

***DANVILLE DISTRICT 118***  
***EXTRA-CURRICULAR***  
***HANDBOOK***  
***PARENTS & STUDENTS***  
***Grades 7-12***



*Creating a Culture Committed Towards Excellence*

## **Vision**

To create a culture committed to building academic and character excellence- in the classroom, athletics and extra-curricular, and in the community.

## **Mission**

Danville District 118 is committed to excellence by providing opportunities for students to participate in programs that are designed to develop leadership, problem solving, critical thinking, self-discipline, and promoting positive community relationships through appropriate behavior within the educational and social settings of Danville District 118.

## **Goals**

1. To encourage student participants to achieve success by maintaining academic eligibility rules and to keep extra-curricular events in proper perspective.
2. To develop good citizenship, honesty, emotional control, dependability, and respect for rules, property and authority.
3. To provide an opportunity to exemplify and observe good sportsmanship.
4. To maintain a high standard of credible and positive performance and conduct on and off the field of competition.
5. To teach and emphasize the fundamental skills of the various sports and activities as a necessary ingredient in achieving the individual and team success.
6. To stress the importance of physical fitness, conditioning, health habits, and safety in athletics.
7. To provide opportunities to develop lasting friendships with teammates and opponents.
8. To provide a well-planned and well-balanced program of interscholastic athletics and activities for as many students as possible.
9. To provide high quality leadership for all athletic and extra-curricular programs so as to exemplify to students a desired behavior to be developed from each athletic program.
10. To provide opportunities for the development of unity, belonging, team pride, teamwork and commitment.

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## **AFFILIATION**

Danville District 118, as a member of the Illinois High School Association and the Big 12 Conference, must adhere to the constitutions and by-laws of these entities concerning participation, eligibility, and student conduct.

### **Sports & Activities at DHS**

<b><u>Sports</u></b>	<b><u>Activities</u></b>
Soccer (B & G)	Yearbook
Cross Country (B & G)	Marching Band
Football	Flags
Basketball (B & G)	Show Choir
Track (B & G)	Orchestra
Swimming & Diving (B & G)	Drama
Softball	Pompettes
Cheerleading	School Paper
Tennis (B & G)	
Golf	
Wrestling	
Volleyball	

This list represents some of the extra-curricular activities at Danville High School. It is not exhaustive in nature.

### **Sports & Activities at North Ridge Middle School**

#### **Sports**

Cross Country

Softball

Cheerleading

Baseball

Track (B & G)

Basketball (B & G)

Volleyball

#### **Activities**

Yearbook

Show Choir

Drama

Band

School Paper

National Junior Honor Society

Student Council

Problem Solving Club

This list represents some of the extra-curricular activities at North Ridge Middle School. It is not exhaustive in nature.

## **Part I –Operating Procedures**

### **1.1 Training Room (DHS only)**

- Only athletes with official business are permitted in the Trainer's Room. No loitering.
- The Training Room is co-ed and proper attire is required.
- Athletes are required to clean up any mess following the visit.
- No spikes or muddy shoes are allowed.
- Athletes in Training Room MUST be supervised by trainer or coach.
- Athletes using the whirlpool are never to be left unattended.

### **1.2 Danville District 118 Rules**

Danville District 118 follows the rules within the District 118 Ownership in Education guidelines and the IHSA/IESA guidelines regarding coach and player participation.

Religious prayers: Coaches or sponsors may not lead, organize, or encourage student or coach led prayers at any Danville District 118 event. Student participants may initiate personal or group prayers in a private setting.

### **1.3 NCAA Eligibility Center**

Parents of DHS students who have aspirations of participating in athletics beyond high school are encouraged to look up the NCAA website: [www.3.ncaa.org/ecwr3](http://www.3.ncaa.org/ecwr3) to register and to research pre-entry requirements. Please communicate with your student's Guidance Counselor prior to registering for any courses, as these selections may impact participating in an NCAA program.

