

HEADS \times UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

What should I do if I think I have a concussion?

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

How can I help prevent a concussion?

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

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



HEADS x UP

CONCUSSION IN HIGH SCHOOL SPORTS

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

What are the signs and symptoms of a concussion?

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	SIGNS OBSERVED BY PARENTS/GUARDIANS
<ul style="list-style-type: none"> • 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 “feeling down” 	<ul style="list-style-type: none"> • 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

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.

What should you do if you think your child has a concussion?

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.

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 repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

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.

If you think your teen has a concussion:

Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



SUDDEN CARDIAC ARREST

A Fact Sheet for Student Athletes

FACTS

Sudden cardiac arrest can occur even in athletes who are in peak shape. Approximately 500 deaths are attributed to sudden cardiac arrest in athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest. Once a cardiac arrest occurs, there is very little time to save the athlete, so identifying those at risk before the arrest occurs is a key factor in prevention.

WARNING SIGNS

There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

Warning signs can include a complaint of:

- Chest Discomfort
- Unusual Shortness of Breath
- Racing or Irregular Heartbeat
- Fainting or Passing Out

EMERGENCY SIGNS – Call EMS (911)

If a person experiences any of the following signs, call EMS (911) immediately:

- *If an athlete collapses suddenly during competition*
- *If a blow to the chest from a ball, puck or another player precedes an athlete's complaints of any of the warning signs of sudden cardiac arrest*
- *If an athlete does not look or feel right and you are just not sure*

How can I help prevent a sudden cardiac arrest?

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of life-long health. Additionally, you can assist by:

- Knowing if you have a family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Telling your health care provider during your pre-season physical about any unusual symptoms of chest discomfort, shortness of breath, racing or irregular heartbeat, or feeling faint, especially if you feel these symptoms with physical activity
- Taking only prescription drugs that are prescribed to you by your health care provider
- Being aware that the inappropriate use of prescription medications or energy drinks can increase your risk
- Being honest and reporting symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think I am developing warning signs that may lead to sudden cardiac arrest?

1. *Tell an adult – your parent or guardian, your coach, your athletic trainer or your school nurse*
2. *Get checked out by your health care provider*
3. *Take care of your heart*
4. *Remember that the most dangerous thing you can do is to do nothing*

SUDDEN CARDIAC ARREST

A Fact Sheet for Parents

FACTS

Sudden cardiac arrest is a rare, but tragic event that claims the lives of approximately 500 athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest.

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How can I help my child prevent a sudden cardiac arrest?

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of life-long health. Additionally, parents can assist student athletes prevent a sudden cardiac arrest by:

- Ensuring your child knows about any family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Ensuring your child has a thorough pre-season screening exam prior to participation in an organized athletic activity
- Asking if your school and the site of competition has an automatic defibrillator (AED) that is close by and properly maintained
- Learning CPR yourself
- Ensuring your child is not using any non-prescribed stimulants or performance enhancing drugs
- Being aware that the inappropriate use of prescription medications or energy drinks can increase risk
- Encouraging your child to be honest and report symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think my child has warning signs that may lead to sudden cardiac arrest?

1. *Tell your child's coach about any previous events or family history*
2. *Keep your child out of play*
3. *Seek medical attention right away*

GREATER CLARK COUNTY SCHOOLS HIGH SCHOOL ATHLETIC HANDBOOK

WELCOME

We are pleased to have you participate in the athletic program offered by the Greater Clark County School Corporation (GCCS). The primary purpose of our Athletic Program is to promote the physical, mental, social, and emotional well being of our student-athletes. It is our hope that by participating in the Greater Clark County School Athletic Program student-athletes will be provided with an enriching and memorable experience that makes a positive impact on their preparation for becoming a productive community member and citizen upon graduation from high school.

The Athletic Program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. He/She also accepts the regulations and responsibilities, which are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations, and as the role demands, the student-athlete will make sacrifices not required of others.

Since research indicated a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided within this handbook makes both your child's and your experience with Greater Clark County School's Athletic Program less stressful and more enjoyable.

EXPECTATIONS OF ATHLETES

Participation in the athletic program is a **privilege** which carries with it varying degree of responsibility, recognition, and reward. Participating student athletes represent their school and other members of the student body, and it is their duty to conduct themselves in a manner that is positive for themselves, their families, their school and their community.

