

Liberty Union



Athletic Handbook

**1108 South Main Street
Baltimore, Ohio 43105
740-862-4171**

Message from the Administration

This handbook is being presented to you because your son/daughter desires to participate in interscholastic athletics in the Liberty Union-Thurston School District. You have also expressed your willingness to permit him/her to participate in a competitive sport. We appreciate the interest you have shown in our athletic program. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in learning life skills, personal growth, and development.

Liberty Union-Thurston is interested in the development of young men and women through athletics. We feel that a properly controlled, well-organized sports program meets students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

Likewise, we believe you have committed yourself to certain responsibilities and obligations as a parent/guardian of an athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary to ensure a positive experience for your child.

It is the role of the athletic department to enforce rules governing interscholastic competition. These rules need broad-based community support to be fully effective and foster a successful athletic program. This is achieved only through communication between the athletic department and the parents/guardians of the athletes. It is our hope to accomplish this objective through this athletic handbook for students and parents.

Yours in academics and athletics.

Go Lions

Sincerely,

Dr. Mike Johnson, Superintendent
Mr. Matt Gallatin, High School Principal
Mr. Tim Turner, Middle School Principal
Mrs. Janet McClaskey, Athletic Director

Athletic Eligibility Requirements

There are two distinct academic eligibility requirements for high school athletes:

1. “Five Credit Rule”: The Ohio High School Athletic Association (OHSAA) requires that a high school student must be currently enrolled in and passing courses equaling five (5) or more credits in order to be eligible. Students in grades 7th and 8th must pass 5 total classes.
2. “Grade Point Average”: Students in grade nine must have a GPA of 1.75 or greater in order to be eligible. Students in grades ten through twelve must have a GPA of 2.0 or greater in order to be eligible.

The eligibility period for the OHSAA “Five Credit Rule” is nine weeks in length. Compliance will be checked at the end of each nine week grading period only. The eligibility period for academic “Grade Point Average” is four and one-half weeks in length (two eligibility periods per nine-week grading period). **Note:** The eligibility or ineligibility of a student continues until five school days after the end of the eligibility period.

If the GPA falls below 1.75 or a 2.00 but the athlete has met OHSAA requirements, the student/athlete will be given a waiver that will be signed by his/her parents and returned to the athletic office so the student-athlete can remain eligible during the grading period. Only **ONE** waiver will be permitted per school year. A student enrolled in the first grading period after advancement from the eighth grade must have passed 75% of their classes while enrolled in the fourth nine weeks of the eighth grade to be eligible.

Attendance Guidelines

Students are expected to attend school in order to participate in all practices and contests. Consequently, students must adhere to the attendance policy as defined in the middle and high school student handbooks.

Liberty Union Athletic Department Mission Statement

The Liberty Union Athletic Department recognizes a commitment to provide opportunities for student-athletes to fully develop their academic and athletic potential. The department strives to instill personal integrity, loyalty, perseverance and pride in each student-athlete. In supporting and promoting this mission, the Liberty Union Athletic Department retains the trust and respect of alumni, fans and school district community by graduating student-athletes striving for excellence and competing with integrity.

The Liberty Union-Thurston tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school, and our community.

When you wear the **“Red and Black”**, we assume that you not only understand our traditions, but you are willing to assume the responsibilities of the core values of the Liberty Union Athletic Department known as P.A.C.T .

PRIDE:

Demonstrate loyalty to our school, our teams, our teammates and our fans.

ATTITUDE:

Commit to personal growth, Manage Adversity, Lead by example.

CLASS:

Integrity on and off the field of competition, respecting the sport, ourselves and others.

TALENT:

Demonstrate excellence in everything we do.

RESPONSIBILITY TO YOURSELF:

The most important of these responsibilities is to broaden yourself and develop strong character. Your studies, your participation in extracurricular activities as well as athletics, prepare you for life as an adult.

RESPONSIBILITY TO YOUR SCHOOL:

Another responsibility you assume as a squad member is to your school. Liberty Union-Thurston cannot maintain its position as having outstanding programs unless you do your part in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on an athletic squad. The student body and citizens of the community know you. You are on the stage with the spotlight on you at all times. The student body, our community, and other communities judge our school by your conduct and actions, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Remember, wherever you may be, you are representing Liberty Union-Thurston.

RESPONSIBILITY TO OTHERS:

The younger students at Liberty Union-Thurston look up to you. They will imitate you in many ways. Do not let them down. Be a positive role model. Attitude, character, respect towards others, and your work ethic are the most influential factors.

Sportsmanship Philosophy and Guidelines

Liberty Union-Thurston believes that interscholastic competition involving member schools of the Ohio High School Athletic Association be governed by the basic principles of good sportsmanship. This document has been prepared to insure that all participants, parents/guardians, and fans have a common understanding of these principles.

The promotion of sportsmanship is the obligation of all school personnel. We believe the development through practice and ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics. We, therefore, expect spectators, players and coaches to know and embrace the following fundamentals of sportsmanship.

Respect should be demonstrated for an athletic opponent and their school at all times. Liberty Union-Thurston should treat visiting teams and their support groups as guests and with the same respect they expect in return.

Knowledge of the proper respect for current rules of the contest should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the spirit as well as the "letter" of the rules.

All participants must strive to maintain self-control at all times. The desire to win should not be accepted as a reason for abandoning rational behavior. All involved need to maintain a proper perspective if the potential educational values of athletic competition are to be realized.

In order for good sportsmanship to prevail, it is essential that all participants understand their individual responsibilities and expected modes of behavior, during and after contests.

GAME CODE OF CONDUCT – BEHAVIOR EXPECTATIONS

Spectators, by their behavior and reactions, determine to a large extent the reputation for sportsmanship of their school. Spectators should be reminded and should keep in mind that athletes are friendly rivals as members of opposing amateur teams. They are expected to be treated as such. Spectators are also reminded that the contest should be between the teams engaged in the contest and **NOT** their supporters.

THE STUDENT ATHLETE:

- Accept and understand the seriousness of your responsibility and the privilege of representing the school and the community.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist them and you in the achievement of a better understanding and appreciation of the game.
- Treat opponents the way you would like to be treated, as a guest or friend.
- Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat.
- Respect the integrity and judgment of game officials. Never argue or make non-verbal gestures that indicate disagreement. This type of immature activity may incite undesirable behavior in the stands and by teammates.

OTHER STUDENT GROUPS (CHEERLEADERS, PEP CLUBS, BAND):

- Establish themselves as leaders in your conduct before, during, and after contests and events. Always provide positive support.
- Assist cheerleaders with yells, chants, etc., and be a working part of pep assemblies with preparation, organization, and involvement.

