

MAPLETON LOCAL SCHOOLS 2021-2022 ATHLETIC HANDBOOK

INTRODUCTION / PHILOSOPHY

The coaches/advisors and school administration in the Mapleton Local School District believe certain standards of behavior, scholarship and citizenship are important to a sound athletic program; and expectations, sometimes beyond those required of non-athletes, may be imposed upon those who present themselves as athletes.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at all costs” and discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in such a way so as to justify it as an educational activity. Participation in athletics, as well as any other extra-curricular activity, is a privilege and must be realized as such. We strive to instill pride, unity, good sportsmanship, dedication, and good moral qualities in our teams, as well as to protect the participants’ well-being.

OBJECTIVES OF MAPLETON ATHLETICS

- **TO BE SUCCESSFUL** – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- **SPORTSMANSHIP** – To accept success and defeat like a true sportsman, knowing we have done our best. We must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- **TO IMPROVE** – Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and you must constantly try to reach the goal. Try to better yourself in the skills involved and those characteristics set forth as being desirable.
- **ENJOY ATHLETICS** – It is necessary to acknowledge all of the personal rewards we derive from athletics, and to give sufficiently of ourselves in order to preserve and improve the program.
- **TO DEVELOP DESIRABLE PERSONAL HEALTH HABITS** – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop a desire to maintain this level of physical fitness after formal competition has been completed.

RESPONSIBILITIES OF A MAPLETON ATHLETE

Being a member of a Mapleton athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes the hard work of many people over many years. As a member of an interscholastic squad, you have inherited a great tradition, a tradition you are challenged to uphold and improve upon.

- **RESPONSIBILITY TO YOURSELF** – The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible benefit from your school experiences. Your studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

- **RESPONSIBILITY TO YOUR SCHOOL** – Another responsibility you assume as a squad member is to your school. Mapleton cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage in, by participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.
- **RESPONSIBILITY OF LEADERSHIP** – 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 a stage with the spotlight on you. The student body, the community, and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to your school spirit and community pride. Make Mapleton proud of you and your community proud of your school by your faithful commitment to these ideas.
- **RESPONSIBILITY TO OTHERS** – As a squad member, you also must bear a heavy relationship to your home.

RECOGNIZED SPORTS OF MAPLETON SCHOOLS

Baseball – Varsity, Junior Varsity
 Basketball - Boys and Girls: Varsity, Junior Varsity, Jr. High
 Cheerleading – Varsity, Junior Varsity, Jr. High
 Cross Country – Boys and Girls: Varsity, Jr. High
 Football – Varsity, Junior Varsity, Jr. High
 Golf – Boys and Girls: Varsity, Junior Varsity
 Soccer – Girls: Varsity
 Softball – Varsity, Junior Varsity
 Track – Varsity, Jr. High
 Volleyball – Varsity, Junior Varsity, Jr. High
 Wrestling – Varsity, Jr. High

*****THESE SPORTS WILL BE OFFERED AS LONG AS THERE ARE SUFFICIENT NUMBERS FOR THE PROGRAMS. *****

OHSAA POLICIES REGARDING ATHLETIC PARTICIPATION

In addition to any rules, policies, and procedures contained within or adopted by Mapleton Local School or the Mapleton Board of Education, all student-athletes at Mapleton Middle School and Mapleton High School must adhere to all OHSAA rules, policies, and procedures governing interscholastic athletics.

STUDENT REQUIREMENTS FOR PARTICIPATION

To be involved with interscholastic athletics in the Mapleton Local School system, the students must do all of the following:

- **PHYSICAL EXAMINATION** – Each student/athlete must have on file in the Athletic Department Office a current and completed physical form signed by a doctor. Physicals are valid for 13 months.
- **EMERGENCY MEDICAL FORM** – Forms were completed as part of the online registration process for school. It is the responsibility of the athlete and the athlete's parent to make sure that forms are updated when any information provided in the form changes.
- **ATHLETIC HANDBOOK VERIFICATION** - Each student-athlete must have this form electronically signed by the parent/guardian and the student-athlete. Forms can be found in the Athletics section of Mapleton's online student registration system.

