law.

Initiations are defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if those activities do not rise to the level of "hazing" as defined below. Initiations are prohibited except by permission of the superintendent.

Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caress the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person.

Injuries

Participants who suffer any type of injury while involved in extracurricular activities must notify the coach or sponsor immediately. The coach or sponsor will then evaluate the injury and, if necessary, notify the participant's parents/guardians or seek immediate medical treatment.

If at any time during participation a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The written release must be given to the coach or sponsor of the activity. Note: The release requirement will be satisfied if the initial doctor's order specifies the duration of the student's restriction from participation and/or competition. Also see Concussion Awareness above.

Insurance

The school district does not provide medical or other insurance coverage for students who participate in athletic contests or other activities. It is the parents' responsibility to provide adequate insurance to cover any medical expenses that may be incurred while the student is participating in athletics or other activities. The school district makes an accident insurance plan available for purchase by participants and their families through an authorized insurance agent. Information about policies which families may purchase will be available prior to each

sports season and at fall registration.

LETTERING REQUIREMENTS

ADMINISTRATIVE QUALIFICATIONS FOR LETTERING

Introduction

The letters and emblems awarded by the Arthur County High School are given to those students who have participated in the activities sponsored by the High School and have met the requirements set down. They indicate a level of achievement and should be considered an honor to win and wear. Those who wear these emblems should realize that to the outside world the bearer stands for Arthur County High School. Our school will be judged by his/her conduct. He/she should reflect only credit upon their school. Sportsmanship has been the trademark of the outstanding tradition here at Arthur. Your cooperation and continuing effort is necessary for ACHS to be successful.

General Criteria for Lettering:

1. Recommendation by Coach.
Coaches or supervisors will provide specific criteria for lettering individuals. (For example: Quarters or games played, points earned, attitude, attendance, training rules, etc.)
2. Approval by Administration
3. Completion of season (unless injured)
4. Special awards may be issued by the school or activities conference in accordance with the rules and by-laws of the Nebraska State Activities Association with the approval of the school administration for the following:
 - A. Speech
 - B. Drama (Play Production)
 - C. Music (Vocal & Instrumental)
 - D. Debate
 - E. Journalism
 - F. Football
 - G. Volleyball
 - H. Boys and Girls Basketball
 - I. Boys and Girls Track

Inter School activities (National Honor Society, Student Council, Etc.), will provide their own awards and honors subject to approval by the administration.

All members of any Arthur County High School activity are expected to aid the success of other teams and individuals by supporting them in a

positive manner.

Football Lettering Requirements

1. Coaches' approval.
2. Participating in one-half of the varsity quarters during the regular season. (Any part of a quarter played will count as a full quarter.
3. Freshman and sophomore players can earn up to two quarters of service points. To earn these quarters the following will be considered: attendance, attitude, desire, cooperation, sportsmanship and general contributions to the success of the team.

Volleyball and Basketball Lettering Requirements

1. Coaches' approval.
2. Time of Participation
 - a. Play in one-third of all regular season varsity contests.
 - b. Player must complete the season (Unless injured - injuries may require a doctor's excuse).
3. Participation in practice is mandatory. Excessive absenteeism and unexcused absenteeism may cause for not lettering, dismissal from the team, or other disciplinary measures.
4. Consideration for lettering may also, at the coaches' discretion, be given for members of the squad who make outstanding contributions to the success of the team. Qualities which may be considered are: attitude, attendance, desire, cooperation, sportsmanship, etc.

Track Lettering Requirements

1. Coaches' approval
2. To letter participants must acquire, at a minimum, 100 points. Points will be awarded to participants in the following ways:
 - a. Practices – Participants may earn their 100 points through attending and participating in each scheduled practice. Points per practice will be determined by the following method: $100 \text{ points} \div \text{total number of scheduled practices}$. For example, if there are 35 practices scheduled, then points per each practice would be equal to $100/35 = 2.86 \text{ points/practice}$.
 - b. Medaling at meets – Points will be awarded equal to the number of team points for placing at a meet. For example,

a first place finish will add 10 points to the athlete's total for the season.

