

CO-CURRICULAR CODE RULES and REGULATIONS

Updated June 2016

The following rules and regulations shall be in effect for the entire calendar year, including summer breaks and holiday periods, except as otherwise provided in this policy. These rules shall apply to all students participating in any of the following co-curricular activities:

Clubs and Activities- Forensics, Drama, Solo-Ensemble, Voluntary Music Trips, Quiz Bowl, and any other Co-Curricular Club or Activity

Fall Athletic Sports- High School Football, Middle School Football, High School Cross Country, Middle School Cross Country, High School Volleyball, High School Boys Soccer, and Middle School Girls Basketball

Winter Athletic Sports- Middle School Boys Basketball, High School Boys Basketball, High School Girls Basketball, and Middle School Volleyball

Spring Athletic Sports- High School Track and Field, High School Girls Soccer, and Middle School Track and Field, High School Baseball and Softball (when a team is sponsored)

Fee: There will be a \$25/student (maximum \$50/family) annual fee for South Shore students to participate in co-curricular activities. This fee can be waived if the student and/or the student's family participate in a school service project (example: taking tickets, working at concessions, etc.).

Dual Clubs, Activities, and Sports participation may be allowed. Students wishing to participate in two, which have similar seasons need to inform the athletic director. A **Primary and Secondary Dual Sport form** must be filled out, turned into athletic director, and signed by the student, a parent/guardian, and both coaches. After consult by athletic director, coaches, and administration, and subject to provisions detailed on a case-by-case basis, the administration may allow the student to participate in dual sports.

It is the South Shore School District's belief that student participation in co-curricular activities can afford certain training and learning experiences not ordinarily obtainable in the regular academic curriculum. The purpose of the co-curricular programs in the District is more than the satisfaction of the participants, but includes important goals such as character development, proper health habits, team and school spirit, leadership, and good citizenship skills.

All South Shore School District students participating in co-curricular programs are expected to conduct themselves at all times, and at all places, in a manner which will bring credit to themselves, their classmates, their school, and their community. Participation in the school's co-curricular programs is desirable, but not a required part of the total educational program of students.

All Students are invited and encouraged to participate in co-curricular activities. Because of the voluntary nature of the co-curricular programs, all students choosing to take part in these programs must be prepared to accept the rules and regulations which are set forth in this policy. Those students not willing to comply with these rules and regulations should not expect to participate in co-curricular programs.

Grade checks will be run the day the grades are due (set by the office), not the end of the quarter, academic suspensions begin on the day grades are due.

Any student receiving more than one failing grade in any grading period will lose the privilege of participating in any co-curricular activity or attending any formal competitions or activities held on school nights (Monday, Tuesday, Wednesday, Thursday) for the next academic term.

Any student receiving one failing grade will be restricted to limited participation in co-curricular activities. For a **minimum of two weeks**, the student will not be allowed to participate in any formal competitions or activities. The student's activities will be limited to participation in practice sessions, and attending activities only between the hours of 8:00am and 6:00 pm, except for activities that occur on Friday or Saturday nights.

At the end of two weeks from the date the grades were due (set by the office), the student, the teacher, and the Athletic Director will assess the student's academic progress. The student must fill out a **reinstatement form** and return it to the Athletic Director, if the progress is deemed to be satisfactory, the student may resume full participation in all co-curricular activities.

An Incomplete grade will be treated as a failing grade until the incomplete is made up and a passing grade is earned. The student will be reinstated once a passing grade is entered into the office.

4th Quarter is considered continuous until the first day of school, the next school year, 4th quarter academic suspension from the previous school year, will be addressed on the first day of school and served during 1st quarter of the next school year. This means a student may begin participating in August, but then have to serve penalty from 4th quarter, once school begins. A student that has 2 failing grades during third quarter is ineligible the entire 4th quarter and this includes summer until beginning of school.

Cases in which a student receiving a failing grade is no longer enrolled in the class in which the failing grade was given will require a special assessment of the student's academic progress by teachers in those courses in which the student remains enrolled.

