

# **Hermiston School District Athletics and Activities Parent/Student Handbook**



**Hermiston High School**



**Armand Larive  
Middle School**



**Sandstone  
Middle School**

# **ATHLETICS AND ACTIVITIES HANDBOOK INSTRUCTIONS**

Please read this handbook. Pay special attention to the safety guidelines for the sports in which your student may participate and to the Eligibility requirements for NCAA Colleges. By signing the Athletic Registration Form, you are acknowledging you have read and understand the guidelines.

## **Forms included are:**

1. Hermiston School District Concussion Management
2. Athletic Code of Conduct and Athletic Eligibility Requirements
3. Hermiston Athletics Guidelines Communications
4. Student/Parent Athletic Participation Medical Release and Insurance Form
5. PHYSICAL FORM (to be completed by a medical practitioner)

**\*Please complete the last page of this document and return to the athletic office.**

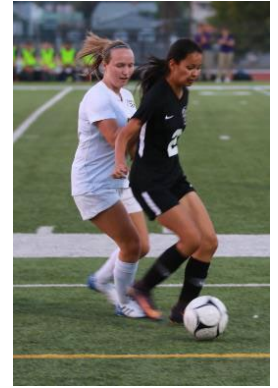
Prior to turning out for a W.I.A.A. sanctioned sport, participants are *required* to be adequately covered by insurance. You may choose to purchase insurance through the school or you may sign the insurance waiver, which is located on the athletic form. By signing the insurance waiver, you are stating you have your own private insurance. The parent/guardian must sign these. If during the course of the school year, the family's insurance coverage changes with the result that the child is no longer covered by insurance, the family must immediately inform the Athletic Office at the child's school. Students **MUST** have medical insurance to participate in sports.

## **Hermiston School District Athletic Clearance Requirements**

In order for your student to be cleared to participate in a sport the following forms must be completed, signed and dated at the conclusion of this packet and returned to the appropriate office of your school:

1. **Hermiston School District Physical Form** – Signed and dated by a physician as per WIAA and Hermiston School District Requirements. Your form is good for 24 months from the date of the exam and signature. Please take time to fill out the pre participation history on the document as well.
2. **Athletic Code of Conduct Form** – Must be signed and dated by both the parent and athlete and renewed each year that an athlete participates. Reminder, this document is good for a calendar year, not just during athletes' sports season.
3. **Hermiston Athletics Guideline Communications -**
4. **Student/Parent Athletic Participation Medical Release and Insurance Form** – This form provides the district with a release of liability to participate in athletics. All athletes must have proof of insurance and this document requires you to complete insurance information as well.  
**AND...**
5. **All athletes are required to have an ASB card to participate**

# Hermiston School District Concussion Management Parent/Student Guide



## Hermiston School District Concussion Care Protocol Return to Academics Following Concussion

The Hermiston School District's primary concern for all students is their health and safety. With these concerns in mind our district is mindful that head injuries including concussions are very serious and can have long term effects if not treated appropriately. Continued research has shown cognitive rest is essential in the quick resolution of concussion symptoms. Cognitive stimulation includes: driving, playing video games, computer use, text messaging, cell phone use, loud and/or bright environments, watching television, reading, and studying. These stimuli must be limited, and in most cases, completely avoided for a period of time during recovery. The Hermiston School District uses the guidance from CBIRT (Center for Brain Injury Research and Training) in Eugene, OR to determine our policy and best practice for students. CBIRT is supported by the Oregon School Activities Association and they provide training to promote best practices among educators who serve individuals with brain injuries.

### Step 1:

School District or particular building is notified by parent, physician, school nurse, athletic trainer, coach that a student has sustained or possibly sustained a concussion.

### Step 2:

Students are assessed by a school nurse or athletic trainer. If concussion symptoms are present student and parent or guardian will be referred and recommended to see primary care physician and provided a copy of district protocol and process. Release of medical information form will be provided to parent or guardian upon assessment and evaluation as well.

**Step 3:**

Immediately upon return to school, student will check in with the school nurse to receive a return to learn academic plan and possible classroom accommodations. Student will be asked to check in with school nurse daily to determine if symptoms have increased or subsided.

Return to learn academic plan and possible classroom accommodations will be provided to the student's counselor and disseminated to classroom teachers from there.

With health and safety as the primary goal, the Hermiston School District's goal is to return students to academic classwork as soon as possible and continue as symptoms allow.