- c. Personal bests – 5 points will be added to the participants lettering total each time they achieve a personal best at a meet, excluding their initial mark or time for the season.
- d. Meet or school records – 25 points will be given for any Arthur County High School record that is broken, and 20 points will be given for any meet record that is broken throughout the season.

*Coaches may withhold a letter from any participant who has met the point requirements but has had excessive unexcused absences from practice.

Reasons for dismissal or not lettering in a sport:

1. No player will be considered for a letter if he does not complete the season (unless injured)
2. Excessive absenteeism (unexcused absenteeism will not be tolerated).
3. Abuse of controlled substances.
4. Behavior unbecoming to the school, coaching staff or team
5. Not acquiring enough points (track only).

One Act Play Lettering Requirements

Students will letter in One Act by attending 85% of all mandatory practices and by participating in all One Act contests.

Speech Lettering Requirements

Students will letter in Speech by attending 85% of all mandatory practices and by participating in MNAC and District Speech.

Quiz Bowl Lettering Requirements

Students will letter in Quiz Bowl when they meet one of the following options:

Option 1:

A student must have competed in 50% of all varsity tournaments.

Option 2:

A student must have accumulated 110 Quiz Bowl Points.

Point Accumulations:

Student will earn points by correctly answering questions at practices and at tournaments.

- Students will earn 1 point for each correct answer at practices.

- Students will earn 3 points for each correct answer at tournaments.

For each activity listed above, the participant must start and finish the season unless injured. Coaches and sponsors have the reserved right to award letters to seniors, student managers in grades 9-12, and others giving major contributions to the team or activity.

Mascot

The official emblem for boys' and girls' athletic teams is the Wolves. The mascot cannot be used for non-school-sponsored purposes unless approved by the superintendent.

Practices

The individual head coach or sponsor, in cooperation with the high school principal, will schedule all starting times of practices Monday through Friday. All participants are expected to be ready at the time set by the coach or sponsor.

To be eligible to practice, a participant must satisfy the following requirements:

1. Submit to the office a signed physical form & NSAA consent form, and the signed Activities Code of Conduct that verifies that a physical examination has been completed, that the student and parent(s)/guardian(s) clearly understand the chain of command agreement and that the student and parent(s)/guardian(s) understand the school's position regarding the use or possession of alcohol, tobacco, nicotine devices, and other related drugs along with eligibility, attendance and all other requirement in this handbook.

Secret Organizations

Secret organizations are prohibited. School officials shall not allow any person or representative of any such organization to enter upon school grounds or school buildings for the purpose of rushing or soliciting students to participate in any secret fraternity, society, or association.

Student Manager, Helpers, or Activity Aids

Students wishing to serve as student volunteers for extracurricular activities must gain the permission of the activity coach or sponsor. Student volunteers must comply with all of the rules and procedures contained in this handbook.

Sunday and Wednesday Night Activities

In order to provide students sufficient time away from school for family-related activities, the school will endeavor not to schedule

activities on Wednesday evenings or on Sundays. Practices will be organized so that all participants are showered, dressed, and/or leave the facilities by 6:00 p.m. on Wednesday nights. An exception to this guideline would be when a team, a group of students, or an individual may be required to participate in an NSAA activity sponsored by the conference, district, or state on a Wednesday night.

The school does not allow Sunday practice sessions, except when a varsity team, a group of students, or individual is scheduled to compete or perform on a Monday in a post season event. Practices scheduled for a Sunday must have the prior approval of the Superintendent.

Weight Room

The weight room has been developed to help each athlete, student, or adult in the community maintain a level of physical fitness. No one may use the weight room or equipment without proper supervision. The school will develop a schedule for use of the weight room by athletes during the school year and during the summer months.