Co-Curricular-Other Eligibility Requirements

All regulations of the WIAA shall apply except where the District's regulations are more restrictive.

All students participating in co-curricular programs and their parent/s or guardian/s shall attend the mandatory co-curricular meeting where the rules of eligibility contained in the Student Handbook will be read. Both students and their parent/s or guardian/s shall sign a form on an annual basis, indicating they have attended this meeting before the student may begin participating in any co-curricular activity. **In the event a student and parent/s or guardian/s can not attend this meeting, a makeup meeting must be scheduled with the Athletic Director, student, and parent/s or guardian/s before participation may begin.**

Co-curricular supervisors and coaches shall have the authority to establish other reasonable rules and regulations pertaining to the desired outcomes of each of the particular co-curricular activities sponsored by the School District. Co-curricular supervisors and coaches shall also have the authority to suspend students for violations of their specific rules, with cause. Such suspensions shall be reviewed by the Co-Curricular Council upon written request of the student involved. The student must submit a written request to the Co-Curricular council within three days of their notice of the suspension.

In addition to the particular rules established by specific co-curricular supervisors or coaches, the following activities are **strictly prohibited**:

Minimum Consequence- found ineligible to participate in 5% of the scheduled athletic competitions, and or an equivalent percentage of other scheduled events, depending on the activity. The student may be permitted and is expected to practice during the period of suspension.

1. **First time offenders** will be found ineligible to participate in 10% of the scheduled athletic competitions, and or an equivalent percentage of other scheduled events, depending on the activity. The student may be permitted and is expected to practice during the period of suspension.
2. **Second time offenders** will be found ineligible to participate in 25% of the scheduled athletic competitions, and or an equivalent percentage of other scheduled events, depending on the activity. The student may be permitted and is expected to practice during the period of suspension.
3. **Third time offenders** will be found ineligible to participate in 50% of scheduled athletic competitions or an equivalent percentage of other scheduled events, depending on the activity. The student may be permitted and is expected to practice during the period of suspension.
4. **Fourth time offenders** will be suspended from all co-curricular activities for a period of one full calendar year from the date of the fourth infraction. Student may not practice during the period of suspension.
5. **Fifth time offenders** will be permanently suspended from all co-curricular activities, subject to an annual review of the student's behavior by the Co-Curricular Council, if so requested by the student in writing. A reinstatement form must be filled out and turned in to Athletic Director for an annual review to be considered.

Tier 2- Considered to be medium offenses (possession, exchange, buying, or use of alcoholic beverages), (possession, exchange, buying, or use of illegal drug or drug product), Being under the influence of alcoholic beverages and/or illegal drug or drug product, any criminal act, except for minor traffic violations, use or possession of any substance "promoted" to be perception or mind-altering (including "synthetic" substances) or other offenses deemed by the Co-Curricular Council as medium.

In addition to suspension, if the student is involved with the consumption of alcoholic beverages, or the use of illegal drugs, the student must also submit to professional alcohol and drug assessment and counseling before being allowed to participate in future co-curricular activities.

Minimum Consequence- found ineligible to participate in 10% of the scheduled athletic competitions, and or an equivalent percentage of other scheduled events, depending on the activity. The student may be permitted and is expected to practice during the period of suspension.

1. **First time offenders** will be found ineligible to participate in 25% of the scheduled athletic competitions, and or an equivalent percentage of other scheduled events, depending on the activity. The student may be permitted and is expected to practice during the period of suspension.
2. **Second time offenders** will be found ineligible to participate in 50% of the scheduled athletic competitions or an equivalent percentage of other scheduled events, depending on the activity. The student may be permitted and is expected to practice during the period of the suspension.
3. **Third time offenders** will be suspended from all co-curricular activities for a period of one full calendar year from the date of the third infraction. The student may not practice during the period of suspension.
4. **Fourth time offenders** will be permanently suspended from all co-curricular activities, subject to an annual review of the student's behavior by the Co-Curricular Council, if so requested by the student in writing. A reinstatement form must be filled out and turned in to Athletic Director for an annual review to be considered.