**Step 4:**

If a student experiences prolonged and lingering symptoms and issues 8-12 weeks following original injury, they may be referred for TBI diagnosis.

**The Student Athlete return to play following concussion**

Max's law (OAR 581-022-0421) requires Oregon School districts to implement new concussion management guidelines for student athletes in 2010-2011. A coach may not allow a member of a school athletic team to participate in any athletic event or training on the same day that the member exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body or has been diagnosed with a concussion. Max's law and Hermiston School District Policy below addresses the four guidelines for concussion management in student athletes: Recognize, Remove, Refer and Return

**Step 1: Recognize**

School District, Coach or Athletic Trainer witnesses or is notified that athlete may have sustained a head injury and could be experiencing concussion symptoms. Athletic Trainer will evaluate athlete and assess symptoms for concussion. Athlete may be asked to return in 24 hours for further evaluation.

**Step 2: Remove**

If a student athlete exhibits signs and symptoms of a concussion following assessment and evaluation by athletic trainer, the athlete will be removed from any further training or competition until they have been released by an approved health care provider. (MD, DO, Physician Assistant, or Nurse Practitioner)

**Step 3: Refer**

Athlete and parent or guardian will be informed of concussion symptoms by athletic trainer and referred and recommended to see a health care provider of their choice and provided a copy of district protocol and process for return to play and return to learn. Parent or guardian may be asked to sign a release of information to allow athletic trainer to communicate with health care provider

Immediately upon return to school, student athlete will check in with school nurse to receive a return to learn academic plan and possible classroom accommodations. Student athlete will be asked to check in with athletic trainer daily to determine the degree of symptoms present and possible treatment plan.

**Step 4: Return**

When an athlete is determined to be symptom free they will need to be released by a health care provider before they can return to full practice and competition.

## **Athletic/Activity Code Contract**

Co-curricular activities can be an important component of a student's experience. Participation in these activities is a privilege and offers an opportunity for the student to make a commitment toward self-improvement. Because students who participate in co-curricular activities are viewed as leaders and representatives of their schools, they are held to a high standard of academic and behavioral achievement. The intent of the Athletic/Activity Code Contract is to encourage positive character growth and foster integrity. The intent is also to protect the health and safety of each student who participates, those with whom and against whom the student may compete, and others with whom the student may be in contact while participating. The stated rules and outcomes are designed to promote accountability through ownership of one's own actions. The end goal is to change and improve behavior in order to prepare students for a successful future.

### **General Responsibilities**

The undersigned agrees to the following:

1. Behave in a manner that brings respect to one's self, school and community.
2. Ride to and from all school-sponsored activities in school approved transportation unless prior arrangements have been made with the coach/advisor, athletic director or principal. Students riding home with someone other than their parents/guardians need to clear this with their coach and must receive written administrative approval.
3. All school equipment/clothing issued to the student must be returned in good condition. Lost or stolen items must be paid for at replacement cost.
4. Abide by all WIAA, Hermiston School District and Hermiston High School policies. The WIAA requires that athletes representing Hermiston High School live within the Hermiston School District boundaries with the appropriate guardian, or be cleared by the Director of Athletics.
5. All fines must be cleared before participation.
6. A participant may not drop an in-season sport and transfer to another in-season or out-of-season sport without the agreement of both coaches and the Athletic Director. An in-season sport is defined as a sport occurring within a WIAA- sanctioned calendar. An out-of-season sport is an activity, club, or sport that occurs outside the WIAA- sanctioned calendar. If the student is removed from a team, they may not participate in another sport until the season is completed. (See examples cited in the Student Handbook).
7. With the in-season coach's approval, athletes are permitted to participate in AAU, ASA, Club Organizations, out-of-season programs etc. These out-of-season activity programs will be secondary to the school program. The in-season coach has the right to ask the student to stop out-of-season activities at any time. Participation in one of these organizations shall not interfere with an in-season contest at any level (freshman, C Team, Junior Varsity or Varsity). Athletes attending an out-of-season sporting activity in lieu of a Hermiston High School in-season game/match may be dismissed from the program. Any student participating in an out-of-season program without the coach's approval may receive consequences up to and including removal from the team.
8. Attendance at practice is mandatory. Only absences authorized by the coach will constitute an excused absence. Two unexcused absences from practices or contests may result in consequences up to and including removal from the team.

