

INTERSCHOLASTIC ACTIVITIES

COACH/ADVISOR'S DUTIES

In accordance with District policy and the coach's job description, the coach has the duty to:

Instruct Participants. The coach/advisor should employ the latest methods or proper instruction using sound progression in presenting motor skills.

Warn Participants. The coach/advisor should inform all athletes/participants and their parents of the inherent risks involved in participation in the particular sport or activity, including the very small risk of infection with a blood-borne pathogen. The coach/advisor must describe, using a variety of methods, the catastrophic and common non-catastrophic injuries unique to the sport/activity.

Supervise Participants. The daily plan should show how the coach/advisor plans to conduct general supervision of the sport/activity, and how he/she will supervise specific drills and other components of the daily practice. Adequacy of supervision should be reviewed in terms of quality and quantity. Factors to consider include, but are not limited to: the age of the students, the size of the students, the equipment involved, the maturity level of the students, the first aid equipment and training available, the appropriate certification of supervisors where required, and the safety training of the personnel involved.

Provide Safe Equipment and Facilities. Equipment should be properly fitted and/or maintained. Athletes should be instructed on how to conduct a daily inspection. Facilities should be free of hazards and inspected regularly. It shall be the responsibility of each athlete to care for and maintain any piece of equipment or uniform that is provided to them and return it in equal condition.

Maintain Records of Injuries. A report should be completed for each accident. Injury reports should be maintained for a period of five (5) years after the student's 21st birthday.

Evaluate Fitness of Participants. The coach has a duty to evaluate the physical fitness, the medical condition, and the skill level of athletes. Failure to evaluate and maintain records of those evaluations may be cause for negligence should an injury occur involving fatigue or lack of skill.

Provide Equal Protection and Due Process. While participation in extra/co-curricular activities is a privilege, a participant who allegedly violates the conduct code must be afforded the opportunity of a fair hearing (see Appeals Process for Disciplinary Action).

Transport Athletes Safely. A coach has a duty to see that athletes are safely transported to and from contests and arrange transportation to practices if practices are held at sites other than the immediate school grounds.

Group Participants. The coach has the duty to employ a recognized system of grouping for participants in a particular sport that will avoid unsafe participation, based upon skill level, age, maturity, sex, size, and experience.

Foresee Danger. A coach should be able to reasonably anticipate foreseeable dangers that may occur if the activity is continued in a facility, or with equipment, or in a situation, and take precautions protecting the children in his/her custody from such dangers.

Protect from Loss. A participant is required to present evidence that he/she is covered by an accident policy. A blanket catastrophic (“no fault”) insurance provides coverage for serious injuries.

The duties listed above are not meant to be comprehensive. In carrying out the duties of the assignment a staff member is expected to act as a reasonable professional would have acted under similar circumstances. A staff member who supervises a sports activity is expected to know the intricacies of the activity that he/she is leading.

SUMMER SPORTS ACTIVITIES/CLINICS

Rules governing out-of-school and/or out-of-season student sports participation are as follows:

- A. A practice is defined as a teaching phase of a sport to any present, past, or future squad member while a student is in grade 7-12 during the school year or during the summer. The school may not sponsor, promote, or direct activities which resemble out-of-season practices or contests during the school year or summer.

A school staff member who sponsors, promotes, or directs such activities during the summer vacation shall clearly indicate that he/she is operating independent of the School District. As such, the School District shall be free of liability associated with the activity.

- B. Students shall be advised that participation in a commercial summer camp or clinic or other similar type of activity shall not begin until the conclusion of the final WIAA state tournament of the school year. Participants in a fall school sports program may not attend any summer camp/clinic in that sport after August 1 until the first fall sports turnout.
- C. A coach (contracted or volunteer) may not sponsor, promote, coach, or direct activities which resemble out-of-season practices or contests in the sport they coach to any of their squad members or future squad members (grades 7-12) until after the school year’s final WIAA state tournament.
- D. The use of the school bulletin board, public address system, or school newspaper for promotional purposes to announce sports clinics/camps shall fall within the same guidelines as applied to other commercial endeavors.
- E. School facilities to be used for summer activity and/or sports camps may be rented consistent with the rates, rules and regulations applicable for other commercial uses.

A user shall hold the District free and without harm from any loss or damage, liability, or expense that may arise during or be caused in any way such use of school facilities. Authorization for use of school facilities shall not be considered as endorsement of or approval of the activity group or organization nor for the purposes it represents.

