

Eugene School District 4J Athletic Eligibility Rules & Code of Conduct

In order to promote open communication and understanding between families and the 4j Athletic program, parents and students are asked to read and sign this District 4J Extracurricular/Athletic Eligibility Rules and Code of Conduct document.

CONDITIONS

1. My son/daughter is fully covered by the indicated insurance program.
2. My son/daughter has a current OSAA athletic physical form administered and signed by an appropriate medical provider on file with the school's athletic department.
3. As per ORS 336.479, Section 1 (3) "A school district shall require students who continue to participate in extracurricular sports in grades 7 through 12 to have a physical examination once every two years." Section 1(5) "Any physical examination required by this section shall be conducted by a (a) physician possessing an unrestricted license to practice medicine; (b) licensed naturopathic physician; (c) licensed physician assistant; (d) certified nurse practitioner; or a (e) licensed chiropractic physician who has clinical training and experience in detecting cardiopulmonary diseases and defects."
4. I am advised that my son/daughter must meet OSAA and 4J School District academic requirements. This includes earning 2 credits in the previous (high school) Trimester.
In addition, at the time of the sport, they must be enrolled in, and in good standing of, at least 2.0 credits. Additionally, there is an "on track to graduate" requirement that states: at the beginning of the school year, 10th graders must have earned 4.5 credits, 11th grade 10 credits and 12th grade 17 credits.
 - A. Student athletes who enroll in authorized 4J School District on-line courses are responsible to notify the athletic department by showing a hard copy of proof of enrollment and grades at the beginning/end of each quarter. This includes on-line college credits/classes, independent PE, dual credit and other college classes, and work-experience.
5. I am advised that my son/daughter will be held financially responsible for all equipment owned and issued by the sport.
6. I the parent/guardian do hereby acknowledge that I understand the RISKS of being involved in a sport(s). If I want more information, I will personally contact the coach. I realize that my child named above may suffer serious injury, including but not limited to sprains, fractures, ligament and/or cartilage damage, and concussions which could result in a temporary or permanent, partial, or complete impairment in the use of his/her limbs, brain damage, paralysis or even death by participating in sports(s). I understand that School District 4J assumes no financial obligation for any injury that may occur. Notwithstanding such warnings and with full knowledge and understanding of the risk of serious injury which may result to my child. I give consent for participation in the activity of which he/she registers for.
7. I, the student athlete, hereby acknowledge that I understand the RISKS I am exposing myself to by participating in the activity. The risk of serious injury, including but not limited to, the risk of sprains, fractures, ligament and/or cartilage damage, and concussions which could result in a temporary or permanent, partial, or complete impairment in the use of my limbs, brain damage, paralysis or even death. Having been so cautioned and warned, it is still my desire to participate in the activity and should I choose to participate in the activity, I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing myself by participation in the activity.
8. I give my consent for the Certified Athletic Trainer (AT) to treat my child for any injury, illness or condition that falls within the AT's scope of practice.
9. I hereby authorize emergency medical treatment and/or transportation to a medical facility for any injury or illness deemed urgently necessary by a certified athletic trainer, designated district employee or volunteer.
10. I authorize any attending physician to communicate/release information with the Certified Athletic Trainer and my child's coach, regarding my child and his/her medical/health condition and any written physician prescription of treatment to be performed by the Certified Athletic Trainer for the school calendar year.
11. I want my child to have the privilege of participating in competitive school athletics, therefore my child has my permission to compete in all sports approved by the Board of Education of the Eugene School District 4J.

12. I give my consent for my child to be transported according to the Eugene School District 4J Transportation Policy.
13. I understand that it is the responsibility of parent/guardian to notify the athletic office of any change to any information on this form.
14. I understand that participation fees are non-refundable with exceptions for: cut sports (full refund given), and injury (refund will be on a prorated basis, refunds are NOT given after half of scheduled games completed.)
15. I understand all students in sports must purchase an annual non-refundable ASB Sticker.

EXTRACURRICULAR/ATHLETIC ELIGIBILITY RULES & CODE OF CONDUCT

In order to promote open communication and understanding between families and the 4J Athletic program, parents and students are asked to read and sign this District 4J Extracurricular/Athletic Eligibility Rules & Code of Conduct.

Eligibility

Grades: Every athlete must meet OSAA and 4J School District academic requirements. This includes earning 2.0 credits per trimester. In addition, at the time of the sport, they must be enrolled in and in good standing of at least 2.0 credits. Additionally there is an “on track to graduate” requirement that states: at the beginning of the school year, 10th graders must have earned 4.5 credits, 11th 10 credits and 12th grade 17 credits.

