

PACERS

TABLE OF CONTENTS

LIFE OF AN ATHLETE	1
RESPONSIBILITIES	1-2
RESPONSIBILITIES OF PARENT(S)/GUARDIAN(S)	3
RESPONSIBILITIES OF COACHES	4
APPLICATION OF THE CODE.....	4-9
ELIGIBILITY CHART	5
TIER 1	6-7
TIER 2	7-8
TIER 3	8
THE RESTORATIVE JUSTICE MODEL.....	9-10
ACADEMIC EXPECTATIONS FOR GRADES 6-12.....	10-11
CONDITIONS FOR TEAM MEMBERSHIP.....	11-13
ATTENDANCE.....	11
COMPLY WITH COACHES' RULES.....	12
NON-TEAM ACTIVITY RESPONSIBILITIES.....	12
USE/SALE/POSSESSION STRICTLY PROHIBITED.....	13
CITIZENSHIP.....	13
ARRESTS.....	13
MANDATORY SEASONAL MEETINGS.....	14
TEAM LEADERS.....	14
CYBER IMAGE POLICY.....	15
TRANSPORTATION POLICY.....	15
PHYSICALS.....	15
ACKNOWLEDEMENT FORM.....	16
EMERGENCY MEDICAL FORM.....	17
SCHOOL BOARD POLICY ON CONCUSSIONS	18-22
CONCUSSION ACKNOWLEDGEMENT FORM.....	23
Hinsdale Middle/High School Athletic Code of Conduct	

PACERS

Life of an Athlete

What does this mean to you? There is a small window of time that you will be able to be a high school athlete. At Hinsdale Middle/High School, we expect that our athletes will take this opportunity to be positive members of our community and role models to fellow students. Remember, as an athlete, you represent our school and community and when you go to compete, you are the face of Hinsdale! Participation on a HMHS athletic team is a privilege, which should elicit great pride in both the student athlete and his/her family. It is also an acceptance of responsibility, which requires an extra commitment from those who wear our school colors of blue and white and represent their teammates, coaches, school, and community. Standards of behavior are high and a willingness to meet these standards is a condition of being a member of one of our teams.

As a student-athlete, you must understand that the Life of an Athlete program is not designed to be a punishment but a deterrent to you becoming involved in the risky and dangerous behaviors that are associated with the use and abuse of alcohol and other drugs. It is also to insure that you have the best possibility to succeed in your sport and to learn the valuable lessons that athletics can teach. Your mental, physical well-being is essential to your success, both as a student, and as an athlete; we want you to reach your full potential. This can only be fully realized if you make the choice of abstaining from the use of alcohol and other drugs. We are asking for your help and cooperation in achieving a healthy and competitive athletic program. We are committed to providing such an atmosphere for our student-athletes. Therefore, we are asking you to become an active part of the solution, not to become part of the problem. Your active participation in remaining substance-free throughout your athletic career at Hinsdale Middle High School is greatly appreciated. The benefit will be in the experience you will have!

This will not be an easy process. It will take time, dedication, and commitment from every area of our small community. Whether right or wrong, society holds athletes to a higher standard and your behavior is at all times, under the microscope. If you are making the choice to be an athlete, there are many responsibilities that come with the title **ATHLETE**.

Are you up for the challenge?

Responsibilities to Self- Student-athletes owe it to themselves to achieve the greatest benefits from their high school experiences, to live a healthy lifestyle, and to respect their physical and mental health at all times.

Responsibilities to Academics- Academic studies and participation in other extracurricular activities, as well as athletics, prepare student-athletes for life as an adult. Athletics, while very important to many young people, are only a small part of a student-athlete's life. It is important to understand how few student-athletes participate in college athletics and beyond. As a result, academic achievement better prepares a student-athlete for his or her adult life than athletic achievement. As a reminder, all assignments are due on the due dates even on early dismissal days.

Responsibilities to School- Hinsdale Middle/High School cannot maintain programs of excellence unless all student-athletes participate, to the best of their abilities, in every practice, competition, and other activities in which they are engaged.

PACERS

Responsibilities to Family- Student-athletes who never give their parents and family anything to be ashamed or embarrassed of will have measured up to this ideal. Student-athletes who know in their heart that they have lived up to all the training rules, have practiced every day to the best of their ability, have played the game all out and have displayed good sportsmanship, foster self-respect and the pride of their families, win or lose.

Responsibilities to Community- The community and its support make athletic experiences possible. For that reason, student-athletes must remember they hold a clear and substantial responsibility to their community. Student-athletes assume a leadership role when they participate on an athletic team. The student body and citizens of the community know Hinsdale's student-athletes. They are visible and judged by their conduct and attitude both on and off the field, course, and/or court. Because of this leadership role, student-athletes can contribute significantly to school spirit and community pride. It is the desire and expectation of the Hinsdale School District that its student-athletes demonstrate class and sportsmanship, not for the fact that they win, but rather that they are known as participants in programs of character and excellence.

Responsibility to Younger Athletes - The younger athletes in the Hinsdale School District watch and look up to student-athletes on school teams. They know who the players are and what they do. Varsity athletes are role models for those in younger programs and all student-athletes are role models for those in youth programs throughout our community. Make them proud. Do not do anything to let them down. Set good examples for them.

To the parent(s)/guardian(s):

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit her/him to compete. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in personal development. It should be recognized that involvement in interscholastic athletics is a privilege.