ATHLETIC/ACTIVITIES CODE

I. General Regulations

- A. WIAA rules must be followed in all cases of scholastic and athletic eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. Each coach has the responsibility to know, to inform team members and parents, and to enforce school and WIAA regulations in these matters.
- B. No athlete may quit one sport and turn out for another after the season has begun without the mutual consent of both coaches.
- C. Athletes must travel to and from contests away from Stevenson or Carson in transportation provided by the school. The ONLY exceptions are:
 - 1. Injury to a participant which would require alternate transportation.
 - 2. PRIOR arrangement between the participant's parent/guardian and the principal for the student to ride with the parent/guardian and/or under conditions outlined in form 2151F. In cases where athletes are transported to contests, the coach must notify administration in advance.
 - 3. Athletes are not allowed to check out or leave until the practice or event has completed and the coach has released them.
- D. Completion of the sport's season is required in order for the student to be eligible for letter or other team or individual awards. (Exception: Injury which limits participation.) No awards shall be given to any student suspended for the remainder of the season for Athletic Code violation.
- E. All fines must be taken care of before participation in a sport is allowed. If the school has provided financial assistance with athletic fee or the purchase of shoes or other equipment, the recipient will be expected to work to pay off the fee prior to the end of the applicable season. All equipment from a previous sport must be returned before a student shall be eligible to participate in the next sport season.
- F. **Students are to maintain a passing grade in all subjects.** Bi-weekly grade checks (Weekly for WRMS) will be made on all interscholastic participants. If the participant's grades are not passing, the student has one week's probationary status to raise all grades to a passing level. If this is not accomplished in the given week, the student will be suspended from participation in any contests/events, but will continue to attend practice sessions, until the next weekly grade check shows that all grades are passing. Athletes are allowed only one probation week per athletic season.
- G. Athletes who are In School Suspended (ISS) may be allowed to practice at the discretion of the principal though they are not eligible to participate in contests/events.

H.

WIAA Rule for failing two classes at the end of the Semester:

High School: Suspension period continues through the fourth Saturday of September in the fall or the first five weeks of the succeeding semester.

Middle School: Suspension period continues through first three (3) weeks of next quarter. I. Acceptable school conduct and attitude will be maintained. The school administration shall determine if conduct and attitude is unacceptable.

II. School Attendance Requirements

- A. A student must be in each of his/her classes in their entirety for the entire day in order to participate in an activity or contest that day. This includes advisory and any activity scheduled for that day. An exception would be made if the student had an approved medical appointment or emergency; in which case, the student must present to the administrator a signed statement from the doctor or parent/guardian regarding the absences. Athletes currently suspended for school discipline will not be allowed to practice/compete for that day. Athletes in Out of School Suspension (OSS) are not allowed to participate during that time.
- B. In order to remain eligible, all participants are expected to be on time for the school day following a game and are to remain in school all day. An exception may be made in cases where the athlete has returned with the team after midnight, in which case the athlete/participant is expected to be in school after 1st period. If unusual circumstances occur, a later start time will be approved by the building principal. Only a medical personnel's excuse, an emergency determined solely by the athletic director or building principal, or a preplanned absence will be accepted.
- C. A student who has been injured and has had medical treatment cannot participate again until a medical release is obtained by the athlete and presented to the coach to clear them for participation.
- D. Non-valid absences from class or activity during the season will result in:

First offense: Discussion with head coach and no participation in practice that day.

Second offense: Discussion with head coach, no participation in practice that day and, suspension from one contest.

Third offense: Discussion with head coach, no participation in practice that day, and suspension from the next two contests.

Fourth offense: Suspension for the remainder of the season.

- E. Unexcused absence from scheduled practice will result in disciplinary action by the coach which may include a suspension from contests. To excuse an athlete from practice the parent/guardian needs to communicate the reason for the absence with the coach beforehand. The coach is in charge of determining if the excuse is valid.

III. Major Infractions (these infractions are accumulative over the years of participation)

- A. Any infraction of law or conduct by a student athlete that is determined by school authorities to be detrimental to the athletic program, school, or school district both on campus and off will be subject to consequences at the time of infraction. This includes fighting, harassment/intimidation/bullying, substance abuse, any theft or malicious destruction of equipment or property which belongs to the school or any individual. Actions of this nature will not be tolerated.

First offense: The individual will be suspended from the squad for five (5) school days. At the end of this period, following counseling by the head coach and a school administrator, a decision regarding further competition will be made. When applicable, restitution will be made or the item replaced.

Second offense: Removal from the team for the remainder of the season or four weeks, whichever is longer. This may extend into the next season of participation.