- **ACKNOWLEDGEMENT OF RISK FORM-** Each student-athlete must have this form electronically signed by the parent/guardian and the student-athlete. Forms can be found in the Athletics section of Mapleton's online student registration system.
- **LINDSAY'S LAW SIGNATURE FORM-** Each student-athlete must have this form electronically signed by the parent/guardian and the student-athlete. Forms can be found in the Athletics section of Mapleton's online student registration systems.
- **CONCUSSION FORM** - Each student-athlete must have this form electronically signed by the parent/guardian and the student-athlete. Forms can be found in the Athletics section of Mapleton's online student registration system.
- **DRUG TESTING SIGNATURE FORM (High School Students Only)** - Each high school student-athlete must have this form electronically signed by the parent/guardian and the student-athlete. Forms can be found in the Athletics section of Mapleton's online student registration system.
- **MANDATORY ATTENDANCE AT THE PRESEASON MEETING** – There will be a mandatory meeting at the beginning of each sport season for all parents, players, and coaches to review policies, procedures, and the Athletic Handbook. Player/Parents who do not attend this meeting will not be allowed to participate until they have met with the Athletic Director and the head coach of that sport.
- **PARTICIPATION** – The participation fee is **\$75 per sport** with a **family cap of \$300**. The Activity Fee will apply to all high school and middle school sports and Cheerleading. A separate Activity Fee of \$20 will apply to Marching Band and Sweethearts. All fees must be paid in full by the specified date set by the athletic director before competing in practices and interscholastic contests.

SCHOLASTIC ELIGIBILITY REQUIREMENTS

To be eligible to participate in interscholastic athletics in the Mapleton School system, all student-athletes, including cheerleaders and dance team members, will be required to meet the following scholastic eligibility requirements prior to participation:

Middle School Eligibility (Grades 7-8)

- Must be passing a minimum of four (4) one-credit courses, or the equivalent, the preceding grading period that earn, each of which counts toward promotion.
- Earn a 1.60 GPA or better in the preceding grading period.
- Students entering 7th grade for the first time are exempt from these requirements for the first grading period of eligibility.
- An athlete that is ineligible may practice with their team at the coach's discretion, but may not play in games or scrimmages until all the requirements have been met and they have been determined eligible.

High School Eligibility (9-12)

- Must be passing a minimum of five (5) one-credit courses, or the equivalent, the preceding grading period each of which counts toward graduation.
- Earn a 1.60 GPA or better in the preceding grading period.
- Students entering the 9th grade must meet the eligibility standards for 8th grade students for the first grading period of the 9th grade year. After the first grading period, students must follow the high school eligibility requirements.
- An athlete that is ineligible may practice with their team at the coach's discretion, but may not play in games or scrimmages until all the requirements have been met and they have been determined eligible.

Mapleton Virtual Academy, Ashland County Career Center, and Non-Attending Students

- Must meet all scholastic eligibility standards as described for the grade level in which the student is enrolled.

ATHLETIC CODE OF CONDUCT

The Athletic Code of Conduct is in effect for all athletic activities and all student-athletes on a 12-month basis regardless of the sports season.

All student-athletes are expected to follow the Mapleton Board of Education adopted Student Code of Conduct, the Mapleton Middle School Student Handbook (for 7-8 student-athletes), and Mapleton High School Student Handbook (for 9-12 student-athletes) at all times.

Participation in extra-curricular activities, including interscholastic sports, is a privilege and not a right. Therefore, the Board of Education authorizes the Superintendent, principals, and assistant principals and other authorized personnel employed by the District to supervise or coach a student activity program, to prohibit a student from participating in any particular or all extra-curricular activities of the District for offenses or violations of the Student Code of Conduct for a period not to exceed the remainder of the school year in which the offense or violation of the Student Code of Conduct took place unless otherwise stated in the Athletic Code of Conduct.

In addition, student athletes are further subject to the Athletic Code of Conduct and may be prohibited from participating in all or part of any interscholastic sport for violations therein.

Students prohibited from participation in all or part of any extra-curricular activity are not entitled to further notice, hearing, or appeal rights.