## **Part II: Policy and Regulations**

### **2.1 Eligibility**

#### **Danville High School**

Scholastic requirements set by IHSA and the Danville District 118 Board of Education (6:190) must be met:

- Must pass 5 academic classes in previous semester to be eligible for an activity.
- Must be passing 5 academic classes per week (5 credit hours) to be eligible. PE and Fitness Training are included as one of the 5 academic classes.
- Meet all other eligibility requirements of IHSA. Exception: Seniors in the Work Study Program must be passing 5 academic classes, which also include PE or Fitness Training or the current IHSA requirement.

- Home school students may participate in extracurricular activities at Danville High School if they: 1) are taking 25 hours (5 classes) in an approved program; 2) are regularly attending at least 1 class at Danville High School; and 3) have paid all school fees. If the student is enrolled in 1 class at Danville High School but does not attend the class, they will not be eligible to participate in extracurricular activities.
- Cumulative grades from the first day of the current semester will determine whether a student is passing a course.
- The athletic office shall check grades each Thursday and publish a report to in-season coaches and sponsors on Friday.
- The report that is published will run in effect from Monday through Sunday.
- Students who are academically ineligible for the week may practice with the team/group, but are not eligible for games, contests, or performances. Ineligible students may attend **HOME** events with the team and are allowed to sit on the bench, but they may not dress in uniform and must be in appropriate casual wear.
- On days when school is in session, ineligible students may not be dismissed from school early to travel to events with the team/group.

**Social Probation:** If a student is on the social probation list, they can practice but **MUST** sit out one contest during the length of social probation. The student is not allowed to travel to away contest with the team while on social probation.

#### **North Ridge Middle School:**

Students must be passing all classes with minimum of 60% average or higher to remain eligible to compete in extra-curricular activities. Eligibility shall be based on quarter cumulative grades. Students shall be given a reasonable amount of time to make up any missed work due to an excused absence prior to being declared ineligible.

#### **2.2 Semester Eligibility High School**

- Must pass a minimum of 5 classes (5 credit hours) each semester in order to be academically eligible to compete in games, contests, or performances the entire following semester.
- All classes count towards academic eligibility.
- Students who are academically ineligible for the semester may practice with the team/group, pending approval from the Head Coach and Activities/Athletic Director, but are not eligible for games, contests, or performances. Students who are academically ineligible for the semester will not be issued a team uniform and will not be listed on any team roster or appear in any official team photo.

### **2.3 Daily Attendance & Practice/Event Attendance**

Students must attend a portion of the school day in order to participate that afternoon or evening in any extra-curricular practice, game, contest, or performance, unless an excused absence has been confirmed by the Principal or Activities/Athletic Director.

#### **Practice attendance:**

- Students wanting to be a member of extra-curricular groups or teams are expected to attend all scheduled practices as set forth by the coach or sponsor.
- Any absence from a scheduled practice for a reason other than illness, retesting, or receiving special help from a teacher, shall be counted as an unexcused absence.
- Whenever possible coaches should be notified of all excused absences at least 24 hours in advance.
- Each Coach or Sponsor within the framework of the team rules shall have in place requirements for practice and a step process to remedy as such. This would include
  - Participant meeting with coach/sponsor
  - Participant meeting with the parent/guardian
  - Possible participant suspension from scheduled contests
  - Removal of participant from extra-curricular activity

### **2.4 Quitting**

- When a student athlete quits a team, he/she will not be able to participate on another athletic team until the current season is completed. If situation arises that prevents the student from completing a season, and the situation is discussed with the Head Coach and Activities/Athletic Director or Administrator prior to quitting, he/she may be eligible to participate on another team during the same season.

### **2.5 Transportation/Travel**

- Students are to ride the school transportation to and from away activities with the group they represent, unless their parents or guardian call and make arrangements with the Administration/Athletic Director prior to the activity, or at the event if the parent makes satisfactory contact with the Administration/Athletic Director.
- No students will be allowed to ride to or from any activity or sport with anyone except their own parent/guardian.
- The activity sponsor or coach may release students to their parents/guardian, after the parent/guardian signs the appropriate sign-out sheet. This sign-out sheet shall be a form approved by the Administration/Athletic Director and retained on file.



## 2.6 Parent Meeting

- Parents/Guardians of all students who intend to participate in activities or sports must attend a mandatory preseason meeting with the coach or Activities/Athletic Director. The Coach or Activities/Athletic Director will explain the policies and guidelines that apply to all activities and sports at this meeting. All parents/guardians and students will sign acknowledgement of information regarding policies and protocols. This must be done only ONCE per school year to cover all extra-curricular activities.

