

Big Sky School District #72

Lone Peak High School
Ophir Middle School

Athletic and Activities Handbook 2018-2019



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Big Sky School District Miner and Bighorn Student/Parent Pledge

Student Pledge: As a student participating in extra-curricular activities, I am a role model. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the district, conference, and state expectations; and I accept the responsibility and privilege of representing this school and community as a student.

Student Code of Conduct

- I will strive for academic excellence
- I will arrive on time for all practices, meetings, and contests
- I will show respect for authority, other athletes, and students
- I will conduct myself in a manner that fosters an environment free from intimidation, harassment, discrimination, and bullying, including cyberbullying
- I will set a good example in school and within the community
- I will refrain from the use of any tobacco products or alcoholic beverages
- I will refrain from the use of performance enhancing or mind altering drugs
- I will comply with all school/team rules and policies
- I will demonstrate and encourage good sportsmanship on and off the playing field
- I will report any injury to the coach

Parent Pledge: As a parent, I acknowledge that I am a role model. I will remember that school activities are an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I understand the spirit of fair play and that good sportsmanship is expected by our district, conference, and state. I accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student.

Parent Code of Conduct

- I will cheer in a positive manner and display appropriate game behavior
- I will focus on performance and effort of the student athlete, not on outcome. Winning or losing does not define success
- I will never approach a coach, athlete, referee or school official regarding a ruling on the field of play, directly after or during the contest.
- I will encourage my child to talk with the coaches. If I have a concern about my child, I will discuss my concerns with the coach only after my child has expressed this same concern with the coach, at an appropriate time, not directly after or during a contest.
- I will avoid making derogatory remarks while in a public place and support the program while in the presence of my athlete and other fans.
- **I will supervise my other children at all times at home and away games.**

The above is the Big Sky School District Activities Pledge, we ask that you and your child abide to this Pledge during his or her participation in any District activity. By signing this, I agree to abide by the Pledge, and accept any consequences for violating the Pledge.

Student's Signature

Date

Parent's Signature

Date

1 **INTRODUCTION**

2
3 Welcome to Big Sky School District’s Extra/Co-curricular Activities and Athletics! We are excited about
4 the opportunity to be involved with your child’s extra/co-curricular experience. Our schools’ programs are
5 designed for every student’s enjoyment and growth. The Coaches, School Board Trustees, Big Sky School
6 District Staff/Administration, and the Booster Club look forward to building a positive athletic, ~~and~~ extra-
7 curricular, and co-curricular environment for all participants.
8

9 It’s important that you carefully read all of the information included in this handbook, sign all of the
10 appropriate forms at the back of this handbook, and turn in the completed forms to the office. NO
11 STUDENT will be allowed to practice or participate until all completed forms have been received.
12 Participation fees must also be paid in the office prior to student participation in the program. If you are
13 not sure of a policy or if it seems unclear, contact the Athletic/Activities Director, Principal, or
14 Superintendent for clarification. This handbook is subject to review and quarterly changes. Big Sky
15 School District Administration may make changes as deemed necessary.
16

17 **DEFINITION OF EXTRA/CO-CURRICULAR ACTIVITIES**

18
19 Extra-curricular activities shall be defined as participation in or attendance at any school activity that is
20 not for school credit. Extra-curricular activities shall be those in which practice/participation typically
21 occurs outside of the school day and/or for which travel is required away from the school site. Co-
22 curricular activities shall include all clubs, organizations, expeditions, music, etc., named here and any
23 other not named but associated with the Big Sky School District. These include: Football, Basketball,
24 Volleyball, Wrestling, Track, Tennis, Golf, Skiing (BSSEF), Big Sky Futbol Club, Cross Country,
25 Student Council, National Honor Society and any other club or sport that is associated with Lone Peak
26 High school or any of its programs.
27