The weight room is a high demand area within the school facilities. The following guidelines will help determine the priorities in reference to use if more than one group desires to use the facility at the same time:

1. Physical education instruction
2. By the team sports, which are in season
3. Conditioning programs for athletes not currently out for a sport
4. Summer conditioning programs
5. Public use

Activities and Athletics Basketball (boys and girls), Football, Play Production, Speech, Track (boys and girls), Volleyball

Band

The school district sponsors a pep band in addition to the concert band. Participants must be enrolled in band class in order to be eligible to participate in these groups.

FFA

FFA is an integral part of the agricultural education department and all students of that department are urged to belong. In order to belong to the FFA organization, students will need to presently be taking at least one semester long agriculture class and pay the required dues. The activities include training in leadership, opportunities for travel and recreation, and safety and community service activities. Students may participate in field trips, conventions, judging contests, and hands-on

experience.

National Honor Society

Members will be selected based on their scholarship, service, leadership, and character. All students who meet the requirements outlined below will qualify for membership.

Scholarship

Students who meet the **minimum scholarship established by the National Honor Society** based on an approved class curriculum will qualify to apply for membership. Those who do not meet the minimum scholarship requirements **do not** qualify to apply for membership.

Student Candidate Form

Students will be evaluated on the criteria of service, leadership, and character through student applications provided with their qualification letter. It is the responsibility of the student to adhere to application deadlines and guidelines.

Character

In cases where discipline issues place concern on the character of a student, admission to the organization may be denied regardless of the above application process. These decisions are final and shall be made by the principal.

Appeals

Any and all appeal cases will be turned in to the principal and voted on by the anonymous faculty council.

Student Council

The purpose of student council is to arouse the spirit of loyalty toward the school, to promote good citizenship, to sponsor school activities, to extend the spirit of good fellowship throughout the student body, to foster a spirit of cooperation between the students and faculty, and to seek to develop a spirit of cooperation, goodwill, and better understanding with other schools. The organization, operation, and scope of the student council shall be administered by the assigned adviser and administration.

Eligibility

NEBRASKA STATE ACTIVITY ASSOCIATION RULES

In order to represent a high school in interscholastic athletic competition, a student must abide by the eligibility rules of the Nebraska School Activities Association. Eligibility requirements are established by the NSAA in its Constitution and its Bylaws and Approved Rulings. These documents can be found online at <http://nsaahome.org/yearbook.php>. A summary of the major rules is given below. Contact the principal or the activity sponsor/coach for an explanation of the complete rule.

1. Students must be a *bona fide* student of their member school and have not graduated from high school.
2. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.
3. Students are ineligible if nineteen years of age before August 1 of the current school year. (Students in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of the current school year.)
4. Students must be enrolled in some high school on or before the eleventh school day of the current semester.
5. Students must be continually enrolled in at least twenty credit hours per semester and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.
6. Students must be enrolled and have received twenty hours of credit in school the immediate preceding semester.
7. **Guardianship does not fulfill the definition of a legal parent.** If a guardian has been appointed for a student, the student is eligible in the school district where his/her legal parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for review and a ruling.
8. A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she

shall be ineligible for ninety school days.

9. **Student eligibility related to domicile can be attained in the following manners:**
 - a. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible. If the domicile is changed during the summer months and the student is in grade twelve and the student has attended high school for two or more years, the student may remain at the high school he/she has been attending and retain eligibility.
 - b. If a student elects to remain at the same high school initially enrolled after being promoted from grade eight of a middle or junior high school, or grade nine of a junior high school, he/she is eligible at that school, or is eligible at a high school located within the school district in which the parents established their domicile.
 - c. **If the legal parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.**
10. Nebraska transfer students whose name appears on the NSAA transfer list prior to May 1 shall be eligible immediately in the fall. Those students whose name does not appear on the NSAA transfer list prior to May 1 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
11. Nebraska transfer students must have signed and delivered all forms necessary to make such transfer to the school in which he/she intends to enroll for the 2022-23 school year prior to May 1, 2022; for the student to be eligible, the school to which the transfer is being made must have notified the NSAA office via an NSAA online transfer form, no later than May 1, 2022. The student would become ineligible for ninety school days the next fall if the student were to change his/her mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to his/her former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students who did not have their enrollment forms signed, delivered, and