In matters pertaining to personal conduct in which athletics are not involved and may, or may not, occur on school grounds or during the school day, the school administration is to be the sole judge as to whether the student may participate in athletics.

Athletes who are convicted of, or admit guilt to, any federal, state, or municipal ordinance or statute (these are legal violations that occur outside the parameters of this code) where such a violation has or is likely to have a negative impact on the school and/or community may be denied participation in practices or athletic contests. The only exception would be vehicular violations that do not include alcohol or drugs. The length of any denial of participation is at the sole discretion of the school administration.

In matters pertaining to personal conduct in which athletic contests and their related activities are involved, the principal and/or game officials shall file a report and the OHSAA Commissioner's office shall have jurisdiction to determine additional penalties, including whether or not the student may participate in athletics. Physical attacks on any official shall be reported to the OHSAA immediately by the officials involved. The OHSAA Commissioner shall conduct an investigation and determine the penalties involved.

A. Social Networking Policy

As a condition of being a student-athlete at Mapleton Local Schools, student-athletes must abide by the following rules related to the use of the internet and social networking sites. Failure to do so will result in said athlete being denied participation as determined by the coach and/or administration. End of season awards may be denied as well. The maximum penalty will be the denial of participation for a period of one calendar year from the date of infraction. Any felonious social networking activity may be

turned over to the authorities as deemed necessary by school administration.

1. Student-athletes may not post any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, athletic department or school (examples: obscene images or language, pictures of illegal substances, or references to drugs or sex) online.
2. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at home school or any other member school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking or illegal drug use).

B. Hazing

Hazing activities of any type are inconsistent with the educational and athletic process and will be prohibited at all times. No administrator, faculty member, or other employee of the district shall encourage, permit, condone, or tolerate any hazing activities. No student, including leaders of student organizations, may plan, encourage, or engage in any hazing.

Hazing is defined as doing any act of coercing another, including the victim, to do or initiate any act to any student or other organization that causes or creates a substantial 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.

C. Absences

Excused absences are to be determined by the head coach. Any athlete with an excused absence from a practice, scrimmage, or event may have his/her participation limited or denied.

Head Coaches of each school sponsored sport will determine a procedure for handling unexcused absences that will be distributed to athletes/parents in their preseason team meetings and included in the team rules. Any athlete in violation of these team rules in regards to unexcused absences may be denied participation as determined by the coach and/or administration.

Vacation policy - Vacations by athletic team members during a sports season are discouraged. In the event an absence due to vacation is unavoidable, an athlete must:

- a. Contact the head coach prior to the vacation at least **two weeks in advance**.
- b. Be willing to assume consequences for missing practices or games and determined by the coach and/or administration.

D. Team Travel

A student must travel via school provided transportation to and from all athletic contests, practices, and scheduled events. A student athlete may be permitted to be released **ONLY** to a parent/guardian and **ONLY** if prior, written authorization has been obtained. Such authorization must be through the head coach.

E. School Suspension

A student placed in in-school suspension may practice but is unable to compete in any athletic contest during the suspension period. The suspension period is considered to have ended on the last day of the suspension period.

A student who receives an out-of-school suspension is not permitted to practice or attend athletic contests during the suspension. The suspension period is considered to have ended on the first day the student returns to class.

MAPLETON ATHLETIC DEPARTMENT ALCOHOL/TOBACCO POLICY (Schedule 1 violation of alcohol and tobacco)

Any student using or possessing alcohol or tobacco shall be denied participation in interscholastic athletics. The use of tobacco shall include cigars, cigarettes, pipes, snuff, or any other matter or substances that contain tobacco. This rule also applies the use of electronic cigarettes, vapor products, or any products that simulate the use of tobacco. This is also to include attendance at functions or parties in which peer group/underage alcohol consumption or illegal drug use takes place or riding in a vehicle where alcoholic beverages and/or illegal or counterfeit drugs are being consumed. Students who remain in attendance and do not make an attempt to leave from a function/situation immediately in which peer group underage alcohol or illegal drug use take place will be considered in violation of this rule. This rule is in effect for 12 months of the year.

