

# ***ODESSA TIGERS***

## **Student Athletic & Activities Code**

***Updated and Approved - June 27, 2018***

### **Athletic Philosophy**

In the Odessa School District, interscholastic athletics and extra-curricular activities are a privilege, not a right. When an individual is involved in our schools athletics and activities programs, he/she represents not only the school but also his/her family, student body, community and self. As a representative of Odessa, standards must be kept high. Therefore, it is important that students of the Odessa School District conduct themselves in a manner above question not only in school and at school sponsored activities, but outside of school as well.

For the purposes of this Code, non-athletic activities are defined as school-sponsored organized club or class-related activities that extend beyond the regular class time and/or away from school property. Activities include, but are not limited to, Associated Student Body Government (ASB), cheerleading, FBLA, FFA, Math-Science Club, National Honor Society, Pep Club and Knowledge Bowl. Participants in non-athletic activities shall be subject to the provisions of this Code unless otherwise noted. Any suspension shall be effective on the date when administrative action is taken.

***The Athletic & Activities Code will be enforced throughout the entire school year beginning with the first day of fall athletic practices through the last day of school. For summer athletic camps and other school sponsored activities, the code will be in effect only during actual participation times.***

### **Participation Requirements**

In order to participate in the Odessa School District Athletic and Activities programs, a student must abide by the following standards:

1. Meet all requirements of the Washington Interscholastic Activities Association (W.I.A.A.) that includes, but is not limited to, physical examination and insurance coverage.
2. Meet all requirements of the Odessa Athletic/Activities Code.
3. Join the Associated Student Body (A.S.B.) by purchasing an A.S.B. card. (No student will be denied participation for economic reasons.)
4. If an athlete has an illness or injury which was serious enough to require medical care, he/she must secure a physician's release to resume participation in an athletic activity.
5. Maintain regular school attendance. Full-day attendance the day of an activity (including practice) will be required to establish participant eligibility. However, an administrator may grant permission for participation based on extenuating circumstances. All W.I.A.A. requirements must be met in regard to attendance.
6. All participants shall maintain academic eligibility requirements during and at the conclusion of all academic semesters/trimesters/quarters. The rules governing academic eligibility are outlined below.
7. All participants are required to use the transportation provided by the District to get both to and from all practices and athletic events. Any variance from this procedure requires prior approval from district administration.

### **Academic Eligibility**

All participants are expected to have a minimum 2.0 Grade Point Average (GPA)

Participant's grades will be monitored throughout the activity period through weekly grade checks.

The following process will then be followed:

1. If a participant falls below a 2.0 GPA, the participant and the parent will be notified. The participant will remain on the "warning" list until the grade reaches a 2.0 GPA or above. If a participant remains on the warning list after two weeks, the participant becomes ineligible for athletics/activities until he/she is passing all grades at the weekly grade checks.
2. If a participant is receiving an "F" grade at the weekly grade check, he/she will be automatically be added to the "warning" list.
3. If a participant is deemed ineligible after their two week warning period, the participant will be allowed to continue to participate in practices, but will not be allowed to play at games, nor travel to away games with the team and/or participate in extra-curricular activities.
4. Participants who become ineligible more than once during a season will need to meet with their administrator to discuss their academics and future eligibility before they will be allowed to resume participation.
5. If a participant is below a 2.0 GPA at the quarter grading period, the participant will not be allowed to play at games nor travel to away games with the team for a period of two weeks and/or participate in extra-curricular activities.
6. If a participant is ineligible from the previous semester due to not receiving enough credits or falling below a 2.0 GPA is ineligible for the first 5 weeks of the succeeding semester for HS students and the first 3 weeks of the succeeding semester for MS/JH students. The participant may not practice or play during this time period.

**Running Start Student:** A Running Start student must:

- A. Be registered as a fulltime student; and
- B. Be in a position of passing as reported by a designated frequency of progress reports issued during the term of the sport in which he/she is participating.

**Special Education Student:** A student in Special Education and/or extenuating circumstances who fails to meet the above standard will be reviewed on an individual basis. The Principal will determine final eligibility.

