

Johnson County Central Public School Activities Handbook



Rules and Regulations 2026 - 2027

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Introduction

Student participation in extracurricular activities has been linked to improved attendance, higher academic achievement, and greater student self-confidence and self-esteem. Johnson County Central Public 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, 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 are responsible for complying with all of the rules and procedures detailed in this booklet.

Parents 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.

Notice of Nondiscrimination

The school district does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The school district prohibits sex discrimination in any education program or activity in any education program or activity that it operates.

Students who believe that they have been the subject of unlawful discrimination or harassment due to their disability, or that have other related concerns or questions, should contact the following Section 504 Coordinator: Laura Rademacher at (402) 335-7851, laura.rademacher@jccentral.org or in person at school.

Students who believe that they have been the subject of unlawful discrimination or harassment due to their sex, or that have other related concerns or questions, should contact the following Title IX Coordinator: Jon H. Rother at (402) 921-0187, jon.rother@jccentral.org, 358 N 6th St. PO Box 338, Tecumseh, NE 68450 or in person at school. The School District's specific Notice of Nondiscrimination on the Basis of Sex may be accessed at the following link:

<https://www.jccentral.org/vimages/shared/vnews/stories/60537fc4030f1/Title-IX-Policy.pdf>

Students who believe that they have been the subject of unlawful discrimination or harassment due to their race, color, or national origin, or that have other related concerns or questions, should contact the following Title VI Coordinator: Jon H. Rother at (402) 921-0187, jon.rother@jccentral.org, 358 N 6th St. PO Box 338, Tecumseh, NE 68450 or in person at school.

Students who believe that they have been the subject of any other unlawful discrimination or harassment should contact the Superintendent at (402) 921-0187, jon.rother@jccentral.org or in person at school. Students may report discrimination or harassment to any staff member who will then forward it on to the appropriate coordinator or administrator. The staff member will follow school district policies to respond to the report.

For additional prohibited discrimination and related information, please review school district Policy 3053 – Nondiscrimination.

SECTION ONE: 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, (2) meet the requirements of board policy including all rules applicable to the activity, and (3) have not less than a 60% grade in one or more classes for a period of two weeks to remain eligible to participate in any portion of the activities program. However, each failing grade will be re-evaluated at the end of the first week and if the student's grades are all passing, the student will become eligible the following week to participate in extracurricular activities. Participants must attend practices and participate in all conditioning during any period of ineligibility.

The school district will notify a participant and his or her parents whenever the participant is declared academically ineligible.

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

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, or director 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.

Students who are absent from school for any part of the day will not be permitted to practice or participate in an athletic contest or activity performance unless the student has the building principal, administrator or athletic director's prior permission to participate despite the absence.

If a participant misses a scheduled practice, 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 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. Unless the administration determines that it is permissible for the activity to continue as scheduled.

Colors

The Johnson County Central School colors are Red, Vegas Gold and Black.

Complaint Procedure

To reduce conflicts in the school's activities program, students and/or their parents should use the district's formal complaint procedure to manage conflicts about the program. The complaint procedure is printed in the school's student handbook and may be found on the district's web site: www.jccentral.org.

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 a training course approved by the Chief Medical Officer 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:
- 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 health care 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.

Junior High/Middle School Dances

Junior high/middle school (6-8) dances are restricted to students currently enrolled in the junior high school and will be sponsored by junior high teachers and parents. Any organization wishing to sponsor a junior high dance must obtain permission from the principal regarding date and times. Each dance must be sponsored by at least two faculty. Once admitted to the dance, students must 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.

High School Dances

All high school dances are restricted to Johnson County Central High School students and their guests. Any organization wishing to sponsor a dance must obtain permission from the principal regarding date and times. Each dance must be sponsored by at least two faculty members. Once admitted to the dance, students must 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.

Homecoming and Prom

The Homecoming dance is open to students and guests of Johnson County Central High School.

The Junior/Senior Prom is open to students and guests of the Johnson County Central High School junior and senior classes. Guests must follow all rules that the students must follow. 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. Students should secure their athletic lockers with combination locks.

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 for 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 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.

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 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

The following guidelines will be used in determining students' eligibility for lettering:

*****To be updated to reflect current requirements.***

Football:

- A player needs to play in 8 quarters of varsity competition. The equivalent of 1 quarter per game.
- A quarter will be given to any player that matches or exceeds 80% participation in the summer weight room program.
- All players need to adhere to the student handbook rules and expectations set forth each year by the coaching staff.