USE OR POSSESSION – FIRST VIOLATION

1. The student will have to make an appointment with the appropriate counselor or agency as dictated by the administrative team. The parent/guardian/custodian is responsible for documentation that the athlete completed all recommendations of the administration and appropriate counseling agency/program requirements. The athlete will be denied participation for a minimum of 10% of the season. If suspension results in student/athlete not meeting varsity letter criteria then varsity status will not be given. Any remaining percentage of the denial of participation not served shall be applied toward the next sport in which the athlete participates. The parent/guardian/custodian and student will meet with the Athletic Director, the coach, and a building administrator to determine reinstatement. The student may be required, at parent/guardian/custodian expense, to submit to random testing for the remainder of the current athletic season.
2. The athlete must attend all practices and all training rules and requirements of the sport team must be followed. They must travel and sit on the team bench with the team but not in uniform.

USE OR POSSESSION – SECOND VIOLATION

1. The student will have to make an appointment with the appropriate counselor or agency as dictated by the administrative team. The parent/guardian/custodian is responsible for documentation that the athlete completed all recommendations of the administration and appropriate counseling agency/program requirements. The athlete will be denied participation for a minimum of 20% of the season. If suspension results in student/athlete not meeting varsity letter criteria then varsity status will not be given. Any remaining percentage of the denial of participation not served shall be applied toward the next sport in which the athlete participates. The parent/guardian/custodian and student will meet with the Athletic Director, the coach, and a building administrator to determine reinstatement. The student may be required, at parent/guardian/custodian expense, to submit to random testing for the remainder of the current athletic season.

2. The athlete must attend all practices and all training rules and requirements of the sport team must be followed. They must travel and sit on the team bench with the team but not in uniform.

USE OR POSSESSION – THIRD VIOLATION

3. The student will have to make an appointment with the appropriate counselor or agency as dictated by the administrative team. The parent/guardian/custodian is responsible for documentation that the athlete completed all recommendations of the administration and appropriate counseling agency/program requirements. The athlete will be denied participation for a minimum of 50% of the season. If suspension results in student/athlete not meeting varsity letter criteria then varsity status will not be given. Any remaining percentage of the denial of participation not served shall be applied toward the next sport in which the athlete participates. The parent/guardian/custodian and student will meet with the Athletic Director, the coach, and a building administrator to determine reinstatement. The student may be required, at parent/guardian/custodian expense, to submit to random testing for the remainder of the current athletic season.

USE OR POSSESSION – FOURTH VIOLATION

The student/athlete found in violation of the alcohol/tobacco policy for a fourth time shall be denied participation in interscholastic athletics for the remainder of their athletic careers while a student in the Mapleton School system.

SELF REFERRALS

An athlete will have a one-time Self-referral during grades 9-10 & one-time Self-referral grades 11-12 for their high school careers. Any student moving into the district in 10th grade will follow the regular schedule of Self-referrals, any student moving into the district in 11th or 12th grade will only have one (1) Self-referral. Counseling and additional testing are required and no other punitive action is taken. A self-referral must take place prior to the generation of the random selection list for the current drug testing session. A student athlete may not self-refer once this list has been generated.

MAPLETON ATHLETIC DEPARTMENT ILLEGAL DRUG POLICY (Schedule 2 – Illegal drugs / banned substances)

Any student using or possessing, buying or selling counterfeit drugs, look-alike, illegal drugs, or any substance represented to be an illegal drug, shall be denied participation in interscholastic athletics.

USE OR POSSESSION – FIRST VIOLATION

1. The student will have to make an appointment with the appropriate counselor or agency as dictated by the administrative team. The parent/guardian/custodian is responsible for documentation that the athlete completed all recommendations of the administration and appropriate counseling agency/program requirements. The athlete will be denied participation for a minimum of 20% of the season. If suspension results in student/athlete not meeting varsity letter criteria then varsity status will not be given. Any remaining percentage of the denial of participation not served shall be applied toward the next sport in which the athlete participates. The parent/guardian/custodian and student will meet with the Athletic Director, the coach, and a building administrator to determine reinstatement. The student may be required, at parent/guardian/custodian expense, to submit to random testing for the remainder of the current athletic season.

