

Maquoketa High School Athletic Handbook

20-21

PLEASE READ THE FOLLOWING VERY CAREFULLY

Walt Whitman wrote, "Create good people, the rest follows." The primary reason Maquoketa High School sponsors extracurricular activities is to provide opportunities for students to express themselves in a variety of ways that will help them develop work ethic, cooperation, and good citizenship. We do not expect our students to win every game or place first in every competition, but we do expect our students to work hard, do their very best, and represent our school and community with dignity and pride. It is important that students understand that representing Maquoketa High School in activities is an earned privilege. For this reason, the high expectations for participation are delineated in this handbook. Remember, reaching your full potential, will require time, effort, and self-sacrifice on your part.

THE ACTIVITY CODE:

Maquoketa extra-curricular activities are conducted on a wholesome basis. Maquoketa students may not always come away number one, but they do participate with that purpose in view. The Board of Directors believe that sportsmanship, friendly relationships, and good fellowship grow out of activities between students of Maquoketa and their competitors. It takes many ingredients to make you and your fellow students a champion. To have a championship school you have to be a champion yourself.

Code for Activities

- 1) The following will be considered violations of our conduct code for participants in activities:
 - a. Usage or possession of tobacco, alcohol or other drugs (controlled substances); or abuse / deliberate misuse of over the counter drugs.
 - b. Engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system (excluding minor offenses such as traffic or hunting/fishing, violations), regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s); (ie. Arson, vandalism, assault, battery, theft, criminal mischief, etc.)
 - c. Violations of regulations established by activity sponsors to develop and administer their specific programs.

All participants are required to begin and complete each season in "good standing" in order to fulfill all requirements to regain eligibility once participant has violated the code of activities or been declared academically ineligible. If a participant does not complete a season in "good standing" then participant will be ineligible for the next activity for which he or she participates.

Penalty-First Offense

- Suspension from squad/individual competition for 1/3 of the season (fall, winter, spring, summer), from the first date of competition, or extra-curricular activity (intra-squad scrimmages and team scrimmages are not considered competitions).
- This offense includes a counseling session with the Activities Director, Head Coach, Parents of Violator, and Violator before the student returns to competition.

Penalty-Second Offense

- Suspension from squad/individual competition for 3/4 of the season (fall, winter, spring, summer),-from the first date of competition, and/or any other extra-curricular activity (intra-squad scrimmages and team scrimmages are not considered competitions).
- Required attendance at four (4) counseling, training, or abuse workshop. All costs will be considered a parental expense. School assistance locating programs will be made available upon request.

Penalty-Third Offense

- One year suspension from squad/individual competition, or the next extra-curricular activity, from the first date of competition, or extra-curricular activity.
- Recommendation is additional counseling, training, or abuse workshop. All costs will be considered a parental expense. School assistance locating programs will be made available upon request.

Penalty- Fourth and Subsequent Offenses

- One year suspension from squad/individual competition, or the next extra-curricular activity, from the first date of competition, or extra-curricular activity.

Penalties (number of events suspended) will be based on the maximum number of regular season contests allowed by the appropriate state association (IGHSAU or IHSAA). If the activity is involved in post-season and athlete is still suspended he/she will continue to serve suspension during post season play. If athlete can't complete his/her penalty prior to the end of the season, the portion remaining on the penalty will be carried over to the next sport which the individual participates.

Example: Student is suspended for first offense with one football game remaining, 1/3 of football would be 3 games, however, the athlete can not complete suspension so he would have 2/9 of the next season to serve, so if he played basketball he would be suspended for the next 5 games of basketball to complete suspension.

Multiple penalties will be served consecutively. Each penalty begins after the prior one has been served. If a student violates the policy while under suspension, the penalty will begin immediately after he/she would have become eligible.

- 1) **Reduction of Penalty:** If a student comes forward to a coach, administrator, or activity sponsor to admit (self-report) a violation of the Good Conduct Rule prior to a finding of guilt by the administration, the student's penalty may be

reduced to $\frac{1}{4}$ of the season for a first violation or reduced to $\frac{2}{3}$ of a season for a second violation. **There is not a reduction allowed on the 3rd violation.** *Individual has 48 hours after the offense to self-report in order to receive this reduction*

