



# 2018/19 ACTIVITY HANDBOOK

Updated 2/28/19

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## **JEFFERSON HIGH ACTIVITIES STATEMENT OF PHILOSOPHY**

A comprehensive and balanced activities program is an essential complement to the basic program of instruction. The activities program should provide opportunities for youth to further develop interests and talents in sports, debate/speech, drama, journalism, music, student clubs, student government, and academic-related areas. Participation in these activities should provide many students with a lifetime basis for personal values for work and leisure activities.

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to learning skills, and emotional patterns that enable the student to make maximum use of his or her education.

The interscholastic activities program shall be conducted in accordance with existing policies and rules and regulations. While the Jefferson High School Board takes great pride in winning, it does not condone "winning at any cost" and encourages sportsmanship and good mental health. At all times, the activity program must be conducted in such a way so as to justify it as an educational activity. Coaches should teach participants to respect other students, their teammates and their opponents, and teach them not to put others down. We need to identify specific achievement with leadership and discipline and not with domination.

Activities play an important part in the life of Jefferson High School. Young people learn a great deal from their participation in interscholastic activities. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our interscholastic activities program. Interscholastic activities competition adds to our school spirit and helps all students - spectators as well as participants - develop pride in their school. The ultimate goals of the activities should be: 1) to realize the value of team work without overemphasizing the importance of winning, and 2) to develop and improve positive citizenship traits among the program's participants.

## **STUDENT OBJECTIVES OF PARTICIPATION**

- I. To provide a positive image of school activities at Jefferson High School.
- II. To strive always for participation excellence that will produce winning teams within the bounds of good sportsmanship and mental health of the student.
- III. To provide experiences that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
  - A. Physical, mental and emotional growth and development.
  - B. Acquisition and development of special skills in activities of each student's choice.
  - C. Team play with the development of such commitments as loyalty, cooperation, fair play and other desirable social traits.
  - D. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that makes for winning or losing graciously.

- E. A focus of interests on activity programs for student body, faculty and community that will generate a feeling of unity.
- F. Achievement of initial goals as set by the school in general and the student as an individual.
- G. Provisions for worthy use of leisure time in later life, either as a participant or spectator.
- H. Participation by the most skilled that will enable these individuals to expand possibilities for future vocational pursuits.
- IV. To provide sufficient activities to have an outlet for a wide variety of student interests and abilities.
- V. To provide those student activities which offer the greatest benefits for the greatest number of students.
- VI. To create a desire to succeed and excel.
- VII. To provide for the students; worthy use of leisure time now and in the future.
- VIII. To develop high ideals of fairness in all human relationships.
- IX. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
- X. To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.
- XI. To develop an understanding of the value of activities in a balanced educational process.

#### ACTIVITY TRANSPORTATION

A. Jefferson High School provides transportation for school activities and generally students are expected to ride to and from all extracurricular activities in the bus provided for participants. If students need to deviate from the scheduled transportation their parents are required to sign a Travel Release Form the day before the event. Participating students will not be allowed to drive to or from an activity or to ride with other students. Parents may pick up their own child at an activity if they provide the coach with a signed note. Students requesting a travel release form will be given permission to ride home with someone other than their parents only by permission of the sponsor and the Principal or AD. When a student has a Travel Release Form completed the parents must check with the sponsor prior to taking over responsibility for the student. Students must ride to the activity site with the team unless a Travel Release Form has been approved by the sponsor as well as the Principal or AD.

B. Students will be expected to dress appropriately. Standards for dress other than normal school dress code requirements will be given by the sponsor. Consideration is to be given to the fact that students will be representing Jefferson High School and should reflect appropriate pride in self and school.

C. Behavior standards on buses will be consistent with those required in regular school transportation. If a student does not behave in an appropriate manner student's parents may be notified.

D. Student are responsible to clean their own area of the bus upon return.

An activity bus will be provided following practices for participants who are eligible for normal student bus transportation. Students riding the activity bus are to report either to the cafeteria or the bus following completion of their practice and remain there until time for the bus to leave.

#### ELIGIBILITY REQUIREMENTS

Students must meet the standards below to be eligible for participation in the school's activity program. Montana High School Association (MHSA) eligibility standards apply to sanctioned competition, not other activities.

##### I MHSA Standards

A. ENROLLMENT/ATTENDANCE: The student must be regularly enrolled in school and carrying at least 4 credits (a minimum of 2 within the school building). The student must be in regular attendance from the enrollment date.