- accepted prior to May 1, 2022, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
12. Transfer to Home School District. Any student entering high school for the first time after promotion from 8th grade who did not initially enroll in the high school located in the school district where the students parents have their domicile, or a student who transfers back to a high school located in the school district where his/her legal parent(s) have established their domicile shall be ineligible for ninety school days.
 13. Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules
 14. During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp, or school. (*Refer to NSAA Bylaw 3.5.1.1 for exception in Swimming and Diving.)
 15. A student shall not participate on an all-star team while a high school undergraduate.
 16. A student must maintain his/her amateur status.

NSAA Sportsmanship Rules

Students and parents must abide by the Nebraska School Activities Association Sportsmanship Rules. A complete copy of these rules can be found at <http://www.nsaahome.org/nsaaforms/pdf/manualsp.pdf>. Unsportsmanlike conduct shall include physical or verbal assault upon any participant, game official, or spectator, or any acts that may endanger the personal safety of individuals involved, or acts which hinder the normal progress of a contest or lead to the restriction of discontinuance of a contest.

If a student, participant, patron, and/or staff member representing a member school acts in a manner constituting unsportsmanlike behavior during competition the member school and/ or individuals shall be subject to penalties. A student, participant, patron, and/or staff member may not be permitted to attend activities if involved in unsportsmanlike conduct.

CODE OF CONDUCT

All students associated with Arthur County Schools and participating in extracurricular or school sponsored activities (including all NSAA

activities) are required to avoid conduct that is detrimental to the integrity of, and public confidence in, the school. Rules promoting lawful, ethical, and responsible conduct serve the interests of all people associated with the school. Illegal and irresponsible conduct puts people at risk, it tarnishes the reputation of the offender and everyone else associated with the school, and undermines the public support and respect of the school district.

Standard of Conduct. Participation in school-sponsored or extracurricular activities is a privilege and not a right. Participants must follow board policy, this code, and all the training rules and rules of conduct of the coaches and/or activity sponsors. Students participating in school-sponsored or extracurricular activities are held to a high standard. Students are expected to conduct themselves in a way that is lawful, responsible, promotes the values upon which the school is based, and that brings credit to themselves and the school. Students who fail to live up to the required standard of conduct are guilty of detrimental conduct and subject to discipline under all school policies, the general student code of conduct, and these Activity Participation Rules.

Coach and Sponsor Rules. Coaches and/or activity sponsors shall establish training rules/rules of conduct for participation in or attendance at the activity or event. General training rules or rules of conduct shall be established prior to the activity or event. This Code shall control in the event that there is a conflict with a coach or sponsor rules.

Prohibited Conduct. Students in school-sponsored and/or extracurricular activities may not engage in the following conduct:

1. Receipt of a criminal citation by law enforcement for any reason.
2. Conviction of a crime in adult court or the adjudication of a criminal charge in juvenile court.
3. Any behavior that is illegal under the laws of Nebraska or the United States of America regardless of whether it results in a criminal charge or conviction.
4. Any conduct that substantially interferes with the educational process or disrupts the activity or event.
5. Possession, use, distribution, or being at parties in the presence of alcohol, illicit drugs, tobacco, nicotine dispensing devices or controlled substances, or any lookalike or imitations thereof, without parental/guardian supervision, or being under the influence of alcohol, illicit drugs, tobacco, or controlled substances, or any lookalike or imitations thereof. "Lookalike or imitations" means substances such as K2 and products like electronic cigarettes, vapor pens, Juuls, etc. (Note: the term "under the influence" for school purposes has a less strict

meaning than it does under criminal law; for school purposes, the term means any level of impairment and includes even the odor of alcohol on the breath or person of a student; also, it includes being impaired by reason of the use or abuse of any substance for the purpose of inducing a condition of intoxication, stupefaction, depression, giddiness, paralysis, inebriation, excitement, or irrational behavior, or in any manner changing, distorting, or disturbing the auditory, visual, mental, or nervous processes).