### **Substance Abuse and Conduct Procedures**

A primary focus of the Hermiston School District is the development of a drug free lifestyle for our students/athletes. In keeping with that objective, the undersigned student agrees not to possess or use alcohol or other illegal drugs, muscle/performance enhancing substances, abuse prescription drugs, use any

form of tobacco, tobacco look-alike products, including electronic cigarettes and vape pens at any time. Students suspected of the use of such substances or of being under the influence may be asked to submit to a passive drug or alcohol detecting test. Refusal to comply will be considered a positive test result. The undersigned also agrees to not be associated with activities that are unlawful or be connected with acts that bring disrespect to the individual, school and community.

## **Drugs and Alcohol**

**Hermiston School District Procedures:** The following consequences listed are “minimum”; the District reserves the right to render harsher consequences, which the District at its sole discretion believes are warranted under the circumstances.

First offense consequences include loss of season or a re-entry plan, which may include:

- Mandatory loss of 30% of the season
- Drug and Alcohol counseling at parent/guardian expense unless there is a financial hardship
- Mandatory urinalysis at parent/guardian expense unless there is a financial hardship
- Grades and attendance must be held to District Athletic Policy standards
- Community service
- Viable plan to determine process for reconnecting with teammates

Second offense consequences include loss of participation for one full calendar year and a re-entry plan, which may include:

- Drug and Alcohol counseling at parent/guardian expense unless there is a financial hardship
- Mandatory urinalysis at parent/guardian expense unless there is a financial hardship
- Grades and attendance must be held to District Athletic Policy standards
- Community service
- Viable plan on how to reconnect with teammates

Third offense consequence:

- The student will no longer be able to represent Hermiston High School for the remainder of their high school career.

## **Conduct Incidents**

Students are expected to avoid environments where inappropriate/unlawful behaviors are taking place. Students also need to avoid a pattern of negative behavior at school. Students found to be involved in these behaviors can expect the consequences as stated below.

Consequences May Include:

- Loss of a percentage of season
- Loss of a season
- Termination of high school athletic/activity career
- Counseling at parent/guardian expense unless there is a financial hardship
- Mandatory urinalysis at parent/guardian expense unless there is a financial hardship
- Grades and attendance must be held to District Athletic Policy standards
- Community service
- Viable re-entry plan on how to reconnect with teammates

**Washington Interscholastic Activities Association Procedures:** Per section 18.25.0 of the WIAA Student Standards for Interscholastic Eligibility:

**18.25.0 USE OF ILLEGAL SUBSTANCES** - School and WIAA rules and regulations are intended to discourage the use of alcohol, tobacco, legend drugs, controlled substances and paraphernalia and to encourage the use of school and community resources. School and community resources should be identified for students who have had a violation and seek help or who are referred for assessment.

**18.25.1 Alcohol and tobacco** - Each WIAA member school shall adopt reasonable rules and regulations pertaining to the use of alcohol or tobacco products that are specific to the middle or high school levels.

**18.25.2 Legend drugs and controlled substances** - Penalties for the possession, use or sale of illegal drugs) shall be as follows:

**1st Violation** - A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student accesses the assistance program outlined in B (below.)

An athlete who is found to be in violation of the Legend drugs and controlled substances rule shall have two options.

- A. The athlete will be ineligible for participation in contests for the remainder of that interscholastic sports season and must meet the school's requirements in order to be eligible to compete in the next interscholastic sports season. The school principal will have the final authority regarding the student's participation in further interscholastic sports programs.
- B. The athlete may choose to seek and receive help for a problem with use of legend drugs or controlled substances. Successful utilization of school and or community assistance programs may allow him/ her to have eligibility reinstated in that athletic season, pending recommendation by the school.

**2nd Violation** - A participant who again violates this rule shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

**3rd Violation** - A participant who violates for a third time shall be permanently ineligible for interscholastic competition.

The student recognizes that violation of the above policies may result in immediate suspension and/or dismissal from the team. Students and parents must understand that coaches reserve the right to have more restrictive team rules than this athletic code. Ineligibility consequences that cannot be satisfied during the immediate season will carry over to the next season. Students that violate the athletic code will not be allowed to suddenly join a sports team already in its season in order to satisfy their suspension. Students who have a violation and decide to go out for a sport at the beginning of the season, and they have historically never played the sport before, will be allowed to join that program and satisfy their suspension. However, they must stay with the program for the entire season. If they cannot complete the season, the suspension may not be recognized. Appeals to the decisions made as a result of this code must be directed to the Appeals Committee as described in the Student Handbook and District Policy. This committee will hear the appeal, evaluate all information regarding the situation and will render a decision to grant the appeal, modify the appeal request or allow the consequences to stand as written



# Hermiston Athletics Communication Guidelines

The following are communication guidelines put in place by the Hermiston School District Athletics Depart. All coaches, parents, and athletes are expected to follow these guidelines.