B. ACADEMIC ELIGIBILITY: The student must have received a passing grade in at least twenty periods of prepared work per week or its equivalent during the last preceding semester in which he/she was in attendance.

C. PHYSICAL EXAM: a physical exam must be completed within the last year prior to a student participating in any practice.

D. GRADUATE STUDENT: No Student may participate who is a graduate of a regular four-year high school.

E. AGE RULE: No student may participate who has become nineteen years old on or before August 31<sup>st</sup>.

F. SEMESTER RULE: No student may participate who has been in attendance in any secondary school more than eight semesters. Attendance for 20 days or participation in a contest constitutes attendance for a semester.

G. PARTICIPATION LIMIT: A student may not participate in any one sport more than eight consecutive semesters.

II. Jefferson High School standards:

- A. Students must be in attendance at least a half of the school day to be eligible to participate in practice or competition (this constitutes at least 3 periods on the day in question). For a Saturday contest they must be in attendance a half day, during the previous school day. The sponsor and principal must approve any exception of this rule. All work that will be missed because of travel must be made up prior to leaving or arrangements must be made with each individual teacher.
- B. In addition to MHSAA standards Jefferson High School standards are:  
Minimum will be 2.00.  
Student may not have an "F" in more than one class.  
GPA will be computed on 4 1/2 week basis. If a student has been determined to be ineligible for a 4 1/2 week period the student may earn the privilege of participating on a weekly basis by:
1. Obtain eligibility check sheet from the AD on Monday of each week of ineligibility.
  2. Obtain from all teachers a weekly update on the student's grades.
  3. Return the updated sheet to the AD by 4:06 Tuesday of each week.
  4. If the student has improved their grades to such an extent as to be academically eligible by the above listed standards the student may participate for that week only.
  5. Student must repeat process each week of the 4 1/2 week grading period.
- First computation would be at the mid-point of the first 9 weeks grading period.
- C. The principal has the authority to exclude from any activity any participant who is in violation of any local school rules, either academic or extra-curricular.
- D. Students who participate MHSAA sponsored activity are required to purchase activity cards before the second contests for admission to school sponsored activities.
- E. Students involved in activities are required to have completed the following paperwork prior to participation.
- 1) a physical exam and parent permission form
  - 2) verification of receipt of training rules
  - 3) a signed "Medical Release Form" giving an attending physician permission to give medical treatment.
  - 4) MHSAA Student-Athlete & Parent/Legal Guardian Concussion Statement.
  - 5) Student Transportation Liability Release Form
  - 6) JHS Participation Consent Form
  - 7) Parent and Player's Code of Conduct
- F. Speech/Debate/Drama students are required to have verification of receipt of training rules before participation.
- G. All other school sponsored groups or clubs must have a verification of receipt of training rules after elected or upon joining.
- H. Jefferson High students must join a MHSAA activity before the first competition or when approved by the sponsor, AD or Principal. Transfers may try out for the MHSAA activity if they meet the MHSAA requirements at a later date.
- I. Students may transfer from one activity to another activity with both coaches and principal or AD's approval.

Extracurricular Activities: A variety of activities are offered in the school for your benefit and pleasure: music, band, FHA/HERO, Skills USA, FCCLA and BPA are active throughout the year; speech/debate/drama, MUN, football, cross country, cheer and volleyball are active in the fall; boys basketball, girls basketball, wrestling, and cheer are active in the winter; girls tennis, track, golf and Youth Legislature are active in the spring.

## SPORTSMANSHIP

Activities are an important aspect of the total educational process in our school. One of the goals of the activity program is the teaching of appropriate sportsmanship. It is defined as those qualities of behavior, which are characterized, by generosity and genuine concern for others including opposing players, coaches, and officials. Good sportsmanship is viewed as a concrete measure of understanding and commitment to fair play, ethical behavior and integrity.

Consequences for exhibiting poor sportsmanship may include any of the following: 1) Private reprimands or letters of concern, 2) Probationary participation or attendance, 3) Temporary or permanent suspension for participation or attendance, 4) Reports to law enforcement or 5) Permanent exclusion from certain contests or from the school facilities. These consequences may be applied to participants, coaches, parents or spectators.

## TRAINING RULES INTRODUCTION

These rules have been adopted for the following reasons:

- 1 To promote a positive image of our student body among all people.
- 2 To help students avoid the negative effects of chemical abuse both physically and mentally.
- 3 To help protect the safety of students during the time they are not competing in activities.
- 4 To encourage a long-term, healthy lifestyle for the benefit of individuals and the community.
- 5 To help athletes concentrate on the next performance or opponent rather than being disrupted by internal turmoil created by discipline breakdowns.
- 6 To encourage students to obey the law.