Volleyball:

- If a player is on track to letter but suffers an injury in which a doctor declares they cannot participate, that player will receive a letter even if they can't achieve the 8 quarter minimum.

You must accumulate 75 points in order to earn a varsity letter, and there are three ways to earn points.

- First, you will earn 50 points if you participate in 50% of the varsity matches or 30% of the varsity sets played during the season.
- Secondly, you will earn 25 points for being eligible throughout the entire season. This includes academics and drug-related testing.
- Finally, you can earn 25 points based on the coaches' discretion. This includes a wide variety of criteria such as your attendance, attitude, work ethic, coachability, contributions to the team, etc.

Boys Basketball:

- Participate in 25% of Varsity quarters for the season. (Average 1 quarter per game)

- Complete the season in good standing without a training rule violation.
- Head coach retains the discretion to award a letter when he feels it is appropriate.

Girls Basketball:

- In order for a player to letter, she must play in at least ½ of varsity quarters throughout the season.
- Any player that fails a drug test for any reason (during the season) will not be awarded a letter at the end of the year.
- We believe that character is important and with that being said, the coaching staff reserves the right to award any player that is deserving. Players may also lose their letter if they cannot adhere to the standards set forth by their teammates.

Cross Country:

- Runners competed in at least 1/2 of meets as members of varsity team.

Or

- Runners competed in both districts and state as members of the varsity team.
- Also, all athletes must complete the season in good standing in order to letter.

Boys/Girls Golf:

- You must compete in more than 1/3rd of the 180 regular season holes played at the varsity level.
- A golfer who does not meet the minimum hole requirement, but medals individually in a varsity meet will also letter.
- Other circumstances may also warrant earning a varsity letter, like competing for the team in the district meet, using a player's score in a team score for a team finishing 1st or 2nd at an invitational, etc., and these will be left up to the coach's discretion.

Wrestling:

- Students athletes must have 2 out of 4 coaches agree that they earned a letter.

Must have volunteered at 8 youth practices between November and March.

Track:

- Blue Points Chart (see image)

Also, must be complete the season in good standing with their coaches

JCC Track																
Blue Points																
(Need a minimum of 12 points to letter AND be in good standing with attendance, attitude, school, law)																
Pts	LJ	TJ	HJ	PV	SP	Disc	100	200	400	800	1600	3200	110H	300H	55	55H
1	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt	attempt
2	15'00"	3'308"	4'10"	7'00"	37"	70"	13.5	29.3	67.0	3:06.0	6:30.0	13:30.0	22.50	56.0	8.10	9.90
3	15'06"	3'404"	5'00"	7'06"	38"	78"	13.3	28.7	66.2	3:00.00	6:20.0	13:10.0	22.00	54.0	8.00	9.80
4	16'00"	3'500"	5'02	8'00"	39"	88"	13.1	28.1	65.0	2:54.0	6:10.0	12:50.0	21.50	52.0	7.90	9.70
5	16'06"	3'506"	5'03	8'06"	40"	94"	12.9	27.5	63.8	2:48.0	6:00.0	12:30.0	21.00	50.3	7.80	9.65
6	17'00"	3'604"	5'04	9'00"	41"	102"	12.7	26.9	62.6	2:42.0	5:50.0	12:10.0	20.50	49.2	7.70	9.60
7	17'06"	3'700"	5'05	9'06"	42"	110"	12.5	26.3	60.2	2:36.0	5:40.0	11:50.0	20.00	48.1	7.60	9.55
8	18'00"	3'706"	5'06	10'00"	43"	116"	12.3	25.7	59.0	2:30.0	5:30.0	11:40.0	19.50	47.0	7.50	9.50
9	18'06"	3'804"	5'07	10'06"	44"	122"	12.1	25.1	57.8	2:24.0	5:20.0	11:30.0	19.00	45.9	7.40	9.45
10	19'00"	3'900"	5'08	11'00"	45"	128"	11.9	24.5	56.6	2:18.0	5:10.0	11:20.0	18.50	44.8	7.30	9.40
11	19'06"	3'906"	5'09	11'06"	46"	134"	11.7	23.9	55.4	2:15.0	5:00.0	11:10.0	18.00	43.7	7.20	9.35
12	20'00"	4'000"	5'10	12'00"	47"	140"	11.5	23.3	54.2	2:12.0	4:50.0	11:00.0	17.50	42.6	7.10	9.30
13	20'03"	4'006"	5'11	12'06"	48"	144"	11.4	22.7	53.0	2:09.0	4:47.0	10:50.0	17.00	42.2	7.00	9.20
14	20'06"	4'100"	6'00	13'00"	49"	148"	11.3	22.6	52.6	2:06.0	4:44.0	10:40.0	16.50	41.8	6.90	9.10
15	20'09"	4'106"	6'01	13'03"	50"	152"	11.2	22.5	52.2	2:04.5	4:41.0	10:30.0	16.00	41.4	6.80	9.00
16	21'00"	4'200"	6'02	13'06"	51"	156"	11.1	22.4	51.8	2:04.0	4:38.0	10:20.0	15.50	41.0	6.75	8.90
17	21'03"	4'206"	6'03	13'09"	52"	160"	11.0	22.3	51.4	2:03.5	4:35.0	10:10.0	15.40	40.6	6.70	8.80
18	21'06"	4'300"	6'04	14'00"	53"	164"	10.9	22.2	51.0	2:03.0	4:32.0	10:00.0	15.30	40.2	6.65	8.70
19	21'09"	4'304"	6'05	14'03"	54"	168"	10.8	22.1	50.6	2:02.5	4:29.0	9:55.0	15.20	39.8	6.60	8.60
20	22'00"	4'308"	6'05.5	14'06"	55"	168"	10.75	22.0	50.2	2:02.0	4:26.0	9:50.0	15.15	39.4	6.55	8.50
21	22'03"	4'400"	6'06	15'00"	56"	170"	10.7	21.9	49.8	2:01.5	4:23.0	9:45.0	15.10	39.0	6.50	8.45
22	22'06"	4'404"	6'06.5	15'06"	57"	172"	10.65	21.8	49.4	2:00.0	4:20.0	9:40.0	15.05	38.6	6.45	8.40
23	22'09"	4'408"	6'07	16'00"	58"	174"	10.6	21.7	49.0	1:59.5	4:17.0	9:35.0	15.00	38.2	6.40	8.35
24	23'00"	4'500"	6'07.5	16'06"	59"	176"	10.55	21.6	48.6	1:59.0	4:14.0	9:30.0	14.95	37.8	6.35	8.30
25	23'03"	4'504"	6'08	17'00"	60"	178"	10.5	21.5	48.2	1:58.5	4:11.0	9:25.0	14.90	37.4	6.30	8.25