**Any participant of Arthur County Junior or Senior High who, during the school term (school term to include fall season practices before the school term starts) is observed by school or law enforcement personnel, on or off school property, to be in possession of, use of, or associated with in any other manner alcohol, tobacco, other dangerous & controlled drugs and will be subjected to the following disciplinary actions. The observer or report of the conduct of the student shall have articulated facts based on observation, court process (conviction or diversion) or other reliable indications of guilt.*

The student must self-report any violations/possible violations to his or her coach or athletic director or administrator as soon as possible the next school day. If the violation occurs on the weekend or during a school vacation, self-reporting must be done the earliest of: before the next contest/practice is held for any activity currently involved in or as soon as possible the day school resumes. If a student self reports under these timelines, 2 days credit may be applied to their activity suspension.

*First Offense: The student and their parent(s)/guardian(s) will be required to meet with the superintendent. The student will be suspended from participation in school activities for 10 school days (they will be required to attend all practices during this time). *Fridays included in the count.*

*Second Offense: The student will be suspended from competition for 20 school days or the remainder of the season for the sport, whichever is longer (they will be required to attend all practices during this time). *Fridays are included in the count.*

Third Offense: The student will be suspended from competition for the remainder of the year.

6. Engaging in initiations, defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if those activities do not rise to the level of "hazing" as

defined below. Initiations are prohibited except by permission of the superintendent.

7. Engaging in hazing as defined by state law and this policy. Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Under state criminal law, hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person. For purposes of school rules, hazing also includes any activity expected of someone joining a group, team, or activity that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate; personal servitude; restrictions on personal hygiene; yelling, swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such on one's skin; binge drinking and drinking games; sexual stimulation and sexual assault.
8. Bullying which shall include cyber-bullying, defined as the use of the internet, including but not limited to social networking sites such as Facebook, cell phones or other devices to send, post, or text message images and material intended to hurt or embarrass another person. This may include, but is not limited to; continuing to send an email to someone who has said they want no further contact with the sender; sending or posting threats, sexual remarks, or pejorative labels (i.e., hate speech); ganging up on victims by making them the subject of ridicule in forums; posting false statements as fact intended to humiliate the victim; disclosure of personal data, such as the victim's real name, address, or school at websites or forums; posing as the identity of the victim for the purpose of publishing material in their name that defames or ridicules them; sending threatening and harassing text, instant messages, or emails to the victims; and posting or sending rumors or gossip to instigate others to dislike and gang up on the target.
9. Using any Internet or social networking websites to make

- statements, post pictures, or take any other actions that are indecent, vulgar, lewd, slanderous, abusive, threatening, harassing, or terrorizing.
10. Violating any school policy or a coach or activity sponsor's training rules or rules of conduct.
 11. Dressing or grooming in a manner which is (A) dangerous to the student's health and safety or a danger to the health and safety of others, (B) lewd, indecent, vulgar, or plainly offensive, (C) materially and substantially disruptive to the work and discipline of the school or an extracurricular activity, (D) interpreted to advocate the use of illegal drugs or other substances by a reasonable observer.
 12. Failing to report for an activity at the beginning of a season unless excused by the coach or activity sponsor.
 13. Failing to attend scheduled practices and meetings unless excused by the coach or activity sponsor.