2. The athlete must attend all practices and all training rules and requirements of the sport team must be followed. They must travel and sit on the team bench with the team but not in uniform.

USE OR POSSESSION – SECOND VIOLATION

1. The student will have to make an appointment with the appropriate counselor or agency as dictated by the administrative team. The parent/guardian/custodian is responsible for documentation that the athlete completed all recommendations of the administration and appropriate counseling agency/program requirements. The athlete will be denied participation for a minimum of 50% of the season. If suspension results in student/athlete not meeting varsity letter criteria then varsity status will not be given. Any remaining percentage of the denial of participation not served shall be applied toward the next sport in which the athlete participates. The parent/guardian/custodian and student will meet with the Athletic Director, the coach, and a building administrator to determine reinstatement. The student may be required, at parent/guardian/custodian expense, to submit to random testing for the remainder of the current athletic season.
2. The athlete must attend all practices and all training rules and requirements of the sport team must be followed. They must travel and sit on the team bench with the team but not in uniform.

USE OR POSSESSION – THIRD VIOLATION

The student/athlete found in violation of the drug/alcohol/tobacco policy for a third time shall be denied participation in interscholastic athletics for the remainder of their athletic career, while a student in the Mapleton School system.

SELF REFERRALS

An athlete will have a one-time Self-referral during grades 9-10 & one-time Self-referral grades 11-12 for their high school careers. Any student moving into the district in 10th grade will follow the regular schedule of Self-referrals, any student moving into the district in 11th or 12th grade will only have one (1) Self-referral. Counseling and additional testing are required and no other punitive action is taken. A self-referral must take place prior to the generation of the random selection list for the current drug testing session. A student athlete may not self-refer once this list has been generated.

SALE OR DISTRIBUTION –FIRST VIOLATION

The student/athlete in first violation of sale or distribution will be treated the same as a second violation for use or possession. (1 year – 50%)

SALE OR DISTRIBUTION – SECOND VIOLATION

The student/athlete found in second violation of sale or distribution will be treated the same as a third violation for use or possession.

PENALTY DEFINITIONS

1. To calculate the percentage of penalty for suspension, the number of **regular- season** contest scheduled will be used for each respective sport.
2. When a penalty results in a denial of partial contest, the fraction will be rounded off to the nearest whole contest. **EXAMPLE: 3.49 contests will be 3 contest, 3.5 contests will be 4 contests.**

3. A suspended athlete who has a carry-over penalty in to a succeeding sport must complete the season in that sport in good standing in order for the suspension to be credited to that sport.
4. Penalties accumulated in Junior High will carry over in High School.
5. Any junior or senior athlete who is serving a suspension from participation will not be permitted to serve their suspension by going out for a sport for the first time.
6. If a parent, by way of formal meeting with the Athletic Director, turns their own child in for a violation of the policy the student/athlete will not be penalized by the policy. However, the student/athlete will have to be evaluated by ACCADA and agree to carry out the assessment recommendations with documentation sent to the Athletic Director. This student/athlete will then be randomly drug tested twice during a one calendar year time period from the time that they were turned in, A student/athlete can only be turned in once by their parents during their athletic career as a member of the Mapleton School system. All assessments are to be done at the athlete's expense.

DRUG TESTING POLICY MAPLETON HIGH SCHOOL

The Mapleton Board of Education Drug Testing Policy was formed because of a concern that alcohol and illicit drugs may be used by Mapleton High School students. The Mapleton 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 Mapleton 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, Mapleton has selected student athletes, students who participate in extra-curricular activities, student drivers, 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, drivers 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 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. curriculum related activities

DEFINITIONS

1. STUDENT ATHLETE

Any person participating in the MAPLETON High School athletic program and/or contests under the control and jurisdiction of the MAPLETON Schools and/or the Ohio High School Athletic Association (OHSAA). This policy also includes cheerleaders and members of the Wrestling Spirit Club.