A student who chooses to participate in athletics is voluntarily making a choice of self-discipline and commitment. These are the reasons we place conditions on involvement, as the health and safety and welfare of athletes must be our first priority. Good training habits and lifestyle are necessary for us to insure this experience. Failure to comply with the rules of training and conduct means exclusion from the team. There is no place in middle/high school athletics for students who will not discipline their minds and bodies for rigorous competition. This decision is not ours alone but that of the Supreme Court of the United States, as there have been challenges to athletic codes on five occasions and the Supreme Court has ruled in favor of such codes on each occasion under the premise that athletes' safety and health must be insured. Challenges to the athletic code shall be considered, but no consideration shall be given to any party who will not agree to such provisions. It is the role of the athletic department to establish and maintain rules that govern the spirit of training and competition for the school district. These are the clear and consistent boundaries that insure the success of our young people. These rules need a broad basis of community support, which is achieved only through communication to the parent, the coaches, the student-athletes, and fans. It is our hope to accomplish this objective through this athletic publication for students and parents.

PACERS

Along with Athlete responsibilities, here is an outline of parent(s)/guardian(s) responsibilities.

Responsibilities of Parent(s)/Guardian(s) - Parent(s)/guardian(s) play a vital role in the development of their child's character and decision-making skills as well as the development of his or her athletic ability. A student-athlete's success, his or her team's success, and ultimately the athletic program's success, is a partnership between the student-athlete, his or her parent(s)/guardian(s), the coach, and the athletic administration. Recognizing parent(s)/guardian(s)' important role in the success of their student-athletes, it is expected parent(s)/guardian(s) will:

- Be a positive role model so that, through their actions, they can help make sure their student-athlete has the best athletic experience possible.
- Be a "team" fan, not a "my kid" fan.
- Weigh what their student-athlete says in any controversy, rather than rushing to judgment.
- Show respect for the opposing players, coaches, and fans.
- Be respectful of all officials' decisions.
- Not instruct their student-athlete before or after a game, because it may conflict with the coach's plans and strategies.
- Praise their student-athlete in his or her attempts to improve as a student, as an athlete, and as a person.
- Gain an understanding and appreciation for the rules of the sport in which their student athlete competes.
- Recognize and show appreciation for an outstanding play by either team.
- Help their student-athlete learn that success is experienced in the development of skills and that an individual can feel positive about his or her skill development during the season regardless of the team's record.
- Take the time to talk with coaches in an appropriate manner, including proper time and place, if they have a concern. This includes showing respect for the coach and following the chain of command by not going first to the athletic director and/or building principal.
- Support the tobacco, alcohol, and other drug-free expectations of the school district by refraining from the use of any such substances before and during athletic contests.
- Support and reinforce the expectations set out in the Athletic Code of Conduct including cooperation in any investigation.
- Support and reinforce the expectations for academic achievement.
- Model appropriate social media behavior.
- Provide appropriate, and timely, transportation from practices and games.
- Responsible for the return and/or replacement of all school supplied equipment.

To the Coaches:

Responsibilities of Coaches- Coaches are educators and therefore are to be dedicated to more than the X's and O's of competition. As less than 2% of high school athletes go on to play sports at the college level, coaches must understand that high school athletics provide student-athletes a unique opportunity for the development of not only physical conditioning and athletic skill but also

PACERS

character traits essential for success in life. Recognizing his or her role as an educator, coaches are expected to:

- Exemplify the highest moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Establish a realistic team goal or vision for each season and communicate that to the athletes and parents.
- Encourage and assist team members in setting personal goals to achieve their highest academic potential.
- Strive to develop the qualities of competence, character, civility, and citizenship in each team member.
- Select and guide Captains with the qualities to promote student leadership.
- Provide a safe, challenging, and encouraging environment for practice and competition.
- Gain an awareness of the importance of prevention, care, and treatment of athletic injuries.
- Respect the integrity and judgment of game officials.
- Teach and abide by the rules of the game in letter and spirit.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.
- Support and reinforce the expectations set out in the Athletic Code of Conduct.
- All team discipline should be issued by the coach and athletic director ONLY. You should submit your team rules to the athletic director before the season begins. As well as hand them out to the team.
- Coaches must be present at all practices and games or designate an adult pre-approved by the athletic director to supervise.

Application of the Code

1. **In the presence of:** If a student-athlete attends a party/gathering where alcohol or drugs are being illegally dispensed, the student-athlete must leave the party/gathering IMMEDIATELY and take as many teammates with you as possible.
 - a. The student-athlete must report attendance to a coach or administrator before the end of the next school day.
2. **Scope of the code:** The Code of Conduct will apply to each student-athlete for one calendar year, including summer, from the date of his/her most recent signature and will be in effect at all times, in all locations, including non-school activities. Violation of the Code will result in penalties, which are consistent with those identified within the code as determined by the coach and/or Athletic Director. Each coach also has the prerogative to establish and implement additional guidelines specific to his/her particular team and will provide them in writing.
3. **Penalties:** Athletes that are penalized due to an infraction of the code will be suspended a certain percentage of the season, using a tiered system. Due to different sports having various length seasons, a percentage of the season will be suspended for those students, instead of a certain number of games. Any penalties not carried out within the regular season

PACERS

4. Will carry over into the post-season and next season. Please refer to the eligibility chart. This will be year round-including summer and weekends.