## RULES

While it is recommended that all students follow these rules throughout the year, the school will enforce them year round. They apply to all students involved in MHSAA sanctioned activities, speech/debate/drama, and cheerleading. Consequences will apply whether the student was involved in an activity at the time of the violation or not.

- 1 NO ALCOHOLIC CONSUMPTION OR POSSESSION
- 2 NO DRUGS USAGE OR POSSESSION
- 3 NO CHEWING OF TOBACCO OR POSSESSION
- 4 NOSMOKING OF TOBACCO OR POSSESSION (INCLUDING: E-CIGARETTES OR VAPING)
- 5 Team hours and the penalty for not meeting them will be set by the coach as needed.
- 6 Any action detrimental to the school image will not be tolerated and may result in disciplinary action up to and including dismissal from the team.
- 7 A student athlete is in violation of school athletic training rules number 1 or 2 above if they are participating in use of or in attendance where drugs or alcohol are being used. The only exception to this attendance rule is if the student athlete is at home or at a function with her/his parents where alcohol is present. There is no exception to the usage rule.
- 8 Students with training violations or are academic ineligible may not travel with the team. Students that are out due to illness or injury may travel at the coaches' discretion.
- 9 SELF-REFERRAL: The purpose for this provision is to encourage a Student/Athlete to seek help. The Student may not use this voluntary admission if the administration already knows of the training rule infraction. This provision may be used only one time by a student while enrolled in grades 9-12, and will be documented by the Activities Director. To be treated as a self-referral, this must be the first knowledge that the school administration has of the violation. A self-referral carries a reduction of one-half of the listed suspension for that level of violation, the student will continue to practice. The student must obtain a professional drug/alcohol/tobacco evaluation and follow the evaluations recommendations. All evaluations and programs recommended by the evaluation will be at the expense of the parent. Students must participate in the awareness class before they will be eligible to participate further in a sports/activity competitive contest.
- 10 DISHONESTY CLAUSE: Any student who denies involvement and then is later found to have been dishonest would receive an additional suspension of two competitive weeks above and beyond the listed consequence.

11. CHEMICAL AWARENESS CLASS AND REFERRAL FOREVALUATION:

First Violation (In and Out of Season): Student must obtain a professional drug/alcohol/tobacco evaluation and follow the evaluations recommendations. All evaluations and programs recommended by the evaluation will be at the expense of the parent. Upon completion of the evaluation, the student is then eligible to participate in contests for the next sports/activity season if all other conditions are meet. Students with a violation out of season must complete the professional evaluation before they can participate in any contest in the next sports/activity season.

Subsequent Violations (In and Out of Season): Referral for Professional Counseling.

All evaluations and programs recommended by the evaluation will be at the expense of the parent. Jefferson High School will provide only the Chemical Awareness Class.

CONSEQUENCES

1. First Offense  
(In Season)

The student will be ineligible for remainder of that season and forfeit all school awards for the violated activity. **If** the infraction occurs in the first half of the competitive season the participant will be suspended for the remainder of the season and forfeit all awards. **If** the infraction occurs in the second half of the competitive season, the participant will be suspended from competition for the remainder of the season, forfeit all awards, and be suspended for the first half of the next activity he or she chooses to participate. The student may practice during the suspension at the coach's discretion. In season violations will be those that occur from the official start of the activity season (first practice) to the last day of practice or the last MHSA sanctioned contest of the season including the return to JHS.

(Out of Season)

The student will not be allowed to participate in the first 50% of the next season's regularly scheduled contests (the next season the student elects to participate in). The student must complete that season in good standing or the suspension will not count. The student may practice during that suspension.

2. Second and Subsequent Offenses

\*The student may not participate in MHSA sponsored activities for the remainder of the current or coming school year.

\*\*The student and parent/guardian must meet with the Activity Council to set up an individual conduct contract. The contract will be made with the student's best interest in mind. The committee will review the contract before the start of the next school year's activity that the student chooses to participate in to determine if the contract obligations have been met. **If** the result of this meeting is positive, then the student will be allowed to participate in the scheduled activity.

Council Membership

- High School Principal
- Activity Director
- School Board Liaison
- Affected Activity Advisor
- Non-Affected Activity Advisor

**If** there is a discrepancy in which a vote will be taken, the superintendent will sit on the council to break the tie.