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 MAPLETON Schools. There are three athletic seasons: Fall, Winter, Spring. Once entered, the student will participate in the drug testing program for 1 year from date of signing consent.

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/ILLCIT 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. SEASON TESTING

At the beginning of each season (Fall, Winter, Spring), 25% of all eligible students will be randomly selected to submit a urine or saliva drug and alcohol testing sample. This testing will be completed within the first two

weeks of each season on a specified date and time. The collection process will take place on school property or at a Board of Education approved testing facility. The Head Coach is responsible for ensuring that all student athletes and their parent/guardian/custodian properly sign the INFORMED CONSENT AGREEMENT prior to testing. Any student moving into the District shall be tested prior to the time he/she joins the team.

2. RANDOM TESTING

In-session random testing shall be done throughout the season. Each in-session test will pull up to 10-20% of the eligible students tested per random selection. A student may be tested more than once per season. In the event of a positive 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 Athletic Director, 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 Athletic Director and confirmed with the building administrator. Random testing may be done at any time during the year.

3. DRUGS FOR WHICH ATHLETES 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.

4. COLLECTION PROCESS (Urine Screens) Other testing types may apply.

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 Athletic Director 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 Athletic Director 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.

Students will be asked to hold out their hands and a sanitizer will be put on their hands or will wash hands with water. 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. 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 in each of the subsequent testing dates. 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:

If a positive test occurs the student athlete will follow the appropriate guidelines as outlined in the Mapleton Athletic Drug (Schedule 1 and/or Schedule 2) Policy:

MAPLETON ATHLETIC DEPARTMENT ALCOHOL/TOBACCO POLICY
(Schedule 1 violation of alcohol and tobacco)

MAPLETON ATHLETIC DEPARTMENT ILLEGAL DRUG POLICY
(Schedule 2 – Illegal drugs / banned substances)

7. SELF REFERRALS

An athlete will have a one-time Self-referral during grades 9-10 & one-time Self-referral grades 11-12 for their high school careers. Any student moving into the district in 10th grade will follow the regular schedule of Self-referrals, any student moving into the district in 11th or 12th grade will only have one (1) Self-referral. Counseling and additional testing are required and no other punitive action is taken. A self-referral must take place prior to the generation of the random selection list for the current drug testing session. A student athlete may not self-refer once this list has been generated.

ATHLETIC DEPARTMENT GENERAL POLICIES

COMPLAINT/CONFLICT PROCEDURE

If a parent has a complaint or conflict with a particular sport and or coach, the parent should deal with the complaint/conflict in the following way:

1. Set up a meeting with the immediate coach/head coach.
2. Set up a meeting with the Athletic Director.

The parent should only move to the next level if the complaint/conflict has not been resolved at the level before. In all complaints/conflicts you must begin by meeting with the coach first.

JOINING A SPORT:

An athlete **has 5 days** from the first official start date of the current season to join the team. After 5 days approval must come from the coach, Athletic Director and Principal.

DROPPING, QUITTING OR TRANSFERRING SPORTS

On occasion an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Talk to your immediate coach and then the head coach.
2. Report your situation to the Athletic Director.
3. Turn in all equipment issued to you to the head coach.
4. After the first official contest in either sport has been completed, athletes will no longer be able to transfer sports.

In the event of someone quitting a sport **after the first official contest**, that athlete cannot then attend conditioning, open gym, or weightlifting sessions of another sport until the current sport they quit has completed their entire season (Including tournaments). Once all Mapleton teams and individuals in the sport in which the athlete has quit have been eliminated or concluded, that athlete will be reinstated to begin training in the next sport of their choosing. He/she will forfeit any awards for that sport.

If the athlete wishes to change sports after they have been with that sport 14 days, he/she must receive approval of both coaches involved and the Athletic Director. Failure to follow this procedure can result in loss of athletic privileges.

CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

Students who wish to participate in multiple extra-curricular activities in the same season are permitted to do so only after gaining approval of all coaches or advisor of the extra-curricular activities in which the student wishes to participate. In addition, the student must receive approval of the appropriate school principal and athletic director. Such approval must be in writing.