28 **PARTICIPATION PHILOSOPHY AND GOALS OF THE PROGRAM**

29
30 It is the position of Big Sky School District #72 that students should have the opportunity for meaningful
31 participation in extra/co-curricular activities. The District believes that participation in organized
32 activities can contribute to the all-around development of successful young men and women. The
33 District has a commitment to provide high-quality staff, facilities, and resources for all extra/co-curricular
34 activities offered. Any student who lives within the school district attendance boundary and meets
35 eligibility standards is welcome to participate.
36

37 Big Sky School District values the lessons that have long been taught by athletic/activities participation:
38 the pursuit of excellence through personal development and teamwork; ethical and responsible behavior
39 on the field and off; adherence to the spirit of rules as well as to their letter; leadership and strength of
40 character; and sportsmanship – including respect for one’s opponents, acceptance of victory with
41 humility, acknowledgement of defeat with grace, and respect for the value of cross-cultural understanding
42 and acceptance. In teaching these lessons to our students, Big Sky School District instills habits that will
43 lead students to better and healthier lives. While winning is not an end in itself, we believe that the
44 consistent effort to achieve by our interscholastic teams will lead them to succeed.
45

46 The District acknowledges that participation in extra/co-curricular activities is a right extended to the
47 students who are willing to make the commitment to adhere to the rules that govern our programs.
48 Participation is a way for students to grow, learn, enjoy themselves, and to use and develop their personal,
49 physical, and intellectual skills. The entire Athletic/Activities Department and District Administration
50 Team works to achieve these goals, honors the values of our School, and supports the principles of the
51 Montana High School Association (MHSА). All student-participants should plan to start practice/tryouts

1 on the scheduled first day. No student will be allowed to join a team after the first two weeks of the
2 season unless they obtain prior approval from the Activities Director, Principal, and Superintendent.
3 Participation in extra/co-curricular activities requires a higher level of responsibility from participants in
4 part due to the potential for off-campus experiences. All persons involved with the extra/co-curricular
5 program should conduct themselves in a manner which sets a good example for the people in the Big Sky
6 community.

7
8 The goals of the athletic/activities program are as follows:
9

- 10 1) To provide a program that encourages students to explore various sports and other activities as well
11 as develop new interests, talents, leadership, and interpersonal skills.
- 12 2) To provide a program that encourages participation as well as competition.
- 13 3) To ensure all athletes and participants are given opportunities to participate in games, practices,
14 and activities.
- 15 4) To emphasize while playing to win in competition is healthy, team cooperation and performance
16 are more important than winning the contest.
- 17 5) To encourage sportsmanship and positive attitudes toward teammates, coaches, game officials,
18 advisors, co-participants, and opponents.
- 19 6) To provide a competent level of coaching and supervision for each sport or activity offered and
20 emphasize to coaches and advisors that they should not underestimate their importance in the
21 personal and social growth of student participants.

22 23 **PARTICIPATION EXPECTATIONS AND TRAINING RULES**

24
25 Big Sky School District strongly believes that organized practice and training are vital aspects to the all-
26 around development of young men and women. In the effort to (a) emphasize the proper ideals of
27 teamwork, sportsmanship, ethical conduct and fair play, and (b) encourage leadership, use of initiative,
28 and good judgment by activity participants so that our school and our community can best be represented,
29 minimum written training rules and general rules of conduct for both extra-curricular, co-curricular, and
30 intramural activities have been established by school district administrators, staff, coaches, and
31 supervisors. Each program, coach, or advisor may have additional rules and/or expectations pertaining to
32 participation in their specific activity or sport.

33 34 **DRESS CODE**

35
36 Students representing Ophir Middle School and Lone Peak High School in extra/co-curricular activities
37 will adhere to the following dress code: (1) On game days during school hours and during special events,
38 all participants (including managers) will either be dressed formally or will wear team apparel. The Head
39 Coach/Supervisor of each activity will determine the dress code for their respective teams. (2) Special
40 events include and are not limited to Booster Club Events, Banquets, and Tournaments. (3) Head
41 Coaches/Supervisors may set additional standards for their team.