- Treat opposing players, coaches, spectators, and support groups with respect and enthusiasm.
- Conduct themselves in an exemplary manner. Remember, you represent your school – both home and away.
- Respect the integrity and judgment of game officials. Do not question an official's call.
- Refrain from cheers which downplay the opponent or which use profane or abusive language.

SPECTATORS:

- Remember that school athletics are learning experiences for students and that mistakes will be made.
- A ticket is a privilege to observe the contest, not a license to verbally assault others.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups.
- Respect the integrity and judgment of game officials.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games and afterwards on or near the site of the event (i.e. tailgating).
- Refrain from cheers which downplay the opponent or which use profane or abusive language

FAN CODE OF CONDUCT

Liberty Union-Thurston, in association with the Ohio High School Athletic Association promotes interscholastic events and sportsmanship. Sportsmanship is an essential part of any athletic contest and is expected from fans as well. Our behavior should be positive, respectful, and encouraging. As a parent, do not embarrass your son/daughter or the school district by acting inappropriately or saying something that is inappropriate. Nothing is more embarrassing for an athlete than to witness his/her parent(s) acting in an inappropriate manner.

Participants and responsible adults involved in Board approved activities are expected to demonstrate the same level of responsibility and behavior at competitions and practices as is expected in the classroom. Liberty Union-Thurston further encourages the development and promotion of sportsmanship, ethics, and integrity in all phases of the educational process and in all segments of the community, including participants, coaches, fans, spirit groups, and support/booster groups.

Failure to comply with these principles and/or ejection from an athletic contest (ejection by an official, administrator, etc.) will result in the following:

- **FIRST OFFENSE** – Required meeting with the athletic director, principal, and/or superintendent prior to attending the next athletic contest.
- **SECOND OFFENSE** – Removal from the next two contests and/or one calendar week (7days).
- **THIRD OFFENSE** – Removal from all athletic contests for the season.
- **FINAL OFFENSE** – Removal from all Liberty Union athletic contests for the rest of the school year.
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*FAILURE TO COMPLY WITH THESE TERMS MAY RESULT IN ELEVATION OF CONSEQUENCE AS DETERMINED BY ADMINISTRATION.

*BEHAVIORS DEEMED SEVERE (PHYSICAL INTIMIDATION, REPEATED BERATING OF OPPONENTS, COACHES OR OFFICIALS, ENTERING THE COMPETITION FIELD/COURT, INTENSE UNSPORTSMANLIKE ACTIONS) MAY RESULT IN AN ELEVATION OF CONSEQUENCE.

Athletic Sportsmanship Policy

1. All student-athletes at Liberty Union are subject to the Athletic Sportsmanship Policy, any discipline is to follow the rules set forth by the Liberty Union-Thurston School District and OHSAA.
 - A. Ejection for un-sportsmanlike conduct: Any student-athlete ejected for un-sportsmanlike Conduct or flagrant foul shall be ineligible for contests for the next seven calendar days in the sport from which the student-athlete was ejected. If no contests are played during this seven-day period at the same level as the ejection, the student-athlete shall be ineligible for the next football game or a minimum of two contests in any other sport. If the ejection occurs in the last contest of the season, the student-athlete shall be ineligible for the same period of time as stated above in the next sport in which the student-athlete participates. A student-athlete under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling to, during, or traveling after the contest(s).
 - B. A student-athlete who is ejected a second time shall be suspended for the remainder of the season in that sport. If the second infraction occurs at the end of the sport season, the suspension will carry over to the next sport the student-athlete is to participate in.
 - C. It is the responsibility of the local school authorities to ensure this regulation is enforced. When an ineligible student-athlete is allowed to participate, forfeiture of the contest is mandatory. This regulation shall apply to all regular season and tournament contests and shall in no way limit the discretionary authority of the Commissioner as specified in the OHSAA Tournament Regulations. In accordance with Bylaw 8-3-11, the decisions of contest officials are final.
 - D. Any student-athlete suspended for the remainder of an athletic season will also forfeit any Awards he/she was to receive.

Hazing

It is the policy of the Liberty Union-Thurston School District that hazing activities of *any* type are inconsistent with the educational process and shall be prohibited at all times. No administrator, faculty member, or other employee of the school district shall encourage, permit, condone, or tolerate any hazing activities. No student, including leaders of student organizations, shall plan, encourage, or engage in hazing. ***To be clear, our teacher-coaches should intentionally instruct and address issues of hazing in a proactive manner. Choosing to ignore ("don't ask, don't tell") hazing and hazing-like situations is not an option.***

Hazing is defined as doing any act or coercing another, including the victim, into an activity that creates a risk of causing mental or physical harm to any person. Permission, consent, or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.

Administrators, faculty members, students, and all other employees who fail to abide by this policy may be subject to disciplinary action and may be liable for civil and criminal penalties in accordance with Ohio law.

Social Media

Social Media (i.e. Facebook, Twitter, YouTube etc.) are very powerful communication tools and should be treated with the utmost respect. Keep in mind, anything that is posted or published on any social media site IS NOT PRIVATE. There is to be ABSOLUTELY NO negative/unsportsmanlike comments, posts, pictures, videos etc. to be published about any player by any player or parent involved with Liberty Union Athletics. Should any player or parent publish any negative/unsportsmanlike comments, posts, pictures, videos etc., there WILL BE disciplinary action taken immediately. Discipline will be determined, by the athletic department, on a

case-by-case basis and can vary from exercise discipline (i.e. running laps) to practice or game suspensions for a first offense. Players are subject to removal from team with no refund for multiple offenses.

Athletic Department Policies and Procedures

An athletic code of conduct is the first step in assuring fairness in student-athlete discipline matters in regards to extracurricular activities. The following policies apply to all interscholastic student-athletes enrolled at Liberty Union-Thurston. These and all training rules, policies, and procedures are in effect during the season as defined by the Liberty Union-Thurston School District Board of Education (the first official practice, as defined by the OHSAA, through the team banquet or awards ceremony). Questions regarding interpretation of these rules, policies, and procedures should be brought to the athletic director for clarification.

1. Athletes and parents must complete and turn in all applicable paperwork prior to the first day of the official start of practice. This paperwork includes a properly signed OHSAA physical examination form, emergency medical form and a signed copy of the student code of conduct (drug testing consent). A signed code of conducts indicates that parent/athlete have read and understand all the materials including OHSAA eligibility information handouts and Liberty Union athletic policies and procedures. All athletes will be required to turn in their \$95 pay to participation fee prior to the first day of practice.

