



# Athletic Handbook

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## **Introduction**

The Mead School District believes in the value of athletics in a well-rounded education. To ensure student athletes are provided safe and high quality athletic programs the Mead School District adheres to the following foundational principles:

- The primary function of school athletics is to provide opportunities for students to discover and advance their athletic talents. Additional benefits include the development of team and leadership skills.
- The building of individual, as well as team, confidence through positive interactions and mutual respect are key to success.
- No activity is more important than another even though participation numbers and media coverage may differ from sport to sport.
- A participant, staff member or fan should never, under any circumstance, compromise sportsmanship, honesty and integrity.
- Leaders in the world of school athletics have the responsibility to be professional, positive role models.

The Mead School District is committed to providing high quality, well-rounded athletic programs, with the goal of maximizing participation, while maintaining high levels of success. No program can guarantee maximum playing time for every athlete. However, our desire is that all participants have a positive experience.

## **Statement of Non-Discrimination**

The Mead School District does not discriminate on the basis of race, creed, color, sex, marital status, sexual orientation including gender expression or identity, age, national origin, honorably discharged veterans or military status, the presence of any sensory, mental, or physical disability or the use of a trained dog guide or service animal by a person with a disability, religious or political belief or any other protected class in compliance with federal and state law. Inquiries regarding compliance should be directed to the Mead School District Student Services Department (509-465-6008).

## Program Offerings

<p><b>High School</b></p>	<p><b>Fall:</b>            Cross Country (Boys &amp; Girls)            Football (Boys)            Soccer (Girls)            Softball - Slow Pitch (Girls)            Volleyball (Girls)</p> <p><b>Winter:</b>            Basketball (Boys &amp; Girls)            Gymnastics (Girls)            Wrestling (Boys)</p> <p><b>Spring:</b>            Baseball (Boys)            Golf (Boys &amp; Girls)            Soccer (Boys)            Softball – Fast Pitch (Girls)            Tennis (Boys &amp; Girls)            Track (Boys &amp; Girls)</p> <p><b>All Year:</b>            Cheerleading            Dance/Drill</p>
<p><b>Middle School</b></p>	<p><b>Fall:</b>            7<sup>th</sup> &amp; 8<sup>th</sup> Cross Country (Boys &amp; Girls)            8<sup>th</sup> Softball (Girls)            8<sup>th</sup> Football (Boys)            7<sup>th</sup> &amp; 8<sup>th</sup> Intramural Tennis (Boys &amp; Girls)</p> <p><b>Early Winter:</b>            7<sup>th</sup> &amp; 8<sup>th</sup> Volleyball (Girls)            7<sup>th</sup> &amp; 8<sup>th</sup> Wrestling (Boys)</p> <p><b>Late Winter:</b>            7<sup>th</sup> &amp; 8<sup>th</sup> Basketball (Boys &amp; Girls)</p> <p><b>Spring:</b>            7<sup>th</sup> &amp; 8<sup>th</sup> Track (Boys &amp; Girls)            8<sup>th</sup> Baseball (Boys)</p>
<p><b>Elementary School</b></p>	<p><b>Early Fall:</b>            5<sup>th</sup> &amp; 6<sup>th</sup> Soccer (Boys &amp; Girls)</p> <p><b>Late Fall:</b>            5<sup>th</sup> &amp; 6<sup>th</sup> Volleyball (Boys &amp; Girls)</p> <p><b>Early Winter:</b>            6<sup>th</sup> Basketball (Boys &amp; Girls)</p> <p><b>Late Winter:</b>            5<sup>th</sup> Basketball (Boys &amp; Girls)</p> <p><b>Early Spring:</b>            6<sup>th</sup> Softball (Girls)            6<sup>th</sup> Football (Boys)            4<sup>th</sup> – 6<sup>th</sup> Track (Boys &amp; Girls)</p>

For season start dates please visit school websites and click the “Athletics” tab.