- Student athletes who enroll in authorized 4J School District on-line courses are responsible to notify the athletic department by showing a hard copy of proof of enrollment and grades at the beginning/end of each quarter. This includes on-line college credits/classes, independent PE and work-experience.
- In addition, at Mid-terms, grades will be checked to ensure all student athletes are passing a minimum of 2.0 credits. Any student that is not meeting this requirement will be notified and placed on academic probation for 5 days. IF, after 5 days, the student is still not passing 2.0 credits, they will not be permitted to participate in contests until they demonstrate that they are currently passing 2.0 credits.

Physical Exams: All High school students who participate in interscholastic athletics competition must have physical examinations performed by a physician possessing an unrestricted license to practice medicine, a licensed naturopathic physician, a licensed physician assistant, a certified nurse practitioner or a chiropractic physician who has clinical training and experience in detecting cardiopulmonary diseases and defects, prior to participation. Students who continue to participate in extracurricular sports shall be required to complete a physical examination once every two years. New students entering at any grade level will be required to have a physical examination before participating in interscholastic sports. Athletes in specified sports may be required to participate in the ImPACT concussion testing program. Please contact your school's athletic director for more information.

Insurance: The district shall require all students who participate in interscholastic athletics to be covered by accident insurance. If a student is covered by any plan other than that made available through the district, he or she must provide proof of the coverage to the school and file a request signed by the parent that the district waive the accident insurance requirement. All registered students must provide a policy number and carrier for the insurance policy that is current and will be in effect for the entire season.

Medical Clearance – Concussions: Student athletes identified with a concussion must follow the OSAA required “Return to Play Guidelines” as directed and monitored by the schools Athletic Trainer. The athlete must have a signed “Concussion-Return to Participate Medical Release” to return to practice and play. This form can only be signed by one of the following: (a) School Athletic Trainer; or (b) physician possessing an unrestricted license to practice medicine; or (c) licensed naturopathic physician; or (d) licensed physician assistant; or (e) certified nurse practitioner; or (f) licensed chiropractic physician who has clinical training and experience in detecting cardiopulmonary diseases and defects.

Medical Clearance- Non-Concussions: All athletes who participate in OSAA sponsored athletic events have access to a certified athletic trainer (AT). The AT is an expert in the prevention, evaluation, treatment & rehabilitation of athletic injury/illness. ATs work in collaboration with physicians and other healthcare providers to optimize the care of the athlete.

Anytime an athlete sees a physician concerning an injury, it is REQUIRED that a student athlete obtain a release back to sport with written documentation from one of the following: (a) physician possessing an unrestricted license to practice medicine; or (b) licensed naturopathic physician; or (c) licensed physician assistant; or (d) certified nurse practitioner; or (e) licensed chiropractic physician who has clinical training and experience in detecting cardiopulmonary diseases and defects.

Nutritional Supplements in Athletics: The use of any drug, medication or dietary supplement as a performance enhancing agent (steroids, bronchial dilators, creatine, androstenedione, etc.) is strongly discouraged. All student athletes and their parents/guardians should consult with their physician before taking any supplement. In order to minimize health and safety risks to student athletes, maintain ethical standards and reduce liability risks, no coach or school staff member, when in the course and scope of employment by the district, shall ever recommend, supply or encourage the use of any drug, medication or dietary supplement for performance enhancing purposes.

CODE OF CONDUCT

Our district sets standards with regard to behavioral expectations of our student athletes. A team member's conduct, both on and off the playing field/court, impacts his/her individual performance, the team's success, and the school's reputation. For these reasons, student athletes need to know that if the school administration determines that a student athlete is guilty of "misconduct" as explained in the Eugene School Districts 4J Students Rights and Responsibilities handbook (SRRH), then he/she may be suspended from athletic competition. This would likely be in addition to other disciplinary consequences for the misconduct (i.e.: suspension from school). Prior to beginning practice, the student athlete and parent must sign below to acknowledge their understanding of these behavioral expectations and consequences.

Extracurricular/Athletic Eligibility Rules & Code of Conduct are in effect from the first day an athlete signs this form with the intent to participate in athletics and remains in effect throughout his/her HIGH SCHOOL CAREER. It is in effect 24 hours a day, during the school year, including winter and spring vacations, and all school sponsored activities during summer break. The following are violations of these rules.

- Failure to voluntarily request assistance as described below.
- Possession, use, or transmittal of alcohol, a tobacco product, drugs, inhalants, or controlled substances
- Determination by a school official that an athlete has used, possessed or transmitted alcohol, tobacco, drugs, or controlled substances
- Any other violation of student behavior offenses as listed in the SRRH under Bully, Harassment and Intimidation, or Student Conduct: Offenses.