2. Opening, maintaining, and securing the building for practice during days when school is not in session is the responsibility of the coach in charge.

SPECIAL NOTE: FOR SAFETY AND LIABILITY REASONS, NO STUDENT/ATHLETE IS PERMITTED IN THE BUILDING AT ANY TIME FOR ATHLETIC PURPOSES UNLESS UNDER THE DIRECT SUPERVISION OF A BOARD-APPROVED COACH. AT NO TIME ARE KEYS TO SCHOOL BUILDINGS/FACILITIES/GROUNDS TO BE DISTRIBUTED/USED BY ANYONE OTHER THAN BOARD-APPROVED COACHES.

3. The use of the gym for all sports should be scheduled through the athletic director.

4. If a player takes a planned vacation with his/her parents/guardians, that player is not to be dismissed from the team. However, the player will be subject to any team rule as it pertains to vacations. Students, parents, and coaches should discuss the situation prior to the vacation.

5. Only team members are permitted to be on the bench during an athletic contest. Team members include the following: coaches, trainers, scorekeepers, statisticians, managers, and the team physician. Other individuals may be permitted on the bench with the head coach's approval.

6. All students shall receive a copy of the code of conduct requirements that are adopted by the Board of Education. All students must follow the guidelines listed in the code of conduct. The head coach in each sport shall provide the athletes, their parents, and the Director of Athletics with a copy of team rules, which apply to that particular sport prior to the first day of practice.

7. All athletes and coaches shall follow all OHSAA guidelines.

8. Athletes participating in a sports season cannot participate in an organized practice of another season's school sponsored sport.

9. All injuries that require medical attention should be recorded by the head coach and reported to the school's athletic trainer for referral. Coaches should report all serious injuries to the athletic director within 24 hours.

10. Athletes must attend all practices and games unless excused by the coach of the team. The coach will determine specific penalties for violations as a part of the team's individual policies.
11. Any athlete issued uniforms/equipment shall be held responsible for their care. Failure to turn in assigned uniforms/equipment will result in a charge for the items lost. Payment shall be based on the cost of replacing the uniform/equipment. An athlete who owes for the lost uniforms/equipment will not receive his/her awards and will not be permitted to participate in another sport until all obligations are met. Seniors who owe for athletic uniforms/equipment will not be allowed to go through graduation ceremonies unless their obligations are met.
12. All athletes must ride the bus going to and coming from athletic contests. The coach may give the student/athlete permission to ride with a parent from an athletic event under "special" circumstances. The student athlete's parents must notify the coach in writing of the request to take their son/daughter with them. Athletes will only be released to the student's parents and will not be released to any other party without written consent of both parties involved.
13. A student who is serving an out of school suspension or expulsion is ineligible for any athletic participation (practice or contest) during the days of the suspension. A student athlete who has completed the term of his/her suspension/expulsion is eligible to participate on the day following the date of the completion.
14. School penalties for misconduct are in addition to those imposed by the Athletic Department.
15. An athlete who is dismissed from a team or quits a team will forfeit all awards for that sport.
16. Any student who is academically ineligible is allowed to participate in practice, but is not permitted to participate in any way with the team in a contest.
17. On snow days, high school coaches will be permitted to have practice after 12 p.m. with a Level 1 snow warning. Coaches must receive permission from the athletic director to conduct practice with a Level 2 snow warning. All practices will be cancelled with a Level 3 snow warning. All middle school events will be cancelled on snow days.
18. Each coach is required to turn in a copy of their team rules to the athletic director prior to their preseason meeting. These team rules will be approved by the athletic director and should then be handed out to parents and athletes at their preseason meeting. No team rules are to contradict the Liberty Union-Thurston athletic policy.
19. All board approved coach's dues for state associations will be paid for by the athletic department.
20. Coaches will be reimbursed for all classes completed to fulfill their coaching requirements. All coaching requirements are to be completed before a coach is allowed to attend practice. Coaches will be required to pay for any classes they are required to take for disciplinary reasons.

Purchasing

- I. The Head Coach must obtain approval from the Athletic Director prior to any purchases.
- II. All purchases of equipment must have a PO number.
- III. At the end of the season, the Head Coach will take a complete inventory of all equipment for that sport. The Head Coach is required to turn in an expected needs list for the upcoming season to the athletic director.
- IV. Purchase of equipment for the Middle School must be approved by the Head Coach and the athletic director.
- V. Purchase of equipment for the High School will be made by the Athletic Director or the Head Coach with approval from the Athletic Director.

Fundraising

Coaches who have a need for additional funds may raise monies via a fund-raiser. The coach must submit a "Fund Raiser Request Form" to the athletic director with all appropriate data included at least two weeks prior to the fund-raiser. Upon approval of the athletic director and coordination with the Treasurer's Office, the fund-raiser must meet all established criteria and generally be completed within a two-week period of time from the start of the event. At the completion of the fund-raising effort, a final report will be provided to the athletic director and approved by the building principal. All monies raised will be deposited into team's fundraising account with the Liberty Union-Thurston Booster Club.

Scouting / Mileage

Scouting assignments will be determined by each head coach as necessary. Scouts will be supplied all necessary pass arrangements by the head coach. Scouts will be limited to one car per scouting assignment. Mileage reimbursements for scouting or clinics will be paid in accordance with the current adopted rate as established by the Liberty Union-Thurston Board of Education. All mileage vouchers must include dates, destination, and miles traveled.

PARENT – COACH COMMUNICATION GUIDELINES

We are very pleased that your son/daughter has chosen to participate in the interscholastic athletic program at the Liberty Union-Thurston School District. A goal of the Athletic Department is to provide our athletes with the best environment in which their sport experiences may be as rewarding as possible. We believe that this goal may not be realized without appropriate lines of communication available to all parties involved. These communication guides should help coaches, parents, administrators, and athletes communicate more effectively.

WHAT YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

- Philosophy of the coach
- Expectations the coach has of your child and the team
- Locations and times of all practices and contests
- Team Requirements. For example: fees, special equipment, eligibility, attendance, off-season conditioning, etc.
- Procedure to follow should your child become injured during participation
- Requirements to earn a letter

WHAT COACHES SHOULD EXPECT FROM PARENTS:

- Concerns should be expressed privately and directly to the coach first.
- Notification of any schedule conflicts should be made well in advance.
- Specific concerns should be expressed that are directly related to the program.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

As your child becomes involved in the various programs at the Liberty Union-Thurston School District, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach may be desirable to clear up the issue and avoid any misunderstandings. Listed below are examples of issues that are appropriate for discussion.

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

It is very difficult to accept the fact that your child is not playing as much as you would want. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things such as those things listed below must be left to the discretion of the coach.