Contestants' conduct, in and out of school and season, shall be such as (1) not to reflect discredit upon their school, team, or family, and (2) not to create a disruptive influence on the discipline, order, moral, or educational environment of the Greater Clark County Schools.

1. This policy shall become effective for all athletes in all sports on the first day of fall practice (IHSA selected date) of an athlete's freshman year and continue until our teams are eliminated from the state tournament in the spring season of an athlete's senior year.
2. The principal has the discretion to enforce stricter penalties for offenses deemed more serious. In cases that involve exceptional circumstances, principals may accept an appeal.
3. The head coach of each sport must read, understand, and distribute the Greater Clark County Schools athletic code and may have additional training rules, which are also valid and must be followed by athletes involved in their sport.

POLICY AGAINST DISCRIMINATION AND HARASSMENT ON THE BASIS OF RACE, SEX, AND OTHER PROTECTED CHARACTERISTICS

1. The Greater Clark County School Corporation does not discriminate on the basis of race, sex, age, color, creed, disability, limited English proficiency, family status, national origin or religion in employment or in the educational programs and activities which it operates, in accordance with applicable state and federal statutes and regulations.
2. It shall be a violation of this policy for any employee, coach and/or athlete of the Greater Clark County School Corporation to discriminate against or harass another employee, coach, and/or athlete based upon race, sex, age, color, creed, disability, limited English

proficiency, family status, national origin, or religion. It shall be a violation of this policy for any student athlete to discriminate against or harass another student athlete or an employee based upon any of the above mentioned protected characteristics.

HIGH SCHOOL SPORTS

Hierarchy of Responsibility in the Athletic Program at Greater Clark County Schools

- A. In accordance with the IHSA Handbook, the high school principal is the administrative head of all inter-scholastic athletic activities of the school.
- B. The IHSA Handbook states:
 1. The principal of the high school will be his/her authorized representative to the IHSA.
 2. The principal has the authority to designate a faculty member, who is employed in his/her school system, to act as manager or acting athletic director for the teams representing the school.
- C. Designee
 1. Scheduling of inter-scholastic athletic contests, hiring of officials for events, and purchasing by the athletic department requires the final approval of the high school principal.
 2. The high school principals of the Greater Clark County School district have authorized the athletic director to act in this capacity and with their approval.
- D. Coaches
 1. All coaches are ultimately responsible to the principal.
 2. Because the Athletic Director is the principal's designee, all coaches are under the direction of, and are answerable to the athletic director.

* The By-Laws of the Indiana High School Athletic Association (IHSA) state the following:

Rule 1-2

The following sports are recognized and regulated: **Boys** – baseball, basketball, cross country, football, golf, soccer, swimming, tennis, track and field, wrestling; **Girls** – basketball, cross country, golf, gymnastics, soccer, softball, swimming, tennis, track and field, volleyball.

Rule 9-10

Girls may only participate in the girls sports programs offered by their schools and boys may only participate in the boys sports programs offered by their school, however:

a. During the regular season:

- i. if a school has a boys program in **baseball, basketball, football, soccer or wrestling** but not a comparable girls program in that sport (for the purposes of this rule, baseball and softball are not comparable sports), a girl may participate in the boys program in that sport, provided she follows the boys contest season rules, but
- ii. in **cross country, golf, swimming and diving, tennis, and track and field**, a girl may not attempt to qualify for or participate in the boys program in that sport; and

b. During the tournament series:

- i. if a school has a program in **baseball, football or wrestling**, a girl may attempt to qualify for and participate in her school's program in that sport during the tournament series,
- ii. if a school has a boys program in **basketball or soccer**, but not a girls program in that sport, a girl may attempt to qualify for an participate in the boys program in that sport during the tournament series,
- iii. in **cross country, golf, swimming and diving, tennis, and track and field**, a girl may only attempt to qualify for and participate in the girls program in that sport during the tournament series.