Violations of these rules will subject the athlete to the following consequences in addition to any other disciplinary action taken by the school.

First Offense in student athlete's school year:

- Two weeks suspension from participation in interscholastic athletic competition from the date the school official becomes aware of the possession, use, or transmission. If offense occurs prior to first contest, the two week suspension will begin with the first contest, which will include any scheduled Jamboree.
- The two week suspension for an offense that occurs outside of the athlete's sport season, will be served beginning on the date of the first regularly scheduled contest of their next season.
- Suspension(s) that occur at the end of a season and are less than two weeks in length, shall carryover from the participant's next sport season until suspension has been served.
- A PROBATIONARY period of one full calendar year following the two week suspension.
- Any subsequent violation during a probationary period shall be considered a second offense.
- At the conclusion of the probationary period without a violation, the athlete obtains first time athletic status.
- By agreement of the coach, athletic director and school administrator, the student athlete may attend practice sessions

Second Offense

- Second offense will result in a four week suspension. Suspension from participation in interscholastic competition will be from the date the school official becomes aware of the possession, use or transmission.
- A PROBATIONARY period of one full calendar year following the four-week suspension. Any subsequent violation during a probationary period shall suspend the individual for one full calendar year.
- The four-week suspension for an offense that occurs outside of the athlete's sport season, will be served beginning on the date of the first regularly scheduled game of the next season.
- At the conclusion of the probationary period without a violation, the athlete obtains first time athletic status.
- By agreement of the coach, athletic director and school administrator, the student athlete may attend practice sessions

Third Offense

Any subsequent violation during a probationary period shall suspend the individual for one full calendar year from the date of the third offense.

Important: For any suspension to count during a season, the athlete must finish that season in good standing.

Notice and Appeal

Before any athletic suspension is implemented, the building administrator and/or athletic director shall follow the notice and grant the opportunity for review as required by the district's Student Rights and Responsibilities Handbook. Athletic Directors are responsible for interpreting Code of Conduct Athletic Eligibility Rules and provide information to students and parents. An appeal of an interpretation shall be initiated by placing, in writing, such an appeal with the building principal that refers it to the high school Athletic Director for review. The Appeal Committee will consist of the building administrator, district athletic director, building athletic director, and a member of district coaching staff. **The suspension will be in place until the appeal is completed.** Appeals must follow the following criteria:

1. Submitted by both the athlete and the guardian/parent;
2. Submitted within three days of the violation;
3. Submitted in writing; and
4. State the specific reason for the appeal.

Request for Voluntary Drug/Alcohol/Tobacco Intervention Assistance

The use of alcohol/tobacco/drugs/inhalants is prohibited. It is the position of the Eugene School District that athletes who are in jeopardy because of a substance abuse problem should receive professional assistance. No student involved in interscholastic athletics may knowingly possess, use, transmit or be under the influence of alcohol, a tobacco product, drugs, inhalants, or controlled substances of any kind (except as prescribed by a medical professional), during the school year, including winter and spring vacations.

Athletes who voluntarily request assistance from school officials with regard to an alcohol/tobacco/drug use problem and who have not previously committed such an offense, shall receive no discipline provided that:

1. The athlete meets with an appropriate professional person, (such as a counselor of drug addiction and use) and follows his/her recommendations.
2. There are no subsequent incidents of either alcohol/tobacco/drug use.

Code of Conduct Record of Violation

This form is intended to document any violation of the extracurricular/athletic eligibility Rules & Code of Conduct. This form is required to be filled out by the High School athletic director and copies should be delivered to the Building Principal, and the parent/guardian of the student.

Name of Student: _____

Date of Infraction: _____

Please circle the correct information: 1st infraction 2nd infraction 3rd infraction

Infraction report:

Consequence established (please include the behavior expectation that was not met as stated in the SRRH or athletic code of conduct):

Student may attend practice sessions: Yes No (circle one)

Date suspension begins: _____

Date suspension will be completed: _____

Date that the probation period will be completed: _____

Note: The date above should be exactly one year later of the infraction date.

Important: For any suspension to count during a season, the athlete must finish that season in good standing.

Signed: _____ **Signed:** _____
(Student) (Parent)

Signed: _____ **Signed:** _____
(Athletic Director) (Administrator)

A copy of this document will be given to the athlete, building administration, secondary director, and the original will be filed in the High School Athletic Director's office for reference if needed.