- 2) **Duration:** Penalties are for a one year period from the date of the most recent infraction. If infraction recurs after this time, it will be considered a first offense.
- 3) **Attendance:** Penalty for missing practice or rehearsal is left up to each head coach.
- 4) **Dress and Grooming:** While representing the Maquoketa Community Schools, the participant is expected to maintain a well groomed appearance.
- 5) **Equipment:** Any participant found in possession of Maquoketa School equipment not checked out in his or her name will have a same applied to the school cost.
- 6) **Due Process Clause:**
 - a) Head Coach or Activities Director, Asst. Principal, and the Principal will be involved in the hearing or review of the case. The student may have counsel (parent/guardian and/or lawyer). The student has five days to write or appeal to the committee to review the case.
 - b) The case is then reviewed by the committee, if the decision remains unsatisfactory the students has five days to appeal to the superintendent who will as an agent for the board of education, convening his/her own hearing, taking testimony and either remanding the case back to the initial hearing panel or causing the board to convene in either regular or special session to take final action on the case.

7) **ACADEMIC REQUIREMENT (NEW POLICY AS OF JULY 1ST, 2006)**

1. The academic requirement is a law from the State of Iowa (Scholarship Rule 36.15(2))
2. The following academic rule applies to athletics only
3. Individuals participating in co-curricular or other extracurricular activities such as FFA, band and vocal along with Cheerleading, Drama, and Dance will be academically ineligible for 30 calendars days if the participant fails one or more semester classes.

Participants who have been declared academically ineligible from co-curricular activities, Cheerleading, Drama and Dance can't regain his/her athletic eligibility by serving a co-curricular penalty. This is based on the interpretation of the ruling state athletic associations IGHSAU and IHSAA

Scholarship Rule 36.15(2)**How it affects Maquoketa Students?**

A student must receive credit in at least 4 subjects at all times	Maquoketa HS is on a 4 Block A-B schedule so this translates into 8 subjects for Maquoketa students
Pass all and make adequate progress toward graduation to remain eligible.	Freshmen-Sophomores-Juniors 1. Must pass all 8 subjects Seniors 1. Must pass 7 out of 7--Reason--senior open block
If not passing all at end of a grading period, student is ineligible for first period of 30 consecutive calendar days in the next interscholastic athletic event in which the student participates. The date for which the suspension begins is set in cooperation with the sanctioning party. If not passing all at any check point (if school checks at any time other than the end of a grading period), period of ineligibility and conditions of reinstatement are left to the school	If failing one or more classes at the end of the semester 1. The student will be ineligible for 30 calendar days in his or her next sport 2. The student has an automatic study table determined by coaching staff 3. Students will regain eligibility at the end of the 30 day suspension, however, the student's grades will be monitored and required to attend study tables if any grades are not passing Maquoketa will follow same procedure for the 2 nd semester.
Schools must check grades at the end of each grading period; otherwise, a school determines if and how often it checks grades	Maquoketa will check grades at the end of each semester.
Requirement that member schools report interventions on CSIP	Maquoketa will follow the proposal
A "student with a disability" and an IEP is judge based on progress made toward IEP goals. (Not a substantive change; verbiage is changed to align with IDEA.)	Maquoketa will follow the proposal
Ability to use summer school or other means to make up failing grades for eligibility purposes stricken.	Maquoketa will follow the proposal

All 9th grade students will be eligible for participation regardless of 2nd semester grades during their 8th grade year. 9th grade student-athletes will 1st semester freshman grades will determine their eligibility.

Study Tables

All head coaches are encouraged to create a "study table" for all the athletes in their respective program (9-12). The athletes who have been identified with grades lower than a D+ in any class should attend a study table a minimum of 1-2 times per week from 3:15-3:45. The study table is designed to provide student athletes extra time to get assistance in classes where they are struggling. It is the student responsibility to attend the study tables and use the study table time effectively to improve his/her grade.

A list of student-athletes will be provided to the coaches after each grading period (3-4 weeks). Student-athletes are required to attend the study table until students are above a D+. The students are required to get a signed verification from the teacher that his/her grade is above a D+ in the course(s) for which they have been identified. The student will be required to continue to attend study tables until the verification has been turned into the activities director.