CODE OF ETHICS

It is the duty of all concerned with Greater Clark County School athletics:

- A. To model behavior and follow guidelines that are in compliance with Federal, State, County, and Local Codes and Laws, Greater Clark County Schools policies and regulations, rules and regulations of the Indiana High School Athletic Association (IHSAA).
- B. To model behaviors of GOOD SPORTSMANSHIP during the course of competition. Such behaviors and emphasis should include:
 1. Proper ideals of ethical conduct, and fair play.
 2. Elimination of all possibilities which tend to destroy the best values of the game.
 3. Stressing the values derived from playing the game fairly.
 4. Showing cordial courtesy to visiting teams and school officials.
 5. Establishing an amiable relationship between visitors and host.
 6. Respecting the integrity and judgment of athletic officials.
 7. Acquiring a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
 8. Encouraging leadership, use of initiative, and good judgment by the players on the team.
 9. Recognizing that the purpose of athletics is to promote the physical, moral, social, and emotional well being of the individual players.
 10. Remembering that an athletic contest is only a game- not a matter of life or death for player, coach, school, official, fan, community, state, or nation.

Drug and Alcohol Policy

A student athlete will not possess, use, or be under the influence of any narcotic drug, hallucinogen, any other controlled substance, or any alcoholic beverage except as prescribed medically by a licensed physician. It will be sufficient grounds to prove transmitting, possessing, or use of a substance governed by this policy if the student athlete transmits, possesses, or uses a material which he/she represents to be such a substance (look-alike drugs). Violation of the above rule will result in the following disciplinary action:

Minimum Penalties:

First Violation- Exclusion from participation in all athletic contests for a total of 20% of their teams' games once the Principal, Athletic Director, and Coach have met with the athlete concerning the violation. No participation will be permitted until a meeting is held, and the suspension will begin with the athletes next scheduled contest.

Second Violation – Exclusion from participation in all athletic contests for a total of 50% of their teams' games along with enrollment in a substance abuse program of assessment, counseling, screening and/or indicated therapy (the cost of the program shall be the responsibility of the student and/or his/her parents or guardian) once the Principal, Athletic Director and Coach have met with the athlete concerning the violation. No participation will be permitted until a meeting is held, and the suspension will begin with the athletes next scheduled contest. Successful completion of other substance abuse program and a written appeal to the principal may reduce this penalty.

Third Violation – Suspension from participation in athletic events for one calendar year. (Further violations will also incur suspension from participation in athletic events for one calendar year.)

This policy is cumulative and applies to a student-athlete's four-year high school eligibility in the Greater Clark County School Corporation.

Any student athlete who is found selling/transmitting what will, according to board policy, be transferred to Clark County Middle/High School. Therefore, that student would lose the eligibility

during their assignment at Clark County Middle/High School. Upon returning the Student Athlete must meet all IHSAA eligibility requirements.

Use or Possession of Tobacco Products (any form) Policy

Minimum Penalties:

First Violation- Exclusion from participation in all athletic contests for a total of 10% of their teams games (minimum of one game or event) once the Principal, Athletic Director, and Coach have met with the athlete concerning the violation. An athlete shall not participate before a meeting is held, and any suspension will begin with the athletes next scheduled contest.

Second Violation- Exclusion from participation in athletics a total of 25% of their teams games (minimum of two games) once the Principal, Athletic Director, and Coach have met with the athlete. An athlete shall not participate before a meeting is held.

Third Violation- Suspension from athletics for one calendar year along with enrollment in a substance abuse program of assessment, counseling, screening and/or indicated therapy (the cost of the program shall be the responsibility of the student and/or his/her parents or guardian) once the Principal, Athletic Director and Coach have met with the athlete concerning the violation. No participation will be permitted until a meeting is held, and the suspension will begin with the athletes next scheduled contest. Successful completion of the substance abuse program and a written appeal to the principal may reduce this penalty.

Rationale: The use of tobacco is injurious to one's health and is prohibited by law.

The following explanation provides further details:

- a. If the sport in which the athlete participates is not in season at the time of the infraction, the suspension will take effect during the first one-half (1/2) of his/her next sport participation period.
- b. The number of season contests to be suspended will be calculated by using the number of scheduled season contests plus one sectional contest. Suspensions will be for entire games. In calculating the number of games an athlete is suspended, a fraction of a game will be rounded up to the next whole number. For example: 20% of 21 games equals 4.2 games, which will result in a five (5) game suspension.
- c. If the suspension occurs toward the end of a season and there are not enough contests, the suspension will carry over to the next sport in which the student participates.
- d. If the percentage cannot be satisfied, then the suspension will carry into the next sport. (FB – games 10 – owes 10%, 2 games of 20 games)

This policy is cumulative and applies to a student-athlete's four-year high school eligibility in the Greater Clark County School Corporation.