If, after a student is granted permission to participate in multiple extra-curricular activities, the student chooses to not participate in one extra-curricular, the student will be denied participation in all extra-curricular activities for that season. In addition, the student is responsible for all participation fees associated with any extra-curricular in which he/she participated.

Student athletes currently involved in a sport will not participate in out-of season workouts of other sports until their current season has been completed.

The Mapleton High School and Mapleton Middle School principal and athletic director have final approval on all students who wish to participate in multiple extra-curricular activities in the same season under this policy.

FINANCIAL OBLIGATIONS AND EQUIPMENT

1. Participation/Transportation fee – The fee schedule is on page 3 of this document.
2. Uniforms – In some sports, the athlete will be required to purchase a portion of the game uniform, which will become their property.
3. Equipment – All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contest and practice. All uniforms and equipment not returned in good condition or not returned at all at the end of the season will be subject to a financial penalty and/or post-season awards being withheld until all uniforms and equipment are properly returned or replaced at current replacement cost.

GROOMING AND DRESS POLICY

A member of an athletic team is expected to be well-groomed. Appearance, expression and action always influence people's opinions of athletes, the team and the school

The following grooming and dress rules will be adhered to by team members:

1. Hairstyles and facial hair are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
2. An athlete shall dress presentably at all times, on trips, or at assemblies and banquets. This includes not wearing a hat in a building at any time.
3. Only uniforms issued or approved by the athletic department will be permitted to be worn for contests. The uniform will be worn in the way it was designed and intended to be worn.

SCHOOL ATTENDANCE

In order for a student to be eligible to participate in any extra-curricular activities outside of the school day they must be in attendance for 4 full periods of the school day

COMMUNICATING WITH THE COACH/CHAIN OF COMMAND

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements (fees, special equipment, off-season conditioning).
5. Procedure should your child be injured.
6. Discipline that results in the denial of your child's participation.

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts, **well in advance**.

Issues Not Appropriate to Discuss with Coaches

1. Playing time.
2. Team strategy and play calling.
3. Other student athletes.

Appropriate Procedure for Discussing Concerns/Proper Chain of Command

1. Athlete should first speak with the coach.
2. Call to set up an appointment with the coach (contact the athletic administrator to set up the meeting if unable to reach the coach).
3. Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved and do not promote resolution).

What if the Meeting with the Coach Did Not Provide a Satisfactory Resolution?

1. Call to set up an appointment with the athletic administrator.
2. Determine the appropriate next step at this meeting.
3. Actual steps to take in the "Chain of Command":
 - A. meet with the head coach and Athletic Director
 - B. meet with the principal
 - C. meet with the superintendent

Mapleton High School Varsity Letter Requirements Athletic Awards

The requirements for an athlete to receive any awards are:

1. *He or she must be in good standing at the end of the season and present at the awards ceremony, or have a valid excuse for not attending*
2. *Return all issued equipment and uniforms in clean and proper condition as stated by the coach.*

Cross Country Score as one of the top seven runners within the team in at least half of the varsity meets

Cheerleading Determined during tryouts as to which squad the individual is assigned, varsity or JV

Football A player must play in over ½ of the quarters in a season, this number is usually 21, however if a player is on track and gets injured & stays part of the team, at coach's discretion the athlete can be awarded a varsity letter.

Soccer 16 games in a season, there are a total of 32 halves. An athlete needs to play in at least 16 halves for a varsity letter, or under certain circumstances, if an athlete who lettered the

previous year is injured and does not meet the 16 halves, it is at the coaches discretion to award a varsity letter.