- Playing time/Position assignment
- Team strategy/Play calling
- Matters concerning other student athletes

PROCEDURE TO FOLLOW IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH:

There are situations that may require a conference between the coach and parent. Such a meeting is encouraged when necessary. It is important that both parties have a clear understanding of the other person's position. Each should be willing to listen. The following procedure should be followed to help promote a resolution to the issue.

- Call to set up an appointment.
- If the coach cannot be reached in a reasonable amount of time, call the athletic director, and he will arrange a time on your behalf.

- Important: Please do not attempt to confront a coach before or after a contest or practice session. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and even may escalate the issue.

THE NEXT STEP:

What can a parent do if the meeting with the coach does not provide a satisfactory resolution? Although total agreement may not always be reached, most often such a meeting does afford the opportunity for productive discussion and better understanding. If the parent desires further communication, please call the Athletic Director to discuss the situation. The appropriate next step will be determined.

CHAIN OF COMMAND:

Liberty Union-Thurston follows the chain of command listed below. We ask that you observe the order of this line of communication if you elect to pursue any concern you may have regarding the athletic program:

- Assistant Coach or Head Coach
- Athletic Director
- Building Principal
- Superintendent

Athletic Award System

Liberty Union athletic awards will be presented according to the following guidelines:

- A. VARSITY awards: A student-athlete will receive only one six-inch block “LU” letter. All succeeding varsity awards will be a metallic award indicative of the sport in which he/she successfully meets the requirements necessary to win the award.
 - 1. The second, third, and fourth year award is the one metallic bar award per sport earned.
 - 2. A senior who has been a faithful member of an athletic squad for a period of three years, but failed to make necessary requirements to earn a letter, will receive a varsity “LU”. This provision also applies to foreign exchange students.
 - 3. A manager, statistician, or other team aide may receive a “Manager’s Letter” (six-inch block “LU”) at the discretion of the head coach. It is recommended that this letter be presented to those who have provided significant assistance to the varsity athletic program.
- B. Minimum participation requirements for winning a Varsity “LU” Award:

Baseball/Softball: A varsity letter shall be earned by any player who appears in 50% of the regular season varsity games. Coaches may use their discretion in awarding a letter in a situation where a player misses multiple games due to injury.

Basketball: Participation in one-half of total regulation quarters played.

Cross-County: Finish in the top seven for Liberty Union and participate in one-half of total meets.

Cheerleading: Participation in practices and contests during the fall and/or winter sport seasons.

Football: Participation in one-half of total regular season quarters played. If on a specialty team, participation in a minimum of five varsity games.

Golf: Participation in one-half of varsity matches.

Soccer: Participation in one-half of varsity regulation halves played.

Swimming: Attend 90% of team practices AND average at least one point per meet for the regular season and participate in one-half the total meets.

Track: Average at least one point per meet for the regular season and participate in one-half the total meets.

Volleyball: Participate in one-half the total games played.

Wrestling: Obtain 20 points. Wrestlers may earn points according to the following system:

Varsity Match= ½ point

Varsity Win = 1 point

Varsity win by tech fall or pin= 1 ½ points

Placement points: *This is for tournaments only and does include JV wrestler or non-scorers.*

*** see below for JV wrestlers points for a Varsity letter*****

These points are added to Match points above.

1st- 5 points

2nd-3 points

3rd- 2 points

4th- 1 point

Point deductions will go as followed:

1/2point will be deducted from total for missing practice without notice and approval

1 point will be deducted from total for missing dual or tri without notice and approval

2 points will be deducted from total for missing tournament without notice and approval

3 points will be deducted from total for being suspended from school and matches

5 points will be deducted from total for being drug use during season, and will result in non-participation in the next 3 events from the date of drug violation.

Automatic Varsity letter will go to any wrestler that is a district or state qualifier.

Wrestlers that have earned 8 points and suffer a season ending injury will be evaluated by the coaching staff for criteria for varsity letters.

Coaching staff have the right to examine and award varsity points to JV wrestlers based on performance in tournaments and matches.

Previous Varsity Letter winners are not ensured varsity letters in the current season. Wrestlers must accomplish the required points to earn a varsity letter.

The head coach may request a letter for an athlete that made significant contributions to the team without meeting the participation requirements.

Liberty Union Awards

4 Year Varsity	-	Four Year Picture Plaque
3 Year Varsity	-	Third Year Plaque
2 Year Varsity	-	Second Year Plaque
1 st Year Varsity	-	Varsity Letter & Sport Pin
J.V. Award	-	J.V. Certificate and Chenille Graduation Numbers
Freshman Award	-	Certificate
Junior High Award	-	Medallion

Individual MSL Award	-	Nothing
Individual District Award	-	Nothing
Individual Regional Award	-	Round Patch

*Sports without a regional level contest will receive Regional level awards for District Qualifiers

Individual State Award	-	State of Ohio Patch
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Team MSL 1 st Place	-	T-shirt purchased from the Athletic Booster Club
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SPECIAL AWARDS-

Each sport may give up to four (4) Special Awards provided by the Athletic Boosters. Any additional awards will be funded by the individual sports fundraiser account.

Liberty Union Athletic Department

Informed Consent Agreement Packet

-Parents and student athletes - keep the front two pages of this packet for your files.

-Complete the back page of this booklet, sign and return to the athletic department.

ATHLETIC AND EXTRA-CURRICULAR RULES OF PARTICIPATION

LIBERTY UNION LOCAL SCHOOL DISTRICT

Students participating in extra-curricular activities are in a select group. You are some of Liberty Union's very best! Students who participate in extra-curricular activities make a major commitment in terms of time and energy to the team or group, to the school and to yourselves. It is the intent of the Board of Education and staff that this experience be as positive for you and other students as possible; therefore, certain standards of conduct are expected. The following rules have been adopted for high school and junior high school athletic, music and all other extra-curricular activities.

A. General

1. Participants will be advised in writing of all rules and regulations by their coach(es) prior to their participation.
2. The individual activity season is defined as all phases of student participation beginning with any organized pre-season conditioning/activity until the conclusion of participation with their presence at the designated activity awards program.
3. These rules become effective at the time of signing and remain in effect one year from the day of signing, and they apply 24 hours a day 7 days a week during the sports season. Cumulative offenses will be for grades 7-8 and then 9-12 accumulative.
4. Students who become members of extra-curricular activities are expected to avoid gatherings and activities which may lead to a violation of existing rules or cause undue criticism of the team/organization of which they are members.

