Peoria Public Schools

EXTRACURRICULAR ACTIVITIES

HANDBOOK FOR GIRLS & BOYS

Athletic Code

Concussion Information Sheet

IHSA – Performance-Enhancing Substance Testing Policy

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Extracurricular Competition is a Privilege and Strictly Voluntary

Because extracurricular activities and competition are voluntary and because those participating represent their school in a public way, we expect the behavior of those who try out and participate to be of the highest order. This is particularly true of academic requirements, honesty, school citizenship, sportsmanship and good conduct.

Since it is a privilege to participate and represent the school, it is logical that the school has the authority to revoke the privilege for those who do not conduct themselves in a responsible manner. This sense of responsibility extends to athletics as well as to conduct inside and outside the school.

To enjoy the privilege of participation in extracurricular activities and competition at Peoria Public Schools, each individual must read, understand and adhere to the following rules, regulations, responsibilities, conditions and procedures. The Extracurricular Competition Code must be signed by the individual and parent/guardian and be on file with the school before he/she practices.

I. This code is applicable to all extracurricular activities and competitions at District 150 High Schools, which involve interscholastic competition or performance at interscholastic competitions.

II. In addition to the general code, coaches, sponsors and directors may have additional rules and regulations which apply to their particular activity and also to their particular level of competition.

III. Once the students begin any participation in a District 150 High School extracurricular activity, they are subject to the Extracurricular Competition Code (ECC). Students continue to be subject to the ECC during the evenings, weekends, off season and vacation periods; being subject to the ECC ends only upon graduation or final participation in an activity.

IV. The individual, covered by this Code, as defined in (I) of this section, must:

(A) Be passing two (2.5) units of credit (25 hours of high school work) per cumulative semester average. The eligibility will be checked on a weekly basis, per IHSA Scholastic Standing Requirements.

(B) Have on file a current physical examination form (good for 395 days), issued and signed by a licensed physician.

(C) Have purchased the school accident insurance or have on file with the school, the Certificate of accident insurance (waiver) form signed by the student and parent(s)/guardian(s) verifying adequate coverage by the family or group policy. It should be understood that Peoria Public Schools does not assume financial responsibility for an accident incurred in extracurricular activity, competition and/or practice.

Revised 7/2/2014
(D) Agree to care, and be responsible for, school equipment and/or clothing used, or issued, and shall make necessary reasonable restitution whenever equipment and/or clothing is lost or damaged.

(E) Exception: Participants in non-physical (i.e. Speech and Scholastic Bowl) activities are not subject to IV (B) (C).

V. List of Violations and the Penalties

A. *Violation:* Smoking, possession or any other use of tobacco products. (Including simulated products (i.e. Hooka Pipes and E-Cigarettes)).

**Penalty:** The first offense for smoking, possessing or using tobacco products in any other manner, will result in an automatic suspension for 1/3 of the regularly scheduled contests or events. However, the participant may attend all practice sessions. (See letter H for further provisions)

B. *Violation:* Using, possessing or transporting alcohol, illegal drugs or any controlled substance

**Penalty:** The first offense for the use, possession, transportation of illegal drugs/controlled substances and/or alcohol, will result in an automatic suspension for 1/3 of the regularly scheduled contests or events. However, the participant may attend all practice sessions. (See letter H for further provisions)

C. *Violation:* Enters or remains on premises, including vehicles, where alcohol and/or drugs are illegally possessed or consumed. The issuance of any tickets, citations or complaint, including a violation of Peoria City Ordinance 20-104, shall create a rebuttable presumption that alcohol and/or drugs are illegally possessed or consumed.

**Penalty:** The first offense of entering or remaining on premises where alcohol and/or drugs are illegally possessed or consumed will result in an automatic suspension for 1/3 of the regularly scheduled contest or events. However, the participant may attend all practice sessions. (See letter H for further provisions)

D. *Violation:* Commission of a misdemeanor and/or violation of City Ordinance/Code (excluding petty traffic offenses).

**Penalty:** The first offense for the alleged commission or charge of misdemeanor will result in an automatic suspension from all interscholastic and extracurricular activities and/or competitions, pending a resolution by the judicial system. However, the student will be allowed to practice during the suspension. In the event the participant is found guilty, pleads guilty, or is placed on Court supervision, the student will automatically be suspended 1/3 of the regularly scheduled contests or events. However, the participant may attend all practice sessions. (See letter H for further provisions)

E. *Violation:* Commission of a felony (as defined by law).

**Penalty:** The first offense for the commission of a felony (as defined by law), indicted by the Grand Jury or bound over for trial after a preliminary hearing, will result in

Revised 7/2/2014
an automatic suspension from all interscholastic activities and/or competitions and practices pending a resolution by the judicial system. In the event the participant is found guilty, pleads guilty or is placed on Court supervision, the participant will be suspended from all interscholastic, extracurricular activities and/or competitions and practices for at least one calendar year from the date of the incident.