ADDITIONAL DISCIPLINES

Any student who is disciplined under these policies at any time during the school year, and who was a participant in any Arthur County extra-curricular activity, will no longer be eligible to receive any of the special awards given out at the activity or honors banquets. Examples may include but are not limited to: Outstanding Athlete, Most Valuable Players, Most Improved Player, Outstanding Musician, Outstanding Speech or Drama Student, or any other special awards given by coaches or activity sponsors. This does not affect lettering in an activity and All-Conference selections.

Such conduct is prohibited during the school year, regardless of whether it occurs on-campus or off-campus. School year means the period commencing on the first day of fall sports practice through the last day of spring sports practice, events, or attendance at school for a given school year. If any state or national activity happens during the summer that would be considered an extension of the school year, the code of conduct will be followed for that summer activity that extended from the previous school year.

Discipline. Students who violate any provision of these Activity Participation Rules may be subject to discipline up to and including expulsion from extracurricular activities and school sponsored events. Disciplinary action may include a probationary period and conditions that must be satisfied prior to or following reinstatement. Administrators and coaches will take the following into consideration when making disciplinary decisions:

1. Any prior or additional misconduct;
2. The nature and seriousness of the offense;

3. The motivation for the offense;
4. The amount of violence involved;
5. The student's demeanor and attitude regarding the violation;
6. The actual, threatened, or potential risk to the student and others due to the student's behavior;
7. Whether the student has compensated or will compensate the victim in the event of property damage or personal injury;
8. Whether the circumstances of the violation are likely to recur;
9. The student's willingness to participate in evaluations, counseling, or other programs;
10. Any mitigating factors;
11. Any other relevant factors.

If suspended, the student must continue to participate in practices and conditioning during the suspension if required by the coach or activity sponsor. The failure to comply with the practice and conditioning requirement will make the student ineligible for reinstatement to the activity. Students may travel with the team to the activity given they will not miss more than half a day of school.

**** Additional consequences may be issued by the building principal separate from the activities policy.**

Evaluation, Counseling, and Treatment. Apart from any other disciplinary procedures, students who violate any provision of these rules may be required to undergo a formal clinical evaluation at the administration's discretion. Based upon the results of that evaluation, the student may be encouraged or required to participate in an education program, counseling, or other treatment deemed appropriate by the evaluating professional.

Reporting of Incident. Students shall report any violation of these rules to the coach, principal, or superintendent no later than 30 minutes after the beginning of the next school day after the violation has occurred. Failure to report an incident will constitute a violation of these rules and will be taken into consideration in making disciplinary determinations under this policy.

Discipline Procedures. Prior to any disciplinary action under this activities code, the following procedures shall be followed:

1. The activities director along with the coach or activity sponsor shall make an investigation of the alleged violation and provide an opportunity for the student to present his or her version of the facts surrounding the alleged violation.
2. The student and his/her parent or guardian shall be given oral or written notice of the information obtained as a result

of the investigation and provided an opportunity to confer with the coach/sponsor and building principal regarding the incident and any resulting disciplinary action.

3. The Principal in coordination with the Superintendent shall make a decision regarding disciplinary action after steps 1 and 2 have been followed and shall report to and consult with the principal regarding the decision.
4. The student or the student's parents/guardians will be given written notice of the disciplinary action taken within a reasonable amount of time by the activity sponsor.

Review of Decision. A student or the student's parents/guardians may, within 5 school days of the notice of disciplinary action from the coach or activity sponsor, notify the superintendent in writing of their request for a review of the coach or activity sponsor's determination. The superintendent or his or her designee shall review the situation and render a decision within 3 school days from the date of the request for review. The superintendent's decision shall be in writing and shall be final.

Misrepresentations. Any misrepresentation of fact by a student regarding any alleged violation of these rules shall be considered a separate violation of these rules, and the student shall be subject to additional disciplinary action.

Questions. Any parent/guardian or student who has questions about board policy, this code, training rules, or rules of conduct of coaches or activity sponsors, or their interpretation or application shall consult with the high school principal and/or the superintendent.