Contract Obligations might include but are not limited to:

- Subsequent training violations
- Counseling or training violations relating to substance abuse.
- Overall school record: attendance, behavior, and positive contributions.
- Actions deemed detrimental to the school's image.

Any student, who has violated these rules twice and has been reinstated by the council, will begin the next year's activities with one violation

### CONDITIONS

1. Practice days are defined as days on which at least one practice or contest was held for the sport in which the student is participating.
2. Violations shall be cumulative throughout the student's high school career
3. Each sport will conduct a Mandatory Parent Meeting. This meeting will address concerns about Curfew, parties, drugs and alcohol, nutrition, and general expectations of athletes and their families. The meeting will also address expectation parents can expect from the coaching staffs. This meeting will be available online. Failure of parents to attend one of the scheduled sessions will result in their student athlete being ineligible for any contest until attendance is completed.
4. A student must complete the season in good standing in order to receive letters and awards for the activity.
5. The school will make every effort to contact the parents as soon as possible when a violation is verified.

### STAFF EVALUATIONS

The following procedure will be utilized by Jefferson High School to assess the performance of staff members accepting coaching/sponsoring assignments.

Four forms will be incorporated in creating the Head Coaches Evaluation.

Form 1: Season Evaluation Report (Completed by the AD or Principal)

Form 2: Program Evaluation Report (Parents, all program parents, available digitally on the school website or emailed upon request)

Form 3: Program Evaluation Report (Participants, all participants taken during school hours)

Form 4: Assistant Coaches Evaluation (To be completed by the Head Coach after season is completed)

Fall Sports evaluations will be presented at the December Board Meeting (Football, Cross Country, Volleyball).

Winter Sports evaluations will be presented at the April Board Meeting (Speech and Drama, Boys and Girls Basketball, Wrestling, Cheer).

Spring Sports evaluations will be presented at the June Board Meeting (Track, Tennis, and Golf).

1. The Activity Director will evaluate each Head Coach for each Activity. The Principal will evaluate the Head Coach if the Head Coach is also the Activities Director. A written evaluation will be provided, with an evaluation conference.
2. The Activities Director will compile and summarize the four evaluation forms for each program (girls and boys). The summarization will be reported to the Jefferson High School Board of Trustees when the recommendation to rehire is presented. The summarization will include a report in the positive comments and achievements with corresponding commendations, negative comments and concerns with corresponding plans to address and solve.
3. All evaluation will be routed to the Principal for recommendation for rehire or non-rehire to the Superintendent. The Superintendent will present the recommendation to the Jefferson High School Board of Trustees for action.

### GRIEVANCE PROCEDURE FOR PARTICIPANTS AND PARENTS/GUARDIANS

If there is a grievance or disagreement with an activity sponsor, the procedure that must be followed is outlined below:

Step 1 - Talk to the Head Advisor of the program.

Step 2 - If you haven't reached satisfaction at the first level;

File a written complaint with the Principal and Activities Director and come in to discuss the problem.

Step 3 - If you haven't reached satisfaction at the second level;

Take the written complaint to the superintendent and discuss the problem.

Step 4 - If you haven't reached satisfaction at the third level;

Take the written complaint to the Board of Trustees.

### CUT POLICY ALL JEFFERSON HIGH SCHOOL ACTIVITIES

The make-up of each team is at the discretion of each program's Head Coach.

#### 48 -HOUR COOLING OFF PERIOD

If parents need to speak with a coach it is to be done through appointment only. Coaches are never to be approached before or after games are with concerns or problems. Please wait 48 hours after contests to call and set appointments with the coaching staff and Activities Director. The student/athlete should have already voiced their concerns to the coaching staff before a parent conference. If this procedure is not followed game suspensions will be given to the student/athlete or parent that is in violation.

#### SOCIAL NETWORKING GUIDELINES

- 1. Avoid sharing private information.** Be careful of how much and what kind of identifying information you post on social networks. It's unwise to make available information such as date of birth, social security number, address, phone numbers, class schedules, bank account information or details about your daily routine. All of these can facilitate identity theft or stalking. Remember that once posted, the information becomes the property of the website.
- 2. Consider your career.** Be aware that potential current and future employers and college admissions offices can access information you post on social networking sites. Realize that any information you post provides an image of you to prospective employers or schools. The posting is considered public information. Protect yourself by maintaining a self-image you can be proud of years from now.
- 3. Watch out for 'phishing.'** Be careful in responding to unsolicited emails asking for passwords or PIN numbers, also known as "phishing." Reputable businesses do not ask for this information online.
- 4. Understand your rights.** Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited and *not without consequence*. Social networking sites are not a place where you can say and do whatever you want without repercussions.
- 5. Protect your photos.** Remember that photos put on social networks become the property of the site. You may delete the photo from your profile, but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.