Note: The District's other tobacco, alcohol, and illegal drug use rules will also be enforced, in addition to the co-curricular consequences listed above.

Random Drug Testing 443.41

The Board of Education establishes a program of random drug testing for District students in an effort to deter students from the use of illegal drugs, prescription drugs illegally obtained, and to identify students who are using illegal drugs in order to provide an opportunity for intervention and treatment.

Student Eligibility

The following groups of students will be eligible for random suspicionless drug testing:

- a. **Co-Curricular Participants**
South Shore School students who choose to exercise the privilege of participating in co-curricular activities in the district. Student participants registering for co-curricular activities will be provided with a consent form. The completion of the consent form by the student participating and, if the student is a minor, his/her parents or guardians, constitutes express permission and agreement that the student will submit to random suspicionless drug testing. Signing the consent, and adherence to the conditions thereafter, shall be a condition for participation in co-curricular activities.
- b. **Students Who Register to Park a Motor Vehicle in the School Parking Lot**
South Shore High School students who choose to exercise the privilege of parking a motor vehicle in the school parking lot during the school day. High School students may apply for a parking permit. The parking permit application will include a consent agreement by which a student and at least one (1) parent or guardian, if the student is a minor, will agree the student is to be eligible for random suspicionless drug testing.

Substance Tested

Any illegal drug including alcohol. This includes, but is not limited to, amphetamine, methamphetamine, barbiturates, cocaine, codeine/morphine, alcohol, benzodiazepines, phencyclidine, steroids, LSD, and marijuana (THC). Drugs may be exempted if a legal and current prescription for use can be provided within forty-eight (48) hours of testing.

Random Selection of Students Participating for Testing

Students eligible in each pool of students (co-curricular participants, students requesting parking permits) will be assigned a number by school administration.

443.41 Random Drug Testing

Random draws of numbers will be conducted monthly during the school year; up to four numbers per month will be drawn. Students that participate in co-curricular activities and/or register to park a motor vehicle in the school parking lot are eligible each month for random suspicionless drug testing.

Relationship with Authorities

- a. Any alcohol, illegal drugs, illegal controlled substances, or illegal items confiscated by school authorities in the course of an investigation will be turned over to the appropriate law enforcement authority.
- b. After appropriate action has been taken, the school authorities will make contact with the parents(s)/guardian(s) to share community support available.

Confidentiality

The fact that a student has been found in violation of this policy, including the results of any drug or alcohol tests administered, shall only be disclosed to school personnel working directly with student and/or family.

More emotional
Repeating the same question/comment

Concentration or memory problems (forgetting game plays)

Signs observed by teammates, parents, and coaches include:

| | | |
|---------------------------------------|---|---------------|
| Vacant facial expression | Confused about assignment | Forget plays |
| Is unsure of game, score, or opponent | Slurred speech | Appears dazed |
| Loses consciousness | Seizures or convulsions | |
| Can't recall events prior to hit | Moves clumsily or displays incoordination | |
| Answers questions slowly | Shows behavior or personality changes | |
| Can't recall events after hit | | |

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents, and students is key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new law (118.293) in Wisconsin now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

- a. An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition or practice at that time and may not return to play until:
 1. The athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions.
 2. The office and Athletic Director has received written medical clearance to begin the return to play program from that health care provider.
 3. The athlete has successfully completed the **Return to Play Program** with his/her coach and necessary observations paperwork is turned into Athletic Director.

Return to Play Program- one step per 24 hours, if symptoms return the athlete must stop current step and notify health care provider before starting the program over.

After office and Athletic Director has written medical clearance from a certified healthcare provider: coaches may begin step one of program with athlete, with each step an observation log must be kept and turned into Athletic Director before athlete can return to play.

- Step 1: About 15 minutes of light exercise: stationary bike or jogging
- Step 2: More strenuous running and sprinting in the gym or field without equipment
- Step 3: Begin non-contact drills in full uniform, may resume light weight lifting
- Step 4: Full contact practice
- Step 5: Full Game Clearance