Eligibility Chart

Number of Regular Season Scheduled Contests	Contest Penalty- 1st offense (25%)	Contest Penalty- 2nd offense (50%)
8	2	4
9	2	4
10	2	4
11	2	4
12	3	6
13	3	6
14	3	6
15	3	6
16	4	8
17	4	8
18	4	8
19	4	8
20	5	10

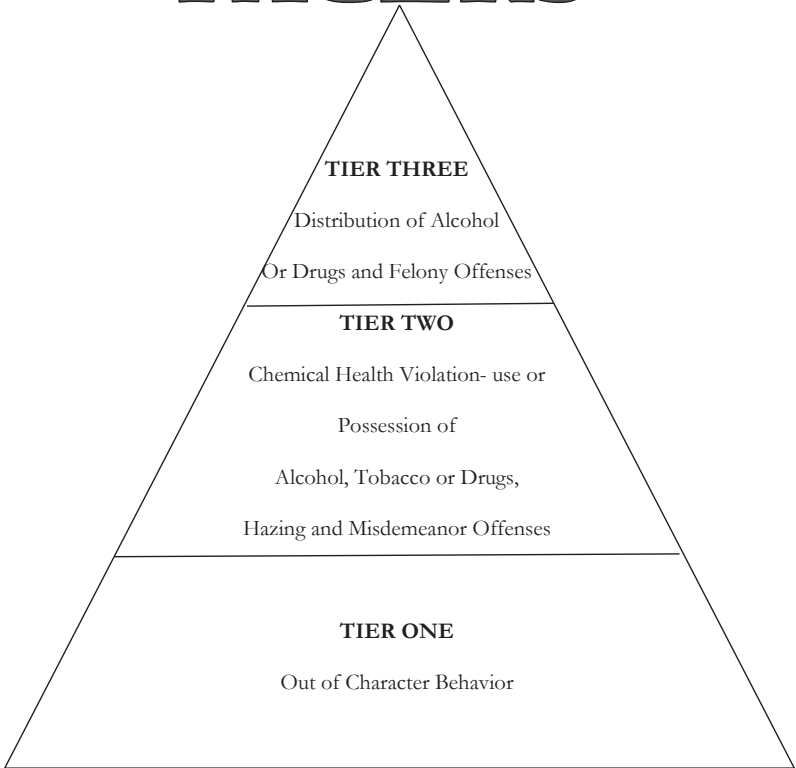
* It should be noted, even though the above chart of penalties, that the facts of an incident may warrant immediate removal from the team if the Athletic Director and the administration believe that the offense committed by the athlete warrants such action.

If a violation of this code of conduct occurs, or is alleged to have occurred, a corrective process must be undertaken by the administration, student-athlete, and his or her parent(s)/guardian(s). Parents must be involved with the process. This helps ensure that all parties are informed as to the nature of the violation and are in full understanding that any future violations will result in greater consequences.

Failure of a student-athlete to complete any part of the corrective process or the subsequent restorative process will result in permanent suspension from any future involvement in athletics. Failure by a parent or guardian to comply with parent responsibilities (page 3) will result in the student-athlete being able to practice but not compete, provided the athlete completes the process.

The best possible option for consequences for code of conduct violations is a three-tiered framework with the understanding that the severity of the act, who commits the act and where the act is, committed all have bearing on the consequences that result.

PACERS



Tier one- Out of character behavior

- It is the intent of the Hinsdale School District to provide programs of excellence. Athletic programs of excellence are defined by highly successful teams and individuals who achieve success through hard work and great character. Character is the pattern of beliefs, attitudes, and resulting actions that demonstrate respect and concern for others while embracing one's social responsibility as part of his or her community.
- Out of Character Behavior is best defined by the expectations for student conduct as described in the Hinsdale Middle High School student handbook. (ISS, Detentions, Attendance)
- Students suspended from school are not permitted to be on school grounds during the time of their suspension and therefore may not practice or participate in athletic contests during the time of their suspension. Should there not be a contest scheduled during the time of the student-athletes' suspension from school, the student-athlete, as a result of his or her out-of-

PACERS

- character behavior, will be ineligible to participate in his or her next regular or post-season contest, which can be carried over into the students' next sport season.
- It is to be understood that a student-athlete MAY be afforded one Tier 1 penalty during the course of his or her middle (6-8) or high school (9-12) career subject to the discretion of administration and the Athletic Director. A student-athlete who commits any further out of character act, regardless of whether the act was similar to or different from the initial act, will be automatically moved to Tier 2.

Tier two - Chemical Health Violations- use or possession of Alcohol, Tobacco, Electronic Cigarettes (vaping) or Other Drugs, Hazing and Misdemeanor offenses as well as chronic tier one offences.