## **League Affiliation**

**High School** – Mead High (4A) and Mt. Spokane (3A) are members of the Greater Spokane League (GSL), which is a combined 3A/4A league.

**Middle School** – Mountainside and Northwood compete in various leagues depending upon the sport.

**Elementary School** – Mead elementary schools compete among themselves in intra-district competition.

## **Participation Philosophy/Expectations**

Mead School District student learning goals state that human wellness and athletic experiences are integral parts of the educational experience. To that end, the primary function of Mead School District interscholastic and intramural programs is to provide opportunities for students to participate and to enhance the psychological, emotional, social and physical development of each student/athlete.

Students are not cut from teams in the 7<sup>th</sup> and 8<sup>th</sup> grade and, beginning in 9<sup>th</sup> grade, cuts are made only when it is necessary to effectively supervise and direct a program. At the beginning of each sport season the coach will share his/her expectations and outline the process used if cuts are necessary. Team placement (Varsity, JV, C, etc.) and playing time are the coach's responsibility.

The district believes participation in athletic programs can enhance and develop the values of cooperation, honesty, sportsmanship, responsibility, respect, perseverance and commitment. Student athletes will be encouraged to develop their athletic skills and compete to the best of their abilities. While individual achievements are valued and encouraged, team accomplishments are of primary importance. The district believes athletics significantly contribute to and enhance the entire Mead community (students, staff, parents and patrons). The district places a high value on good sportsmanship, ethical conduct, school pride and loyalty, as well as demonstrated courtesy to visiting teams and officials.

To help support this philosophy it is important that:

- School and District administrators visibly support all district athletic programs.
- Coaches serve as good teachers and role models who develop trusting relationships with athletes and parents, place team goals before individual success and develop individuals and teams that perform at the highest level possible.
- Athletes develop trusting relationships with their coaches and do their best for the collective good of the team.
- Student cheerleaders foster school spirit and encourage spectators to appropriately support athletic programs.
- Parents support their sons/daughters by attending athletic contests, appropriately (scheduling an appointment) communicate concerns to coaches and administrators, have high but realistic expectations and, whenever possible, support booster clubs and other organizations that benefit Mead School District athletic programs.

## **Participation Fee**

### **Participation Fee Schedule:**

- \$20.00 – Elementary School
- \$30.00 – Middle School
- \$40.00 – High School

Students who are eligible for Free Lunch will have the participation fee waived. Students who are eligible for Reduced Lunch will have the participation fee reduced by 50%.

For fall sports, the prior school year Free/Reduced Lunch List will be utilized to determine eligibility.

Students who are eligible for Free/Reduced Lunch for the first time will need to pay the full Participation Fee, subject to appropriate reimbursement, once their Free/Reduced Lunch status is verified.

### **Payment Guidelines:**

- Each student/athlete must pay a one-time, non-refundable, Participation Fee per academic school year. (If a student participates in a two sports seasons or three sports seasons there is only one Participation Fee for the entire year.)
- The fee must be paid before participating.
- The fee is non-refundable unless a student is cut from a team and it is the only sport he/she participates in during the school year. (Note: If a student declines to participate because he/she was placed on a “C” or “JV” team that does not constitute being cut from the activity/sport.) A school may wait until the end of the school year before issuing a refund in case the student decides to participate in a different activity/sport later in the year.

**Drop Letter:** At the middle school level a drop letter for an athlete who has quit a team will be sent to the parent/guardian of the athlete.

## **Rules, Regulations & Policies**

District athletic programs adhere to the rules, regulations and policies of the Mead School District, Washington Interscholastic Activities Association (WIAA) and Greater Spokane League (GSL).

WIAA establishes rules governing all interscholastic competitions including athletics. These rules are generally consistent with the rules of the National Federation of State High School Associations, the national governing body for interscholastic activities. Such rules include, but are not limited to, academic

eligibility, transfer eligibility and specific sport rules. The GSL has the authority to add rules concerning the conduct of students, athletes and fans at all interscholastic activities. The Mead School District establishes rules that outline conduct expectations of participants many of which are required or dictated by the WIAA in order to insure fair competition among schools. For a full text of the WIAA handbook of rules and regulations, visit [www.wiaa.com](http://www.wiaa.com).