42 43 **SPECIFIC EXPECTATIONS**

44
45 Coaches/supervisors may provide specific expectations for their individual programs above and beyond
46 what is in this handbook. Parents and students should read and sign any statement of understanding and
47 acceptance of these extra agreements for participation. Head Coaches will provide any extra expectations
48 during Parent Information Nights at the beginning of each sport/activity season. All specific expectations
49 will be approved by the Athletic/Activities Director. Failure of participants and/or parents to sign the
50 participation rules and expectations will exempt the participants from participating in the activity.
51

1
2 **OVERNIGHT TRIPS**
3

4 Athletic/Activity teams are sometimes required to stay overnight in hotels. Athletes and/or parents are
5 required to reimburse the District for their son or daughters room prior to departing for an overnight trip.
6 Coaches or the Athletic Director will notify athletes and parents in advance pertaining to the amount of
7 money due. Coaches and Supervisors are responsible for the safety and well-being of students during
8 overnight trips. Hotel room checks may be announced or unannounced and are for the purpose of
9 maintaining order, discipline, and compliance with all school district policies. It's important to know that
10 a coach, supervisor, or other district employee is required to do room checks and may deem it necessary
11 to search a student's hotel room and its contents. Coaches will assign hotel rooms by the same sex only.
12 Girls are not to enter rooms assigned to boys; boys are not to enter rooms assigned to girls. When it is
13 necessary to have a meeting with both boys and girls it will be under the direct supervision of the Head
14 Coach/Supervisor. All student participants must remain at the hotel unless given explicit permission by
15 the Head Coach/Supervisor to leave and return as directed. No students are allowed to make charges to
16 their room (i.e. food and phone calls). If a participant is found to have violated school policy or is
17 insubordinate to school employees, that participant will be sent home early, at parent's expense, and
18 subject to disciplinary actions.
19

20
21 **VARSIITY LETTERS**
22

23 Each Head Coach/Supervisor will determine the criteria for earning an award in their programs.
24 However, the following items will be consistent throughout every athletic/activity program that awards a
25 LPHS letter:
26

- 27 1. A participant must complete the season in "good standing."
- 28 2. If a participant has a training rule violation during the season, their opportunity for a "letter" is
29 forfeited, even though they finish the season.
- 30 3. Participants who earn All-Conference or All-State Honors even if they don't earn a LPHS
31 letter, will still receive those honors.
- 32 4. Awards and all other Honors will be left to the discretion of each Head Coach/Supervisor.
33

34 **LETTERING REQUIREMENTS**
35

- 36 • Varsity Basketball - Participant must play in as many varsity quarters as there are games (e.g. 18
37 games scheduled, player must have played in 18 quarters).
- 38 • Varsity Football – Participant must play in half as many varsity games as there are in the season
39 (e.g. 8 games scheduled, player must have played in 4 games).
- 40 • Varsity Golf – Participant must either qualify for the state tournament of meeting the minimum
41 score requirements set up by the MHSAA (e.g. for boys, score a 100 or less in a meet. For girls,
42 score 120 or less in a meet for 18 holes).
- 43 • Varsity Track and Field – Qualify for the Divisional Track Meet in an individual or relay event
44 and/or score a minimum of twelve (12) points during the season in varsity meets.
- 45 • Varsity Volleyball - Participant must be on the varsity team.
- 46 • Varsity Wrestling – Participant must wrestle on the varsity team and participate in a total of 4
47 tournaments and/or duels.
48

1 Head Coaches and Supervisors have the discretion to allow student managers to travel at any given time
2 throughout the season. Lettering a student manager will be the decision of the Head Coach/Supervisor.

3
4 **STUDENT ATHLETE ELIGIBILITY**

5
6 **ACADEMIC ELIGIBILITY**

7
8 **The Big Sky School District Academic Eligibility Policy for extra/co-curricular programs reaffirms**
9 **the District’s primary academic mission.**

10
11 All Lone Peak High School Student Athletes and Ophir Middle school participants will be subject to the
12 following procedures for academic eligibility in Big Sky School District #.