B. Substance Use/Possession/Abuse Rules

Participants shall not possess, use, transmit, conceal, sell or show evidence of illegal use of narcotics, alcohol, drugs or drug paraphernalia. Tobacco and tobacco products are prohibited, regardless of the age of the participant. Use of any substance legal or illegal in such a manner as to cause intoxication is also prohibited. A student who has been found to have been present at a location where legal or illegal substances have been used illegally will be subject to disciplinary actions.

Disciplinary action will be determined by the type of offense and such action will be based upon the number of rule violations that the student has had previously. All students violating the alcohol, legal or illegal controlled substance provision of these rules will be recommended for counseling.

Administrative Guidelines

A participation day is defined as any day the activity is in season according to OHSAA rules and in which a practice, contest or performance is or may be scheduled. For the purpose of athletics, participation days will extend from one sport season to another. The following will be observed:

1. Use or Possession of Tobacco/Alcohol - (offenses will accumulate on a year by year period)

A **first violation** will result in a denial of participation for 20% of the season with the student continuing to practice.

A **second violation** will result in denial of participation for the remainder of the season, with a minimum of 20 participation days with the student continuing to practice. The athlete will miss at least (50%) athletic contests. Suspensions will carry over to the next season if necessary.

A **third violation**, will result in denial of participation at Liberty Union Local Schools for one calendar year.

A **fourth violation will** result in the student being permanently denied participation in athletics in the LIBERTY UNION-THURSTON SCHOOL DISTRICT.

2. Use or Possession of Narcotics or other legal or illegal substances

A **first violation will result in** the denial of participation for 50% of the season's contests with the athlete continuing to practice. The student may be required, at parent/guardian expense, to submit to weekly or random testing for the remainder of the current athletic season.

For the **second violation** the student is denied participation for one calendar year from the date of notification of the violation.

A **third violation** results in the student being permanently denied participation in athletics in the LIBERTY UNION-THURSTON SCHOOL DISTRICT.

Violations are accumulative throughout the student's high school career. (Grades 9-12)

- C. Violation of any one or more of the following rules may result in immediate denial of participation from the activity for as long as 90 days. If a violation of these rules occurs, the supervisor will notify the Athletic Director who will inform the parents/guardians of the action taken as well as any other pertinent information within 24 hours of notification.

1. Malicious damage to school or private property
2. Theft of school or privately owned property
3. Insubordination or disrespect toward staff members

4. Harassment/Menacing - no student shall harass, threaten, menace, or verbally abuse another student or school employee for any reason including ethnic, racial and/or sexual harassment.
 5. Verbal or Physical Actions - A student shall not use verbal/written profanity/profane gestures or obscene language at school or at a school activity. Possession of obscene publications or materials is strictly prohibited.
- D. The student participant is entirely responsible for any and all uniform items, equipment, and/or materials issued to him/her during their participation as a member of an organization or activity. If items issued are lost, stolen, or damaged the participant is financially responsible for their replacement. Each participant's sport fee must be paid before an athlete may participate in an athletic contest/game. No awards will be given nor will participation at the awards banquet be permitted if uniform items/equipment are not returned. All fees must also be paid in order to receive student awards, and/or participate at the designated banquet. Also, student participants are required to attend their banquet--failure to attend without a valid prior excuse will result in loss of all awards that would have normally been given to the student. Emergency situations will be considered on an individual basis.
- E. A student who quits an activity after selections have been made must turn in all uniforms and equipment to the advisor of that activity immediately upon quitting the activity.
- F. All student participants are also subject to the guidelines and penalties found in the Student-Parent Handbook.
1. **PRACTICE FOR ACTIVITIES** - Practice for activities or organizations after school **MUST BE SUPERVISED BY A FACULTY MEMBER**. Practices will generally not last longer than two hours. If it is necessary to move classroom furniture for a practice, the room shall be put back in order before leaving. Precaution should be taken to see that all lights are off and doors and windows locked before the faculty advisor leaves the area.
 2. Students are expected to attend school in order to participate in all practices and contests. Consequently, students must adhere to the attendance policy as defined in the middle and high school student handbooks.

G. TEAM APPEARANCE (uniforms)

At all times when a student is participating in an athletic meet, match, game or other event that is governed by Ohio High School Athletic Association ("OHSAA") Rules, the athlete shall comply with OHSAA and the Liberty Union Local School District ("district") rules governing uniforms. For purposes of this rule, "participating" shall mean once the athlete puts on the school uniform for the meet, match, game or other event. When participating in a school-operated/ sponsored athletic event, members of district athletic teams may wear only uniforms and warm-up clothing provided by Liberty Union. Athletes should also wear the same style shoes and socks, as approved by the Head Coach.

1. T-shirts and other garments worn under the school uniform must comply with OHSAA rules, shall only be the school's color and must match the team uniform. Other adornment is not part of a team concept. **No** logos or words may appear on an athlete's shorts/pants across the seat of the pants. We are a team sports school and our appearance should reflect this status.

2. During school district team practices athletes shall be subject to the district student code of conduct, including, but not limited to the Student Dress Code and Grooming Guidelines. Each Head Coach will decide on proper practice attire for their athletes.
3. All new sports team clothing/apparel purchases are to be pre-approved by the athletic director through the Head Coach.
4. No logos, other than specific Liberty Union School logos may be worn while at a competition.
5. Students may wear clothing items during practice sessions which may display other logos as long as the items conform to our school's dress and appearance code as found in the student-parent handbook or do not violate team training rules as developed by the head coach for each sport.
6. Any questions regarding this policy will be handled on a case-by-case basis by the Athletic Director.
7. Each Head Coach will decide when a team member is to be in a uniform and will decide when a team member is to be in travel attire.
8. All team apparel is to be pre-approved by the athletic director and principal through the Head Coach.

H. Additional written rules for a particular sport may also be required by the Head Coach.

I. If there are additional team rules, they must be signed by the student athlete and parent/guardian and a copy will be kept on file in the athletic office.

J. **Sport fees will for \$95.00 per sport.** Fees must be paid before the first athletic contest or scrimmage unless arrangement has been made with the Athletic Director.

LIBERTY UNION ATHLETIC DEPARTMENT INFORMED CONSENT AGREEMENT

Student Name (Print)

Grade

Parent Name (Print)

ATHLETIC ACCIDENT INSURANCE STATEMENT

The Liberty Union Schools strongly recommend that families of students involved in school athletic activities carry medical accident insurance. This is to protect the family from medical costs in the case of an athletic injury. The school recommends that either the student be insured by family medical insurance, or that the family purchase the accident insurance, which is available through the school.