F. Violation: Violation of all other rules (school or district disciplinary rules, individual activity rules, failure to maintain a proper appearance conducive to the high ideals of extracurricular participation and/or display of poor citizenship during an event, practice or while traveling to and from an event).

Penalty: The Athletic Director, Activities Director, Principal and the Superintendent or their designee will meet. Following the meeting, the Athletic Director/Activities Director will administer the penalty recommended by this Committee.

G. In the event that a student is participating in two activities that are subject to the extracurricular activities and/or competition code, the following will apply:

Penalty:

1. All penalties will be applied to extracurricular activities or competition.

2. If the full penalty is not served during the season in which the offense occurs, the remainder of the penalty will be completed in the next interscholastic season. Any post-season activities and/or competitions will be subject to, and included in, the penalty period.

3. If the suspension occurs out of season, the suspension will be applied to the next interscholastic activity in which the student participates. In addition, the season of the next interscholastic activity must be completed in good standing.

H. Unless specifically stated to the contrary, the following provisions shall apply to Violations A – H of the Extracurricular Competition Code:

Penalty:

1. A second offense of the Extracurricular Competition Code will result in an automatic suspension from all interscholastic, extracurricular activities and/or competitions and practices for one (1) calendar year, from the date of the second incident.

2. Each additional offense of the Extracurricular Competition Code will add one (1) year to the end of the previous year suspension.

3. If a full penalty is not served during the season in which the offense occurs, the remainder of the penalty will be completed in the next

Revised 7/2/2014
interscholastic season. Any post-season contests or events will be subject to, and included in, the penalty period.

(4) If a suspension occurs out of season, the suspension will be applied to the next interscholastic activity in which the student participates. In addition, the season of the next interscholastic activity must be completed in good standing.

VI. Vacation:

Varsity athletes will not be permitted to take a vacation during the regularly scheduled season. The penalty may be exclusion from the team. Freshman, sophomore, and junior-varsity athletes, who are not members of the varsity team, may take a vacation when requested by their parents. The penalty will be that they will not play in the same number of games as were scheduled during the vacation.

VII. Quitting:

If a student quits any activity after the start of the season, the student cannot participate for another activity until the activity which the individual quit has completed its season, unless permission is obtained from the sponsor of the activity the individual has quit.

VIII. Suspensions:

If the individual is suspended from school for disciplinary problems, the student will not be allowed to compete in any activities and/or competition or practices during the time of the suspension.

IX. Code violation during Vacation:

Appropriate disciplinary action will be administered at the beginning of the fall school term or from the IHSA official starting date for interscholastic activities if a violation of Extracurricular Competition Code occurs during the summer vacation period.

X. Transfers:

Once students of Peoria Public Schools establish IHSA eligibility at a high school then transfer to another high school within District 150, their eligibility is subject to IHSA by-laws and policies with regards to transfers. This includes, but is not limited to, change of residence, change of legal guardianship, and change of legal custody.

Students who transfer to or from a "special program" within District 150, and who have established IHSA eligibility at their current high school, will be subject to a penalty of being ineligible for 30 school days and/or the remainder of the current season whichever applies according to IHSA by-laws and policies. Individual school athletic directors shall enforce the provisions of this procedure.

B. Students of District 150 will lose their IHSA eligibility (possibly for their entire high school career) if they accept either directly or indirectly any benefit or fail to report any
undue influence, by any person or group of persons, to secure their attendance at a
given high school. Any person who exerts or attempts to exert such undue influence
either directly or indirectly, to secure a student's attendance at a given high school shall
be recommended to the Board of Education for exclusion from District activities per
IHSA by-laws.

XI. A student who has violated this Code and transfers schools within District will
serve the remaining portion of the suspension at the receiving school per IHSA by-laws.