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**RECIEPT OF HANDBOOK**

I have received and reviewed a copy of the Jefferson High School Activities Handbook. I understand that the handbook contains information that my child and I may need during the school year. I understand that all students will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in this handbook.

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Signature of Parent

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Date

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Signature of Printed Name of Parent

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Signature of Student

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Date

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Signature of Printed Name of Student

\*\*\*Only one receipt of the handbook, need to signed per year\*\*\*



## Student-Athlete & Parent/Legal Guardian Concussion Statement

Because of the passage of the Dylan Steigers' Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete's parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed health care provider.

Student-Athlete Name: \_\_\_\_\_  
*This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.*

Parent/Legal Guardian Name(s): \_\_\_\_\_

We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet*.  
*If true, please check box*

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health care professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a licensed health care professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion fact sheet.	

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date



## A Fact Sheet for **ATHLETES**

### **WHAT IS A CONCUSSION?**

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

### **WHAT ARE THE SYMPTOMS OF A CONCUSSION?**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

### **WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?**

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

### **HOW CAN I 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.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
  - > The right equipment for the game, position, or activity
  - > Worn correctly and fit well
  - > Used every time you play

**Remember, when in doubt, sit them out!**



## A Fact Sheet for PARENTS

### WHAT IS A CONCUSSION?

A concussion is a 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?

#### Signs Observed by Parents or Guardians

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

- 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
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- 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 (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Remember, when in doubt, sit them out!

JEFFERSON HIGH SCHOOL  
ELIGIBILITY & EMERGENCY INFORMATION CARD

Athlete's Name \_\_\_\_\_ I.D.# \_\_\_\_\_

School \_\_\_\_\_ Sport(s) \_\_\_\_\_

Grade \_\_\_\_\_ Age \_\_\_\_\_ Male  Female  Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

(1) Parent or guardian's name \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Medical Insurance Co. \_\_\_\_\_

Policy Number \_\_\_\_\_

Physician's name \_\_\_\_\_ Phone \_\_\_\_\_

(2) Emergency contact \_\_\_\_\_

3. Relationship to athlete \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

**IMPORTANT!**

Are you allergic to any drugs? \_\_\_\_\_ If so, what? \_\_\_\_\_

Do you have any other allergies? (i.e., bee sting, dust) \_\_\_\_\_

Do you suffer from \_\_\_\_\_ asthma, \_\_\_\_\_ diabetes, or \_\_\_\_\_ epilepsy? (Check  any that apply)

Are you on any medication? \_\_\_\_\_ If so, what? \_\_\_\_\_

Do you wear contacts? \_\_\_\_\_ Other: \_\_\_\_\_

*This is to certify that I authorize the school physician or emergency personnel to administer the necessary medical care to my son/daughter should an injury/accident occur while participating in any interscholastic sport or activity. I give my consent for my son/daughter to participate in athletics or other school activities. I authorize this student to be released from school as required in order to participate in the sport or activity.*

☞ Parent/Guardian Signature \_\_\_\_\_

☞ Date \_\_\_\_\_

☞ E-mail Address \_\_\_\_\_

(For office use only) Probation \_\_\_\_\_

# JEFFERSON HIGH SCHOOL

## *Student Transportation Liability Release Form*

The Jefferson High School encourages district students to participate in activities including school sponsored sporting events and practices. As a part of these activities, there are times when staff or others may transport students. It is the policy of the Jefferson High School to require parental permission before allowing a student to travel in these situations. Travel may be by a school owned vehicle or a non-school owned vehicle. If you would like your child to participate, please carefully read and sign this document.

I hereby give permission for my child, \_\_\_\_\_, to travel with a staff member or others as mentioned above. As a parent or guardian, I understand that the school, staff and others involved in the transportation will make reasonable efforts to prevent accidents. However, I fully understand that some activities involve inherent risks to students regardless of reasonable safety measures that may be taken by the district. In consideration of the district's agreement to allow my child to travel as mentioned above, I agree to accept responsibility for any loss, damage, or injury to my child that occurs that is not the result of fraud, willful injury to a person or property or the willful or negligent violation of a law by a trustee, employee or agent of the Jefferson High School.

In the event it becomes necessary for the district staff in charge to obtain emergency care for my child, neither he/she nor the school district assumes financial liability for expenses incurred because of an accident, injury, illness and/or unforeseen circumstances.