- The use or possession of alcohol and/or other drugs (including performance-enhancing drugs) will not be tolerated at any time.
- Hazing is defined as any activity that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation, membership, or affiliation with any athletic team. Any hazing activity, whether by an individual or by a group, shall be presumed to be a forced activity even if a student-athlete willingly participates. The Hinsdale School District does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student-athlete, coach, volunteer, or district employee shall plan, direct, encourage, assist, or engage in any hazing activity. Please refer to JICFA-Hazing (RSA 631:7) policy for more information.
- Nor will acts that result in the student-athlete being arrested by law enforcement be condoned. As it has been determined that athletic participation is a privilege and not a right, it is to be understood that there will be no obligation on the part of the administration, in response to the arrest of a student-athlete, to wait for the judicial process to run its course. Therefore, even while misdemeanor charges are pending, the athlete will be suspended and participation will be denied.
 - Strike 1 –The student-athlete will be ineligible to participate in 25% of that sport's regular and post-season contests. Scrimmages are not considered scheduled contests. The exclusion will be consecutive, starting with the first scheduled event. Exclusion will carry over to the next season the student-athlete participates in should the penalty not be completed during the initial season of ineligibility. **The student athlete is expected to continue to practice with his or her team while serving this penalty and attend games.**
 - Strike 2 - The student-athlete will be ineligible to participate in 50% of that sport's regular and post-season contests. Scrimmages are not considered scheduled contests. The exclusion will be consecutive, starting with the first scheduled event. Exclusion will carry over to the next season the student-athlete participates in should the penalty not be completed during the initial season of ineligibility. The student-athlete is expected to continue to practice with his or her team while serving this penalty.
 - A student-athlete who commits a second Tier 2 violation during the same athletic season in which he or she has previously served a Strike 1

PACERS

- consequence for his or her first Tier 1 violation will not be allowed to participate during that athletic season regardless of whether or not his or her Strike 2 consequence would end prior to the conclusion of that athletic season.
- In conjunction with both Strike 1 and Strike 2 consequences, to provide for the safety and health of the individual student-athlete and those with whom he or she participates with and against, a student-athlete who uses or is in possession of marijuana or any other controlled substance will have to provide, at his or her expense, medical documentation that he or she is drugfree prior to resuming participation.
- Strike 3 – The student-athlete is ineligible to participate in athletics in the Hinsdale School District for the remainder of his or her high school career.

Tier three- Distribution of Alcohol or Drugs and Felony Offenses

- The distribution or sale of alcohol and/or other drugs (including performance-enhancing drugs) is viewed as more serious than the use or possession of those substances. Similarly, acts that result in a student-athlete being arrested by law enforcement for felony offenses are viewed as acts that require immediate and permanent suspension from participation. As stated in Tier 2, athletic participation is a privilege and not a right; it is to be understood that there will be no obligation on the part of the administration, in response to the arrest of a student-athlete, to wait for the judicial process to run its course. Therefore, even while felony charges are pending and adjudicated, all forms of participation will be denied.
- A student-athlete who reaches Tier 3 is ineligible to participate in athletics in the Hinsdale School District for the remainder of his or her middle school or high school career.

Special Circumstances and Greater Magnitude of Consequences

The athletic director and/or building principal has, at his or her discretion, the ability to impose a greater magnitude of consequences if he or she feels a student-athlete has been belligerent or defiant, shows no remorse, or has behaved in ways to significantly hinder the investigation of a violation.

Captains – Student-athletes who are selected and accept the role of team captain should understand that with this honor comes additional responsibility. These young men and women are more than just student-athletes are, they are student-leaders. As such, captains committing a Tier 1 violation will be ineligible to participate in his or her sport's next two regular or post-season contests. Captains committing an initial Tier 2 violation will be moved directly to Strike 2 for any initial Tier 2 violation. If a student-athlete already served a penalty for a Tier 2 violation prior to becoming a captain and he or she later commits another Tier 2 violation while serving as a captain, he or she will be moved directly to Strike 3. Any violation of the Code of Conduct, by a captain, will result in the student-athlete losing his or her captaincy for the balance of that season.

PACERS

If a student does not maintain a 75% or above in each class at the close of a quarter they will not be Organizing, Facilitating, Promoting, or Hosting – If it is determined that a student-athlete was involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol and/or drugs are available or where use has occurred, he or she will be moved directly to Strike 2 for any initial Tier 2 violation. If a student-athlete already served a penalty for a Tier 2 violation prior to organizing, facilitating, promoting, or hosting, he or she will be moved directly to Strike 3.

Use While Participating – The Supreme Court of the United States has upheld a school's right to implement athletic codes of conduct based on its belief that drug use by athletes increases the risk of immediate physical harm to users and to those with whom they play. The use of an illegal substance during a team practice, scrimmage, game, meeting, travel, or any other team function increases the risk to a student-athlete and to those he or she competes with and/or against. Therefore, a student athlete who is found to have used alcohol, tobacco, or other drugs (including performance-enhancing drugs) in conjunction with any team activity will be moved directly to Strike 2 for any initial Tier 2 violation. If a student-athlete had previously served a penalty for Tier 2 violation prior to this violation, he or she will be moved directly to Strike 3.

Use or Possession on School Grounds – Just as a student-athlete cannot compete at his or her maximum level while under the influence of illegal substances, nor can he or she learn to the best of his or her ability while under the influence. In addition, the property of the Hinsdale School District is legally considered a drug-free school zone. For both of these reasons, any student-athlete found to be in the possession of or having had used illegal substances on school property will be moved directly to Strike 2 for any initial Tier 2 violation. If a student-athlete had previously served a penalty for Tier 2 violation prior to this violation, he or she will be moved directly to Strike 3.

Help for those who violate the codes:

The Restorative Justice Model

Educate

- The student-athlete AND parent or guardian must see a qualified Chemical Health specialist (for a chemical health violation) to discuss the magnitude and status of the chemical health of the individual. They must also see the School Resource Officer to discuss the legal ramifications of the behavior of concern and to discuss the law and youth risk behaviors such as drinking and driving, racism, and hazing.