The more events you are willing to try, the easier it will be to earn a varsity track letter. These marks/times must be achieved in a track meet in order to be earned. I will keep an updated list of current lettering points and will periodically share your current level with you. If you have questions, please see Coach Huskey at anytime for clarification.

Cheer:

Based on point system

1. Cheerleaders must participate in required eligible practices, athletic events, and other assigned activities to receive a Cheerleading letter. These extra duties such as posters, locker favors, signs, run-through, etc. shall be counted toward lettering.
2. A cheerleader may earn points back by making extra posters, locker favors or other approved items by the sponsor.
3. Cheerleaders are required to attend all tournaments to letter (ex. MUDECAS, ECNC, Sub-Districts)
4. POINT SYSTEM - 3500 points to letter
 - a. Practice - 25 points (approximately 73)
 - b. Games - 50 points (approximately 50)
 - c. Tournaments (MUDECAS, ECNC, SUB-DISTRICTS) - 50 points (approximately 9)
 - d. Concession Stand - 100 points (3 concession stands)
 - e. Run Through/Posters - 50 points (homecoming)
 - f. Fundraising: (2 fundraisers)
 - Meat Sticks - 150 points
 - Clothing - 50 points
 - g. Parents' Night - 25 points
 - h. Athletic Banquet Attendance - 50 points

- i. Summer Camp - 50 points (each day)
 - j. County Fair Parade - 100 points
 - k. Extra Practices held outside of school - 100 points
5. POINT DEDUCTIONS
- a. Late - 20 points
 - b. Excused Absences - 50 points
 - c. Unexcused Absences - 100 points
 - d. Excused absence from mandatory event - double point deduction
 - e. Unexcused absence from mandatory event - triple point deduction
 - f. D-List
 - 1st Offense - 100 points
 - Doubles after 1st offense: 200, 400, etc.
 - g. Failing List
 - 1st Offense - 200 points
 - Doubles after 1st offense: 400, 800, etc.
 - h. Points may be deducted if not in complete uniform, behavior, infractions to any of the rules as deemed by the sponsors

Chorus:

<u>Points</u>	<u>Event</u>
3	Membership for a semester.
5	Participation for each concert, clinic, contest, etc...
10	Audition for All State Chorus
5	Audition for other Honor Choir
20	Participation in All State Chorus
10	Participation in other Honor Choir
3	Member of an organized ensemble for semester (swing choir, madrigals, other choir)
6	Perform a solo at a concert/contest
5	Perform a duet at a concert/contest
4	Perform a trio at a concert/contest
3	Perform a small/large group other than choir

6	Receive a superior (I) at contest
4	Receive an excellent (II) at contest
2	Receive a good (III) at contest
10	Accompany choir for a semester
5	Accompany group for a semester
15	Perform leading role in Musical/Madrigal Christmas Dinner
7	Perform non-leading role in Musical/Madrigal Christmas Dinner
5	Help with technical aspects of Musical/Madrigal Christmas Dinner
1-5	Help set-up/tear-down and other – attend concert/honor choir as audience member
10	Officer
75*	Points total to letter

* If you are absent from any concert you will **NOT** be able to letter no matter how many points you may have. Up to the directors discretion.

Instrumental Music:

**Any missed regular performance results in loss of letter, regardless of letter points amount. (The only exception is missing due to another school activity)*

Points	Event
3x2	Membership for each semester
5	Participation for each required concert, clinic, contest, etc...
10	Audition for All State Band, Jazz Band, Orchestra
5	Audition for other Honor Band
20	Participation in All State Band
10	Participation in other Honor Band
5	Participation in 80% of Pep Bands
3	Member of an organized ensemble for semester (flute/clarinet choir, jazz band, brass quintet, other band)
6	Perform a solo at a concert/contest
5	Perform a duet at a concert/contest
4	Perform a trio at a concert/contest
3	Perform a small/large group other than band
5	Receive a superior (I) at contest (not full band)

- 4 Receive an excellent (II) at contest (not full band)
- 3 Receive a good (III) at contest (not full band)
- 10 Play in the "pit" for Musical
- 5 Help with technical aspects of Musical/Madrigal Christmas Dinner
- 1-5 Help set-up/tear-down and other – attend concert/honor band as audience member
- 10 Section Leader / First Chair

Total points needed determined by the director upon review of total performances, usually 56 points.

Speech:

- Attending 95% of required practices
- Attending 3 competitive speech meets during the season
- Demonstrate a high standard of devotion to the program
- Participation on the speech team for 4 years.

One-Act:

- Attending 95% of their (cast or crew) required practices
- Attending all scheduled competitions, tournaments, and performances
- Demonstrate a high standard of devotion to the program
- Participation in One-Act for 4 years as a cast or crew member

Mascot

The official emblem for boys' and girls' athletic teams is the Thunderbird. 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. 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 coach or sponsor a signed physical form, NSAA Parent Consent Form and Activities Code that verifies that a physical examination has been completed and that the student and parent(s)

- understand the school's position regarding the use or possession of alcohol, tobacco, and other related drugs.
2. Furnish the high school principal with proof of insurance.

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 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 Sundays.

The school does not allow Sunday practice sessions, except when a varsity team, group of students, or individual is scheduled to compete or perform on a Monday. Practices scheduled for a Sunday must have the prior approval of the activities director, building principal or superintendent.

Transportation

All participants are expected to ride to and from away activities by means of approved school transportation.

A participant may ride home with his or her parent/guardian only if the parent/guardian personally contacts the sponsor at the activity. A participant may ride home with an adult if the participant's parent/guardian has personally contacted the principal prior to the activity and the adult personally contacts the sponsor at the activity prior to leaving with the student. Parents are discouraged from requesting to take their children home after an away contest or performance. Travel to and from an event provides time for the students to further develop a strong team concept.

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. Adult education

SECTION TWO: AVAILABLE ACTIVITIES

Athletic Teams

Baseball Co-Op w/ Nebraska City
Basketball (boys and girls)
Cross Country (boys and girls)
Football
Golf (boys and girls)
Track (boys and girls)
Soccer Co-Op (boys and girls)
Unified Bowling
Unified
Track
Volleyball
Wrestling (boys and girls)

Art Club

Membership is open to those students who wish to work on out of class projects such as painting windows in classrooms and painting pictures and designs on the art room walls.

Band

The school district sponsors marching band, pep band, and jazz band in addition to concert band. Participants must be enrolled in band class in order to be eligible to participate in these groups.

Cheer Squad

Participants are selected by the sponsor(s) or judges appointed by the sponsor. Members of the cheer squad will attend all home and selected away athletic contests.