## **Communication Parents Can Expect From a Coach:**

1. Philosophy of the coach
2. Expectations of the athlete and the team (effort, behavior, practices, apparel etc...)
3. Location and times of all practices and games
4. A copy of the team rules and guidelines
5. Playing time and role on the team will be communicated with the athlete

## **Communication Coaches Expect From Parents:**

1. Concerns related to your son or daughter's mental, physical, or emotional well-being
2. Specific questions about a coach's expectations of parents
3. Notification of any injuries or illnesses
4. Prior notification of any student absences from practices or games

## **Appropriate Parental Concerns to Discuss with Coaches:**

1. Mental or physical concerns about your son/daughter
2. Ways in which you can help your son/daughter improve
3. Concerns about your son/daughter's behavior

## **Inappropriate Parental Concerns to Discuss with Coaches:**

1. Playing Time
2. Team Strategy
3. Play Calling
4. Team Selection
5. Another Athlete

## **24 Hour Rule:**

Because coaches have much to process following a game, we ask that parents do not confront a coach with any concerns for 24 hours. Often, these conversations will lead to emotionally charged discussions that bring no resolution. Waiting 24 hours after the will allow both the parent and the coach time to "cool down" before discussing a concern.

## **Engagement Guidelines:**

These guidelines do not include concerns about the mental, physical, or emotional well-being of the student. If a parent has a concern about any of those areas, please contact the activities director immediately

**STEP 1-** Communication regarding any other extra-curricular concern will begin strictly between the student and the coach. The athletic director will not discuss any concern that hasn't already been discussed between the student and coach.

**STEP 2-** If there are further concerns, the student, coach/advisor, and athletic director may meet to further discuss the issue. Depending on the concern, this meeting may also include the parent(s)

**STEP 3-** If the concerns have not been resolved the parent may meet with the athletic director. Any discussions will be passed along to the student and coach. We cannot expect resolution without everyone being involved.

**Negative comments toward athletes, coaches, officials or programs at contests or in the community may result in ejection and/or suspension from future Hermiston athletic contests**



# Student/Athlete Academic Standards

## Scholastic Eligibility

The goal of the Hermiston High School athletic program is academic achievement as well as participation. Participants will be required to achieve high academic performance as outlined in this policy. In conjunction with the following WIAA standards, a three-tiered academic standard will be used to monitor student success.

## Semester Grades (WIAA Requirement)

An eligible student is one who is enrolled in school, attending regularly and passing in at least six (6) subjects, meeting WIAA standards, and who during the immediately preceding semester was enrolled in school, attended regularly and passed at least six of 7 (6 of 7) subjects. Any student who fails more than two classes during the previous semester will begin the next semester on a five (5) week academic suspension according to the WIAA calendar.

**Tier 1:** At the conclusion of each quarter, students who achieved a minimum of seven passing grades and did not fail any classes will be considered eligible with no restrictions.

**Tier 2:** At a one week grade check during the semester, students who failed one scheduled class will be considered ineligible to participate. However, the Tier 2 student may choose to retain eligibility by participating in a mandatory daily study table (ST). Upon achieving Tier 1 status, the student is eligible to participate without study hall or study table requirements. Students must attend at least one study table session per school day.

*Example: Student Athlete 1 has one F. (Eligible with ST) Example: Student Athlete 2 no F's. (Eligible with ST)*

**Tier 3:** At a one week grade check, students who are failing more than one class will be considered ineligible. The Tier 3 student may choose to participate in mandatory study tables. Tier 3 students are not eligible to participate in contests but must continue to practice. These students may become eligible to participate in contests at any time during this restrictive period by moving to Tier 1 or Tier 2 status. Once falling into Tier 3 status the student will still be required to attend study table sessions. Students must attend at least one study table session per school day.

*Example: Student Athlete 1 has 1.95 GPA with no F's. (Ineligible with ST) Example: Student Athlete 2 has 2.3 GPA with 2 F's. (Ineligible with ST)*

## Athletics and Activities Insurance Policy

Before a student is allowed to participate in co-curricular activities (practice or competition) he/she **must** be covered by major medical insurance. I understand that it is my responsibility to provide insurance coverage. If the participant is not covered by private insurance, they have the option of purchasing District identified insurance. District identified insurance can be purchased through the athletic office at the high school. Parents or guardians also have the obligation to notify the athletic director if insurance is canceled or terminated.