**1. Age Limits (WIAA Rule 18.4.0)**

Senior High School – A student shall be under 20 years of age on September 1 for the fall sports season, on December 1 for the winter sports season and on March 1 for the spring sports season.

Middle School – A student shall not have reached his/her 15<sup>th</sup> birthday prior to June 1 of the previous school year. Middle school is defined as a school with at least 7<sup>th</sup> and 8<sup>th</sup> grade levels.

**2. Amateur Standing (WIAA Rule 18.24.0)**

A student who represents a school in an interscholastic sport must be an amateur in that sport. In order to maintain amateur standing in that sport under WIAA jurisdiction, the student-athlete may not accept merchandise or in-kind gifts of more than \$500 in fair market value per sport during any one calendar year (August 1 – July 31), advertise, recommend or promote a commercial product or service, or accept payment of expense allowances over the actual and necessary expenses for an athletic trip.

**3. Student Eligibility Criteria (WIAA Rule 18.1.0)**

All contestants must be eligible under the rules of the WIAA and Mead School District to participate in an interscholastic contest. Eligibility lists must be kept on file in the school office.

**4. Foreign Exchange Students (WIAA Rule 18.11.4.B)**

A student whose transfer is the result of participation in a one-year cultural or educational exchange experience with another country must file the cultural exchange form with his/her District Eligibility Chairperson.

An international exchange student coming to this country for a one-year cultural/educational experience is eligible at the varsity level for one (1) year only in the school in which he/she has been placed, provided all other rules of eligibility have been met and the student has not graduated from the high school equivalent in his/her home country. F-1 Visa students



remaining for more than one (1) year will be considered transfer students. Graduated students cannot compete interscholastically at any level (i.e., varsity or sub-varsity). This rule may not be appealed.

**5. Hardship** (WIAA Rule 18.26.0)

The WIAA District Eligibility Committee and the Executive Director are given the authority to make specific exceptions to those student eligibility regulations contained in Article 18 provided such exceptions are based upon hardship conditions that are deemed to have contributed in a significant way to non-compliance with specific regulation(s) that may be appealed.

Any waiver of student eligibility regulations shall be based upon extenuating circumstances, beyond the student's, or where applicable, the parent's or legal guardian's control, that are deemed to have significantly influenced or contributed to the cause of the student's non-compliance to the eligibility regulation(s) involved.

**6. Academic Eligibility** (WIAA Rule 18.7.0 + Mead School District Requirement)

- a. The WIAA requires a student be passing a minimum of five (5) full-time subjects in order to be eligible for participation in interscholastic activities.
- b. The Mead School District additionally requires that an athlete must achieve either a 2.0 GPA or be earning at least a "C" in four (4) full-time subjects, or be placed on academic probation for the next grading period. If, at the end of the probationary period, the athlete is still not achieving a 2.0 GPA or earning at least a "C" in four (4) full-time subjects, that athlete will be placed on academic suspension. Teacher's Aid (TA) and Study Hall courses DO NOT qualify as full-time subjects.

Probation: While on probation a student athlete has no participation limitations. However, the student athlete should work with his/her teachers and coaches to improve grades in classes that are deficient.

Suspension: While on academic suspension a student athlete cannot participate in interscholastic contests on any level and may not suit-up for games. However the student athlete may, at the coach's discretion, travel with the team.

- c. Home school, private school, Riverpoint Academy, M.E.A.D., Five Mile Prairie, North Star and Running Start students must provide written verification that all academic eligibility requirements have been met. Please see the Athletic Director of the school where student-athlete will be competing for official academic verification form.