Please check mark Option I or II as to which insurance option you are choosing:

Option I _____ I/We have family medical insurance that insures for medical costs associated with accidents or injuries involved in athletic participation. I/We also understand that the Liberty Union School District nor its employees are responsible for such medical costs when there is no negligence on the part of the employee or school district.

Option 2 _____ I/We will purchase accident insurance that is available through the school. I/We understand that the Liberty Union School District nor its employees are responsible for such medical costs when there is no negligence on the part of the employee or school district.

PHOTOGRAPHY/PUBLICATION AGREEMENT

As a school athlete, there is a strong chance that your child's picture and/or name may be used in newspaper articles, television/radio stories, newsletters, brochures, school web pages and other promotional products. By signing this sheet, you are acknowledging that this may happen and giving your consent.

ATHLETIC CODE OF CONDUCT

AS A STUDENT:

1. I understand and agree that participation in athletic activities is a privilege that may be withdrawn for violations of the Athletic Code of Conduct.
2. I have read the Athletic Code of Conduct and thoroughly understand the consequences that I will face if I do not honor my commitment to the Athletic Code of Conduct.
3. I understand and realize that there is risk of injury in participating in athletic activities.
4. I understand this is binding while a student at Liberty Union Junior High or High School (grades 7-12).

AS A PARENT/GUARDIAN/CUSTODIAN:

1. I have read the Athletic Code of Conduct and understand the responsibilities of my son/daughter/ward as a participant in athletic activities in the Liberty Union Local Schools.
2. I pledge to promote healthy lifestyles for all student athletes of the Liberty Union Local Schools.
3. I understand and realize that there is an assumed risk of injury involved for my son/daughter/ward as a participant in athletic activities.
4. I understand this is binding while my son/daughter/ward is a student at Liberty Union Junior High or High School (grades 7-12).
I have read and agree to follow all the rules listed in the training rules, athletic code of conduct and have completed the athletic accident insurance statement. Further, I understand that participation in an extra-curricular activity is a privilege and not a right and as such I recognize that I have a responsibility and an obligation to my supervisors and fellow students to set a good example for my school and community.

Date Signed

Signature of Student/Participant

Signature of Parent

Home Phone

Work Phone

Cell Phone

DETACH AND RETURN THIS PAGE

DRUG TESTING POLICY

LIBERTY UNION-THURSTON HIGH SCHOOL

The LIBERTY UNION-THURSTON Board of Education Drug Testing Policy was formed because of a concern that alcohol and illicit drugs may be used by LIBERTY UNION-THURSTON School students. The LIBERTY UNION-THURSTON Board of Education desires to implement a policy which will attempt to provide this district with a safe and healthful student program. This policy reflects the LIBERTY UNION-THURSTON Board of Education and the community's strong commitment to establish a truly drug and alcohol free school program. Because of the pervasive nature of drug use in our local schools, LIBERTY UNION-THURSTON has selected student athletes who participate in competitive extra-curricular activities, and students who, along with consent from their parents, volunteer to be tested, for inclusion in the testing pool. This policy applies to all athletes, volunteers and extracurricular activities from grades 9-12.

PURPOSE OF THIS POLICY SHALL BE:

1. To provide a healthy and safe environment to all students participating in the athletic and extracurricular program.
2. To discourage all students from using drugs and alcohol.
 - a. Students will assume all responsibility for regulating their personal lives in ways that will result in their becoming healthful members of a team and worthy representatives of the school and community.
3. To provide students with the opportunity to become leaders in the student body for a drug free school.
4. To provide solutions for the student who does use drugs and alcohol.
5. To provide the school with positive guidelines and disciplinary policies for violations of the drug free policy.
6. To encourage those students who participate in athletic and extracurricular programs to remain drug free and alcohol free.

The program does not affect the current policies, practices, or rights of the District regarding student drug and/or alcohol possession or use, where reasonable suspicion is established by means other than drug testing through this policy. The drug testing policy is designed to be non-punitive.

Students involved in extra-curricular activities need to be exemplary in the eyes of the community and other students. The drug testing and education policy is designed to create a safe, drug free environment for students and assist them in getting help when needed. Although students risk the loss of continued participation in extra-curricular activities, no student shall be suspended or expelled from school as a result of any certified "positive" test conducted by his/her school under this program.

No student will be penalized academically for testing positive for banned substances. The results of drug tests will not be documented in any student's academic record.

Any student is grades nine (9) through twelve (12) and his/her parent(s) or legal guardian(s) must first sign a drug testing registration/consent form in order to be eligible to participate in any one (1) or combination of the following:

- A. drive a motorized vehicle to school
- B. driver education
- C. athletics
- D. extra-curricular activities other than athletics
- E. co-curricular activities

DEFINITIONS

1. **STUDENT ATHLETE**
Any person participating in the LIBERTY UNION High School athletic program and/or contests under the control and jurisdiction of the LIBERTY UNION Schools and/or the Ohio High School Athletic Association (OHSAA). This policy also includes cheerleaders.
2. **EXTRACURRICULAR**
Any activity of a competitive nature that does not involve a grade.
3. **ATHLETIC SEASON**
In-season start dates will begin as published by the Ohio High School Athletic Association or sanctioning organization and continue until the completion of awards program for that sport for the LIBERTY UNION Schools. There are three athletic seasons: Fall, Winter, Spring.
4. **RANDOM SELECTION**
A system of selecting athletes for drug and alcohol testing in which each athlete shall have a fair and equitable chance of being selected each time selections are required.
5. **ILLEGAL/ILLICIT DRUGS**
Any substance included in U.S.C. 802 (6), which an individual may not sell, offer to sell, possess, give, exchange, use, distribute, or purchase under State or Federal Law. This definition also includes all prescribed and over-the-counter drugs being used in any way other than for medical purposes in accordance with the directions for use provided for in the prescription or by the manufacturer. We may also test for Nicotine and Steroids.
6. **ALCOHOL**
Any intoxicating liquor, beer, wine, mixed beverage, or malt liquor beverage as defined in the Ohio Revised Code Section 4301.01. The term “alcoholic beverage” includes any liquid or substance, such as “near beer” which contains alcohol in any proportion or percentage. The term “alcoholic beverage” does not include a substance used for medical purposes in accordance with directions for use provided in

a prescription or by the manufacturer and in accordance with school district policy and rules related to the use of prescription and non-prescription drugs, provided the substance is a) authorized by a medical prescription from a licensed physician and kept in the original container, which shall state the student's name and directions for use or b) an over-the-counter medicine.

