

## PRIOR TO THE FIRST PRACTICE

### ***Wahkiakum Athletic / Extra-Curricular Activity Philosophy***

John C. Thomas Middle School offers extra-curricular opportunities in numerous sports and other extracurricular activities to promote the physical and social development of each individual student. All students are encouraged to participate. In order to clarify established policy concerning athletics, the school board, the administration, athletic director, and coaches of John C. Thomas School believe that the accepted rules and obligations of a participant should be made clear.

Participating in an extra-curricular activity is a privilege rather than a right. This privilege can be maintained only by following a common sense approach to training and abiding by all regulations of the extra-curricular program. We want our school to be represented by the type of individual who has enough pride in oneself, the school, and the team activity group to abstain from doing anything which will cause disfavor upon the school.

“Pay to Participate”: The School District has implemented a “pay to participate” policy. Middle school students participating in an extra-curricular activity are required to pay \$30 per activity. Payment must be made no later than one day prior to the first game/event in which the athlete is eligible. This payment does not guarantee a student playing time but rather the privilege of being a part of the team.

Academic Eligibility: Students are required to maintain a passing grade in all of their classes. Each teacher will complete a weekly grade report on Friday of each week. Athletes who are not passing a class on Friday will be ineligible to participate in contests the following week unless their grades are all passing on Monday. The student is, however, still required to participate in practices. The ineligible athlete will not be allowed to travel to away contests. If an athlete is found to be ineligible three consecutive weeks, the athlete will no longer be allowed to participate in that activity for the remainder of the season.

Attendance Requirements: An athlete, or other activity participant may not participate in an athletic or activity event or practice on any day that he/she has missed any portion of the school day for an unexcused absence or an illness. Exceptions will include medical appointments (doctor, dentist, vision, etc.). Appointments with doctors require a signed statement by the physician stating the player is safe to participate and/or any limited capacity to participate. Approved pre-arranged absences made with the principal may warrant participation as well.

If an athlete has an illness or injury, which was serious enough to require medical care, the student must secure a physician's release to resume participation in an athletic activity. This is required before a student may participate in practice.

Physical Appearance: An athlete or activity participant shall maintain the appropriate dress and grooming standards (a minimum standard of the school dress code will be maintained) of the team as determined by the head coach in consultation with his/her immediate supervisor. First offense: verbal warning. Repeated offenses: suspension from the activity for five school days.

Rules pertaining to behavior: Extra-curricular activities are an extension of the classroom and all rules and regulations stated in the student handbook pertaining to behavior and dress code apply to athletics and other extra-curricular activities.

### **General Regulations**

1. Each extra-curricular participant must abide by the rules and regulations of the Washington Interscholastic Activities Association, The Eligibility Code for extra-curricular activities, and regulations and policies set forth by the Wahkiakum School District.
2. All athletes must be covered by accident insurance offered at the school or have a waiver signed by parents attesting to home coverage equal to the W.I.A.A. minimum requirements. This is required before a student may participate in practice and must be submitted at the beginning of each sport season.
3. Each athlete must have passed a physical examination from a licensed physician or physician's assistant certifying that his/her physical condition is adequate for participation in the activity. Physicals may not expire mid-season. This is required before a student may participate in practice.
4. If an athlete has an illness or injury, which was serious enough to require medical care, the student must secure a physician's release to resume participation in an athletic activity. This is required before a student may participate in practice.
5. Participants will return a parental permission slip to the office at the beginning of the school year or before the beginning of his/her first season. This slip also gives the parent some information on the action the coaches will take in case of injury, as well as listing the player's doctor and his/her phone number. This is required before a student may participate in practice.