- #### Correct
- Consequences for code violations must be enforced for ALL offenders. Please see the tiered system above.

Restore

- It is important for the student-athlete to take responsibility for his or her actions. The violation was an infraction to a code that he or she signed, and was a result of a poor choice. The athlete needs to understand that the actions not only affect the individual but the whole team.
- To be fully restored (upon discretion of the coach, athletic director and building principal) the student-athlete must:

PACERS

1. Apologize to the coach and team
2. Write a letter to the coach and team which includes the rule that was broken and how the student plans to not break the rule again.
3. Re-sign the athletic code with a new commitment to the standards set within the code.

Cooperation during Investigation

It is important for all student-athletes to understand that involvement in athletic programs is a privilege. With the responsibility of being an athlete, comes a commitment for the athlete to be truthful and forthcoming with information concerning their own behavior and actions. An athlete who is under investigation is expected to:

- Be truthful about the violation being investigated
- Be forthcoming with all information
- Not be deceptive or untruthful
- Be cooperative

If the student-athlete under investigation does not comply with these expectations, the Athletic director and building principal has within his or her authority to impose a greater level of consequence if it is determined that the athlete has lied, been deceptive or untruthful prior to, or after the determination of guilt and/or consequences. Failure to comply with the above conditions may result in full expulsion from the athletic program for the duration of the student-athlete's future career.

Academic Expectations for grades 6-12:

According to the National Collegiate Athletic Association (NCAA), the likelihood of a high school student-athlete going on to participate in college or professionally is:

Student Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
% High School to College	2.9%	3.1%	5.8%	5.6%	12.9%	5.7%
% College to Pro	1.3%	1.0%	2.0%	10.5%	4.1%	1.9%
% High School to Pro	0.03%	0.02%	0.09%	0.5%	0.4%	0.08%

** Note: These percentages are based on estimated data and should be considered approximations of the actual percentages.

It is much more likely that student-athletes will have a career outside of athletics. Therefore, it is expected that Hinsdale Middle High School student-athletes excel in the classroom first before excelling on the field, course, court, or track. A student-athlete is expected to achieve a 70% or

PACERS

better in all classes, at the close of each marking quarter. Students may not participate with a failing grade in any subject or with more than one D average.

In the circumstance in which a student-athlete receives one D and all other grades are 70% or above, that student may participate on a probationary basis. Once the next grade reporting period approaches the student-athletes' grades will be re-evaluated and if all grades are 70% or above, the student will remain on the team. **Fall eligibility status will be determined based on the fourth quarter grades of the prior school year, regardless of summer credit recovery.** The final decision on eligibility rests with the building principal.

Since Hinsdale Middle High School exists under the direction of a single administrator in a single 612 building complex, academic eligibility will be automatically awarded only to grade six students entering their new school. All other students must maintain a 70% or better in all of their courses in order to participate in either athletics or extra-curricular activities.

Students who take an online course will have their eligibility based upon the reporting dates of the online grading system and when those dates are reported to the high school.

Conditions for Team Membership

Student-athletes are expected to commit themselves to team membership, attendance at school, and at practices/contests for the duration of the season. When this commitment is not fulfilled, the athletes' membership and position on the team will be reviewed by the coach with the athlete and a recommendation of action will be made by the coach to the Athletic Director for review.

1. Attendance

- Student-athletes are expected to attend all practices and contests unless excused by the coach. It is the athletes' responsibility to notify the coach, in advance if possible, of any circumstances, which would prohibit attendance at practice(s) or contest(s) other than absence from school. Failure to comply may result in disciplinary action ranging from a verbal warning to dismissal from the team dependent upon the nature and/or frequency of the offense.
- A student who is absent from school will not be eligible for participation in any athletic event or practice session on the day he or she is absent. This includes in-school suspension and out-of-school suspension. The Athletic Director and/or building principal may permit participation when, in his/her judgment, the absence is unavoidable and supporting documentation signed by a parent or guardian is provided. Students are therefore advised to make requests for absence(s) in advance.
- Students who are members of an interscholastic athletic team are expected to be in school on time on a daily basis. Students will be ineligible for practice or contest participation that day if they do not report to the office prior to 11:00 4th period (half of school day, 4 periods). Students who report to school after 11:00am 4th period must present a legitimate written excuse signed by a parent or guardian in order to be eligible for participation (ex. doctor's appointment). When there is a weekend event, students must be in school on the Friday prior to 4th period in order to participate.

PACERS

- A student's absence(s) from practice(s) and or contest(s) due to mandatory participation in family activities will not jeopardize the student's team membership status. However, it is important to note that upon his or her return to the team the position previously held by the student may be held by another team member. It is the returning student's responsibility to regain his or her position through individual effort and team play as determined by the coach.

2. Comply with coaches' rules

- The coach will establish team rules for practices/games attendance and participation. All team members will be given a written copy of the team rules and the coach will review the rules with the team members. All team members are expected to comply with and abide by the rules established for their team.

3. Non-team activity responsibilities

- As a member of an interscholastic team, it is expected that your top athletic priority is to your team during the entire season of play. NHIAA participation on non-school related athletic teams - in the same season of interscholastic participation - is permissible as long as such participation does not conflict with fulfilling your responsibilities to the interscholastic team or violate team rules.