Drama Club

The Drama Club is open to all students interested in any aspect of theater and offers varying levels of involvement. The main focus of this club is to produce the fall and spring plays, and the winter musical (in cooperation with the Vocal Music Department).

Future Business Leaders of America (FBLA)

FBLA is an integral part of the vocational business department and membership is limited to those students with at least one semester of work in the business education field. One of the primary objectives of FBLA is developing leadership and responsibility.

Future Farmers of America (FFA)

FFA is an integral part of the agricultural education department and all students of that department are urged to belong. 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.

HOSA (Health Occupations Students of America)

HOSA's goal is to promote career opportunities in the health industry and to enhance the delivery of quality health care to all people.

National Honor Society

The National Honor Society is a national organization that recognizes student character, scholarship, leadership, and service to the school.

Student members shall be selected from the junior and senior classes by the high school faculty. Ten percent of the Junior and Senior classes will be selected each year. The results of the selection will be announced at an honors convocation.

Skills USA

The focus of Skills USA is preparing students for careers in technical, skills, and service occupations, including health-related fields.

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, good will, and better understanding with other schools. The organization, operation, and scope of the student council shall be administered by the Superintendent or designee.

Speech

Students compete in 12 different categories of competition. These include debate, current events speaking, and several theater-type acting events.

Broadcasting/Media Production

The purpose of Broadcasting/Media Production is to engage students in broadcasting and media production.

Student Publications

The yearbook is published by the Journalism class along with the help of its teacher. The annual is financed partially by funds raised from the sale of the

books.

SECTION THREE: CODE OF CONDUCT

All students associated with Johnson County Central Public 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, tarnished 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 or 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 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, consumption, use, distribution, or being under the

influence of alcohol, illicit drugs, tobacco, controlled substances, or any lookalike or imitations thereof; or being in the presence of alcohol, illicit drugs, controlled substances, or any lookalike or imitations thereof that are being possessed, consumed, used, or distributed by any person under twenty-one (21) years of age without parental supervision. "Lookalike or imitations" means substances such as K2 and products like electronic nicotine delivery systems, vapor pens, 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).

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 simulation 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 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, handbook provision, or a coach's 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.

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.

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. (including but not limited to graduation ceremonies and related activities). These disciplinary consequences and this Activity Code of Conduct are in addition to and do not prejudice, diminish, impede, or reduce any discipline

that is authorized by the Nebraska Student Discipline Act, Neb. Rev. Stat. §§ 79-254 to 79-294, Board Policy, or the Student Handbook. 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 from competition, 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.

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, athletic director, 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:

As used in this "Discipline Procedures" section, "Investigator" means the coach or activity sponsor of the team or activity in which the student is participating, or any teacher, school official, or school representative whom the Principal or the Superintendent has authorized to perform the duties and responsibilities of "Investigator" as described below.

1. The Investigator shall make an investigation of alleged violation and provide an opportunity for the student to present his or her version of the facts surrounding the alleged violation.
2. The Investigator shall consider all information obtained as a result of the investigation, including information obtained from the student, and shall render a decision regarding disciplinary action. Within a reasonable period of time of the Investigator's decision, the student and his/her parent or guardian shall be given written notice of the disciplinary action taken by the Investigator.

Review of Investigator's Decision. A student or the student's parents may, within five (5) school days of the notice of disciplinary action from the Investigator, 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 three (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 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 activities director 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.

Extracurricular Drug Testing Program

The school district supports and values student participation in extracurricular activities and school functions, but such participation in such activities and functions is a privilege and not a right. Students in all

extracurricular activities in grades 9-12 shall be subject to mandatory random drug testing for the presence of alcohol, illegal drugs and/or tobacco products. The purpose of this policy is as follow:

- 1) The school district recognizes that students who use illegal drugs, alcohol and/or tobacco products pose a threat to the health and safety of themselves, other students, teachers, administrators, and other persons;
- 2) To undermine the effects of peer pressure by providing legitimate reason for students to refuse use of illegal drugs, alcohol and/or tobacco products;
- 3) The school district seeks to deter the use of illegal and prohibited drugs, alcohol and/or tobacco products among students;
- 4) To encourage students who use illegal drugs, alcohol and/or tobacco products to participate in appropriate treatment programs.

Drug Testing Coordinator: The Drug Testing Coordinator shall be the superintendent of schools or his or her designee unless otherwise indicated.

Drugs: Any substance considered illegal by Nebraska Statute, i.e., Uniform Controlled Substances Act, section 28-401 et seq., or which is controlled by the Food and Drug Administration unless prescribed to the student by any licensed medical practitioner authorized to prescribe controlled substances. For purposes of this policy, drugs shall include the illegal use of alcohol and tobacco products.