TYPES OF TESTING

1. RANDOM TESTING

In-session random testing shall be done throughout the season. LIBERTY UNION may have up to 100% of its eligible students tested per random selection. A student may be tested more than once per season. In the event of a non-negative result, the specimen will be sent to a laboratory for confirmation of results and a certified Medical Review Officer will determine the results.

a. Random selection of student athletes:

The Designated Personnel, under the Principal's supervision, will use a system to ensure that students are selected in a random fashion. This system may include computer generated random numbers or names or by pulling numbers from a pool of numbers equal to the number of eligible student athletes.

b. Scheduling of random testing:

Random testing will be unannounced. The day and date will be selected by the *Designated Personnel* and confirmed with the building administrator. Random testing may be done at any time.

2. DRUGS FOR WHICH STUDENTS MAY BE TESTED:

LSD, Alcohol, Marijuana, Amphetamines, Methadone, Anabolic Steroids, Methaqualone, Barbiturates, Nicotine (Tobacco), Benzodiazepines, Opiates, Cocaine, Propoxyphene (Darvon), or any substance included in U.S.C. 802 (6), which an individual may not sell, offer to sell, possess, give, exchange, use, distribute, or purchase under State or Federal Law. This definition also includes all prescribed and over-the-counter drugs being used in any way other than for medical purposes in accordance with the directions for use provided for in the prescription or by the manufacturer.

3. COLLECTION PROCESS (Urine Screens)

The student will be notified to report to the collection site. A specimen from the student will be collected as follows and all students must follow this process:

All students must have a picture ID or be identified by the *Designated Personnel* or Principal. No exceptions will be allowed.

Drug testing area must be secured during the testing. Only lab technicians, designated school administrator and students will be witness to the test. Privacy must be kept for all students.

The *Designated Personnel* is responsible for ensuring that all of the forms are completed and signed by both parent/guardian/custodian and student. No student is to enter the collection site until forms, money and proper ID are completed.

When students arrive and cannot give a sample, they will need to start drinking water, pop or juice. After 36 oz. the human body will need to urinate.

No bags, backpacks, purses, cups, containers or drinks will be allowed to enter the collection area. All coats, vests, jackets, sweaters, hats, scarves or baggy clothing must be removed before entering the collection site. Only pants and t-shirts or dresses may be worn in the collection area. Any infringement of the rules will result in the student taking the test over.

Students processed by the lab technician who cannot produce a sample will be kept in a secured area to wait until they can test. If they leave this area they will not be allowed to test. They are not to have contact with anyone until after the sample is given.

The bathroom personnel will add a dye to the toilet.

Students will be asked to urinate directly into the collection cup given to them by the lab personnel. The lab technician will stand outside the stall and listen for normal sounds of urination.

Any and all adulterations of the specimen will be detected and considered the same as a test refusal or 1st time infraction. (The lab checks every sample for adulteration, such as additives you drink or add to urine to change the sample.)

Adulterations: We will treat adulterations and diluted samples as first time offenses. They are not called positives but have the same consequences.

Any suspicion of tampering with the sample will be brought to the tester's attention. The sample will be screened or sent to the lab for immediate confirmation of tampering.

The sample must be taken in one attempt and be at least 30 ml in size. The student must hand the cup to the lab technician.

Students are not to flush the toilets or urinals. In the event that a student flushes the toilet he or she will be required to give a new sample immediately or the sample will be invalid.

With student watching, the lab technician will recap the sample and hand it to the student who must then return it to the intake technician. In the event that the student does not hand the cup directly to the intake technician, the sample is invalid and a new sample must be taken. The student will note the specimen number and sign the specimen intake sheet verifying the speci

men number and student identity. If the student leaves the collection area or has contact with anyone, the sample will be invalid and the student will have to give another sample.

This collection procedure is subject to change because of procedural requirements by the testing agency. The School Board reserves the right to change the collection procedure to coincide with the testing guidelines set forth by the testing agency.

When using rapid screens, all non-negative screens will be sent out with a chain of custody to a certified laboratory for confirmation. A Certified Medical Review Officer will verify the positive test.

Any student that tests positive will have to be tested weekly for the term of a 5 week program with drug counseling at the expense of the student and or parent. Testing will be done by Great Lakes Biomedical only so long as this is the company the school selects.

5. **RESULTS OF A POSITIVE TEST**

Any positive urine drug test results will be made known to the building administrator, who in turn will notify the parents/guardians/custodians and student.

6. **IF A POSITIVE TEST OCCURS:**

The first violation

Use or Possession of Narcotics or other legal or illegal substances:

A student is denied participation for 50% of the season's contests with the athlete continuing to practice. The student may be required, at parent/guardian expense, to submit to weekly or random testing for the remainder of the current athletic season.

The 2nd violation

The student is denied participation for one calendar year from the date of notification of the violation.

The 3rd violation

The student is permanently denied participation in athletics in the LIBERTY UNION-THURSTON SCHOOL DISTRICT.

Violations are accumulative throughout the student's high school career. (Grades 9-12)

LIBERTY UNION-THURSTON INFORMED CONSENT AGREEMENT

STUDENT NAME _____

GRADE _____

AS A STUDENT:

- I understand and agree that participation in athletic and extracurricular activities is a privilege that may be withdrawn for violations of the LIBERTY UNION-THURSTON Drug Testing Policy.
- I have read the Drug Testing Policy and thoroughly understand the consequences that I will face if I do not honor my commitment to the Drug Testing Policy.
- I understand that when I participate in any athletic program I will be subject to initial and random urine drug & alcohol testing, and if I refuse, I will not be allowed to practice or participate in any athletic activities. I have read the informed consent agreement and agree to its terms.
- I understand this agreement is binding while I am a student in the LIBERTY UNION-THURSTON system.

STUDENT SIGNATURE

DATE

AS A PARENT/GUARDIAN/CUSTODIAN:

- I have read the LIBERTY UNION-THURSTON district drug testing policy and understand the responsibilities of my son/daughter as a participant in athletic activities in the LIBERTY UNION-THURSTON district.
- I pledge to promote healthy lifestyles for all student athletes in the LIBERTY UNION-THURSTON system.
- I understand that my son/daughter when participating in any athletic program, will be subject to initial and random urine drug and alcohol testing, and if he/she refuses, will not be allowed to practice or participate in any athletic activities. I have read the informed Consent Agreement and agree to its terms.
- I understand this agreement is binding while my son/daughter/ward is a participant in athletics in the LIBERTY UNION-THURSTON district.

PARENT/GUARDIAN/CUSTODIAN SIGNATURE

DATE

PARENT GUARDIAN/CUSTODIAN PRINTED NAME

WORK PHONE

INFORMED CONSENT AGREEMENT

We hereby consent to allow the student named on the reverse side to undergo urinalysis testing for the presence of illicit drugs, alcohol, or banned substances in accordance with Policy and Procedures for Drug Testing of the LIBERTY UNION-THURSTON District.