**7. Physical Examination (WIAA Rule 17.11.0, WIAA Rule 17.11.1 + Mead School District Requirement)**

Prior to the first practice/participation in interscholastic athletics, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical professional authority licensed to perform said examination. Those licensed to perform physical examinations include Medical Doctor (M.D.), Doctor of Osteopathy (D.O.), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (P.A.) and Naturopathic Physician.

The Mead School District requires all 9<sup>th</sup> graders to obtain a current physical due to the intensity of high school athletics (exam date prior to their first practice and after June 1<sup>st</sup>). Sports physicals are then good for two years from the date of exam.

Results of the physical examination shall indicate:

- a. Documentation of a detailed review of the student's medical history with special attention to the presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
- b. Documentation of satisfactory examination of the cardiopulmonary system.
- c. Documentation of satisfactory sport-specific orthopedic screening examination.
- d. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

**8. Attendance (School, Class, Practice & Athletic Contests)**

Previous Semester/Trimester School Attendance (WIAA Rule 18.8)

The student shall have been in regular attendance as a full-time student as defined by WIAA Rule 18.7.0 in an elementary, intermediate, middle

level, or high school during the semester/trimester immediately preceding the semester/trimester in which the contest is held.

#### Current Semester/Trimester School Attendance (WIAA Rule 18.9)

The student shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester or first ten (10) school days in a trimester at the start of the current semester/trimester in order to participate in interscholastic contests during the current semester/trimester.

#### Team Practices, Meetings & Contest Attendance

Athletes are expected to attend all practices, meetings and contests as directed by the coach. Failure to do so is grounds for discipline from the coach and may lead to suspension from the team.

#### Academic Class Attendance

Any athlete who is absent from school for one or more periods on the day of a contest/practice must obtain prior permission from the school principal or designee before he/she is eligible to take part in the contest or practice. For the protection of both the student and coach, a student who cannot attend school because of illness should not practice or take part in an athletic competition on that same day. If the student absence was for a reason other than illness, the principal or designee will determine the propriety of the absence.

Note: Even if a student attends school all day he/she may be held out of practice or game participation if he/she is unable to, due to illness or injury, take part in his/her regularly scheduled physical education class/classes. In such instances a determination on whether or not to allow practice/contest participation will be made by the building athletic director and program coach.

### **9. Illegal Recruiting (WIAA 24.0.0)**

Students who demonstrate special skills and talent in any of the activities under the jurisdiction of the Washington Interscholastic Activities Association should not be subjected to pressures to enroll or continue to be enrolled in a member school outside of their normal enrollment area.

**10. Season Limitations (WIAA Rule 18.14.0)**

After entering or being eligible to enter the seventh (7<sup>th</sup>) grade students shall have six (6) consecutive years of interscholastic eligibility. (See Middle School Athletic Director for exceptions.) After entering or being eligible to enter the ninth (9<sup>th</sup>) grade, a student shall have four (4) consecutive years of interscholastic eligibility.

**11. Summer Activities (WIAA Rule 17.10.0)**

Summer is defined for high schools as the first day following the WIAA spring tournaments through July 31<sup>st</sup>. Summer is defined for middle levels as the first day following the final day of the spring sports schedules through July 31<sup>st</sup>.

**12. Transferring Students (WIAA Rule 18.11.0)**

After registering with, attending, or participating with a middle level or high school, a student changing enrollment to/from one school district to another school district, or from one high school to another high school within a multiple high school district, shall be considered a transferring student. In order to be eligible for varsity competition a transferring student must meet the transferring student requirements of the WIAA. Specific transfer questions should be directed to the school Athletic Director.

**13. Mead School District Athletic Code**

Student-athletes are not permitted to possess and/or use non-prescribed or illegal drugs, alcohol, marijuana or tobacco. Non-alcoholic beer, tobacco-less chewing products, electronic cigarettes, etc., will be treated the same as real alcohol or tobacco products.

In addition to the prohibition against possession or use, a student-athlete shall not attend any party or gathering of students where alcoholic beverages, tobacco products, electronic cigarettes, marijuana, drugs, controlled substances, or other mood-altering chemicals are present. Such functions include parties in homes or outdoors, or while riding in a vehicle. Failure to leave such a situation immediately, in a safe manner, shall constitute a violation of the Mead School District Athletic Code.