## 2.7 Conflict Resolution Procedures

- Participating in athletics/activities can be emotional and time consuming experience. From time to time, conflicts between participants and coaches/sponsors may arise. The following process is in place for participants and their parents to follow to resolve conflicts and/or issues between coaches/sponsors and participants.

### **Step 1: Individual Student – Coach/Sponsor Contact**

The student involved is to speak to the coach about the problem as soon as possible.

### **Step 2: Parent/Student – Coach/Sponsor Contact**

Coaches/Sponsors should set a time to meet individually with the parent(s) and student. Meetings will not be scheduled 24 hours prior to or immediately following a contest or during an active practice session, or during a time when other coaches, sponsors, parents or athletes are present.

### **Step 3: Parent/Student – Activities/Athletic Director Contact**

If satisfactory resolution is not reached through direct contact with the coach or sponsor, the parent/student athlete should contact the Activities/Athletic Director. In the event that the parent/student feels uncomfortable about first raising the concern with the coach/sponsor, the parent/student may first contact the Activities/Athletic Director who has the option of hearing the concern, or directing the parent/student back to the coach/sponsor. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perspectives and experiences can lead to more productive relationships and clearer understanding in the future.

### **Step 4: Parent/Student - Administrator/AD/Coach Contact**

If after Step 3, satisfactory resolution has not been reached, the parent and student should contact the building principal to schedule a meeting with all concerned parties.

### **Step 5: Parent/Student – Assistant Superintendent/Superintendent**

If there is no resolution at Step 4, the parent/student should contact the Assistant Superintendent to schedule a meeting with all concerned parties.

## **2.8 Student Participation in Multiple Activities and Sports**

Some students may participate in more than one activity or sport during the same season. If a conflict occurs between an activity and sports, see below for resolutions:

- Students who are involved in two extracurricular or co-curricular activities or a combination of the two on the same date may choose the activity in which they will participate without fear of punishment from the other activity. Students must notify the sponsors.
- In case of a conflict between two practices, the student shall be allowed to make a choice, without fear of punishment.
- In case of a conflict between a practice and a regular season competition, the student shall attend the competition.
- In case of a conflict between two competitions that are not at either state or national level, the student shall be allowed to make the choice of which competition to attend.
- In case of a conflict between a state or national level of competition and a regular season competition, the student shall attend the state or national competition.
- In some cases, if a resolution cannot be found, a contract may need to be drawn up between the sponsor/coach and student and parent with all signing off and a file kept in the activities/athletic directors or appropriate administrators office.

## **2.9 Religious Conflicts**

- To be excused from an activity to attend a religious function or holiday of his/her faith, the student must notify the director or coach of the activity in advance. No disciplinary action will be taken against the student for missing the activity.

## **2.10 Additional Rules**

- Head coaches or sponsors will likely have additional rules or conditions, but the Principal and or Activities/Athletic Director must approve them.

## **2.11 Extra-Curricular Code of Conduct and Violations**

All extra-curricular participants in Grades 7-12 are representatives of their school and community. They act as leaders and may be looked up to by other students and younger age groups. For these reasons, we expect Grades 7-12 extra-curricular participants to maintain high standards of conduct during the school year and the extra-curricular season. The participant's conduct in and out of school shall be such as to bring no discredit to the student, his/her parents, the school, the team or organization. Students who participate in extra-curricular activities should be ambassadors of

goodwill in all areas of athletic competition and other extra-curricular activities and should represent Danville Community Consolidated School District No. 118 in a positive manner.