6. Athletes and Activity Participants shall respect all decisions of officials and abide to all reasonable requests made by their coaches and/or activity advisors.
7. Extra-curricular participants shall be responsible for the care and return of all property issued them. Uniforms and equipment are costly to replace and to a large extent paid for by student fees. Athletic tape and other supplies should not be used unnecessarily or wasted. **No athlete will be allowed to turn out for another sport until all equipment and uniforms have been turned in from the previous sport.**
8. Athletes and activity participants shall take pride in the appearance of the athletic area and shall strive to maintain a clean appearance in the play area and locker room.
9. Each athlete, cheerleader, and activity participant will purchase an A.S.B. card. This is required before a student may participate in the first contest.
10. Any student withdrawing from participation in a specific sport or activity during a season shall notify the coach at once. The student will be billed for any equipment not returned.
11. Citizenship Eligibility: Participation in extra-curricular activities is considered a privilege. Students may be required to complete extra tasks as a penalty for being late to or absent from practice and thus letting his/her team down. If a student has consistent problems with absences, tardies, or detention they will need to meet with the principal and/or athletic director to create a plan to correct the problem. If the problem continues, the student can be suspended from competition. If a student becomes involved in serious or consistent discipline problems in the school, or civil offenses, he/she may become immediately ineligible as a penalty for the behavior.
12. It is the responsibility of the athlete, cheerleader, or activity participant to secure and complete all missed assignments. Temporary suspension may occur until missed assignments are completed.
13. Athletes and activity participants will always conduct themselves in an appropriate manner that will not harm or taint the reputation of the school, the group, or teammates. This includes posts and comments on social-media sites.

## **Extra-Curricular Activity Code**

The opportunity to participate in interscholastic athletics and other activities at John C. Thomas Middle School is a privilege granted to all students of the district. Participants in these voluntary programs are expected to conform to specific conduct standards established by the school district 24 hours per day beginning with the first day of the season until the last day of the season according to W.I.A.A.'s calendar of events. A student who is found to be in violation of any rules is subject to disciplinary action, suspension and/or removal from the team. Provisions are made for a student who has allegedly violated one or more of the conduct rules to appeal the suspension and/or expulsion as specified in this code.

Participants shall not possess, use, transmit, be under the influence of, or be suspected of having used any tobacco products, alcoholic beverage, or intoxicant of any kind, narcotic drug or hallucinogenic drug, amphetamine, barbiturate, marijuana, anabolic steroids, or other illegal drugs or substances, or any like product. Participants will abstain from the use, possession, transmission, or illegal sale of any tobacco product or be suspected of the same or like products.

Voluntary Treatment If any student realizes they have a drug, alcohol, tobacco, or anabolic steroid problem, and of their own volition, seek treatment for their problem (prior to their first drug, alcohol, or tobacco violation) they may not be subject to disciplinary action for taking this positive step. The student will be disciplined for any subsequent offense according to this code. Any cost for treatment and/or assessment will be the responsibility of the student and/or the parent/guardian.

Violation of the extra-curricular activity code: Upon confirmation that a student has violated the extra-curricular activity code of conduct and both the participant and parents/guardians have been notified of the appeal process the following steps will be followed. **Tobacco, and/or Alcohol**, (during the school year)

**Tobacco** - (possessing, or using tobacco and/or like products or suspicion of same)

**Alcohol** - (possessing, being under the influence of, or using alcohol and/or like products, or suspicion of same).

**First Offense:** - (Since the beginning of 7th grade, or 6th grade if they are needed to fill a team.) A participant shall be immediately ineligible for the equivalent of one full season. (Example: if a suspension affects 33% of the football games [3 games], then the participant must be ineligible for 67% of the next athletic season in which

he/she participates). In order to be eligible to participate after the suspension the participant shall meet with the School Eligibility Board (S.E.B.) to request approval to participate. **Before a hearing will be held, the student must complete the majority of their interventions with a drug/alcohol counselor.** The school eligibility board will recommend to the principal appropriate action to be taken in the student's case. The school principal shall have the final authority as to the student's participation in the extra-curricular program.

**Alternate Suspension:** Suspension time may be reduced with the agreement of the participant and/or the parent/guardian to comply with the following stipulations:

1. A parent/guardian conference which includes the participant.
2. A pre-assessment and/or formal assessment (if deemed necessary), and
3. A designated education, rehabilitation, or intervention program or similar acceptable program deemed appropriate by a counselor or administration.

**Alternate Suspension Time:** Football, track - 33% of the contests/games /scheduled events Basketball, baseball, softball, wrestling - 33% of the contests/games/outings/scheduled events Volleyball - (33%) of the matches/outings/scheduled events. All other extra-curricular activity participants will lose 33% of the activity

**Note:** In wrestling, volleyball, or other multiple contest events, an outing or scheduled event shall mean any event at one site for that day (example; tournament). The suspension shall effect the highest level of participation (varsity level) and the suspended participant shall not participate in lower games or count lower level games toward the suspension.

**Any cost for treatment and/or assessment will be the responsibility of the student and/or the parent/guardian**

**Second Offense:** (During the high school career) The violating participant will be prohibited from participation in all extra-curricular activities for one calendar year from the date of the violation.