If a student-athlete cannot safely leave a situation where prohibited substances are present, the student-athlete must report the incident to an administrator immediately upon returning to school. Verification of the circumstances by the administrator will result in no disciplinary penalty.

**14. Athletic Code Violation – WIAA Rule 18.25.0**

- a. A first violation of the Athletic Code, either in-season or out-of-season (school year), will result in suspension from participation in contests, awards and recognition based on the following guidelines:

<b>Percent of Contests Forfeited</b>	<b>Investigation Circumstance</b>
20%	Student self-reports & takes responsibility
40%	Student admits guilt during investigation
100%	Student is found guilty, but denies fault

- The percent penalty of contests forfeited will follow the student-athlete into subsequent seasons if the consequence has not been fully served in the current season.
  - In order for a student-athlete to receive recognition and/or awards at the end of the season, he/she must end the season as a team member in good standing.
- b. A second violation of the Athletic Code, either in-season or out-of-season (school year), will result in suspension from participation in contests, awards and recognition for one calendar year from the date of determination of the second violation.
- c. A third violation of the Athletic Code, either in-season or out-of-season (school year) will result in permanent ineligibility for interscholastic competition.
- d. For either an in-season or out-of-season (school year) violation of the Athletic Code, the student-athlete is required to participate in a district designated chemical/tobacco use education program prior to competing in another sport season. A parent/guardian, or another district approved adult, must participate with the student-athlete in at least the initial session of the education program.
- e. Any willful or overt act by a student-athlete that will embarrass or detract from the team may jeopardize athletic participation.
- f. Student athletes are subject to the provisions of the Athletic Code continuously (during the school year) until they complete their eligibility as graduating seniors.
- g. The “school year” is defined as the beginning of the fall sports season to the last day of scheduled classes in the spring. A “sport

season” is defined as the first day of practice to the awards ceremony at the end of the season.

- h. As defined by the WIAA, Cheerleading and Dance/Drill are year-long activities. For the purposes of enforcement of an Athletic Code violation, their year will be divided into three seasons that run concurrently with the start of each of the three sports seasons and end at the latest culminating event (state tournament or contest), for the involved sport.

## **15. Citizenship Standards**

- a. Student-athletes who participate in any Mead School District sponsored activities are visible representatives of their team, school and community. They are expected to maintain high standards of conduct in school and during all school related travel and events. They should be positive role models. Conduct that detracts from these expectations, such as chemical use, criminal behavior or unsportsmanlike behavior, may result in suspension from participation.
- b. Sportsmanship and integrity are expectations of all student-athletes. Displaying unsportsmanlike conduct, using profanity, game ejections, technical fouls, unsportsmanlike conduct penalties, etc., may result in suspension from participation.
- c. Harassment, discrimination or hazing (initiation) are prohibited. This includes discriminatory behavior that occurs on the basis of gender, race, ability, religion, position, etc. Violations of these expectations will result in suspension and, if applicable, referral to law enforcement officials.
- d. Student-athletes suspended from school for disciplinary reasons (either in-school or out-of-school suspension) cannot participate in practices or contests during the period of suspension. Serious classroom discipline problems may also result in suspension from athletic practices and contests.

## **Suspension of Athletes and Appeal Process**

### **1. Notification**

Students may be suspended from athletic participation for violations of rules as set forth above. At the elementary, middle and high school levels

a letter of suspension will be sent to the parent/guardian. Note: Students are not eligible to participate during the appeal process.

**2. Appeal Process – Step 1**

- a. A student or parent/guardian who wishes to appeal a suspension must notify the building principal or designee in writing within three (3) business days of the date of notification of suspension. Failure to do so within this time frame will render the suspension decision final.
- b. Following the notification of appeal, the building principal or designee will convene a meeting of all involved parties within three (3) business days to hear the appeal.
- c. Within two (2) business days following the appeal hearing/meeting, the building principal will notify the student and parent/guardian in writing whether the suspension will be upheld or vacated.