Assistance. Students are encouraged to consult with their coach, an administrator, a counselor, or a teacher to obtain access to educational, counseling, and other programs and resources that may be available to help avoid misconduct that may result in discipline under this policy.

Relationships Between Parents and Coaches/Sponsors

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone.

Parents' Role in Interscholastic Athletics

Communicating with the Coach

1. Communication you should expect from your child's coach includes:
 - a. Philosophy of the coach
 - b. Expectations the coach has for your child
 - c. Locations and times of all practices and contests
 - d. Team requirements
 - e. Procedure should your child be injured
 - f. Discipline that results in the denial of your student's participation
2. Communication coaches expect from parents
 - a. Concerns expressed directly to the coach
 - b. Notification of any schedule conflicts well in advance
 - c. Specific concerns in regard to a coach's philosophy and/or expectations
3. Appropriate concerns to discuss with coaches:
 - a. The treatment of your child, mentally, and physically
 - b. Ways to help your child improve
 - c. Concerns about your child's behavior
4. Issues not appropriate to discuss with coaches:
 - a. Playing time
 - b. Team strategy (Play Calling)
 - c. Other student-athletes (except for reporting activity code violations)

Arthur County Schools Coaches Concern Procedure

It is the intent of Arthur County Schools to provide an opportunity for parents and players to express their concerns and receive a timely and appropriate response. In order to ensure a respectful and professional experience, players, parents, coaches and board members follow the concern procedures as presented.

The procedures are as follows:

1. **Cooling off period-** There are to be no spontaneous concern related conversations immediately following a game or practice, especially confrontational concerns. Parents agree to wait **at least 24 hours after a game or practice** prior to initiating a conversation with a coach. Coaches agree to not participate in any altercations where the concern procedure has not been followed.
2. **Meeting with coach -** Before meeting with administration (or Board members), parents and/or players must meet directly with the coach. All parties will agree to conduct themselves professionally and respectfully at all times.
3. **Parent/Coach/Activities Director Meeting -** If following the meeting with the coach, parent/player is not satisfied a meeting with the AD and Coach may be requested. The AD will contact the parent

and arrange a time to meet with the parent, player and coach in order to resolve the issue. All parties will agree to conduct themselves professionally and respectfully at all times.

4. **Principal's Involvement-** If the AD feels the concern dictates involvement from the Principal, the Principal will be asked to be involved in the meeting.
5. **Superintendent's Involvement-** In the event the issue is not resolved to the satisfaction of the parent/player, the principal will bring the concern to the Superintendent.
6. **Board of Education-** In the event the issue is not resolved, the parent may file an official grievance form.

A Parent's Guide to Concussions

WHAT IS A CONCUSSION?

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

CONCUSSION FACTS

- It is estimated that more than 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System).
- Concussions occur most frequently in football, but girl's lacrosse, girls' soccer, boy's lacrosse, wrestling, and girls' basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms that interfere with school, work, and social life.
- Athletes who have symptoms from a concussion should not return to sports because they are still at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or 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 behavior or personality changes
- Can't recall events prior/after hit or fall

Symptoms Reported by Athlete

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

WHAT SHOULD I DO IF I THINK MY CHILD HAS HAD A CONCUSSION?

An athlete who is suspected of having a concussion must be removed from play immediately, whether it is in a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk of further injury, and even death. Parents/guardians and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional. However, they must be aware of the signs and symptoms of a concussion and if they are suspicious, the child must stop playing:

WHEN IN DOUBT – SIT THEM OUT!

Every athlete who sustains a concussion needs to be evaluated by a healthcare professional who is familiar with sports concussions. Parents/guardians should call their child's physician, explain what has happened, and follow the physician's instructions. A child who is vomiting, has a severe headache, or has difficulty staying awake or answering simple questions should be taken to the parent's/guardian's doctor or emergency room immediately.