13
14 **ALL PARTICIPANTS MUST HAVE A “C” OR ABOVE IN ALL CLASSES AT ALL TIMES.**
15 **SHOULD A PARTICIPANT FALL BELOW A “C” IN ONE OR MORE CLASSES, THE**
16 **PARTICIPANT WILL BE PLACED ON THE ELIGIBILITY CONCERN LIST. ELIGIBILITY**
17 **PROCEDURES ARE AS FOLLOWS:**

18
19
20 **ELIGIBILITY PROCEDURES**

- 21
- 22 • Principal: The Principal will generate a list every Monday of student/athletes who have D’s or
23 F’s in any class. The Principal will distribute the list to the AD and the teachers. Parents will also
24 be contacted directly via email when the student(s) shows up on the Eligibility Concern List.
 - 25 • Athletic Director: The Athletic Director will distribute the Eligibility Concern List to coaches
26 every Monday.
 - 27 • Coaches: Coaches must be proactive and discuss the importance of being a student/athlete at the
28 start or at the end of practice. Address student/athletes on the list in private. Contact parents of
29 the student and inform them of the District's Policy regarding student eligibility. Coaches must
30 be in contact with the teachers of the student/athletes to ensure work is being completed and/or
31 they are seeking additional help.
 - 32 • Teachers: Teachers will make themselves available to assist students who are on the Eligibility
33 Concern List. They will also be in contact with parents via email or through a phone call to
34 discuss the situation and to ensure parents are informed.
 - 35 • The athletic/activities director, principal, and/or superintendent will make final decisions on
36 eligibility of all participants.
- 37

38 **ELIGIBILITY TIMELINE**

- 39
- 40 1. Week One: Student participants, coach and parents are notified that their student is on the
41 eligibility concern list. (List to be generated Monday)
 - 42 2. Week Two: Student participants, coach and parents are notified that their student is on the
43 eligibility concern list for the second week. (List to be generated Monday)
 - 44 3. Week Three: Student participants, coach and parents are notified that their student is on the
45 eligibility concern list for the third week and eligibility for upcoming events is in jeopardy. (List
46 to be generated Monday). At this time, the student athlete is deemed ineligible for competition.
47 The student athlete can change this status if.....by the end of the school day prior to the
48 competition, the student athlete no longer has a grade lower than a “C”. **EXAMPLE: a student is**
49 **declared ineligible on Monday and has a game on Thursday, student must work with**
50 **teacher to get grade to a “C” or better by the end of the day (3:30) Wednesday. If the**

1 students are unable to bring their grade up to a C or higher the students will be declared ineligible
2 for those game(s).

- 3 4. Week Four: If students are on the list for a fourth week (as determined from the list generated on
4 Monday), the students are ruled ineligible for the entire week and cannot participate in practice or
5 competitions for the entire week. In order to play the fifth week, the students must bring their
6 grade up to C or higher in the class by end of the school day Monday of the fifth week. For each
7 additional week after the fifth week, procedures for the fourth week will be followed.

8
9 ******IMPORTANT******

10 **Student grades are calculated on a semester basis; a reset of grades is only at the end of the 1st**
11 **semester.**

12
13 ******IMPORTANT******

14 **Student Athletes must proactively work with their coaches, teachers and parents through the**
15 **process of eligibility.**

16 17 **MHSA ELIGIBILITY TRANSFER STUDENT**

18
19 Transfer students should refer to the [Transfer Student Questionnaire – Form A](#) in this handbook to help
20 them determine if they are eligible for participation in LPHS athletics. All high school students must pass
21 at least 4 academic classes the semester prior to their sports season and be enrolled in 4 academic classes
22 during their competitive season in order to be eligible to participate in MHSA sponsored athletics.
23 Entering 9th grade students are eligible to participate in high school athletics.