Participation in extra and co-curricular activities at Danville District 118 is a privilege, not a right. By accepting this privilege, a participant has responsibilities to the team, the organization, the school, and the community, and also understands and agrees that the participant may lose the privilege to participate in extra-curricular activities consistent with District policies. **ARTICLE 12 EXTRA-CURRICULAR CODE OF CONDUCT FOR OFF-CAMPUS/NON-SCHOOL RELATED OFFENSES as found on pages 39 through 42 of the Danville District 118 Ownership in Education Manual outlines all behaviors and consequences for participants.**

### **Sportsmanship**

Students who participate in or attend athletic activities should always show respect for the participants, coaches, and officials. Unsportsmanlike displays will not be tolerated. Students are expected to cheer for their school team in a way which is in the spirit of the contest and not derogatory toward opponents' players/coaches, opposing fans, and officials. Students who are in violation of the sportsmanship policy could be sanctioned as determined by the Administration.

### **Infractions of Extra and Co-Curricular Activities Code**

Infractions include, but are not limited to, the following:

1. Alcohol and other Drugs (Possession, Use, Under the Influence)
2. Tobacco Products (Possession and/or Use)
3. Criminal Behavior: Any participant who has committed or attempted to commit an act that would constitute violation of any criminal law may be suspended from extra-curricular activity notwithstanding whether the participant is arrested, charged, or convicted of any crime.
4. Other Misconduct: **ARTICLE 12 EXTRA-CURRICULAR CODE OF CONDUCT FOR OFF-CAMPUS/NON-SCHOOL RELATED OFFENSES as found on pages 39 through 42 of the Danville District 118 Ownership in Education Manual outlines all behaviors and consequences for participants.**

## Review Hearing and Due Process

In the event of a suspected code violation, the Principal and or Activities/Athletic Director will meet with the student and will provide the student with his/her due process rights, which would consist of an informal hearing of the charges against him/her. The student will be informed of the charges against him/her and will be given an opportunity to explain or respond.

If after the hearing it is determined that the student is guilty of the charges against him/her, the Principal and/or Activities/Athletic Director will also notify the parents in writing by describing the violation and consequences. ARTICLE 12 EXTRA-CURRICULAR CODE OF CONDUCT FOR OFF-CAMPUS/NON-SCHOOL RELATED OFFENSES as found on pages 39 through 42 of the Danville District 118 Ownership in Education Manual outlines all behaviors and consequences for participants.

### 2.12 Lightning Policy

- When sighting lightning, it is time to immediately clear the field. Play may resume 30 minutes after the last lightning sighting (See IHSA /IESA guidelines).

### 2.13 Inclement Weather and Early Dismissal Guidelines

- No School: All practices and games are canceled, unless special arrangements have been made with the Activities/Athletic Director and has administrative approval.
- Early Dismissal: All practices and games are canceled for the remainder of the day, unless special arrangements have been made with the Activities/ Athletic Director and has administrative approval.

### 2.14 Hazing

- Hazing is prohibited at all times. Hazing activities of any type are inconsistent with the educational goals of the school system. “Hazing” means committing an act against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person, in order for the student to be initiated into or affiliated with a student organization or any other purpose. **The term hazing includes, but is not limited to:**
  - Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.
  - Any type of physical activity that subjects the student to a risk of harm or that adversely affects the mental or physical health or safety of the student.
  - Any activity that intimidates or threatens the student with ostracism, that subjects a student to stress, embarrassment, shame, or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.

- Any activity that causes or requires the student to perform a task that involves violation of state or federal law or school district policies or regulations.
- Any activity that a student is required to perform as a condition of being part of the team or activity that is in addition to established eligibility requirements.
- Bullying as defined by Board of Education policy.

**Note: The school district will act to investigate all complaints of hazing and will discipline the student as well as any coach/sponsor who allows hazing. Discipline may include suspension and/or expulsion from school for the student and suspension and dismissal for the coach/sponsor. (See Exhibit C)**

## **2.15 Title IX**

- “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance.” (Title IX definition)

## **2.16 District 118 Behavioral Expectations during Events**

Extra-curricular events are extensions of the school day and, as such, are classroom situations. Parent conferences with teachers, sponsors and coaches should be set up through the Principal's office. Please do not attempt to argue with, detain or otherwise disrupt the teacher, sponsor or coach the night of an event or during practices or games. Anyone doing so may be subject to removal from school premises and may not be allowed to return for an extended period of time.

Parents and all spectators should remember that while games or events are competitive, they are first an educational experience for all the students. Please continue to show respect and sportsmanship throughout all contests as we set good examples for our students, players and young people in attendance.