WHEN MAY AN ATHLETE RETURN TO PLAY FOLLOWING A CONCUSSION?

No athlete who has suffered a concussion should return to play or practice the same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown that the young brain does not recover quickly enough for an athlete to return to

activity in such a short time.

Concerns about athletes who return to play too quickly have led state lawmakers in Oregon and Washington to pass laws stating that **no athlete shall return to play on the day he or she suffered a concussion and the athlete must be cleared by an appropriate health care professional before he or she is allowed to return to play in games or practices.** The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete is free of symptoms of a concussion and is cleared to return to play by a healthcare professional knowledgeable in the care of sports concussions, he or she should proceed with activity in a stepwise fashion to allow the brain to readjust to exertion. On average, the athlete will complete a new step each day. The return-to-play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

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

Step 3: Non-contact training drills in full equipment. Weight training can begin.

Step 4: Full contact practice or training.

Step 5: Gameplay.

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

HOW CAN A CONCUSSION AFFECT SCHOOLWORK?

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization. In many cases, it is best to reduce the athlete's class load after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days or perhaps a longer period of time if needed. Decreasing the stress on the brain soon after a concussion may reduce symptoms and shorten the recovery period.

WHAT CAN YOU DO?

- Both you and your child should learn to recognize the "Signs and Symptoms" of a concussion as listed above.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.

- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate a concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

OTHER FREQUENTLY ASKED QUESTIONS:

Why is it so important that an athlete not return to play until they have completely recovered from a concussion?

An athlete who has not fully recovered from an initial concussion is very vulnerable to recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return-to-play decisions are carefully made. No athlete should return to sport or other at-risk participation when symptoms of a concussion are present and recovery is ongoing.

Is a "CT scan" or MRI needed to diagnose a concussion?

Diagnostic testing which includes CT ("CAT") and MRI scans are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g., skull fracture, bleeding, swelling), they are not normally used, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete's story of the injury and the health care provider's physical examination.

What is the best treatment to help my child recover more quickly from a concussion?

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television, and phones (including text messaging) may exacerbate the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms decrease, you may allow increased use of computers, phones, video games, etc., but the access must be reduced if symptoms worsen.

How long do the symptoms of a concussion usually last?

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases, symptoms may last for several weeks or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such

long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as the way the injury happened and length of symptoms following the concussion are very important and must be considered when assessing the athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time, we have very little knowledge of the long-term effects of concussions that happen during high school athletics.

In the case of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or sheer force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to carefully manage each concussion.

Adapted from [A Parent’s Guide to Concussion in Sports](#), National Federation of High School Associations.

Some of this information has been adapted from the CDC’s “Heads Up: Concussion in High School Sports” materials by the NFHS Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

AUTHORIZATION AND ACKNOWLEDGEMENT

WARNING: SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION

Many forms of athletic competition result in violent physical contact among players, the use of equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents/guardians must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will eliminate these risks. Students have suffered accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment while playing sports. By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

I understand the statement above and I understand that by allowing my student to participate in athletic events, I assume the risk that he/she may be injured, perhaps severely.

Signature of Parent/guardian

Printed Name of Parent/guardians

Date

ACKNOWLEDGEMENT OF CONDUCT CODE

I understand that as a student representing the school district in activities, I am obligated to comply with the athletic handbook, including the code of conduct. **+This means that I may not possess, use, or be at parties in the presence of alcohol, illicit drugs, or controlled substances at any time during the school term unless I am accompanied by a parent/guardian.** I understand that if I violate the code of conduct or other rules in this handbook, I may be suspended from participation in all co-curricular activities and/or school sponsored activities or events.

Signature of Student

Printed Name of Student

Date

I understand that my student and myself are obligated by this handbook, including the statements above.

Signature of Parent/guardian

Printed Name of Parent

Date