24
25 You are NOT ELIGIBLE to compete in high school athletics if:

- 26 • You reach the age of 19 years old prior to midnight, August 31st.
- 27 • You have already attended four years of school after the 8th grade.
- 28 • You have participated in four seasons of any sport (excluding the 8th grade rule for Class C
29 Schools).
- 30 • You have not completed the required MHSA physical exam.
- 31 • You have violated your status as an amateur athlete by –
32 ○ Accepting any amounts of money or usable merchandise
33 ○ Selling a prize won in competition
34 ○ Accepting awards that exceed \$100.00 in value
- 35 • You change residence without a corresponding change by your parents or legal guardian.
- 36 • You participate in any All-Star, Charity, or Benefit Games of any kind during or after your sport
37 season.
- 38 • Anyone else besides you or your parents pays a fee for specialist training such as a summer camp,
39 or if you are practicing with your coach outside the season of football, basketball, or volleyball.
40 The exception is during June and July when you can work with your coach. You cannot work
41 directly with your coach after July 31st. Strength, Speed Training, Individual Practices (with 2
42 adults present), and Open Gyms will take place during the school year as per MHSA rule.

43 44 **ATTENDANCE AND ENROLLMENT**

45
46 It is the belief of the Big Sky School District that school attendance is extremely important and absences
47 should be kept at a minimum. In order to participate in extra-curricular activities, all athletic team
48 members (including stats, managers, & cheerleaders) must be in class for all classes after lunch in order to
49 participate in a scheduled activity that same day or all classes after lunch on a Friday for a Saturday
50 participation. Practice is included in this policy. Students must be in all classes after lunch in order to

1 participate in a practice that same day or in all classes after lunch on Friday for a Saturday practice.
2 Exceptions are made for medical appointments accompanied by a doctor note or family emergencies as
3 communicated by a parent and are cleared, by the coach, athletic director or principal, prior to missed
4 class time. Athletes are required to inform coaches when practices must be missed.

6 **Enrollment**

7 Student athletes must be enrolled in no fewer than 5 classes to be eligible for participation in extra –
8 curricular activities at Ophir Middle School and Lone Peak High School. Students enrolled in online
9 learning can count their online coursework towards the 5 classes, provided the online learning is being
10 completed on the physical campus of Big Sky School District #72.

11
12 All students enrolled in the District who meet MHSA and School District eligibility requirements are
13 eligible for participation in extra-curricular, co-curricular, athletic, and intramural programs at Ophir
14 Elementary, Ophir Middle School, and Lone Peak High School.

16 **CONDUCT**

17
18 All policies, rules, requirements, or expectations are in effect each school year from the date of the first
19 practice for fall activities (August) until the last day of school (June). This applies to all students even if a
20 student is not currently involved in an activity. Consequences for violations that are not completed by the
21 end of the current school year will carry over to the following school year. Violations are cumulative
22 through the student’s period of attendance in fifth through twelfth grade but do not carry over from
23 middle to high school.

25 **CRIMINAL OFFENSE**

26
27 Any criminal behavior reported to the District may result in a student’s removal from any extra-curricular,
28 co-curricular, intramural, or school sponsored activity for an amount of time judged appropriate by the
29 school’s administration. A student who is declared ineligible under this policy retains his/her due process
30 rights and is entitled to a hearing before the Board of Trustees.

32 **VIOLATIONS WHEN TRAVELING**

33
34 Students traveling for extra-curricular and co-curricular activities must conduct themselves in a
35 responsible manner. Failure to do so creates a major liability for the school district and its employees.
36 Violations of school policy or other gross misbehaviors while traveling cannot be tolerated. The Big Sky
37 School District Administration will use their discretion in dealing with traveling violations. Our
38 community is extremely supportive of student activities and they expect our best representation. When
39 traveling with a school group, all students must remain with their Head Coach or Supervisor at all times
40 unless given explicit permission to leave and return as directed.