According to the NHIAA handbook under BY-LAW ARTICLE II Eligibility, Section 7: Non-School Competition:

“A member of a school team is a student athlete who is regularly present for, and actively participates in, all team tryouts, practices, and competitions. Bona fide members, as of the first date to practice in that sport as listed in By-Law Article XXXVII of the NHIAA Handbook, of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events.

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances. Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (3) weeks of a season in which the student athlete is a participant, whichever is greater. This penalty is effective from the date of his or her last participation in a high school sport. Any student-athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.”

PACERS

4. Use/sale/possession strictly prohibited

- The use, sale, and/or possession of any controlled substance(s), alcohol, tobacco products, illegal drugs, or drug paraphernalia other than those prescribed by a physician are strictly prohibited.
- New Hampshire State statutes prohibit underage alcohol use (RSA 179:10 and RSA 179:10-a), underage tobacco use (RSA 126-K: 6), and the use of controlled drugs (RSA 318-B: 2). The United States Supreme Court acknowledges the legal standard for sport and athlete specific athletic codes of conduct.
- Students need to respect school property, activities, and considering them to be “Drug-Free” zones. The following violations should result in the immediate and permanent suspension for the remainder of the athlete’s middle and/or high school career:
 1. Students who are the possession or use of illegal drugs on school property or in conjunction with a school activity or sponsored event, including transport to or from any event.
 2. Participate in a contest or practice session while under the influence of an illegal substance.
 3. Distribute, dispense, or sell any such drugs to any other student or student athlete.
- Athletes Who Host Lose the Most is an initiative to encourage positive/healthy choices in alcohol and drug prevention. There shall be a greater consequence for any student-athlete, if it is determined they were involved in the organization, facilitation, promotion or hosting of any gathering or social event where alcohol or drugs are available or use has occurred.

5. Citizenship

- As a member of an athletic team, students should be mindful that they represent their team, school, family, and community. Team members are expected to and have an obligation to conduct themselves as good citizens both in and out of school and the community including social media and any electronic communications. Students are expected to refrain from exhibiting any behavior(s), which violates the principles of good citizenship. In other words, NEVER do anything, which might bring embarrassment or an unfavorable view to you, your teammates, coaches, family, school, or community.

6. Arrests

- An athlete who participates in activities resulting in his/her arrest or formal charges being filed in a court of law may face additional penalties under this Code. If the school district has adequate and competent evidence that the student participated in the offense for which he or she is charged, a penalty may be imposed pursuant to this Code prior to completion of the criminal proceeding. If the school district does not, have such evidence and the student is convicted of a crime (misdemeanor or felony), the penalty pursuant to this code will be

PACERS

imposed upon conviction. In the latter case, the athlete may continue to participate in his/her sport until resolution of the matter by the judicial system.

Mandatory Seasonal Meetings

Pre-season meetings for the middle/high school PACER athlete and at least one parent/guardian are mandatory before the student-athlete is allowed to begin practice or compete in any games. At this time, we will go over the student/parent agreement; hand out all contracts; and go over any other information concerning the current season. Anyone who is unable to attend must arrange with the Athletic Director before they will be eligible to begin practices/competitions. Coaches will also be in attendance to meet with students/parents about their goals for the season.

Team Leaders

Student-athlete leaders will be held to the highest standard of behavior as they have chosen to be an example to their peers. Any student-athlete in a leadership role will face a greater consequence for any serious code violations. This includes team captains and members of the student leadership council.

A team leader should be:

- The epitome of what it is to be part of the **PACERS** team by demonstrating perseverance, advocacy, empathy, responsibility, and scholarship.
- A caring and nurturing individual willing to exemplify the highest standards of character and duty to team, school, and community.
- Able to conduct yourself on and off the fields of play with behavior that is an example to others.
- Able to possess high-level communication skills and be willing to confront any behaviors of concern or violations of standards of the student-athlete code of conduct among peers.
- Able to act as a channel between team and coach.
- Willing to bring any serious concerns to the attention of adult authority.
- Willing to hold team meetings to discuss chemical health and behavioral issues.
- Able to act to insure an inspire team goals and effectiveness.
- Demonstrate the highest levels of conduct and character because you are in charge of the group!

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Cyber Image Policy

If a student-athlete is in any identifiable image, photo or video, which implicates the student-athlete to have been in possession or presence of alcohol and/or other drugs or portrays actual use, or out of-character behavior or crime, shall be confirmation of a violation of the code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be a responsibility that the student athlete must assume. It must also be noted that there may be persons, who would attempt to implicate an athlete, by taking such images, to place them in a situation where they might be in violation of this code standard. This is our rationale for demanding that our athletes not place themselves in such environments.

Transportation Policy

Student must ride with the team to games unless extenuating circumstances arise. Permission must be granted through the Athletic Director.

Students, with written permission from their parent/guardian, will be permitted to ride home with their parent/guardian. The written permission should be given to the coach and/or the athletic director as soon as possible to ensure clear communication.

Physicals

In accordance with the Hinsdale School Board and the New Hampshire Interscholastic Athletic Association (NHIAA), all incoming sixth and ninth grade students who wish to participate in the Athletic Program must have a physical examination report on file with the Athletic Director and School Nurse.

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ATHLETIC HANDBOOK/CODE OF CONDUCT ACKNOWLEDEMENT FORM

This form, with signatures requested below, verifies that I, as student-athlete and parent(s)/guardian(s), have attended the mandatory season meeting or met with the athletic director. I have received a copy of the Code of Conduct and **understand, support, and agree** to the contents, meaning, expectations, and consequences.