Extracurricular Activities: Any activity that meets the guidelines of an extracurricular activity at Johnson County Central Public Schools, which shall include the following:

Basketball	Jazz Band	Cheerleading	Cross Country
Speech	Football	Quiz Bowl	Academic Decathlon
Wrestling	One Act Plays	School Plays	Musical Plays
Track	Band	Choir	Volleyball
Soccer	Golf	Dances	FFA
FBLA	Student Council	Art Club	Unified Bowling
Unified Track	Baseball	Skills USA	

As well as, any other activity not specifically mentioned and governed under the guidelines set by the Nebraska Schools Activities Association.

School Calendar Year: Is the first scheduled practice of our fall sport as established by the NSAA calendar through the completion of our last NSAA activity at the end of the school year.

Participants: Any student and his/her parents/guardians must sign a consent form to participate in extracurricular activities at the beginning of each school year. The consent form is attached to this policy. Fall student athletes and students not participating in a fall activity and their parents must submit a signed copy of the policy to the high school office within 5 school days of the first day of school. Failure to do so will result in the student not being able to participate in activities for the entire school year. Students new to Johnson County Central must sign and submit within five school days before participating in extracurricular activities. Students shall remain in the selection pool for an entire school year.

Withdrawal: Students who have a consent form on file remain eligible for drug tests by the school district and throughout the remainder of the school year or until the student files a "Withdrawal of Student from Activity" form signed by the student and his/her parents/guardians. Upon withdrawal, the student shall not be eligible to participate in any activity or attend any non-academic school functions for one (1) calendar year. A student who files a "Withdrawal of Student from Activity" form after selected for a random drug test but before submitting to the test or after testing positive shall be ineligible to participate in any extracurricular activities or attend any non-academic school function for one calendar year from the date the "Withdrawal of Student from Activity" form is received by the Drug Testing Coordinator.

Testing Procedures – Student Selection: All students who participate in extracurricular activities that submit a consent form will be included in a master list and will be subject to random drug/alcohol/tobacco screening. The master list shall be submitted to the company employed by the district or to the person trained and certified to conduct the testing. Using an unbiased electronic selection system, students will be randomly chosen to take a test. Testing will be unannounced and randomly spread throughout the year. Random drug testing for drugs/alcohol/tobacco products may be performed at any time.

Reasonable Suspicion Testing: In addition to random drug/alcohol/tobacco testing, a student is subject to drug/alcohol/tobacco testing once a month, for the rest of the school year, when the Drug Testing Coordinator determines there is individualized reasonable suspicion based upon articulable facts to believe that the student has used drugs, alcohol and/or tobacco products.

Type of Test: The school district reserves the right to utilize either breath, saliva or urine tests for drug/alcohol/tobacco testing procedures.

Collection Site: The Drug Testing Coordinator will designate the collection site(s) at Johnson County Central high school where individuals may provide specimens.

Collection Procedures: The superintendent will select a Drug Program Administrator (DPA). The DPA shall randomly select the students subject to drug/alcohol/tobacco testing from the master list. The DPA will maintain and follow generally accepted industry standards for collecting, maintaining, shipping, and accessing all specimens. The DPA will seek to obtain the sample in a manner designed to insure accurate testing protocols while minimizing intrusion into a student's privacy. The DPA and the school district will provide a copy of the collection procedures upon request.

Notification of Test Results: Johnson County Central High School will utilize a Medical Review Officer (MRO) to review all laboratory-reported positive tests. The role of the MRO is critical to protecting the interest of the students. The MRO serves a critical role in determining whether the use of a substance identified by the sample analysis is from illicit use or a legitimate medical use. The MRO will demonstrate his/her knowledge by being certified by an MRO Accreditation body. The parent or the guardian will be contacted by the MRO or his/her assistant. The MRO will report results of verified positives and/or warrant health and safety issues to the student and to the designated school representative through the DPA.

In the case of a positive result because of prescription medication, the MRO will confirm that a prescription was written for the student, which matches the metabolite found to be positive. If the prescription is used legitimately, the MRO will deem the student medically qualified.

Any student who is alleged to have violated this section, shall have available as an affirmative defense, through clear and convincing evidence, that their use of a controlled substance was prescribed by a licensed medical practitioner who is familiar with the individual's medical history and assigned duties.