This policy will not be in conflict with the school district's drug and alcohol policy

The above drug/alcohol/tobacco policies are in effect during the student athlete's school year and extended sport season if the participant's sport extends beyond the school year. These policies are in effect 24 hours a day and 365 days a year. It includes all Greater Clark County School activities or when observed by a Greater Clark School coach, faculty member, law enforcement personnel or by the athlete's own admission.

Violations of School Rules

Penalty - Student athletes may not compete, practice, or participate in any way with an athletic team during a suspension from school. Less serious violations of school rules are to be handled by the head coach.

Expectations

Because athletic teams represent the school and are a source of school and community pride, and because they are recognizable in the community and often serve as role models for younger students, high school students who choose to participate in the athletic program are expected to exhibit standards of character and behavior both in and out of school beyond what may normally be required of other students.

If the percentage cannot be satisfied, then the suspension will carry into the next sport. (FB – games 10 – owes 10%, 2 games of 20 games)

Felonies, Misdemeanors, Acts of Delinquency, Expulsions

Penalty: Any student/athlete arrested or detained as a juvenile on such a charge may be suspended from any participation (games and practices) pending investigation of the incident. Attending an event where this rule is knowingly being violated will be treated the same as violating the above rule unless the athlete leaves immediately. The student/athlete may be excluded from extra-curricular activities for 365 days (one calendar year) from the date of the violation. Any student/athlete expelled from school, regardless of abeyance, may be excluded from extra-curricular activities for 365 days (one calendar year) from the date of the violation. The principal has the discretion to reduce this penalty under certain circumstances.

Involvement in Law Enforcement Agencies – Based on conviction, admission by the athlete, or police report. (Minor traffic violation excluded.) Any student-athlete legally charged with, arrested for, or convicted of a crime may be subject to disciplinary action ranging from a warning to immediate ban from athletics. If a court case ensues and a student-athlete claims innocence the athlete may be able to participate based on “administrative review.” If suspended, the student-athlete will be expected to participate in all practices during that time to remain in the athletic program. However, if there is an admission of guilt by the athlete or after an “administrative review” of the case and school officials believe there is strong evidence that link the student to the crime then the school may enforce the consequences previously mentioned.

Rationale: Rule 8, Section 1 of the IHSAA by-laws states that the conduct of an athlete in and out of school shall be such as (1) not to reflect discredit upon the school or the association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment of the school.

Amnesty Rule (Designed to help an athlete that wants to help himself/herself) - If an athlete has a dependency problem and he/she admits to it before they are caught or investigative procedures begin and with the idea of seeking professional help, then the athlete will not be penalized as long as they enroll and successfully complete a certified abuse program.

GREATER CLARK COUNTY SCHOOLS ATHLETIC PROGRAM POLICIES AND GUIDELINES

Student Insurance - Every year a few of our athletes are injured while participating in interscholastic athletics. All parents whose child participates in athletics must understand that there is an element of risk, and that even though serious injury is rarely, it is a definite possibility inherent in any vigorous activity. Unless proven negligent, GCCS and GCCS personnel assume no financial responsibility for medical expenses, treatment, or damages resulting from injuries sustained by students while participating in any GCCS sponsored educational program or practicing for or participating in athletics or other school activities. It is the parent's responsibility to be sure your insurance coverage will adequately cover your child. Greater Clark recommends that families have adequate medical insurance coverage; however, students may participate without medical insurance. If you do not have a medical policy, the student accident policy offered by the school corporation is recommended. This policy covers all athletics except football. There is a separate football insurance policy. See the athletic director for a form.

During School Year / In-Season Participation Limitations – IHSAA By-Law 15-1.2, 15-1.2a

Participation in organized non-school sports competition during the authorized contest

season, including the IHSAA tournament series, in that sport shall cause such students to become ineligible for their school team in that sport for a period not to exceed 365 days as determined by the Commissioner, unless an outstanding student athlete waiver for said competition is approved by the coach, principal, and the IHSAA office. A maximum of two waivers may be granted during a contest season.

During School Year / Out of Season Participation Limitations– IHSAA By-Law 15-2

Individual Sports (Cross Country, Golf, Gymnastics, Swimming, Tennis, Track, Wrestling) Students may participate in non-school contests as individuals or as members of a non-school team in non-school contests.