- B. A display of unsportsmanlike conduct toward an opponent or official or use of profanity during a practice or contest will result in counseling by the head coach and athletic director and possible suspension.
- C. **WIAA EJECTION POLICY** – A player, coach, or bench personnel of the team, who is ejected from a contest due to fighting, violent conduct, or abusive, vulgar or profane language, shall be prohibited from participating in the next two (2) scheduled contests. There is no appeal for the first offense. A second offense, in a season, will result in the suspension for the remainder of the season and may only be appealed to the WIAA Executive Director.

D. Use of Tobacco / Vaping by Athletic Program Participants is Prohibited

First offense: Suspension from participating in any contests for a period of four (4) weeks. Any time not completed during the current season/activity shall be completed during the next season/activity that the student participates in. Should the athlete participate in a tobacco cessation course, the suspension may be reduced to not less than two (2) weeks.

Second offense: Suspension from all contests for the remainder of the season or for a period of not less than eight (8) weeks, whichever is longer. Any time not completed during the current season/activity shall be completed during the next season/activity that the student participates in.

E. Use or Possession of Alcohol, Non-prescribed Prescription Drugs, Marijuana, Illegal Chemical Substances (Including Steroids or Opiates) is Prohibited

First offense: Suspension from all contests for the remainder of the season or for a period of not less than eight (8) weeks, whichever is longer. Any time not completed during the current season/activity shall be completed during the next season/activity that the student participates in. The student must complete a school approved drug/alcohol awareness

program prior to participation in the next interscholastic activity. The suspension may be reduced to five (5) weeks if there is successful completion of the program.

Second Offense: Suspension for one calendar year from the date of the second violation. The student must complete a school approved drug/alcohol awareness program prior to participation in the next interscholastic activity.

Third Offense: Permanently prohibited from participation in interscholastic activities.

If an athlete utilizes a current sport to either reduce the suspension time from maximum to minimum or to fulfill the suspension time, they must attend all practices and finish out the current sport season in good standing. If they are removed from the team for any reason (such as failure to attend practice or failing to participate as expected) or fail to finish the current sport season, the start date for the suspension period is null and void and will begin from the beginning of the next sport season's first practice the athlete participates in.

- IV. Attendance at an event where alcohol or illegal chemical substances are being illegally consumed/used.** Athletes who attend a gathering where drugs or alcohol are being used illegally must, immediately upon becoming aware of the presence and/or use of such substances, make appropriate and exhaustive attempts to leave. Failure to leave will prompt an investigation by school officials and be subject to disciplinary action consistent with paragraphs A-C in Section III. It is advisable to self-report to your Coach, Athletic Director, or Principal, otherwise you may be subject to investigation.
- V.** Before any "suspension" provided for under these rules shall take effect, the student shall be verbally advised of the alleged violation and the student will have an opportunity to explain.
- VI. Social Media**
The athlete may not engage in social media or blogging, that directly engages in the following activities: cyber bullying, hate mail, defamation, harassment of any kind, discriminatory jokes and/or remarks; information posted, sent, or stored online that is illegal (i.e. selling or soliciting alcohol or drugs), that could endanger others (i.e., bomb construction, drug manufacturing, etc.) or any illegal conduct; or distribution of obscene, pornographic, or sexually explicit materials.
- VII. Any athlete that is removed from a sport at their previous school may not participate in the same sports season at our school and *may* be removed from the team for the first four weeks of the next season.**
- VIII.** The rules and regulations in this code shall apply to any violation, on and off school premises, both during the season of participation and during the entire academic year. Any major infraction outside of the sports season that results in a citation from any law enforcement agency will result in suspension.
- IX.** Additional rules and regulations from the head coach must be cleared by the principal and/or athletic director. Any additional rules and regulations must be in writing and on file in the school

office. These rules and regulations will follow due process and provide for the appeals process that follows.

Unusual situations, not covered by this code, will be handled by the coach and/or coaching staff and administration.