Anyone not showing good sportsmanship or inappropriate conduct may be subject to removal from school premises and may not be allowed to return for an extended period of time.

The attached ***Parent Code of Conduct*** must be signed and returned to the Principal's Office. Failure to sign and return may result in students not being able to participate. **(See Exhibit F)**

## **2.17 Physical Examination:**

A school shall have on file for each student who participates (including practice) in interscholastic athletics a certificate of physical fitness issued by a licensed physician, physician's assistant or nurse practitioner as set forth in the Illinois State Statutes not more than 395 days preceding any date of participation in any such practice, contest, or activity. (IHSA by law 2.150) For team try-outs, a physical is not needed, however, once the team has posted, the student needs a physical to participate in any activity of that team.

## **FREQUENTLY ASKED QUESTIONS**

**Q: If a student is only passing four classes when the eligibility report is run on a Thursday at noon and is declared ineligible for the following week, can that student regain eligibility during the week if he/she has earned enough daily grades to help them pass five classes by Thursday?**

A: No. When a student is declared ineligible, the period of ineligibility runs from Monday through Sunday, regardless of the grades a student earns during the week of ineligibility.

**Q: Are home-schooled students allowed to participate in activities and sports at Danville District 118?**

A: Yes. (IHSA by law 3.010) However, students who wish to participate in extra-curricular activities at Danville District 118 must follow the criteria of the Regional Office of Education (ROE) and Illinois School Code.

**Q: Do students who participate only in activities (band, speech, drama, show choir, etc.) have to have an annual physical examination?**

A: No. Only sports in accordance with IESA/IHSA guidelines need to have current physicals.

**Q: If a student has a medical appointment on game/performance day, can he/she participate that afternoon or evening?**

A: Yes. Students must bring proof of the appointment from the doctor's office for verification.

**Q: If a student misses all of the school day for an unexcused reason, can he/she participate that afternoon or evening?**

A: No

**Q: Does the attendance rule apply to events on Saturday or Sunday?**

A: No

**Q: Does the attendance rule apply to practices on school days?**

A: Yes

**Q: Do parents have to attend a meeting with the Activities/Athletic Director every year and for every activity/sport in which their child participates?**

A: Yes. Parents only have to attend one meeting for a child who will participate in his/her activity or sport at Danville District 118. (I.e., if your child participates in a fall sport, you do not have to attend a winter or spring parent meeting.)

**Q: If a student only participates in golf yet commits a code violation in January, will that student be suspended during the next golf season?**

A: Yes

**Q: Can that same student participate in Track and Field in the spring and serve the suspension during the Track and Field season?**

A: Yes. Students must start the season on the first day of practice and must finish the season as active member of the team in order for the suspension to count.

**Q: How do consequences work for activities that span the length of the school year (band, chorus, etc.)?**

A: The Principal, Athletic/Activities Director will determine the suspension period for all activities that run throughout the school year.

**Q: Can a student practice without a physical on file?**

A: No a current physical must be on file in the athletic office before a student can practice.

## **Exhibit C**

### **HAZING COMPLAINT PROCEDURE**

1. Administrators, Athletic Coaches, and Extra-Curricular Sponsors will address and review the Hazing Policy and procedure at the start of each season and the initial meeting of each school sponsored extra-curricular programs. In addition, at least once during each season and/or once during each semester, coaches and advisors of extra-curricular programs will review the policy.
2. When a student (or parent) believes that he/she has been subject to hazing, the student (or parent) shall promptly report the incident, orally (and have that reduced to writing) or in writing, to the building principal and/or assistant principal.
3. The principal and/or assistant principal shall notify the Superintendent who shall appoint the principal, assistant principal, or other responsible individual to conduct a timely, impartial, thorough and comprehensive investigation of the alleged hazing. A report of hazing will be also reported to the Danville Police Department if there is a reasonable suspicion that hazing has occurred.
4. The appointed investigator shall prepare a written report summarizing the investigation to the Superintendent who shall determine disposition of the complaint including what, if any, discipline shall be imposed against any student, coach/sponsor or other individual. Such determination shall be presented to the Board of Education if Board action is required. Where appropriate, copies of the confidential report shall be provided to the complainant, the accused, and others directly involved, as appropriate.
5. Every student who participates in an extracurricular activity must sign and return the Hazing Policy and accompanying procedure prior to the start of the first practice or first meeting of the extra/co-curricular activity.