**Third Offense:** The violating participant will be banned from any further extra-curricular activities for the remainder of their high school career.

**Re-instatement:**

***If a participant has offended three times in the areas of tobacco and/or alcohol he/she may request an appeal for a reinstatement of eligibility provided they are willing to comply with the following provisions:***

1. A written request will be made to the athletic director asking for the reinstatement procedure to be initiated.
2. Be enrolled and participating in, or have completed a substance abuse program approved by the school district within the last year.
3. Consent to complete 6 U.A.'s over a period of six months.
4. Three letters of recommendation from adults (over 21 years of age and not family members) indicating the character of the participant.
5. A letter from a licensed professional practitioner stating the participant does not have a substance abuse problem

When the participant has satisfied each of the above requirements, the SEB will conduct an interview with the participant and participant's parents/guardians and render a decision within 3 days of this interview. ***The decision of the S.E.B. is final and may not be appealed in this process.***

**Drugs & Legend Drugs** - possessing, being under the influence of, or using drugs/legend drugs and/or like products, dealing or under suspicion of same

Legend drugs are defined as those drugs that are legal ONLY through prescription.

**First Offense:** (Since the beginning of 7th grade, or 6th grade if they are needed to fill a team.) A participant shall be immediately ineligible for the equivalent of one full season. (Example: if a suspension affects 33% of the football games [3 games], then the participant must be ineligible for 67% of the next athletic season in which he/she participates). In order to be eligible to participate after the suspension the participant shall meet with the School Eligibility Board (S.E.B.) to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student's case. The school principal shall have the final authority as to the student's participation in the extra-curricular program.

A student who seeks and receives help for a problem with use of legend drugs or controlled substances and controlled substance analogs shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or a community approved assistance program excuse a student from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility reinstated in the extra-curricular program, pending recommendation by the school eligibility authority committee. **(School Eligibility Board -S.E.B.)**

**Second Offense:** (Since the beginning of 7th grade, or 6th grade if they are needed to fill a team.) A student shall be ineligible for extra-curricular participation for a period of one calendar year from the date of the second violation.

**Third Offense:** (Since the beginning of 7th grade, or 6th grade if they are needed to fill a team.) A student/athlete who violates for a third time shall be permanently ineligible for extra-curricular participation.

**This W.I.A.A. policy applies to all drug offenses while in middle school and high school.**

Example: If a student has a first offense at any time during middle school or high school it will be dealt with as the first offense. If a second or third offense occurs at any later date in their middle school or high school years the consequence will be dealt with as the second or third offense.

**In the presence of prohibited substances or activities:**

***Participants who attend and remain at events and/or places which have prohibited substances or activities may be suspected of participating in training violations and disciplined accordingly:***

**First Offense:**

A participant shall be immediately ineligible for the equivalent of 10% of the season. In order to be eligible to participate after the suspension the participant shall meet with the School Eligibility Board (S.E.B.) to request approval to participate. **Before a hearing will be held, the student must complete the majority of their interventions with a drug/alcohol counselor.** The school eligibility board will recommend to the principal appropriate action to be taken in the student's case. The school principal shall have the final authority as to the student's participation in the extra-curricular program.

10% suspensions will be **rounded up** to the nearest whole number

Football, track - 10% of the contests/games /scheduled events

Basketball, baseball, softball, wrestling - 10% of the contests/games/outings/  
scheduled events

Volleyball - 10% of the matches/outings/ scheduled events

***All other extra-curricular activity participants will lose 10% of the activity***

**Second Offense:** - Same as the first offense in tobacco and alcohol violations.

**All athletic/activity suspensions must be served while school is in session and only during that portion of the year in which WHS athletics/activities are in active participation.**

**TRANSPORTATION:** All students are expected to use the transportation provided by the school district to get both to and from all athletic events and field trips.

Students may be released from riding home on the bus after extracurricular events or field trips if prior arrangements have been made with the office by the parent, or if the parent or guardian is present and verbally requests the release of their student to the coach, bus driver, or staff supervisor.

Arrangements to be released must be made in a timely fashion to allow the administrator involved time to verify all communication. (By noon the day of the event)

No student will be released to an older sibling, relative, or other adult unless prior arrangements have been made. At no time will a student be released to another student.

Attendance at School: An athlete, cheerleader, or other activity participant may not participate in an activity/contest or practice on any day that he/she has missed any portion of the school day for an unexcused absence or an illness. If the student has received school permission he/she may miss any portion of the day and participate in practice or contests.