## Authorization to Treat and Release Medical Information

In order to provide a safe and enjoyable experience for the student athletes at Hermiston High School, arrangements have been made for the athletic training services. Athletic training is available to any and all Hermiston High School student athletes for evaluation, consultation, and/or treatment in the event of an injury or illness, or at the request of the athlete, parents, coach, administration, or the patient's personal physician.

In the event of an injury or illness I give my permission for my student to be treated by the Hermiston High School athletic training staff and/or physician. I understand that treatment may include evaluation, treatment and referral to another physician, withholding a student from sports participation, and/or releasing a student for sports participation. I also understand that the athletic trainer may withhold any student athlete from sports participation, due to an illness or injury. This decision is based on professional concerns for the student athlete and/or other student athletes' health and safety.

In the event of an injury/illness, it may be important for the athletic trainer and/or physician to share medical information with physicians, coaches and high school administration. These injuries/illnesses may or may not be a direct result of athletic participation. By signing below, I authorize all departments of athletic professional staff (i.e. coaches, athletic trainer and physician), athletic director, athletic department staff, and any other attending physician to share/discuss information regarding any injury or physical condition that may affect the athletic participation of the student athlete identified on this form. This information will be used to determine medical eligibility to participate in athletics and help in the diagnosis and treatment of any injuries or illness which may occur during or may affect sports participation.

### **Concussion Information**

Max's law (OAR 581-022-0421) requires Oregon School districts to implement new concussion management guidelines for student athletes in 2010-2011. A coach may not allow a member of a school athletic team to participate in any athletic event or training on the same day that the member exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body or has been diagnosed with a concussion. Max's law and Hermiston School District Policy address the four guidelines for concussion management in student athletes: Recognize, Remove, Refer and Return. Any athlete who is diagnosed with a concussion must receive a **full unconditional release** from a medical provider before returning to participation. Please refer to Hermiston School District concussion protocol.

### **Waiver of Liability**

I acknowledge that I have been advised, cautioned and warned by the District that by participating in the activity my child is exposed to the risk of serious injury including but not limited to the risk of sprains, fractures and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment of the use of my child's limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my child's desire to participate in this activity. Should my child choose to participate in the above sport, I hereby further acknowledge that I do so knowing and understanding the risk of serious injury that I am exposing myself to in my sport(s).

In consideration for providing my child the opportunity of participating in sports and activities while fully recognizing the dangers and hazards inherent in participating in the above mentioned sport and any related transportation to and from events, to the fullest extent allowed by law, on behalf of myself and my minor child, I hereby voluntarily agree to waive and discharge any and all claims of whatever nature and release from liability, fully and finally, for myself, my child, our estates, our heirs, our administrators, our executors, our assignees, our successors, and to release, exonerate, discharge and hold harmless the Hermiston School District, its Board of Directors, the individual members thereof, and all officers, agents, employees, volunteers, and representatives from any and all liability, claims, causes of action, or demands including attorney's fees, arising out of any injuries of any kind, whether physical or emotional, to me, my child, or to our property, or losses of any kind which may result from or in connection with my child's participation in the sport. I further certify and represent that I have the legal authority to waive, discharge, release, and hold harmless the released parties on behalf of my child.

**PLEASE SIGN BELOW AND RETURN THIS SHEET TO OFFICE**

**Parent/Student Signature Sheet**

**Code of Conduct**

I/we have read the code of conduct and understand it. I/we understand that the undersigned student's compliance with the above terms are a condition of his/her participation in sports and other co-curricular activities within the Hermiston school district. This document constitutes a contract, and the undersigned student agrees to abide with it. I/we understand that this code, once signed will be in effect the entire time period the student is attending Hermiston school district, including out of season and during the summer. I/we further understand that infractions are cumulative throughout the students' time in the Hermiston school district.

**Waiver of Liability**

I acknowledge that I have read and understand the waiver of liability and further understand that there are risks of injury and illness when participating in athletics and activities. I hold harmless the Hermiston school district of any and all liabilities.

**BY SIGNING, I/WE AGREE TO CODE OF CONDUCT, COMMUNICATION GUIDELINES, WAIVER OF LIABILITY AND THAT WE HAVE MAJOR MEDICAL INSURANCE OR DISTRICT INSURANCE.**