### **Athletic/Activities Code**

1. The use, consumption, or possession of alcohol and/or tobacco/delivery devices as defined in policy 4215 are prohibited. Any violation will be subject to the following disciplinary action:
  - A. The first offense will result in a four (4) week suspension from the athletics and/or activities program(s).
  - B. The second offense will result in suspension from the athletics and/or activities program(s) for the remainder of the school year or twelve (12) weeks, whichever is greater. If the student wishes to regain eligibility before the twelve (12) weeks has been completed they may approach the principal with a plan of education designed to assist the student in making healthier choices in regards to the use of alcohol and/or tobacco. See Item 8 sections A-E for additional information.

2. The use, consumption, or possession of marijuana, illegal drugs, illegal use of prescription drugs, or steroids in violation of R.C.W. 69.41 is prohibited. Any violation will be subject to the following disciplinary action:
  - A. The first offense will result in a suspension from the athletics and/or activities program(s) for the remainder of the sports season, and/or extra-curricular activity, or twelve (12) weeks, whichever is greater.
  - B. The second offense will result in a suspension from the athletics and/or activities program(s) for one calendar year from the date of the infraction.
  - C. The third offense will result in a suspension from the athletics and/or activities program(s) for the remainder of the high school career. The sanctions are in accordance with WAC 392-183-A25 and apply to all W.I.A.A. members throughout the State of Washington. See Item 8 sections A-E for additional information.
3. Athletic ineligibility will be determined by the length of the sports season as defined by the W.I.A.A. Ineligibility not completed during the current school year or during school sponsored summer athletics will resume at the first contest of the next sports season in which the student participates (pre-season time is excluded).
4. Ineligibility for Non-athletic activities will be determined on a straight calendar basis. Ineligibility not completed during the current school year or during school sponsored summer activities will be carried into the following school year and will resume the first day of school.
5. Participants may fulfill W.I.A.A. practice eligibility requirements during the period of suspension.
6. Students charged of a gross misdemeanor or greater violation will be ineligible to participate in Odessa extra-curricular activities for a period of 1 year from the date of conviction.
7. The Principal shall use professional judgment based on available information to determine actions to be taken in regard to the Athletic and Activity Code.
8. The Odessa School District encourages any and all participants suffering from alcohol, tobacco, or substance abuse to enter a program of rehabilitation. The District will not pay for rehabilitation programs. The rehabilitation program must be approved by Odessa School District Administration.

A participant who voluntarily reports his/her dependency on illegal drugs, alcohol, or tobacco will be permitted full participation in the activities program subject to the following conditions:

  - A. Submit to counseling.
  - B. Participation in a rehabilitation program as set forth by the counselor and/or an approved counseling agency and with approval by Odessa School District Administration.
  - C. All costs for the counseling and rehabilitation services shall be borne by the participant.
  - D. Failure to attend any prescribed rehabilitation sessions or violation in the use of alcohol, tobacco, or drugs during the rehabilitation program shall result in immediate suspension as specified in #2A.
  - E. The participant must provide ongoing and complete verification of participation in the program by the administering agency or #2A will become effective immediately.
9. The coach of each sport or advisor of each activity sponsored by the Districts shall determine which participants shall be awarded letters, certificates, or other awards. The

criteria for such awards shall be submitted to the Athletic Director and/or Principal prior to the beginning of the activity.

10. A participant who is ineligible and/or suspended from the team and/or extra-curricular activity because of alcohol, tobacco, or drugs shall not miss school, sit with, assist, or travel with any athletic team or activity group.
11. A participant in athletics shall have two (2) weeks to drop a sport and try out for another sport. However, after the two week period the participant will not be eligible for another sport.
12. A participant who violates the Districts rules shall be subject to disciplinary action.

Activities are a privilege, not a right. A participant charged with violation of the Athletic & Activity Code and/or individual activity/sport rules or regulations, and along with his/her parent/guardian, shall be notified of the accusation and receive written verification of the sanction imposed by the Principal. Although the decision rests with the Principal, appeals can ultimately be made to the Superintendent and potentially to the School Board (WAC 180-40-240).