Volleyball	Student/athletes need to play in $\frac{1}{2}$ of the total matches for the season, example: 22 games equal 66 matches, the student/athlete would need to have been in for 33 of those matches to earn a varsity letter, a student/athlete injured during the course of the season will be at the coaches discretion.
Golf	Compete in half of the varsity matches scheduled, including invitational and special tournaments
Basketball	Play in one-third ($\frac{1}{3}$ or 33.3%) of the total varsity quarters in which they are physically able to play. (Example: 25 total games/100 possible quarters-the player would need to play in at least 34 quarters to earn a letter.) Be a senior and have been part of the basketball program for four (4) years not having earned a varsity letter prior.
Wrestling	<p>Must meet 3 of the 5 criteria listed below:</p> <ul style="list-style-type: none">• Wrestle in 15 varsity matches.• Accumulate at least 50 team points.• Participate in 80% of all varsity meets.• Wrestle at the sectional wrestling tournament.• Attend all varsity practices with at least 98% attendance.
Track and Field	<p>25 points to earn your letter. 20 points if you are solely a shot put and discus athlete. Points can be earned through the following ways:</p> <ul style="list-style-type: none">• Placing in a meet. The athlete will earn the same number of points scored for the place that they finish at any meet.• Participation points. The athlete will earn one point towards their letter for each meet that they compete in.• PR Points. The athlete will earn one point for improving on a performance during the course of the season.
Baseball/Softball	<p>The player must begin practicing with the team, a minimum of two weeks before the first contest, and continue through the entire season. (In the case of injury or participation in a prior sport, start time may be waived.)</p> <ul style="list-style-type: none">• A player must compete in one-half the games played at the varsity level. Participation in a game consists of two complete innings. JV contests do not count towards a letter.• A player that is a pitcher for the team may be eligible for a letter if he/she pitches in one fourth of the number of varsity games.

MAPLETON LOCAL SCHOOLS FAN/SPECTATOR EJECTION POLICY

We expect our parents, fans, and spectators to conduct themselves in a manner that is positive and does not take away from the game or the work that our student-athletes have put into being able to compete. The policy below outlines the expectations as well as the outcomes of violating this policy.

Parents, fans, and spectators will not:

- Use profane language or language that is meant to belittle a team, individual athlete, coach, official, or another spectator.
- Use threatening language directed towards a coach, competitor, official, or another spectator.
- Enter the field of play unless directed to do so by the coach and official during an emergency.

Violations of this policy are cumulative from one year to the next. The ejection can be either by the game official, the Mapleton administrator on duty, or the home administrator on duty when Mapleton is the home team.

First violation-

The individual will be prohibited from attending Mapleton events, home or away, until two contests have been completed at the same competitive level at which the ejection occurred. *Example: A fan ejected during a varsity football game is prohibited from attending any Mapleton athletic events until two varsity football games have been completed.*

Second violation-

The individual will be prohibited from attending Mapleton events, home or away, for 50% of the regularly scheduled season. The denial of attendance may carry over into the next athletic season. A meeting between the fan, athletic director, and school principal must also take place prior to the denial of attendance being completed. *Example: A fan ejected during a varsity girls' basketball game is prohibited from attending any Mapleton athletic events until 11 games have been completed. If there are only 6 games remaining, the denial of attendance will remain in place until 5 events have been completed of the next season (in this case, the spring athletic season.)*

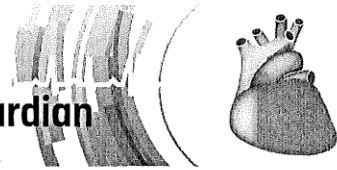
Third violation-

The individual will be prohibited from attending Mapleton events for one calendar year. A meeting between the fan, athletic director, and school principal must take place prior to the denial of attendance being completed.

Fourth violation-

The individual will have a permanent denial of attendance to Mapleton athletic events.

Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
 - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
 - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
 - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
 - 1) Structural heart disease. This may or may not be present from birth
 - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
 - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
 - o A blood relative who suddenly and unexpectedly dies before age 50
 - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
 - Chest pain/discomfort
 - Unexplained fainting/near fainting or dizziness
 - Unexplained tiredness, shortness of breath or difficulty breathing
 - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
 - ❖ Link 1: Early recognition
 - Assess child for responsiveness. Does the child answer if you call his/her name?
 - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
 - ❖ Link 2: Early CPR
 - Begin CPR immediately
 - ❖ Link 3: Early defibrillation (which is the use of an AED)
 - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
 - If an AED is not available, continue CPR until EMS arrives
 - ❖ Link 4: Early advanced life support and cardiovascular care
 - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