**3. Appeal Process – Step 2**

- a. A student or parent/guardian who wishes to appeal the decision of the principal to uphold the suspension must notify the superintendent or designee in writing within three (3) business days of the date they receive notification of the principal's decision to uphold the suspension. Failure to do so within this time frame will render the suspension decision final.
- b. Following the notification of appeal, the superintendent or designee will convene a meeting of all involved parties within three (3) business days to hear the appeal.
- c. Within two (2) business days following the appeal hearing/meeting the superintendent will notify the student and parent/guardian in writing whether the suspension will be upheld or vacated.

**4. Appeal Process – Step 3**

- a. A student or parent/guardian who wishes to appeal the decision of the superintendent to uphold the suspension must notify the Mead School District Board of Directors in writing within three (3) business days of the date they receive notification of the superintendent's decision to uphold the suspension. Failure to do so within this time frame will render the suspension decision final.

- b. Following the notification of appeal, the Board of Directors will hear the appeal in closed session at the next regularly scheduled school board meeting.
- c. Within five (5) business days following the closed session appeal hearing, the Board of Directors will notify the student and parent/guardian in writing whether the suspension will be upheld or vacated.

#### **5. Appeal Process – Step 4**

A student or parent/guardian who wishes to appeal the decision of the Mead School District Board of Directors should do so by petitioning the Superior Court of the State of Washington.

### **Social Media**

Student athletes should be aware that third parties, including media, school district staff, future employers and WIAA officials can easily access social media sites and view personal information. This includes pictures, videos, comments and posters. Posted items that are inappropriate in nature are easily discovered and can impact the perception of the student athlete, the team, the school and the school district. Inappropriate posts can also be detrimental to a student's future education and employment opportunities.

Examples of inappropriate/offensive social media participation may include, but are not limited to, the following:

- Photos, videos, comments and/or posters showing the personal use of alcohol, drugs and/or tobacco. This includes holding cups, bottles, cans, shot glasses, etc.
- Photos, videos and/or comments that are of a sexual nature. This includes links to websites of a pornographic nature or depicting other inappropriate material.
- Photos, videos, comments and/or posters that condone drug-related activity. This includes images that portray the personal use of marijuana and/or drug paraphernalia.
- Content that is unsportsmanlike, derogatory, demeaning or threatening toward another individual or entity. This includes derogatory comments regarding another school, taunting comments directed at another student athlete, coach or team and derogatory race/gender comments.
- Content that depicts or encourages unacceptable, violent or illegal activities. This includes hazing, sexual harassment/assault, gambling,



discrimination, fighting, vandalism, academic dishonest, underage drinking and illegal drug use.

- Content that is in violation of team, school, school district, WIAA or GSL rules. This includes commenting about a coach, teammate, opponent, official and/or school district employee.
- Information that is sensitive or personal in nature or is proprietary to the team or school, which is not public information. This includes tentative or future team schedules, student athlete injuries, student eligibility status and/or team travel information (plans/itineraries).

### **Transfer Requests**

A parent, guardian or student may request a transfer to another school within the district but outside of the student's designated school attendance boundary. See Mead School District Policy/Procedure 3131, Assignments to Schools, for additional information.

A transfer from one secondary school to another within the school district, if not accompanied by a bona-fide change of residence by the family unit, may result in one year of ineligibility for VARSITY athletics (WIAA transfer rule). Note: WIAA Form 6 must be completed for all transfers.

A student who moves out of the district during a school year must be reported as a non-resident student for athletic purposes.

### **Middle/High School Travel & Transportation**

The Mead School District will furnish transportation for athletes to and from contests. All team members will ride the team bus to and from contests. A coach may excuse an athlete from travel to and from a practice or contest on the team bus under the following conditions:

- The athlete is riding with his or her parent or guardian.
- A signed Alternative Travel Form is on file in the school office allowing the athlete to ride with another adult. Athletes will not be allowed to ride without approved adult supervision even if they have a parental note.