After the final review, the Medical Review Officer will advise Johnson County Central Public Schools of the final results of the drug screen test.

Request for a Retest: A split specimen will be collected for all testing methods, with the exception of alcohol testing. A positive alcohol test will be confirmed with an EBT device. A student's parent/guardian may request that the split specimen be tested at a second nationally certified laboratory from a list provided by the MRO. The request for the test must be submitted in writing to the MRO (with a copy sent to the Drug Testing Coordinator)

within 72 hours of being notified of the final testing result. The student and his or her parent/guardian must pay the associated costs for an additional test in advance. The cost will be reimbursed if the result of the split sample test is negative. The student will remain subject to the consequences of this policy during the retesting procedure.

Consequences for Testing Positive: Whenever the test results indicate the presence of drugs, alcohol and/or tobacco, the Drug Testing Coordinator and/or administration will notify the student, parent/guardians, sponsor/coach and other appropriate school personnel. The consequences shall follow the Johnson County Central Activity Handbook under the Activity Code of Conduct. The students will also be required to have a follow-up drug testing, a minimum of once a month, for the remainder of the school year. After a total of three (3) positive tests in one school year, the parent/guardian of that student shall be required to pay for any subsequent drug testing. Should the parent/guardian refuse to pay for subsequent drug testing, the student will remain ineligible until such payment is received. Payment must be received prior to the drug testing.

Refusal to Test: A student who refuses to submit to a drug test authorized under this policy, or fails or refuses to comply with any other provision of this policy, shall not be eligible to participate in any activities covered under this policy including all meetings, practices, performances and competitions for one calendar year.

Tampering: Tampering is the use of any agent or technique which is designed to avoid detection of a drug and/or compromise the integrity of a drug test and is prohibited. This includes providing false urine samples (for example, urine substitution), contaminating the urine sample with chemicals or chemical products, the use of diuretics to dilute urine samples, and the use of masking. If it has been determined that a student tampered with a drug test, the student shall be deemed to have refused to test.

The use of any such agent or technique shall be treated as a refusal to test for drugs, alcohol and/or tobacco prohibited by the Policy and shall be subject to the penalties set forth in this policy.

Maintenance of Records: All results of drug testing shall be confidential. Procedures for maintaining confidentiality will be developed by the school district and the testing organization. The Drug Testing Coordinator shall maintain records of positive tests in a secure location. This information will not be available to anyone other than appropriate school personnel and parents. This information will be destroyed upon the student's graduation. Under no circumstances will this information become a part of the student's

permanent file, nor will it be sent to another school when the student moves to another district or transfers to another school.

Severability: If any portion of this policy is deemed to be contrary to the law of the state of Nebraska or the United States by judicial decision or an act of Congress, then only such portion or provision directly deemed to be unconstitutional shall be stricken, and the remainder of the policy shall remain in full force.

**JOHNSON COUNTY CENTRAL PUBLIC SCHOOLS
CONSENT TO PERFORM RANDOM DRUG TESTING**

Student Name _____ Grade _____

As a student and parent/guardian:

- 1) We understand and agree that participation in extracurricular activities is a privilege that may be withdrawn for violations of the Extracurricular Drug Testing Policy.
- 2) We have read the Extracurricular Drug Testing Policy and understand the responsibilities and consequences as an activity participant if the student violates the policy.
- 3) We understand that when students participate in any extracurricular activity they will be subjected to random drug testing, and if they refuse, will not be allowed to practice or participate in any extracurricular activity or attend non-academic school functions. We have read this consent statement and agree to its terms.
- 4) We understand this is binding while a student is enrolled in Johnson County Central Public Schools.

CONSENT TO PERFORM DRUG TESTING

We hereby consent to allow the student named on this form to undergo drug testing for the presence of drugs, alcohol and/or tobacco products in accordance with the extracurricular Drug Testing Program adopted by the Board of Education. We understand that any samples will be sent only to a qualified laboratory for actual testing. We hereby give our consent to the medical vendor selected by the school board, their Medical Review Office (MRO), laboratory, doctors, employees, or agents, together with any clinic, hospital, or laboratory designated by the selected medical vendor to perform testing for the detection of drugs and to release the results of those tests as provided in the policy. We understand these results will be forwarded to school district officials and will also be made available to us. We agree to sign any necessary releases if requested to do so.

We understand that consent pursuant to this Consent to Perform Random Drug Testing will be effective for all extracurricular activities in which this student might participate in the school year.