**District 118 Extra-Curricular  
Transportation Release Form**

This form must be signed and turned into the coach/sponsor **PRIOR** to the event in which the student will be riding home with a designated adult. Students may be transported home from an event with their parent/guardian or a designated adult **ONLY**.

By signing this form, you are accepting all responsibility for the student's safe return home and releasing District 118 from any liability.

EVENT: \_\_\_\_\_

DATE: \_\_\_\_\_

STUDENT NAME (S): *(Please print)*

\_\_\_\_\_

PARENT/GUARDIAN NAME: *(Please print)*

\_\_\_\_\_

PARENT/GUARDIAN SIGNATURE:

\_\_\_\_\_

DESIGNATED ADULT DRIVER: \_\_\_\_\_



## Extra-Curricular Student Code of Conduct

Danville School District 118 believes that sportsmanship and student representation in a positive light are core values and their promotion and practice are essential. **Students who participate in extra-curricula's are ambassadors of Danville School District 118, and have a duty to ensure that their team/group promotes the development of good character and respectful competition. This code of conduct applies to all student participants involved in interscholastic athletics and extra-curricular groups.**

- Student participants will support the value of academics and the educational process. Eligibility will be enforced by the schools.
- Student participants will advocate, model and promote the development of good sportsmanship and character to include: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.
- Student participants will respect coaches/sponsors, peers, officials, opponents, staff, parents and all others associated with the team or activity.
- Student participants will promote fair play and uphold the spirit of the rules in the sport/activity.
- Student participants will model appropriate behavior at all times. No disrespectful behaviors will be tolerated (i.e. booing, heckling, profane language, insubordination to coaches/sponsors, destruction of property, theft, etc.) Please see the **Ownership in Education Manual** pgs. 39-42 for specific consequences and procedures for discipline.
- For DHS athletes, any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic event at that level of competition, and all other interscholastic contest at any level in the interim, in addition to other penalties the IHSA or school may assess (IHSA By-Law 6.011).

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.

Student Name: (PRINTED) \_\_\_\_\_

Student Signature: \_\_\_\_\_

Signature Date: \_\_\_\_\_



## Extra-Curricular Parent/Guardian Code of Conduct

Parents/Guardians who attend extra-curricular events are ambassadors of Danville School District 118, and have a responsibility to ensure that they model for their child the development of good character and respectful competition. This code of conduct applies to all parents/guardians involved in interscholastic athletics and extra-curricular groups.

- Parents/Guardians will promote academics, and the emotional, physical and moral well-being of the student participants above the desires and pressures to win.
- Parents/Guardians will teach, enforce, advocate, model and promote the development of good sportsmanship and character to include: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.
- Parents/Guardians will respect coaches/sponsors, participants, officials, staff, opponents, and all others associated with the event.
- Parents/Guardians will promote fair play and uphold the spirit of the rules in the activity.
- Parents/Guardians will model appropriate behavior at all times. Disrespectful behavior will not be tolerated (i.e., booing, heckling, profane language, disrespect to coaches/sponsors, destruction of property, etc.). Consequences for these actions may include ejection from event or potential banning from school property or events.
- Parents/Guardians will follow all aspects of Danville District 118 Board Policy 8:30 – *Visitors to and Conduct on School Property* found at [www.danville118.org](http://www.danville118.org)

**I have read and understand the requirements of this Code of Conduct and acknowledge that I may be banned from attending games, practices, or events if I violate them.**

**Parent/Guardian Name (s): (PRINTED)** (\*Only one parent/guardian need sign, but all parents/guardians are held to code.)

**Signature:** \_\_\_\_\_

**Signature Date:** \_\_\_\_\_

## Exhibit G



### District 118

#### Accident-Health-Insurance-Waiver

The Board of Education of Danville Community Consolidated School District 118 makes available an optional insurance program which students participating in athletics are urged to take. While the school takes every safeguard to prevent accidents, they do occur. Families and participants need protection to cover the cost of such incidents when they happen.