42 **HARASSMENT**

43
44 Sexual harassment is a form of sex discrimination and is prohibited in the District. An employee, District
45 agent, or student engages in sexual harassment whenever he/she makes unwelcome advances, requests
46 sexual favors, or engages in other verbal, non-verbal, or physical conduct of a sexual or sex-based nature,
47 imposed on the basis of sex, that:

- 48 1. denies or limits the provision of educational aid, benefits, services, opportunities, or treatment, or
- 49 that makes such conduct a condition of a student’s academic status or
- 50 2. has the effect of:

- 1 a. substantially interfering with the student’s educational or extra/co-curricular
- 2 environment;
- 3 b. creating an intimidating, hostile, or offensive educational environment;
- 4 c. depriving a student of educational aid, benefits, services, opportunities, or treatment; or
- 5 d. making submission to or rejection of such unwelcome conduct the basis for academic
- 6 decisions affecting a student.
- 7

8 The terms “intimidating, hostile, and offensive” include conduct which has the effect of humiliation,
9 embarrassment, or discomfort and include but are not limited to unwelcome touching, crude jokes,
10 gestures, pictures, pressure for sexual activity, discussion of sexual experiences, intimidation by words,
11 actions, insults or name calling, teasing related to sexual characteristics, and spreading rumors related to a
12 person’s alleged sexual activities (*District Policy 3225 – Sexual Harassment/Intimidation of Students and*
13 *3226 – Hazing/Harassment/Intimidation/Bullying/Menacing*).

- 14
- 15 a) Hazing, Harassment, Intimidation, Bullying, Menacing: "Bullying" means any harassment,
- 16 intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact,
- 17 including any intentional written, verbal, or electronic communication (“cyberbullying”) or threat
- 18 directed against a student that is persistent, severe, or repeated, and that substantially interferes
- 19 with a student’s educational benefits, opportunities, or performance, that takes place on or
- 20 immediately adjacent to school grounds, at any school-sponsored activity, on school-provided
- 21 transportation, at any official school bus stop, or anywhere conduct may reasonably be considered
- 22 to be a threat or an attempted intimidation of a student or staff member or an interference with
- 23 school purposes or an educational function, and that has the effect of:
- 24 a. Physically harming a student or damaging a student’s property;
- 25 b. Knowingly placing a student in reasonable fear of physical harm to the student or damage
- 26 to the student’s property;
- 27 c. Creating a hostile educational environment, or;
- 28 d. Substantially and materially disrupts the orderly operation of a school.

(*District Policy 3225 – Sexual Harassment/Intimidation of Students and 3226 – Hazing/Harassment/Intimidation/Bullying/Menacing*).

Sportsmanship: The Big Sky School District and Montana High School Association have established policies, expectations, and responsibilities which will cultivate the ideals of good sportsmanship. It shall be the responsibility of all individuals employed or directly associated with the extra-curricular program to conduct themselves in a sportsmanlike manner. The true purpose of contests and athletic competition are to provide worthwhile education experiences for all students, players, and spectators and to provide enjoyable recreation regardless of whether a competition is won or lost. Coaches, advisors, student participants, and spectators are expected to always demonstrate good sportsmanlike behavior both at home and away contests.

Cell Phone and other Electronic Devices Use: Student possession and use of cellular phones, pagers, and other electronic devices on school grounds, at school-sponsored events and activities, and while under the supervision and control of school District employees is a privilege which will be permitted only under the provisions of *District Policy 3630 – Cell Phones and Other Electronic Equipment*. At no time shall any student operate a cell phone or other electronic device with photo, audio, or video capabilities in a locker room, bathroom, or any other location where such operation may violate the privacy right of another person (*District Policy 3630 – Cell Phones and Other Electronic Equipment*).

Chemical Use: Students participating in extra-curricular, co-curricular, and intramural activities whether or not sponsored by the District or the MHSA shall not use, have in possession, sell, or distribute alcohol, tobacco, alternative nicotine and vapor products, or illegal drugs or abuse prescription or non-prescription drugs during their extra-curricular/co-curricular/intramural seasons. These rules are in effect 24 hours a day. If a student receives a

Minor in Possession (MIP) or is seen using tobacco, alcohol, or illicit drugs, the student will forfeit the privilege of participating if a determination has been made by an administrator that a violation has occurred (*District Policy 3340 – Extra- Co-Curricular Chemical Use Policy*). If reasonable suspicion of illegal activity exists, a supervisor, coach, or school staff member will inspect and search students' hotel accommodations, school lockers, ~~and~~ desks, and belongings (*District Policy 3231 - Searches and Seizures*).