I also understand that, prior to participation as a member of an athletic team; a studentathlete must have on file in the athletic director's office a current physical examination card (on the next page) verifying medical permission to participate as an athlete and the concussion awareness sign off sheet (the last page).

Student's Name: _____
(Please Print)

Signature of Student Athlete Date

Signature of Parent/Guardian Date

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HINSDALE SCHOOL DISTRICT EMERGENCY MEDICAL CARD

Appendix B- ****Please note: If any of this information changes during the school year, please contact the Athletic Director and Coach as soon as possible.*

Athlete Name: (print) _____ D.O.B _____

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray examinations, and immunizations for the above named student. In the event of serious illness, significant accidental injury, or the need for major surgery, I understand that an attempt will be made by the attending physician to contact me in the quickest way possible. If physician is not able to communicate with me the treatment necessary for the best interest of the above named student may be given.

In the event that an emergency arises during a practice session, every effort will be made to contact the parents or guardians as soon as possible. Permission is also granted to the coach to provide the needed emergency treatment to the athlete prior to admission to the medical facilities.

(Print) _____ Date _____

Name of Parent _____

Signature of Parent or Guardian _____

Work Phone: _____ Home: _____ Cell: _____

Relative or Friend if parent unavailable _____

Home phone: _____ Cell Phone: _____

Family Physician: (print) _____ Phone: _____

Address of Physician _____

Insurance Company: _____ Group No. _____

Policy No. _____

Are you allergic to any drugs? _____ Please list: _____

Do you have any other allergies? _____ Please list: _____

If yes, do you take any medications for it? _____ Please list: _____

Do you need to carry any medications on you at all times? _____ Please list: _____

Are you on any other medications? _____ Please list: _____

Do you wear contacts? _____ Do you have any previous injuries, illnesses, surgeries, or chronic conditions? If yes, please explain:

Please note any other medical information a coach or emergency personnel needs to know to insure the best possible care can be given for the athlete named above. Please use the back of this paper for additional information.

PACERS

JLCJ -CONCUSSIONS AND HEAD INJURIES

Category Priority-*The subject matter of these policies is required by state and/or federal law.*

The School Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. The Board acknowledges the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed. The Board recognizes that the majority of concussions will occur in “contact” or “collisions” sports. However, in order to ensure the safety of all

District student-athletes, this policy will apply to all competitive athletic activities as identified by the administration.

Consistent with the National Federation of High School (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA), the District will utilize recommended guidelines, procedures and other pertinent information to inform and educate coaches, youth athletes, and parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

Annually, the district will distribute a head injury and concussion information sheet to all parents/guardians of student-athletes in competitive sport activities prior to the student-athlete's initial practice or competition.

All coaches, including volunteers, will complete training as recommended and/or provided by NHIAA, New Hampshire Department of Education and/or other pertinent organizations. Additionally, all coaches of competitive sport activities will comply with NHIAA recommended procedures for the management of head injuries and concussions.

Athletic Director or Administrator in Charge of Athletic Duties

Updating: Each spring, the athletic director, or designee shall review any changes that have been made in procedures required for concussion and head injury management or other serious injury by consulting with the NHIAA or the District’s on-call physician, if applicable. If there are any updated procedures, they will be adopted and used for the upcoming school year.

Identified Sports: Identified sports include all NHIAA-sanctioned activities, including cheer/dance squads, and any other district-sponsored sports or activities as determined by the district.

Coach Training: All coaches shall undergo training in head injury and concussion management at least once every two years by one of the following means: (1) through viewing the NHIAA sport specific rules clinic; or (2) through viewing the NHIAA concussion clinic found on the MHSA Sports Medicine page at www.mhsa.org.

Parent Information Sheet: On a yearly basis, a concussion and head injury information sheet shall be distributed to the student-athlete and the athlete's parent/guardian prior to the student-athlete's

PACERS

initial practice or competition. This information sheet may be incorporated into the parent permission sheet that allows students to participate in extracurricular athletics.

Coach's Responsibility: A student-athlete who is suspected of sustaining a concussion or head injury or other serious injury in a practice or game shall be immediately removed from play.

Administrative Responsibilities: The Superintendent or his/her designee will keep abreast of changes in standards regarding concussion, explore staff professional development programs relative to concussions, and will explore other areas of education, training and programs.

Removal from Play and Protocol for Return to Play

Any coach, official, licensed athletic trainer or health care provider who suspects that a student athlete has sustained a concussion or head injury in a practice or game shall immediately remove the student- athlete from play. A student athlete who has been removed from play shall not return to play on the same day or until he/she is evaluated by a licensed health care provider and receives medical clearance and written authorization from that health care provider to return to play. The student- athlete shall also present written permission from a parent/guardian to return to play. The District may limit a student-athlete's participation as determined by the students treating health care provider.

Please see appendix JLCJ- R for further information.

Concussion Awareness and Education

The Board encourages the administration to implement concussion awareness and education into the district's physical education and/or health education curriculum. The administrative decision will take into account all relevant considerations, including time, resources, access to materials, and other pertinent factors.

Academic Issues in Concussed Students

In the event a student is concussed, regardless of whether the concussion was a result of a school related or non-school-related activity, school district staff should be mindful that the concussion may affect the student's ability to learn. In the event a student has a concussion, that student's teachers will be notified. Teachers should report to the school nurse if the student appears to have any difficulty with academic tasks that the teacher believes may be related to the concussion. The school nurse will notify the student's parents and treating physician. Administrators and district staff will work to establish a protocol and course of action to ensure the student is able to maintain his/her academic responsibilities while recovering from the concussion.