Team Sports (Baseball, Basketball, Football, Soccer, Softball and Volleyball) Students may participate in team sport contests as members of a non-school team provided no more than the following number of students who have participated in a contest the previous season as a member of one of their school teams in that sport are rostered on the same non-school team, at the same time. Baseball – 5 Football – 6 Softball – 5 Basketball – 3 Soccer – 6 Volleyball – 3.

POLICIES GUIDING ELIGIBILITY AND PARTICIPATION

A. ELIGIBILITY GUIDING POLICY: In accordance with IHSAA, a student must have met the following basic requirements in order to participate or practice in athletics at Greater Clark County Schools

1. Must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take (e.g. at least 5 of 7 periods) and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take (e.g. at least 5 of 7 periods). Semester grades take precedence.
3. Consent and Release Certificate (physical form): Between May 1 and the student's first practice in preparation for interschool athletic participation:
 - a. The student shall have had a physical examination by a physician holding an unlimited license to practice medicine;
 - b. The parent or guardian shall give written consent for such participation; Physical form and consent form must be on file in the principal's office, or designee's office, prior to the student's first practice. A physical form may be obtained from the athletic director's office or on line at <http://www.ihsaa.org>
4. Must have a transfer form on file (if a student transferred from another high school within the last 365 days)
5. Must not have reached his/her twentieth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport.
6. Must have a signed "athletic policy handbook form" on file with the athletic director acknowledging receipt of this athletic handbook.

B. FOOD SUPPLEMENTS

1. School personnel and coaches will not dispense any drugs, medication, or food supplement. Any prescription or over-the-counter medication should only be dispensed by a parent or licensed physician.
2. Use of any drug, medication, or food supplement in any way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects."

3. In order to minimize health and safety risks to student athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches should never supply, recommend, or permit the use of any drug, medication, or food supplement solely for performance-enhancing purposes.”

*IHSAA Policy Statement (supporting the NFSMAC and NFSHA positions)
GCCS board Policy (5141.2)*

C. PREGNANCY

1. The student athlete who has made the coach or the administration aware of pregnancy must refrain from all school contact sports and must have permission from a physician in order to compete in any other sport/activity which the school supervises.

EQUIPMENT POLICY: Quality athletic equipment is provided in each sport.

1. Athletes are expected to care for this equipment and return it immediately upon the end of the season.
2. School-owned equipment is to be worn only at school scheduled practices or events.
3. The student-athlete must pay for any lost equipment, or equipment not returned in proper condition. The cost of equipment will be determined by the athletic director and will be based on replacement cost.
4. Until equipment is returned or paid for, an athlete will be ineligible for any further athletics, awards, and/or diploma until this obligation has been met.

D. OTHER

1. At no time is it permissible for individuals or groups not directly associated with GCCS to work-out in the gym, weight room, or any other athletic facility without prior authorization from the school principal and the GCCS Director of Facilities. Facility Use forms may be obtained from the main office or athletic office, or online at: <http://www.gcs.k12.in.us>.
2. No athlete may quit one sport and immediately begin working out with, or trying out for, another sport without the consent of both coaches and the athletic director.
3. Athletes must travel to and from contests in transportation provided by the school. The only exceptions are:
 - a. Injury to a participant, which would require alternate transportation.
 - b. Prior arrangement between the participant's parent/ guardian and the coach for the student to ride with the parent/guardian.
4. A student must attend at least one-half of the school day, 4 periods of the day to be eligible for an activity on that day. An exception will be made for medical appointments, funerals, or any emergency that has been cleared in advance through the athletic director and substantiated in writing or phone call from parent/guardian or physician.
5. It is understood that practice is mandatory at all levels of participation.

E. Transfers - A student who transfers to or within Greater Clark County Schools shall not be eligible to participate in interschool athletics unless the student and his/her parent(s) or guardian meets with the Athletic Director and completes an IHSAA Athletic Transfer Report. The Transfer Report must be approved by the IHSAA. (This includes foreign exchange students.)

F. Physicals - Between May 1 and the student's first practice in preparation for

interschool athletic participation, the student shall have had a physical examination by a physician holding an unlimited license to practice medicine. The proper Parent and Physician's Certificate must be on file in the athletic office (By-Law 3-10).

G. Ten Practice and Other Practice Requirements – IHSAA By-Laws 50-101-1 & 50-101.1

Rule 50-1.1: There shall be ten separate days of organized practice in that sport under the direct supervision of the high school coaching staff in that sport by each player preceding the date of participation in any interschool contest. Only one practice may be counted for any one day.