## *Odessa School District Parent Code of Conduct*

The Odessa Junior & Senior High School staff promotes the elements of character building and ethics in athletics. As a parent of an Odessa Junior & Senior High School Athlete, you are expected to adhere to a standard of conduct and demonstrate good sportsmanship and leadership.

### Parents Code of Conduct

1. Encourage good sportsmanship by being a positive role model by showing respect and demonstrating positive support for all players, coaches, officials and spectators.
2. Be realistic about your son/daughter's physical ability.
3. Remember that student athletes participate to have fun and the game is for the athletes not the adults
4. Let the coaches coach.
5. Do not engage in any type of unsportsmanlike conduct with any official, coach, player, or parent. (ie. booing, taunting or the use of profane language or gestures).
6. Respect coaches and their authority during games and practice. Never discuss or confront before/during or immediately following a game. **AFTER** you've advised your athlete to discuss concerns with the coach first, you may set up a time to meet/discuss an issue with a coach.
7. Do not use social media to air grievances with coaches, players or parents.
8. Admission to a school athletic event provides parents with the privilege of observing the contest. Inappropriate conduct may result in removal from the facility and could result in prohibition from future contests.

### Parent/Coach Relationship

As Parents, when your child becomes involved in our programs, you have the right to understand what the expectations are. This begins with clear communication from the coach. Prior to the start of a sports season is the appropriate time to make sure you, as the parent, understand the expectations set forth by the coach. If you do not understand the expectations or need clarification, make sure you communicate with the coach **prior** to the season getting underway.

#### Communication you should expect from a Coach

1. Expectations and goals for the season.
2. Team requirements.
3. Procedures to be followed in case of an injury per the Athletic Trainer.
4. Team rules, guidelines and consequences for infractions.

#### Communication Coaches expect from athletes/parents

1. Concern for athlete safety.
2. Notification of any schedule conflict in advance.
3. Notification of illness or injury in advance of practice/contest.

As your child becomes involved in the athletic programs at Odessa Junior & Senior High School, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there are times things do not always go the way you or your child desire. At these times, it is important to encourage the child to communicate with the coach.

#### Appropriate concerns to discuss with coaches

1. The specific treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It can be difficult for some parents and players to accept limited or minimal playing time. Coaches are tasked with making decisions based on what they believe is best for the program as a whole. We believe there are certain things that can be, and should be, discussed with your child's coach. However, other things, such as those listed below, must be left to the discretion of the coach.

#### Issues not appropriate to discuss with coaches

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

The above issues are issues that coaches are NOT expected to communicate with parents. Coaches have full authority over the above points. If you feel your child is being treated unfairly in a way that has nothing to do with his/her athletic or sport specific ability, a conference may be arranged with the head coach.

The procedures you should follow if you have a concern to discuss with a coach

1. Athlete and/or parent must make arrangements to meet with the Coach and/or Coaching Staff to discuss concerns.
2. Complete the Odessa Tigers Athletic Complaint form and submit to the Athletic Director. The Athletic Director will review both the complaint and the response from the coach and/or coaching staff prior to making any decisions. All concerned parties will be notified of finding within 5 working days.
3. If the person(s) making the complaint are not satisfied after receiving the decision of the Athletic Director they may appeal first to the Principal and then to the Superintendent. The Administrator(s) will respond in writing within 5 working days of receipt of the continued complaint.
4. If the complainant is not satisfied with the written resolution by the Administration he/she will request a hearing by the Odessa School Board. The Odessa School Board will hear the complaint within 30 days of notification by the complainant that no resolution has been received.

*\*A copy of the Odessa Tigers Athletic Complaint Form can be found on the Odessa School District web page at [www.odessa.wednet.edu](http://www.odessa.wednet.edu).*

## ***ASSUMPTION OF RISK***

### **YOU MUST READ AND SIGN THIS RISK OF WARNING STATEMENT FORM BEFORE YOUR SON OR DAUGHTER MAY PARTICIPATE IN EXTRACURRICULAR ACTIVITIES.**

Participation in extracurricular athletics/activities is voluntary. As a condition to participation in extracurricular athletics/activities you and your parent(s)/guardian(s) must agree to **ASSUME THE RISKS OF INJURY OR DEATH** involved in these activities and agree to **RELEASE** the Odessa School District from liability or ordinary **NEGLIGENCE** in the conduct of its extracurricular athletics/activities.