Athletes on school related trips and overnight stays are subject to all school district rules and regulations. Any violation of travel rules/expectations may result in suspension from the activity and additional consequences for violation of general school rules.

## **Equipment**

Athletic equipment owned by the Mead School District is intended for exclusive use in school/district authorized athletic programs. Each student-athlete is responsible for equipment checked out to him/her. Lost or damaged equipment will result in a charge for replacement. Failure to turn in equipment, or pay for lost or damaged equipment, may result in the withholding of awards and/or possible suspension from future participation.

## **Injuries – Care & Prevention**

The possibility of minor and/or major injury is inherent in all athletic activities. Sprains, fractures, joint injuries and bruises are a few of the more common, but not all-inclusive potential injuries. More serious injuries, such as paralysis or even death, although rare, can occur. Therefore, the Mead School District adheres to the following injury care and prevention guidelines:

1. Parents/Guardians who have concerns regarding the safety of a program, or have knowledge of an injury or health problem associated with a program, which school personnel may not be aware of, should contact the appropriate coach as soon as possible. If the problem persists the school Athletic Director should be notified.
2. Each sport coach will inform student-athletes of the inherent risks and specific safety guidelines associated with that particular athletic activity. Whenever possible this same information will be provided to parents/guardians.
3. In the event of a serious injury to an athlete, and in the absence of trained medical help on site, the coach will call 911 requesting emergency medical personnel come to evaluate and treat the injured individual. Coaches should not diagnose or treat seriously injured athletes.
4. It is the responsibility of the coach to submit – to the school principal or designee - an accident report for each significant/serious athletic injury. Accident Report forms are available in the main office at each school location. For the protection of the athlete, coach and school district the Accident Report must be completed in its entirety including sufficient detail that anyone reading it at a later date will know exactly what occurred. Assistant coaches must report all injuries to the head coach.

5. The following protocols should be used with an injured athlete:
  - a. The responsible coach should stay with the injured athlete or delegate this responsibility to another coach/individual if the responsible coach must leave to attend to the well being of said athlete by calling 911 and/or meeting the emergency response unit.
  - b. A seriously injured athlete should not be moved, especially if the injury involves the head, neck or back.
  - c. An athlete who experiences any of the signs or symptoms of a concussion after receiving a bump or blow to the head will not practice or play until cleared by a medical professional (preferably a sports medicine physician or neurologist). After receiving medical clearance the athlete will be placed on a “return-to-play” protocol by the school’s trainer (high school level). Once the athlete successfully passes all levels of the “return-to-play” protocol, he/she will then be cleared for participation.
  - d. The responsible coach should make any necessary emergency calls (i.e. 911) or delegate this responsibility if he/she determines they cannot step away from the injured athlete leaving them in the care of another coach/adult, to make the call/s.
  - e. The responsible coach should contact the parent/guardian of the injured athlete as soon as possible.
  - f. The responsible coach should meet the emergency response unit in the area where the unit will enter the school grounds or delegate this responsibility if he/she determines they cannot leave the injured athlete in the care of another coach/adult, to fulfill this obligation.
  - g. The injured athlete’s medical information should be provided to the emergency response personnel.
  - h. The building principal and athletic director should be notified of the incident as soon as possible.
  - i. The responsible coach should make a follow-up call/s to check on the injured athlete’s status.

### **Insurance**

The Mead School District does not carry medical insurance on athletes and is not responsible for medical expenses resulting from participating in athletic activities. Therefore, in order to be eligible for participation parents/guardians must provide written verification that they have medical insurance that covers the student-athlete or purchase a student accident insurance plan.