We hereby release the Johnson County Central Public Schools Board of Education and its employees from any legal responsibility or liability for the release of such information and records, pursuant to the policy.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

**JOHNSON COUNTY CENTRAL PUBLIC SCHOOLS
WITHDRAWAL OF STUDENT FROM ACTIVITY**

I understand that by signing this form I am rescinding my permission for random drug screening and no longer wish to participate in any extracurricular activity. I further understand that I am forfeiting my privilege to participate in athletics and/or extracurricular activities for one calendar year.

I hereby rescind my consent to the administration of the drug screening and forfeit all participation in extracurricular activities for one calendar year.

Student's Printed Name: _____

Signature: _____ Date: _____

Parent/Guardian's Printed Name: _____

Signature: _____ Date: _____

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 to hit or fall
- Can't recall events 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 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 health care professional who is familiar with sports concussions. Parents 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 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 are 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: Game play.

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 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 cases 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's Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

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Title IX

As required by Title IX of the Education Amendments of 1972, it is the policy of the district that no person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any of the district's programs or activities, or in regards to admission or employment. Any person may report sex discrimination, including sexual harassment. This report must be made by any means to the district's Title IX Coordinator whose contact information can be found on the district's website and in the district's student and staff handbooks. Any other inquiries regarding the application of this policy should be referred to the Title IX Coordinator.

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EMERGENCY RESPONSE TO LIFE-THREATENING ASTHMA OR SYSTEMIC ALLERGIC REACTIONS (ANAPHYLAXIS)

DEFINITION: Life-threatening asthma consists of an acute episode of worsening airflow obstruction. Immediate action and monitoring are necessary.

A systemic allergic reaction (anaphylaxis) is a severe response resulting in cardiovascular collapse (shock) after the injection of an antigen (e.g. bee or other insect sting), ingestion of a food or medication, or exposure to other allergens, such as animal fur, chemical irritants, pollens or molds, among others. The blood pressure falls, the pulse becomes weak, **AND DEATH CAN OCCUR**. Immediate allergic reactions may require emergency treatment and medications.

LIFE-THREATENING ASTHMA SYMPTOMS: Any of these symptoms may occur:

- Chest tightness
- Wheezing
- Severe shortness of breath
- Retractions (chest or neck “sucked in”)
- Cyanosis (lips and nail beds exhibit a grayish or bluish color)
- Change in mental status, such as agitation, anxiety, or lethargy
- A hunched-over position
- Breathlessness causing speech in one-to-two word phrases or complete inability to speak

ANAPHYLACTIC SYMPTOMS OF BODY SYSTEM: Any of the symptoms may occur within seconds. The more immediate the reaction, the more severe the reaction may become. Any of the symptoms present require several hours of monitoring.

- **Skin:** warmth, itching, and/or tingling of underarms/groin, flushing, hives
- **Abdominal:** pain, nausea and vomiting, diarrhea
- **Oral/Respiratory:** sneezing, swelling of face (lips, mouth, tongue, throat), lump or tightness in the throat, hoarseness, difficulty inhaling, shortness of breath, decrease in peak flow meter reading, wheezing reaction
- **Cardiovascular:** headache, low blood pressure (shock), lightheadedness, fainting, loss of consciousness, rapid heart rate, ventricular fibrillation (no pulse)
- **Mental status:** apprehension, anxiety, restlessness, irritability

EMERGENCY PROTOCOL:

1. CALL 911.
2. Summon school nurse if available. If not, summon designated trained, non-medical staff to implement an emergency protocol.
3. Check airway patency, breathing, respiratory rate, and pulse.
4. Administer medications (epinephrine auto injector and nebulized albuterol) per standing order.
5. Determine cause as quickly as possible.
6. Monitor vital signs (pulse, respiration, etc.).
7. Contact parents immediately and prescribing health care practitioner as soon as possible.
8. Any individual treated for symptoms with epinephrine at a school will be transferred to a medical facility.

STANDING ORDERS FOR RESPONSE TO LIFE-THREATENING ASTHMA OR

ANAPHYLAXIS:

- Administer epinephrine auto injector junior for any child less than 60 pounds or adult epinephrine auto injector for any individual over 60 pounds into the muscle towards the front and outer side of the thigh.
- Follow with nebulized albuterol while awaiting EMS.
- If symptoms persist, repeat epinephrine auto injector followed by nebulized albuterol every fifteen minutes while awaiting EMS arrival.
- Administer CPR, if indicated.

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 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

Printed Name of Parent

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.** 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 is obligated by this handbook, including the statements above.

Signature of Parent

Printed Name of Parent

Date