APPEAL PROCESS FOR DISCIPLINARY ACTION

When infractions occur within the athletic program, the following process may be followed:

- A. Upon the imposition of penalty for infraction(s) of said rules and regulations, any aggrieved student and parents of said student shall have the right to an informal conference with the athletic director or building principal and/or designee to request that he/she refrain from enforcing the decision of the coach or ask the coach to reconsider. If the students and parents do not make a written or verbal request for this informal conference within three (3) school days of the action grieved, they will have waived their right to the conference and appeal procedure. The informal conference is to be held within three (3) school days of the request.
- B. The aggrieved party may appeal to the superintendent of schools within three (3) school days of the appeals decision. If the students and parents do not make written appeal to the superintendent of schools within those three (3) days, they will have waived their right to the conference and appeal procedure. The superintendent of schools, after hearing the case in detail, shall render a decision within ten (10) school days of the hearing.
- C. The aggrieved party may appeal the superintendent's decision to the board of directors within three (3) school days. If the students and parents do not make a written appeal to the board of directors within those three (3) days, they will have waived their right to the conference and appeal procedure. The board of directors, after hearing the case in detail, shall render a decision on the case within ten (10) school days of the hearing. This decision shall be final.

Athletic/Activity Code

Student Athlete Signature

Parent/Guardian Signature

Date

Date

Stevenson-Carson School District #303

ACTIVITY SAFETY GUIDELINES

Baseball/Softball
Basketball
Cheerleading
Cross Country
Football
Golf
Gymnastics
Soccer
Swimming
Tennis
Track
Volleyball
Wrestling

**Stevenson-Carson School District #303
BASEBALL/SOFTBALL SAFETY GUIDELINES**

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
6. Recognize your surroundings; i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circle (one person at a time).
7. Use hard hats while batting/running bases/hitting in batting cages (baseball).
8. Familiarize yourself with surroundings and grounds; i.e., fences, field conditions such as holes, lips on infield edges, etc. when playing on away fields.
9. Be aware of the potentially serious injuries to your ankles, knees, and legs if you do not follow the correct procedures in base running. Sliding head first into bases should be avoided.
10. Follow instructions regarding communication between players; i.e., talking and calling each other off and “pop flies” and Texas leaguers, etc.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the baseball/softball program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Stevenson-Carson School District #303
BASKETBALL SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Recognize the possible danger from such actions as: “undercutting” a player, hanging on the basket, throwing a “wild” pass.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the basketball program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

**Stevenson-Carson School District #303
CHEERLEADING SAFETY GUIDELINES**

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Most cheerleading practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury—especially to knees, elbows or head. Injury may include damage to joints, broken bones, or serious head and eye injury.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Practice stunt prior to the event that you will perform in. Stunts can be dangerous if not spotted correctly.
7. Lead cheers at the appropriate time so you will be aware of ball and players' positioning to prevent possible injury.
8. Be aware of supervisory staff of both teams and where they can be located so they may be contacted in case of emergency or an undesirable crowd control situation.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the cheerleader program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Stevenson-Carson School District #303
CROSS COUNTRY SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Run only on the course prescribed by the coach.
7. Run in pairs in unfamiliar territory or in areas where there are few people.
8. Watch for objects being thrown from passing cars.
9. Approach dogs with caution.
10. Be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, or other runner-related injuries.
11. Face the oncoming traffic when running on roads. Be cautious at intersections and be acutely aware of erratic drivers.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the cross country program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Stevenson-Carson School District #303 FOOTBALL SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.

TACKLING, BLOCKING, AND RUNNING THE BALL

Tackling and blocking techniques are basically the same. Contact is to be made above the belt, **but not initially with the helmet**. The player should always be in a position of balance, knees bent, back straight, body **slightly** bent forward, head up and the target area as near to the body as possible with the main contact being made with the shoulder. When properly blocking or tackling an opponent, contact with your helmet will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.

Block and tackling by not keeping the helmet as close to the body as possible may result in a shoulder injury and a separation or a pinched nerve in the neck area. Injuries as a result of improper techniques can range from minor to disabling or even death. Improper body alignment can put the spinal column in a vulnerable position for injury. The development of strength in the neck muscles through isometric-type exercises will enable the participant to hold his/her head up even after getting tired during a workout or contest.

BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUE

Strained muscle injuries can range from ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal.

Cleats are restricted to no more than one-half inch to further help prevent knee injuries. A runner with the ball, however, may be tackled around the legs.

In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask on the edge of the helmet. Initial helmet contact may result in a bruise; dislocation; broken bone; head injury; or internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge may result in a neck

injury which could result in injuries ranging from a muscle strain to a dislocation, nerve injury, or spinal column damage which could cause paralysis or death.

EQUIPMENT

An athlete is required to wear all issued equipment. If equipment is damaged or does not fit correctly, the athlete must inform his coach immediately before use. Shoulder pads, helmets, hip pads, and pants (including thigh pads and knee pads) must have proper fitting and use.