Parent or Guardian: \_\_\_\_\_  
(Please Print)

Signature \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Does your child have a medical condition that the school should be aware of before allowing your child to travel? Yes \_\_\_\_\_ No \_\_\_\_\_. If yes, please state the nature of the medical condition. \_\_\_\_\_.

Date \_\_\_\_\_

**JHS PARTICIPATION CONSENT FORM**

Student's Name \_\_\_\_\_

1. I hereby authorize Jefferson High School and its faculty members in charge of my child named above, to obtain all necessary medical care for my child and I hereby authorize any licensed physician and/or medical personnel to render necessary medical treatment to my child. I also give my permission for the team physician, athletic Trainer, or other qualified personnel to give first aid treatment to this student at an athletic event in case of emergency.

2. I hereby give my consent for the above student to engage in the approved athletic activities as a representative of Jefferson High School that I have checked below:

- |   |                        |                |
|---|------------------------|----------------|
| _____ Any or all activities listed here | _____ Cheerleading     | _____ Tennis   |
| _____ Cross Country                     | _____ Wrestling        | _____ Track    |
| _____ Girls Basketball                  | _____ Boys Basketball  | _____ Football |
| _____ Volleyball                        | _____ Speech and Drama |                |

3. I hereby acknowledge that I have read and understand the Academic Eligibility Rules, Training Rules, and the Grievance Procedures found in the Student Activity Handbook.

4. I hereby acknowledge that there are certain inherent risks in athletic participation. The district has student insurance available that you can purchase. If your child is injured while participating, the expenses related to the injury is the financial responsibility of the parent. I accept these participation risks and the related costs in case of injury to my child through non-negligent participation. \*Student School insurance is available to purchase.

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Home Phone)

\_\_\_\_\_  
(Emergency Phone)



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## Player's Code of Conduct

I accept responsibility for my behavior on and off the field. I understand that what I do and say affects my teammates, school, and other people either positively or negatively.

I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.

I act with respect toward myself and the people and things around me including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.

I do not put people in boxes according to their race, gender, religion, neighborhood, sexual orientation or abilities. I judge people by the content of their character.

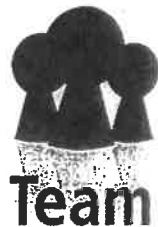
I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, "How can I help *you*?"

I serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school and community as a student-athlete.

I give 100% effort to practices, games, and events. I understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates.

I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and 'trash-talking' to members of other teams. I accept defeat graciously by congratulating my opponents on a game well played.

*Because I represent my family, school, and team, I abide by the policies, rules and guidelines of the school, team, and coaches.*

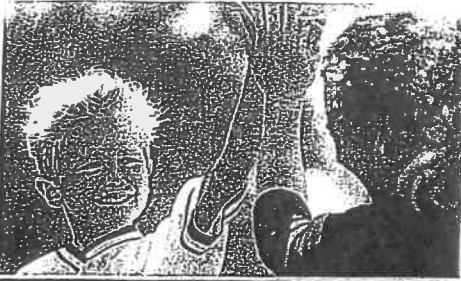


\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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## Parent's Code of Conduct

I understand and endorse the purpose of our program: *to help boys become men and girls become women of empathy and integrity who will lead, be responsible, and change the world for good.*



I support the coaches by applauding behaviors in my child and teammates that demonstrate characteristics of integrity, empathy, sacrifice, and responsibility.

I acknowledge and appreciate every player's growth towards maturity and efforts toward establishing stronger relationships with teammates, coaches, and themselves.

I affirm my child and teammates when good character, healthy sportsmanship, and other-centered behaviors are displayed. I will not only affirm athletic performance or a victory.

I serve as a role model for our players talking politely and acting courteously towards coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.

I model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little my child plays or what the win-loss record is.

I encourage my child and teammates with positive statements, even when they make mistakes. At every practice they are growing physically and emotionally. At every practice they are learning moral and ethical lessons. At every practice they are developing character.

I refrain from boasting about my child's accomplishments.

When problems or questions arise, I have my child present the problem to the coach. This develops self-advocacy. After meeting with their coach, if the issue requires more clarity, I will contact the coach.

*Because I am a parent with the power, position, and platform to make a positive difference in the lives of all players, I commit to this code of conduct. When failing to live up to these standards, I will allow for accountability and take responsibility for my actions.*

Signature \_\_\_\_\_

Date \_\_\_\_\_

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