



2025-2026 SCHOOL YEAR
WATERLOO HIGH SCHOOL ATHLETIC TRAINING CODE OF CONDUCT AND WAIVER FORM

Athletes will read and sign this form at the beginning of each year in which they participate. Athletes may not participate in any sport prior to the completion of this form. This should be done at the first team meeting. Any athlete who is presently serving a suspension or who has been suspended will also be included in the above.

Code of Conduct

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day. This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

The student shall not:

1. Violate the school rules and School District policies on student discipline including policies and procedures on student behavior;
2. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute a beverage containing alcohol (except for religious purposes);
3. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute tobacco or nicotine in any form;
4. Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia;
5. Use, possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet;
6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors;
7. Act in an unsportsmanlike manner;
8. Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving; In the event a student athlete is placed under arrest for a violation of law, the school may review the arrest and the situation leading up to the arrest and take disciplinary action through the athletic code.
9. Haze or bully other students;
10. Violate the handbook rules for the extracurricular or athletic activity;
11. Behave in a manner that disrupts or adversely affects the group or school;
12. Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff; or
13. Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity.

IHSA athletes can be subject to random drug and alcohol testing.

Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. Bullying includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

1. Placing the student or students in reasonable fear of harm to the student's or students' person or property;
2. Causing a detrimental effect on the student's or students' physical or mental health;
3. Interfering with the student's or students' academic performance; or
4. Interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Due Process Procedures

Students who are accused of violating the Code of Conduct are entitled to the following due process:

1. The student should be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.

- Violations are cumulative from grades nine through twelve (9-12) and apply 24 hours a day, 365 days a year, including summer months. Violations are recorded even if a student is not actively participating in any athletics at the time of the offense. The athletic suspension will be applied to the next sport in which the student participates. For example, a student who does not participate in athletics at all as a freshman, but decides to play a sport as a sophomore, will have to serve a suspension for a violation that occurred while a freshman.

Baseball/Softball (35 games)	8 games	Golf (18 dates)	4 dates
Basketball (31 games)	7 games	Soccer (25 games)	6 games
Bowling (25 dates)	6 dates	Tennis (20 dates)	5 dates
Fall Cheer (9 games)	2 games	Track (21 dates)	5 dates
Winter Cheer (37)	9 games/competitions	Volleyball (35)	8 matches
Cross Country (18 dates)	4 meets	Wrestling (45 matches)	11 matches
Football (9 games)	2 games		

If the violation of the Code occurs in the last part of a sport season and the violator cannot fulfill the terms of his/her violation in that sport, the suspension carries over until the suspension is fulfilled. This includes their next sport or the same sport the next year. Example: If the suspension is for two football games with only one remaining, the athlete must also miss basketball games until the suspension has been served. If a typically one-sport athlete elects to participate in a new sport in order to serve a suspension, he/she will be required to complete the season in good standing at the coach's discretion in order for the suspension to be considered complete.

These regulations do not cover specifically all such matters which may at some time arise, but are Intended to furnish a framework within which we feel an athlete needs an obligation prior to and during participation.

Student Signature	Date	Parent/Guardian Signature	Date
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By signing this form, the student and parent acknowledge receiving, reading and understanding both the Waterloo High School Training Standards and the IHSA Athletic Eligibility Rules.

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ATHLETIC WAIVER FORM

We waived all claims against Waterloo Community Unit School District No. 5 due to accidental injury of the student named below resulting from participation in athletics because our personal family policy, along with the district-provided accident coverage, provides adequate medical coverage.

Student Signature _____

Parent/Guardian Signature _____

Date _____