A shoulder pad which is too small will leave the shoulder point vulnerable to bruises to separations. A shoulder pad that is too tight in the neck area may leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations. Helmets must fit snugly at the contact points: front, back, and top of head. The helmet must be safety “NOCSAE” branded, the chin straps must be fastened, and the cheek pads must be of the proper thickness. A fit which is too loose could result in headaches, a concussion, a face injury such as a broken nose or cheekbone, or a neck injury that is possibly quite serious such as paralysis or even death.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the football program.

I am aware that tackle football is a high-risk sport and that practicing or competing in tackle football will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in tackle football include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in tackle football may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of tackle football, I recognize the importance of following coaches’ instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

Athlete’s Signature

Date

Parent’s/Guardian’s Signature

Date

Stevenson-Carson School District #303
GOLF SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Before swinging a club, make certain that the area around you is clear of others. Be careful after hitting not to throw the club as you could injure someone.
7. Be aware of the danger of standing in front of or on the side of a person who is attempting to hit the ball, as one may be injured by the ball or by the rebounding of the ball from trees, signs, markers, etc.
8. Be aware at all times of other players' positions on the course when you are hitting or when they are hitting. You are vulnerable at all times. Do not hit the ball until proper distance is available between golfing groups.
9. Keep hands and grips dry to minimize the danger of clubs being released.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the golf program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Stevenson-Carson School District #303
GYMNASTICS SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guideline and/or practices identified below have been established for this activity in order to protect the student and others injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Make certain that trained spotters are available when performing on bars or rings.
7. Check equipment, matting and apparatus thoroughly before each use.
8. Observe designated areas to avoid collisions with participants/non-participants.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the gymnastics program.

I am aware that gymnastics is a high-risk sport and that practicing or competing in gymnastics will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in gymnastics include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in gymnastics may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of gymnastics, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Revised 7.24.08; 4.23.14; 3.30.15; 11.22.16

Stevenson-Carson School District #303
SOCCER SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Use equipment that complies with FIFA and/or WIAA rules, e.g., footwear, shinguards.
7. Comply with soccer rules with special attention given to avoiding such violations as:
 - a. Kicking or attempting to kick an opponent.
 - b. Tripping an opponent.
 - c. Jumping at an opponent.
 - d. Charging an opponent from behind.
 - e. Charging violently at an opponent.
 - f. Striking or attempting to strike an opponent.
 - g. Holding an opponent.
 - h. Pushing an opponent.
 - i. Playing in a manner considered by the referee to be dangerous such as kicking at a shoulder-high ball when an opponent is trying to head it.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the soccer program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Stevenson-Carson School District #303
SWIMMING SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Know the location of rescue equipment in the pool area.
7. Never enter the water without the coach (or the designated lifeguard) in the pool area.
8. Check for clear water before diving; and when diving off the blocks, make it a shallow dive. Diving will be permitted only by divers who have been taught basic diving skills and are under the supervision of a coach.
9. Do not run while on the pool deck.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the swimming program.

I am aware that diving is a **HIGH-RISK SPORT** and that practicing or competing in diving will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in diving include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in diving may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally enjoy life.

Because of the dangers of diving, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Revised 7.24.08; 4.23.14; 3.30.15; 11.22.16

Stevenson-Carson School District #303
TENNIS SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Before swinging a racquet, make certain that the area around you is clear of others.
7. Familiarize yourself with court surface/obstacles on courts before beginning play.
8. Be conscious of your partner's position on the court in doubles play.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the tennis program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Stevenson-Carson School District #303
TRACK SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Recognize the safety rules for restricted areas, e.g., javelin, discus, shot put, pole vault. These areas must be supervised.
7. Stay on the designated running courses.
8. Check equipment, apparatus, field and pits thoroughly before each use, e.g., debris in jumping pits, placement of standards.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the track program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Stevenson-Carson School District #303
VOLLEYBALL SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Be aware of court surroundings, i.e., obstacles, projections, bleachers, standards, etc.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the volleyball program.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Stevenson-Carson School District #303
WRESTLING SAFETY GUIDELINES

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Recognize illegal holds as defined by the rule book.
7. Wear approved, proper-fitting apparel when wrestling with an opponent, either in practice or in a match.
8. Wrestle a safe distance from all walls and other obstructions. All wrestling will be done on the mats provided for wrestling.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the wrestling program.

I am aware that wrestling is a **HIGH-RISK SPORT** and that practicing or competing in wrestling will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in wrestling include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in wrestling may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of wrestling, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date

Revised 7.24.08; 4.23.14; 3.30.15; 11.22.16

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