Rule 50-1.1.1: Individual student athletes moving directly from one sport season to the next sport season may be eligible to participate in a following season contest after five separate days of organized practice.

H. Athletic/Activity Conflict Policy - New Greater Clark County School students are

encouraged to participate in as many extra-curricular activities as their time and schedule allow; however, this sometimes leads to conflict when activities occur on the same dates and times. Coaches, sponsors, and students should work together to try to solve these conflicts before they occur. It is the student's responsibility to inform the coach and/or sponsor at the first of the season of his or her intention to be involved in more than one activity. Students, coaches, sponsors, and the athletic director will meet to solve practice, game and performance conflicts. In those rare cases where a large number of conflicts cannot be avoided, the student may need to make a choice regarding participation. (In cases of event conflict, Conference, IHSAA, and State Performances will be given priority. When choices are made in regard to events or games, students should notify sponsors or coaches in writing.)

I. Lettering Requirements – Each individual sport has requirements for earning a varsity letter. In general, a student/athlete must be in good standing at the end of the

competition season to be eligible for a varsity letter in addition to participation standards and the coach's recommendation.

J. HAZING/INITIATION/BULLYING

Hazing: *Any humiliating, degrading, or dangerous activity required of someone seeking to join a group, regardless of the individual's willingness to participate. Hazing can be fairly harmless to serious physically/abusive acts.*

According to a national survey of high school students, hazing/initiations has become a widespread practice among high school age students. Almost half of high school students belonging to groups were subjected to some form of hazing.

The Indiana Code defines criminal hazing as forcing or requiring another person to:

- With or without consent of the other person; and
- As a condition of association with a group or organization, to perform an act that creates a substantial risk of bodily injury.

A person who recklessly, knowingly, or intentionally performs an act of hazing commits criminal recklessness, a Class B misdemeanor. However, it becomes a Class A misdemeanor if the conduct includes the use of a vehicle, and a Class D felony if armed with a deadly weapon (which could be a baseball bat or golf club or other piece of athletic or band equipment).

A person who recklessly, knowingly, or intentionally performs hazing that result in serious bodily injury to a person commits criminal recklessness, a Class D felony, and a Class C felony if a deadly weapon is involved.

A teacher or coach who knows hazing is occurring and either encourages or does nothing to stop it, runs a risk of being charged criminally, and obviously a great risk of liability for money damages resulting from an injury caused by hazing. Insurance would not cover this situation because the school employee would not be acting within the scope of his or her employment.

A person who makes a report of hazing or participates in court, in good faith (even with less than probable cause) is granted immunity for any civil damages or criminal penalties that might otherwise be imposed because of the report.

The Indiana law on hazing does cover secondary school hazing, as well as college hazing.

Penalty - Students who are in violation of any hazing and initiation practice are subject to school discipline. Students who are members of school organization or team who participate in such activities are subject to a 20% suspension. Students who participate in more serious activities may also be subject to removal from that team/organization. As always, the Principal and head coach has the discretion to strengthen penalties under certain circumstances.

Bullying means overt, repeated acts or gestures including 1) verbal or written communications transmitted; 2) physical acts committed; or 3) any behaviors committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other student (I.C. 20-33-8-0.2).

DUE PROCESS

It is the policy of the Greater Clark County School Corporation that all employees, parents/guardians, students, and members of the community are entitled to be treated and are obligated to treat others with courtesy, fairness and decency.

The following procedures will be followed for Due Process:

1. The athlete and his/her parents must put their appeal in writing to the Athletic Director within five (5) days.
2. The hearing with the Athletic Director or Principal for a decision to be made at the school.

SPORTSMANSHIP EXPECTATIONS - PARENTS

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic programs of the Greater Clark County School Corporation, as well as for the individuals who participate. People involved in all facets of the interscholastic athletic programs are expected to demonstrate respect for others and display good sportsmanship. It is essential that student-athletes, coaches, parents, student groups, and fans in general be constantly reminded of the importance of sportsmanship.

The following are expectations for the parents of Greater Clark County student-athletes:

- Encourage good sportsmanship by demonstrating support for all athletes, coaches, and officials.
- Place the emotional and physical well-being of student athletes ahead of any personal desire to win.
- Support coaches, officials, and school administrators in providing a positive, enjoyable experience for all by treating all other players, parents, coaches, fans and officials with respect.