Section 504 accommodations may be developed in accordance with applicable law and board policies.

PACERS

Legal references:

R.S.A: 200:49 Head Injury Policies for Student Sports

R.S.A: 200:50, Removal of Student Athlete Additional Resources:

<http://nbiaa.org/PDFs/3076/SuggestedGuidelinesforManagementofConcussioninSports.pdf>

<http://www.bianb.org/concussion.asp> Revised September 2012

New Sample Policy: September 2011

First Reading of the Hinsdale School Board 09-12-12

Final Reading of the Hinsdale School Board 10-10-12

CONCUSSION MANAGEMENT - RETURN TO PLAY PROTOCOL

Identification of a Concussion: A concussion is a traumatic brain injury caused by a blow to the head or aggressive shaking of the head and neck. Every individual experiences the signs and symptoms of a concussion differently, and at different times. Some of the most common signs and symptoms of a concussion are:

- Headache
- Nausea or vomiting
- Dizziness or blurred vision
- Light and noise sensitivity
- Confusion and trouble concentrating
- Loss of consciousness
- Behavioral changes

Any athlete with a suspected concussion should be immediately removed from participation. A complete evaluation should be completed by a health care professional, such as an Athletic Trainer, nurse, or physician. Once the student athlete has been cleared by the health care professional and returned to full days at school, he/she must retake the Impact Testing with the Athletic Trainer or Athletic Director.

Return to Play Protocol: Once the student athlete has been symptom free for at least 24 hours, and has completed and passed the Impact Testing, they may begin the following Return to Play protocol with the Athletic Trainer. There MUST be a minimum of 24 hours between each step to ensure that symptoms do not return with activity. Some symptoms will show up during activity, while others have a delayed onset and may present themselves hours after activity.

- Step 1: Light Aerobic Activity
- Step 2: Moderate Aerobic Activity
- Step 3: Heavy, Non-Contact Activity
- Step 4: Full Contact Practice

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- Step 5: Competition

****If the student athlete experiences symptoms during any of these steps, they must fall back to the previous step until symptom-free for 24 hours. ****

JLCJ- R CONCUSSION/HEAD INJURY FACT SHEET PARENTS/GUARDIANS

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 cannot see a concussion. Signs and symptoms of a concussion can show up right after injury or may not appear to be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion or if you notice any symptoms yourself, seek medical attention right away.

WHAT ARE THE SYMPTOMS?

- Headache or ‘pressure’ in the head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Confusion, Concentration, or memory problems
- Does not “feel right” or “all there

WHAT ARE THE SIGNS OBSERVED BY PARENTS/GUARDIANS?

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall events prior to or after a hit or fall

HOW CAN I HELP MY CHILD PREVENT A CONCUSSION?

- Ensure they follow their coach’s rules for safety and the rules of the sport.
- Make sure they use the proper equipment, including personal protective equipment (such as helmets, padding, and eye and mouth guards. In order for equipment to protect your child, it must be the right equipment for the sports, position, and activity. It must be worn correctly

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every time your child plays. THERE IS NO SUCH THING AS A CONCUSSION PROOF HELMET!!!

- Learn the signs and symptoms of a concussion

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

- Tell your Certified Athletic Trainer, coach, and parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your trainer or coach if you think one of your teammates may 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. Additional concussions can cause irreversible damage to your brain.

HOW CAN I PREVENT A CONCUSSION?

- Follow your coach's rules for safety and rules of the sport.
- Practice good sportsmanship
- Use the proper 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 sport, position, and activity. It must be worn correctly every time you play.

For more information visit:

www.cdc.gov/TraumaticBraininjury/
www.cdc.gov/concussion/sports/index.html
www.nfhs.com
www.ncaa.org/health-safety
www.nhcaa.com

www.bianj.org
www.atsnj.org
www.oata.net
www.ossaa.com

PACERS

Hinsdale School District Concussion and Head Injury Acknowledgement

In compliance with New Hampshire State Law RSA 200:49 to 200:52, this acknowledgement form is to confirm that you have read and understand the CONCUSSION FACT SHEET provided to you by Hinsdale Middle High School related to potential concussions and head injuries occurring during participation in athletics. I also understand that my student athlete must receive the annual baseline testing provided by ImPACT, and if receives a concussion will be retested according to the ImPACT criteria in order to return to play.

I _____, as a student/athlete who

(PLEASE PRINT STUDENT ATHLETE’S NAME)

participates in Hinsdale Middle High School athletics and I,

_____ as the parent/legal guardian,

(PLEASE PRINT PARENT/LEGAL GUARDIAN’S NAME)

have read the information, understand, support, and agree with the material provided to us by Hinsdale School District related to concussions and head injuries occurring during participation in athletic programs and understand the content and warnings, including the criteria for my child’s return to play.

SIGNATURE OF STUDENT-ATHLETE

DATE

SIGNATURE OF PARENT/LEGAL GUARDIAN

DATE

This form will be completed annually prior to the athlete’s first practice and/or competition and be kept on file for one year beyond the date of signature in the principal’s office or the office designated by the principal. In the event that NHIAA recommendations change, updates will apply to the above protocols.