## **High School Pre-Season Parent Meetings**

Pre-season parent meetings provide an opportunity to explain program history and expectations. While attendance is not mandatory, it is highly recommended. Typical meeting agenda items include:

- Player requirements including academic, attendance, behavior, Athletic Code and other eligibility expectations.
- Safety, participation risks and nutritional considerations.
- Practice and game schedules.
- Player, parent and coach communication.
- Awards criteria.
- Ways parents can be supportive.

## **Athletic Program Restructuring Considerations**

From time to time athletic programs are evaluated and, if necessary/appropriate, a change may be necessary. When restructuring an athletic program the following criteria are thoughtfully and objectively considered (items listed are in no particular rank order):

- Number of Participants
- Indirect Participation
- Student Interest
- Community Alternatives
- Equity
- Diversity
- Cost Per Participant
- Cost Per Participant Per Event
- Income
- Facilities
- School Spirit/Morale
- Community Financial Support
- Intramural Possibilities
- Liability
- Majority Benefits

## **Sports Camps**

Some programs offer sports camps during the summer. Fees for these camps are determined by the director of each camp and approved by the Mead School District Board of Directors. Camp directors are responsible for determining camp staff. Every effort will be made to coordinate camp schedules so that offerings do not conflict with one another.

Camp directors reserve the right to establish special arrangements for students who are unable to cover the cost of camp.

Summer is defined for high schools as the first day following the WIAA spring tournaments through July 31. Summer for middle level schools is the first day following the final day of the spring sports schedules through July 31.

## **College Athletics – NCAA Eligibility Center**

High school athletes who are considering participating in college athletics at the Division I or Division II level must be declared eligible by the NCAA Eligibility Center.

- **Freshman Year** (9<sup>th</sup> grade) – Check your high school’s list of NCAA approved courses at [NCC.org/course](http://NCC.org/course) list.
- **Sophomore Year** (10<sup>th</sup> grade) – Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org)
- **Junior Year** (11<sup>th</sup> grade) – Check with high school counselor to make sure you are on track to complete the required number of NCAA approved courses. Take the ACT or SAT and submit scores to the NCAA Eligibility Center.
- **Senior Year** (12<sup>th</sup> grade) – Complete final NCAA core courses. Take ACT or SAT and submit scores to the NCAA Eligibility Center.

For additional information visit [www.elgibilitycenter.org](http://www.elgibilitycenter.org)

## **Elementary Program**

### **1. Program Goals**

Elementary programs are designed to provide the opportunity for as many students as possible to participate, demonstrate good sportsmanship and develop/improve their skills in a positive environment.

### **2. Participation**

Students will not be cut at the elementary level. Every student athlete who attends practice regularly and has a good attitude will play in games/meets.

### **3. Coach Responsibilities**

- a. Coaches will schedule and conduct practices according to a set schedule, which will be provided to parents/guardians at the beginning of each season. In general practices will not be cancelled except in the case of bad weather, conflicting school schedules or

natural disasters. Every effort will be made to reschedule cancelled practices.

- b. Coaches are responsible for supervision of athletes from the scheduled beginning of a practice or game until the last athlete is picked up.
- d. Coaches are responsible to supervise athletes on bus trips to other schools. At least one coach must ride with the team to and from the contest.
- e. When participation numbers dictate the formation of additional teams, all teams must be equal in ability.

#### **4. Eligibility**

In order to participate a student must turn in eligibility paperwork, which includes proof of medical insurance and payment of the elementary Participation Fee.

#### **5. Transfer Requests**

A parent or guardian may request a transfer to another school within the district but outside of the student's designated school attendance boundary. See Mead School District Policy/Procedure 3131, Assignments to Schools, for additional information.

#### **6. Travel and Transportation**

- a. The Mead School District will provide transportation for athletes to and from contests. The only exception is elementary track meets where there is not a return bus at the conclusion of the event.
- b. Coaches may release a student to their parent or guardian after contests at other schools provided a written note is provided or the parent/guardian has signed a sign-out sheet prior to release.
- c. A parent or guardian may request that their son/daughter be transported by another adult (grandparent or another student's parent, etc.) provided an Alternative Travel Form is completed and on file in the school office.