- Discourage any behaviors or practices that would endanger the health and well being of athletes.
- Respect the coaches' authority during games by not confronting them at the game site. Discuss any issues or concerns with coaches at an agreed upon time and place.
- Support a drug, tobacco, and alcohol-free sports environment for their child and refrain from their use at all events

PARENT/COACH COMMUNICATION

A. Parent-Coach Communication: Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child's program.

1. Communication you should expect from your child's coach at the team's pre-season meeting
 - a. Philosophy of the coach
 - b. Expectations the coach has for your child as well as all players on the squad.
 - c. Locations and times of all practices and contests
 - d. Team requirements, i.e. fees, special equipment, off-season conditioning.
 - e. Procedure should your child be injured during participation.
 - f. Discipline that result in the denial of your child's participation.
 - g. Review of the Greater Clark County Schools Athletic Handbook.
2.
 - a. Communication coaches expect from parents
 - b. Concerns expressed directly to the coach.
 - c. Notification of any schedule conflicts well in advance.
 - c. Specific concern in regard to a coach's philosophy and / or expectations.
- B. Parent-Coach Conferences: As your children become involved in the programs at Greater Clark County Schools, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

1.
 - a. Appropriate concerns to discuss with coaches
 - b. The treatment of your child, mentally and physically.
 - b. Ways to help your child improve
 - c. Concerns about your child's behavior.

At times, it may be very difficult to accept your child's role on the team. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

2.
 - a. Issues not appropriate to discuss with coaches
 - a. Playing time
 - b. Team strategy
 - c. Play calling
 - d. Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

3. If you have a concern to discuss with a coach, the procedure you should follow:
 - a. Call to set up an appointment
 - b. Please do not attempt to confront the coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

The Next Step

4. What can a parent do if the meeting with the coach did not provide a satisfactory resolution?
 - a. Call and set up an appointment with the Athletic Director.
 - b. At this meeting the appropriate next step can be determined.

GREATER CLARK COUNTY SCHOOLS COACHES' CODE OF ETHICS AND CONDUCT COACHES' EXPECTATIONS

The function of a coach is to properly educate students through participation in interscholastic completion. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each child shall be treated with dignity and respect and his/her welfare shall be uppermost at all times. In recognition of this, the following guidelines for coaches have been recommended the Athletic Council and approved by the Board of School Trustees.

The *coach* must be aware that he or she has a tremendous influence either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The *coach* must constantly uphold the honor and dignity of the position. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, the media, the parents and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The *coach* shall refrain from using profanity or racial slurs. In addition, the *coach* shall refrain from humiliating, demeaning, or belittling a player.

The *coach* shall show respect for contest officials. The coach shall not indulge in conduct which will incite players or spectators against the officials. Coaches should not publicly criticize officials.

The *coach* shall actively use his/her influence to enhance sportsmanship by the spectators.

The *coach* shall promote the interscholastic and extracurricular activity programs of the school and direct his or her program in harmony with the total school program.

END OF SEASON CONFERENCE

The Athletic Director will meet with the head coach to review and complete the "End of Season Evaluation". The results will be shared with the principal on an annual basis. Per the Greater Clark Education Association Master Contract, bargaining unit members hired for an extra-curricular position will be notified prior to the last student day of the year the extra-curricular service was

performed or within thirty (30) days of the last day of the season if that date occurs after the last student day but before the first student day of the next school year.

All positions filled by non-Greater Clark County Schools certified staff will be posted at the end of the season.

SPECTATOR CONDUCT

The Indiana High School Athletic Association requires its member high schools to monitor spectator behavior at all school-sponsored activities.

IHSAA By-Law 3.6:

The member school's responsibility for the conduct of its athletic program includes the responsibility of instituting full and complete team and crowd control measures at all contest in which such member school participates, assuring that the participants, staff and boosters of the member school conduct themselves at all times in a proper and sportsmanship-like manner.

Accordingly, an event supervisor may request any person involved in misconduct at a school-sponsored activity to leave the premises if deemed necessary. The Greater Clark County Schools Board of Trustees has adopted a policy that supports such action by school personnel.

Available Links:

www.GCCS.k12.in.us

IHSAA

Greater Clark County Schools Rights and Responsibilities

CONGRATULATIONS AND WELCOME TO GREATER CLARK COUNTY SCHOOLS

Please retain this copy for your records and sign the acknowledgement form included with the Cardiovascular Form.