### **WARNING OF RISK**

Every extracurricular athletics/activities contain inherent risks and it is impossible to eliminate all the risks of injury in extracurricular athletics/activities. The dangers and risks of playing or practicing extracurricular athletics/activities include, but are not limited to, injuries incurred while running, jumping, throwing and by physical contact. Contact while performing the activities, with the floor or ground, other players or other objects can also produce a variety of injuries. While most of these injuries are not of a serious nature they do range from minor bumps, bruises, contusions, sprains, breaks and spinal or head injuries. Thus it is important that you and your son or daughter know, understand, and appreciate the risks of participation in extracurricular athletics/activities.

We as parents/guardians understand the dangers and risks our son/daughter may encounter while participating in extracurricular athletics/activities. These include but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage. We understand that serious injury may occur to virtually all bones, joints, ligaments, muscles,

tendons and other aspects of a participant's body and may affect their general health and well-being.

## ***Student/Parent Concussion and Sudden Cardiac Arrest Awareness***

The Odessa School District believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in Odessa School District athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

### ***Concussion Information Sheet***

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

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

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



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

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

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

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".



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

## **RETURN TO PARTICIPATION PROTOCOL**

If your child has been diagnosed with a concussion they **MUST** follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

Athletes Name: \_\_\_\_\_  
(Last) (First)

***ODESSA TIGERS***  
**Athletic & Activities Code**  
**Student and Parent/Guardian Verification**

We verify as follows:

- We have received, carefully read and understand the Odessa Tigers Student Athletic and Activities Code.
- We have received, carefully read and understand The Parent Code of Conduct.
- We have received, carefully read and understand the Assumption of Risk while participating in extracurricular activities.
- We have received, carefully read and understand the Concussion and Sudden Cardiac Arrest and return to play protocol, the Concussion Information Sheet and the Sudden Cardiac Arrest Information Sheet.
- We understand participation in any such programs is not a right but instead is a privilege.
- We agree to be bound by the terms of the Odessa Tigers Athletics and Activities Code for all programs in which participation may occur.
- We understand that if a provision of the Student Handbook is different or inconsistent with the provisions of this Code, the provisions of this Code will override the Student Handbook.

X \_\_\_\_\_  
[Parent Signature]

Date signed: \_\_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_  
[Print name]

X \_\_\_\_\_  
[Student Signature]

Date signed: \_\_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_  
[Print name]

Athlete's Name: \_\_\_\_\_  
(Last) (First)

***ODESSA TIGERS***  
**MEDICAL EMERGENCY AUTHORIZATION FORM**  
**TO BE COMPLETED BY PARENT AND RETURNED TO SCHOOL PRINCIPAL'S  
OFFICE**

Odessa School District requires accident insurance for students who participate in the Interscholastic Sports Program(s). Please one or both of the sections shown below.

Name of Student Athlete \_\_\_\_\_

As Parent or Legal Guardian, I authorize the team physician or, in his absence, a qualified physician to examine the above-named student and in the event of injury to administer emergency care and to arrange for any consultation by a specialist, including a surgeon, he deems necessary to insure proper care of any injury. Every effort will be made to contact parent or guardian to explain the nature of the problem prior to any involved treatment.

Name \_\_\_\_\_ Date \_\_\_\_\_  
(Signature of Parent or Guardian)

Parent's Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Emergency Contact Person

Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship of contact person \_\_\_\_\_

Family Physician's Name \_\_\_\_\_ Phone \_\_\_\_\_

Name of Family Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Insurance Company Phone  
Number \_\_\_\_\_  
\_\_\_\_\_

**Enrollment in School Insurance Plan**

Student Name \_\_\_\_\_ will enroll in the School Insurance Plan prior to the start of a sports season.

Name \_\_\_\_\_ Date \_\_\_\_\_  
(Signature of parent/guardian)

Please list any allergies and/or medical conditions your child has to help assist the treatment and/or care by a Physician/Medical Professional \_\_\_\_\_  
\_\_\_\_\_