Violations of Civil Law: The administration and the Wahkiakum School Board reserve the right to discipline athletes/participants that have been charged with or found guilty of criminal offenses.



Repeated Offenses: If a student repeatedly violates one of the above rules, he/she may be suspended for the sports season. (As an example: if a student is suspended from one Spring sport he/she shall not be allowed to participate in another spring sport.)

### **Appeal Process for Extra-Curricular Suspension**

The hearing process is intended to be as expeditious as possible to insure due process for the participant. In the appeal process the participant will remain on suspension from the sport or activity until such time that an appeal decision overrules, upholds, or revises the suspension.

When infractions occur within the extra-curricular activity program the following process may be followed

1. Upon the imposition of penalty for infraction(s) of said rules or regulations and the notification of the student and parent/guardian, any aggrieved student and/or the parent/guardian of said student shall have the right to request an appeal of this decision to the School Eligibility Board (S.E.B.). This appeal must be presented to the Superintendent or Principal in writing requesting a hearing by the School Eligibility Board. If the student and/or the parent/guardian do not make a written request for this conference within three (3) school days of the action grieved, they will have waived their right to the conference and appeal procedure. **Before a hearing will be held, the student must complete the majority of their interventions with a drug/alcohol counselor.** The S.E.B. will render the decision within 3 days of the conference. The facilitator of the hearing will communicate the decision to the participant and parent/guardian.
2. If the parties are unable to agree with the result of the S.E.B. hearing, the aggrieved parties may appeal to the Board of Directors by presenting the request in writing to the Superintendent or Principal within three (3) days. The board of directors will hear the appeal as soon as possible, but in any case within ten (10) days. After hearing the case in detail, the Board shall render a decision on the case as quickly as possible, in any case within ten (10) days of the hearing. **This decision shall be final.**

### **The School Eligibility Board (SEB).**

The School Eligibility Board will consist of:

1. Five members chosen by the principal or designee and all participation is voluntary.
2. The principal (or designee) will facilitate these meetings but will not have a vote.
3. The five member board shall consist of:
  - a. two teachers
  - b. one off-season coach from the opposite school of the participant (M.S. or H.S.) two community members.
4. All decisions of this board will be conducted by secret ballot.
5. The outcome of the ballots will be read to the SEB.
6. The principal or designee will inform participant and parents of the SEB's decision.

## WAHKIAKUM SCHOOL DISTRICT SPORTS Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>

<b>Signs observed by teammates, parents and coaches include:</b>
<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays incoordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>

# WAHKIAKUM SCHOOL DISTRICT SPORTS

## Concussion Information Sheet

### **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 a 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 that 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 the 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 "Zackery Lystedt Law" in Washington 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 youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

### **RETURN TO PARTICIPATION PROTOCOL**

**If you child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.**

**The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of**

WAHKIAKUM SCHOOL DISTRICT SPORTS  
Concussion Information Sheet

**light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.**

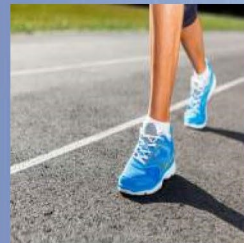


# Sudden Cardiac Arrest

## Information Sheet for

### Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

***SCA is also the leading cause of sudden death in young athletes during sports***

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

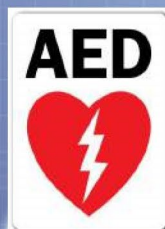
- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.



### Cardiac 3-Minute Drill

- 1. RECOGNIZE Sudden Cardiac Arrest**
  - Collapsed and unresponsive
  - Abnormal breathing
  - Seizure-like activity
- 2. CALL 9-1-1**
  - Call for help and for an AED
- 3. CPR**
  - Begin chest compressions
  - Push hard/ push fast (100 per minute)
- 4. AED**
  - Use AED as soon as possible
- 5. CONTINUE CARE**
  - Continue CPR and AED until EMS arrives



**Be Prepared!  
Every Second Counts!**

AED



AUTOMATED  
EXTERNAL  
DEFIBRILLATOR

**Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!**

**UW Medicine**

Center For Sports Cardiology  
www.uwsportscardiology.org



WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION



NICK OF TIME  
FOUNDATION

www.nickoftimefoundation.org

SCA Awareness  
Youth Heart Screening  
CPR/AED in Schools