Maquoketa Middle School and High School Activity Handbook

RETURN TO PLAY GUIDELINES FOLLOWING A CONCUSSION

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

1. *A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.*
2. *A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.*
 - a. *Key definitions: “Licensed health care provider” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.*
 - b. *“Extracurricular interscholastic activity” means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.*

NFHS CONCUSSION MANAGEMENT GUIDELINES INCLUDE:

1. No athlete should return to play/competition (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a stepwise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

Removing an injured athlete from competition and deciding whether he or she has sustained a concussion:

- Contest officials’ have the responsibility to recognize an athlete may have an injury and remove him or her from the contest. Once the athlete has been removed from the contest the athlete is in the care of the school’s coach(es) and any appropriate health-care professional(s) the school designates to provide care.
- An athlete exhibiting signs, symptoms and behaviors consistent with a concussion shall not return to competition for the remainder of that day until cleared by an appropriate health-care professional. If an appropriate health-care professional is not available to clear the athlete, the athlete shall not return to competition the remainder of the day.
- As per the IHSAA/IGHSAU Concussion Protocol, the Maquoketa Community School District has defined an “Appropriate Health Care Professional” as an individual students’ family physician or any medical personnel (trained in sports concussion management) working an event on behalf of Maquoketa Community Schools including (but not limited to) an athletic trainer.
- If an appropriate health-care professional is not available to evaluate the injured athlete at the time of

injury, the athlete's parents/guardians will be contacted regarding the injury and Maquoketa Community School District personnel will require that an appropriate health-care provider evaluate the athlete before he or she returns to any type of practice and/or competition.

IGHSAU & IHSAA CONCUSSION MANAGEMENT PROTOCOL

1. No athlete should return to play/competition (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion must be evaluated by an appropriate healthcare professional that day.
3. An athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

Return to activity (practice and/or competition) following a concussion is a medical decision. Medical experts in concussion believe a concussed athlete should meet all of the following criteria in order to progress to return to activity:

1. **Asymptomatic at rest, and with exertion (including mental exertion in school), AND must have written clearance from an appropriate health care professional.**
2. **Once the above criteria are met, the athlete should progress back to full activity following the stepwise, gradual process detailed below. An appropriate health care professional, or their designee, should closely supervise this progression.**
3. **Progression to return is individualized and should be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by an appropriate health care professional, or their designee.**

RECOMMENDED GRADUAL RETURN TO PLAY PROTOCOL

Step 1. Complete physical and cognitive rest.

No exertion activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full-time.

Step 3. Low impact, light aerobic exercise.

This step should not begin until the athlete is no longer having concussion symptoms and is cleared by the treating primary health-care provider or concussion specialist for further activity. At this point the athlete may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% maximum performance heart rate. No weight or resistance training.

RECOMMENDED GRADUAL RETURN TO PLAY PROTOCOL (Continued)

Step 4. Resume basic exercise.

Includes activities such as running in the gym or on the field. No helmet or other equipment.

Step 5. Resume non-contact, sport-specific training drills.

Includes activities such as dribbling, ball handling, batting, fielding, running drills, etc.) in full equipment. Weight training can begin.

Step 6. Following medical clearance, full contact practice or training.

Step 7. Return to normal competition in a contest.

NOTE: Generally, each step should take a minimum of 24 hours but this determination should be made by a medical professional. If post concussion symptoms occur at ANY step, the athlete must stop the activity and their health care provider should be contacted. If any post-concussion symptoms occur during this process the athlete should drop back to the previous asymptomatic level and begin the progression again after an additional 24-hour period of rest has taken place.

References:

“Suggested Guidelines for Management of Concussion in Sports,” NFHS SportsMedicine Advisory Committee 2009;

“Consensus State on Concussion in Sport 3rd International Conference in Sport Held in Zurich, November 2008,

" Clinical Journal of Sports Medicine, Volume 19, Number 3, May 2009.

Maquoketa Activities Department Release Information

Name: _____

Grade: _____

1) Insurance Information (Please check "a" or "b")

Name of Insurance Carrier: _____

Signature of Parent(s)/Guardian(s) _____ *Date* _____

2) Acknowledgment of Risk by Student

- I _____ am aware that participation in sports may be dangerous activity involving the many risks of injury and may even result in death.

Signature of Student _____ **Date** _____

3) Acknowledgment of Risk by Parent/Guardian

- I, the parent/guardian of _____ am aware that participation in sports may be a dangerous activity involving many risks of injury and may even result in death.

Signature of Parent(s)/Guardian(s) _____ *Date* _____

4) Student Activity Code

- Students participating in extra-curricular activities in Maquoketa Community Schools are agreeing to abide and follow the Activity Code set by the Board of Education. If your student is in violation of the code, they will serve the consequence as stated in the handbook.
- IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned. We have received the information and read the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."**

The signatures below indicate you and your son/daughter have read the above information in the both the handbook and "Heads UP Concussions in High School Sports" and agree to abide and follow the activity Code set by the Maquoketa Board of Education.

Student Signature _____ **Date** _____

Signature of Parent(s)/Guardian(s) _____ **Date** _____