We urge you to read your own policy very carefully and to review it with your agent to be sure that you understand the coverage that you have relative to athletic accidents. **NO INSURANCE POLICY PAYS EVERYTHING. BE SURE THAT YOU UNDERSTAND YOUR POLICY AND/OR THE SCHOOL POLICY IF YOU ELECT TO TAKE IT.**

Please keep in mind that all expenses incurred as a result of athletic injuries are the responsibility of the parents. The school can assume no obligation for such occurrences.

## Exhibit H

### **Parent and Student Agreement/Acknowledgement Form Performance-Enhancing Substance Testing Policy**

- Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

#### **STUDENT ACKNOWLEDGEMENT AND AGREEMENT**

As a prerequisite to participation in IHSA athletic activities, I agree that I will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of performance-enhancing substances in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I understand that testing may occur during selected IHSA state series events or during the school day. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at [www.IHSA.org](http://www.IHSA.org). I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by IHSA.

#### **PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT**

As a prerequisite to participation by my student in IHSA athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from performance-enhancing substance use and may be asked to submit to testing for the presence of performance-enhancing substances in his/her body. I understand that testing may occur during selected IHSA state series events or during the school day. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at [www.IHSA.org](http://www.IHSA.org). I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by IHSA.

## Exhibit I

### Concussion Policy

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

#### Symptoms may include one or more of the following:

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

#### Signs observed by teammates, parents and coaches include:

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

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

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

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>



### PARENT/STUDENT ACKNOWLEDGEMENT

- ☐ I have read and understand both the Performance-Enhancing Substance Testing Policy and the Concussion Policy and agree to adhere to the provisions listed and explained in both policies for the 2018-2019 school year.
- ☐ I have read and understand the Accident-Insurance Waiver (Exhibit G) and affirm:  
My child is covered by my family hospitalization and medical insurance. Y N  
I understand that I can obtain coverage through a school sponsored plan if I so desire. Y N
- ☐ I have read District 118's Transportation Release and will abide by it.
- ☐ I have read District 118's Extra-Curricular Student Code of Conduct and will abide by it.
- ☐ I have read District 118's Extra-Curricular Parent/Guardian Code of Conduct and will abide by it.
- ☐ I have read the District 118 Fundraising Policy and will abide by it.
- ☐ I have read the District 118 Hazing Policy and will abide by it.

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
PRINTED NAME

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
PRINTED NAME

\_\_\_\_\_  
Date



To be completed by athlete or parent prior to examination.

Name \_\_\_\_\_ School Year \_\_\_\_\_  
Last First Middle

Address \_\_\_\_\_ City/State \_\_\_\_\_

Phone No. \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Class \_\_\_\_\_ Student ID No. \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_

## HISTORY FORM

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? ☐ Yes ☐ No If yes, please identify specific allergy below.

☐ Medicines

☐ Pollens

☐ Food

☐ Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Have you or any family member or relative been diagnosed with cancer?		
52. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY	Yes	No
53. Have you ever had a menstrual period?		
54. How old were you when you had your first menstrual period?		
55. How many periods have you had in the last 12 months?		

Explain "yes" answers here

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I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_



# Pre-participation Examination



## PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_  
Last First Middle

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ ( _____ / _____ )	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart <sup>a</sup> • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) <sup>b</sup>		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic <sup>c</sup>		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/Ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.  
<sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.  
<sup>c</sup>Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

On the basis of the examination on this day, I approve this child's participation in interscholastic sports for 395 days from this date.

Yes \_\_\_\_\_ No \_\_\_\_\_ Limited \_\_\_\_\_ Examination Date \_\_\_\_\_

Additional Comments:

Physician's Signature \_\_\_\_\_ Physician's Name \_\_\_\_\_

Physician's Assistant Signature\* \_\_\_\_\_ PA's Name \_\_\_\_\_

Advanced Nurse Practitioner's Signature\* \_\_\_\_\_ ANP's Name \_\_\_\_\_

\*effective January 2003, the IHSA Board of Directors approved a recommendation, consistent with the Illinois School Code, that allows Physician's Assistants or Advanced Nurse Practitioners to sign off on physicals.