We understand that testing will be administered in accordance with the guidelines of the LIBERTY UNION-THURSTON District Drug Testing Policy for student athletes.

We understand that any sample taken for drug testing will be tested only by a Board approved company.

We hereby give our consent to the company selected by the LIBERTY UNION-THURSTON Board of Education, its employees, or agents, together with any company, hospital, or laboratory designated to perform testing for the detection of drugs.

We further give our consent to the company selected by the LIBERTY UNION-THURSTON Board of Education, its employees, or agents, to release all results of these tests to designated School District employees or agents. We understand that these results will also be available to us upon request.

I, the student, hereby authorize the release of the results of such testing to my parent/guardian/custodian.

We hereby release the LIBERTY UNION-THURSTON Board or Education, its employees or agents from any legal responsibility or liability for the release of such information and records.

This will be deemed a consent pursuant to the Family Educational Rights and Privacy Act of 1974, 20 U.S.C. 1232g as amended, and the Ohio Revised Code 3319.321, for the release of the test results as authorized by the Informed Consent Agreement or as required by law.

“ Opt In” Student Drug Testing Program

Great Lakes Biomedical is pleased to provide affordable access to student drug testing at the request of the parents or legal guardian. With our **Opt In** student drug testing program we allow students not currently involved with extracurricular activities, as requested by parents within our school districts, to participate in the district’s random student drug testing program. Results are 100% confidential and reporting goes directly to the parents.

How the program works

- The parent/guardian can obtain our **Opt In** student drug testing consent within your districts office.
- Read and sign the Informed Consent Agreement. The student must also sign this agreement.
- Turn in the signed agreement and payment for the cost of the student drug testing. Identification of students may be required at the time of testing.
- Upon completion of the testing, the Medical Review Officer will finalize results and will notify the parent/guardian of any positive testing results. **Results will not be released to any other party without written consent of the parent/guardian.**
- If a positive test result occurs, the parent/ guardian may request counseling or follow up testing within the program.

Our **Opt In** program is available to any student who is enrolled within the district. Great Lakes Biomedical will not attempt to diagnose substance abuse problems. We only want to provide another tool to parents and guardians in making informed decision on what might need to be done to help their children

Opt In Student Drug Testing Consent

STUDENT NAME _____

GRADE _____

AS A STUDENT:

I understand that I may be drug tested with my parents’ consent under the Opt In student drug testing program. I understand this agreement is binding while I am a student in the school system.

STUDENT SIGNATURE

DATE

AS A PARENT/GUARDIAN/CUSTODIAN:

I understand that by signing this consent I will allow the school district to perform drug and/or alcohol testing on my son or daughter, the results of which will be released to me and only me.

PARENT/GUARDIAN/CUSTODIAN SIGNATURE

DATE

-----PARENT

GUARDIAN/CUSTODIAN PRINTED NAME, PHONE, ADDRESS

High School Concussion Policy

General Injuries:

- 1. Any athlete who has been referred to a physician by Nationwide Children's Hospital Athletic Trainer and/or denied participation by a physician will not be permitted to practice or play in a game/event until a physician's release has been granted in writing.**
- 2. The Board of Education's hired athletic trainer has the authority to deny participation to an injured athlete if the athlete's safety is in question or if ongoing medical issues require clarification.**
- 3. A coach, parent, or athlete cannot override a physician's or athletic trainer's denial of participation for injury.**

Due to the recent and rapid changes in concussion evaluation and management and the potential dangers of allowing concussed athletes to continue to participate in athletics while symptoms are present, Nationwide Children's Sports Medicine (NCHSM) has created a concussion management policy for our contracted schools using guidelines established by the 4th International Consensus Statement on Concussion in Sport (Zurich), the American Academy of Pediatrics, House Bill 143/Ohio's Return-to-Play law, and the Ohio High School Athletic Association. This policy is designed to protect the student-athlete from serious injury using "best practices" model from the most current research available on pediatric concussions.

For Any student athlete that is suspected of having a head injury the following steps will be used:

1. Evaluation of a concussion
 - a. According to the Ohio Revised Code (ORC) Any athlete suspected of sustaining a head injury should not be returned to activity within the first 24 hours of that injury.
 - b. Send to Emergency Department after injury if athlete exhibits signs/symptoms of worsening injury
 - c. Referral to a physician in a timely fashion as deemed necessary by athletic trainer (AT)
 - d. Coach/athlete have the responsibility to notify the school AT of any suspected head injury within 24-48 hours
2. Subsequent Medical evaluation with AT:
 - a. A student athlete may be referred to a physician if symptoms are not resolving as expected, or there is resistance of parent or coach to AT management
3. Return to play
 - a. No athlete should ever return to play while still symptomatic from a concussion physically, cognitively, or behaviorally.
 - b. No athlete (pursuant to ORC) should ever return to play within a 24 hour period of the injury even if all symptoms have cleared
 - c. Eligibility to begin the return to play progression the athlete must meet the following criteria
 - i. All athletes under care of a physician must have return to participation document from appropriate medical provider
 - ii. Completely symptom free
 - iii. Fully functional in the school setting
 - iv. Not using any medication, OTC or prescribed, to alleviate concussion symptoms
 - d. The school's assigned team physician may retain the final decision on return to play if there are conflicting recommendations on an athlete's status.

4. How to return to play: The return to play decision must come from one of the following: MD, DO, or AT. The return to play decision cannot come from a family member that is an MD, DO, AT or a coach that is employed by the district and also an MD, DO, AT,
 - a. The return to play progression must be completed under the direction of the Board of education's hired athletic trainer.
 - b. Clearance/release from a physician (MD, DO) after a concussion should be considered clearance to begin the exertional progression back to play as described below
 - c. Athletes must be symptom free for a minimum of 24 hours before beginning exertional progression and must remain symptom free during each stage to continue to advance
 - i. Light aerobic activity (walking, stationary bike)
 - ii. Sport-specific activities and training (running in soccer, skating in hockey)
 - iii. Non-contact training drills (begin light resistance training)
 - iv. Full-contact practice training after medical clearance by physician or AT
 - v. Game Play
 - d. A minimum period of 24 hours is mandatory before progressing to the next level
 - e. If an athlete experiences signs or symptoms of concussion during the progression, the athlete should rest until asymptomatic for at least 24 hours and then return to the last stage that did not cause symptoms. If symptoms recur, the athlete should be evaluated/re-evaluated by a physician.
 - f. Return to play progression may be lengthened if the physician feels that it is in the best interest of the athlete's health and safe return to play.