XII. The above Code is a minimum requirement. Each individual Coach, Sponsor or
Director has the right to set additional rules, etc. A student may be dismissed from an
activity at any time if, in the judgment of the Sponsor, the student's attitude, performance
or ability does not warrant participation in the activity.

DUE PROCESS PROCEDURE FOR SUSPENSIONS FROM EXTRACURRICULAR
ACTIVITIES

1. If a sponsor or director is forced to remove a student from a squad/team
because of a rule infraction, such removal shall be considered a
suspension.

Upon receipt in writing from a sponsor that a student has been
suspended and the reason(s), the Athletic Director/Activities Director shall
notify in writing the individual and his/her parent(s)/guardian(s) of the
specific Activity Code violation(s) and the period of suspension.

3. The individual will also be notified that he/she may have a hearing if a
hearing request is submitted within the (10) days of notification of the
suspension. If hearing is waived, the suspension from activities will follow
guidelines set forth in the code. The student may not engage in the
extracurricular activity until a hearing has been held.

4. The following rules will be applicable to the review hearing:

(a) All review hearings will be held in private sessions.

(b) The review will be held at a place and time set by the Principal or
Athletic Director/Activities Director in charge of student activities.

(c) The Extracurricular Activity Council hearing the specific code
violation, shall be composed of the Principal, or his designate
representative, the Athletic Director/Activities Director in charge of
student activities and the Superintendent or their designee.

(d) The individual and his/her parent(s)/guardian(s) may be present.
The individual may have one witness at a time in the hearing room
to give his/her report on the violation.

(e) The certified school personnel bringing the charges shall report
first, and then the student may respond.

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(f) The hearing shall be informal.

(g) The parent(s)/guardian(s) of the individual, if present, may discuss the violation with the Committee.

(h) The individual and his/her parent(s)/guardian(s) will be notified in writing of the findings by the Athletic Director/Activities Director in charge of student activities.

(i) The findings of the Committee shall be binding upon all parties concerned.

5. Removal of a student from an activity for violation of team requirements, coaches/sponsor rules, or failure to meet performance standards is not appealable to the Extracurricular Activity Council.

Student-Athlete & Parent/Legal Custodian Concussion Statement

1. A concussion is a brain injury, which should be reported to my parents, my coaches, or a medical professional if one is available.

2. A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.

3. A concussion cannot be 'seen'. Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.

4. I will tell my parents, my coach, and/or a medical professional about my injuries or illnesses.

5. If I think a teammate has a concussion, I should tell my coaches, parents, or medical professional about the concussion.

6. I will not return to play in a game or practices if a hit to my head or body causes concussion-related symptoms.

7. I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.

8. Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize the resolution from this injury is a process and may require more than one medical evaluation.

9. I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.

10. After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.

11. Sometimes, repeat concussions can cause serious and long-lasting problems.

12. I have read the concussion symptoms on the Concussion Information Sheet.

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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 not different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. 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/

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Concussion Information Sheet

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

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

<table>
<thead>
<tr>
<th>Heads/shoulders</th>
<th>Arms/legs</th>
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<tbody>
<tr>
<td>Headaches</td>
<td>Amnesia</td>
</tr>
<tr>
<td>&quot;Pressure in head&quot;</td>
<td>&quot;Don't feel right&quot;</td>
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<tr>
<td>Nausea or vomiting</td>
<td>Fatigue or low energy</td>
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<tr>
<td>Neck pain</td>
<td>Sadness</td>
</tr>
<tr>
<td>Balance problems or dizziness</td>
<td>Nervousness or anxiety</td>
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<tr>
<td>Blurred, double, or fuzzy vision</td>
<td>Irritability</td>
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<tr>
<td>Sensitivity to light or noise</td>
<td>More emotional</td>
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<tr>
<td>Feeling sluggish or slowed down</td>
<td>Confusion</td>
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<tr>
<td>Feeling foggy or groggy</td>
<td>Concentration or memory problems (forgetting game plays)</td>
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<tr>
<td>Drowsiness</td>
<td>Repeating the same question/comment</td>
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<tr>
<td>Change in sleep patterns</td>
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### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness
IHSA Performance-Enhancing Substance Testing Policy

In 2008, the IHSA Board of Directors established the association’s Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association’s Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

IHSA Banned Drug Classes

IHSA Steroid Testing Policy Consent to Random Testing

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student’s body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our 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. We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_substance_classes.pdf