The district has in place Policy #3350, Etra-curricular drug testing policy for students. Policy #3350 is addendum #1 to this handbook. PLEASE MAKE YOURSELF FAMILIAR WITH THIS POLICY.

CONSEQUENCES FOR VIOLATIONS

If violations of the eligibility and participation rules occur the principal, superintendent, or athletic/activities director will attempt to contact parents both by phone and/or in writing for each violation. Investigations will be conducted with concern for the welfare of all students in the Big Sky School District uppermost in mind (*District Policy 2151 – Interscholastic Activities*).

If a determination that violations of conduct or eligibility and participation rules have occurred, consequences will be determined up to the following levels of severity for first, second, and third violations for all extra-curricular/co-curricular/intramural activities. Violations for chemical abuse will carry over from year to year. E.g.: A violation during the freshman years is a first violation. During the sophomore year another violation is the second offense.

First Violation: Suspension from all extra-curricular, co-curricular, or intramural competition (including practices) for a period of two calendar weeks and attendance at two counseling sessions. School district counselors, church counselors, and private counselors may be utilized. School counselors are available at no expense. The suspension starts as soon after the offense, and will run only during the time when school is in session (not during vacations). This portion of the policy is given only once in the career of the student extending from grades 6-8 and 9-12. If the student has violated the Chemical Use Policy in previous years, they will automatically go to the second offense.

Second Violation: Suspended from all games, practices, contests, competitions, or performances for the remainder of that activity. They must also attend and complete six counseling sessions. School district counselors, and private counselors may be utilized. School counselors are available at no expense.

Third Violation: Immediate suspension from all sports and other extra/co-curricular activities for one calendar year from the date the violation occurred. Must appeal before an Advisory Committee to request reinstatement for the next years activities.

Fourth Violation: Denied extra-curricular and co-curricular participation for remainder of high school years.

STUDENT OPTIONS RELATED TO VIOLATIONS AND CONSEQUENCES

Self-reporting: The purpose of this provision is to encourage a student/participant to seek help. This voluntary admission may not be used by the student if violation of this policy is already known by school administration. This provision may be used only one time by a student while enrolled in middle school and only one time while enrolled in high school. A self-referral will result in a 7 day suspension from competitive activities only; student will be eligible for practices only. Violations will be documented by the athletic/activities director.

Honesty clause: Students who violate participation rules and admit to the infractions will be penalized as stated per violation. Students who deny they have broken the rules and are later found guilty of the violation will automatically be penalized by advancing to the next numerical step in the violation consequences as outlined in this Participation Handbook.

Counseling sessions: School district counselors, church counselors, and private counselors may be utilized. School counselors are available at no expense.

Student and Parent/Legal Guardian Due Process: If a determination is made that a student has violated the above rules, the student and parent or guardian shall be notified by an administrator of the violation by telephone, conference where possible, and/or also by mail. Also at this time, the student and parent or guardian shall be notified of the type of consequence that may be administered, or recommended to the Review Board, or to the School Board (only if expulsion is in order).

PRE-PARTICIPATION PHYSICAL EXAM

No student will be allowed to participate in practices, extra-curricular activities, or games without a current physical exam form on file with the school district. All participants must use the MHSAA required Physical Exam Form found on our district website and in this Handbook. Physicals are valid through June of each school year and must be renewed after May 1 for the following school year. Pre-Participation Physical Exams must be for the new school year (only physicals completed after May 1, 2017 will count for the 2017-2018 school year).

PARTICIPATION FEES

Participation fees for athletes are \$175.00 per high school sport, \$125.00 per middle school sport, and \$30.00 per intramural activity. Participation fees must be paid prior to participating in the sports first practice. If financial circumstances make it difficult to have your son or daughter participate, please refer to Sports Scholarship Application Form E. Fees will be refunded for a student who decides not to participate prior to the start of the program. **Once a student begins a program, fees will not be refunded.** A student season activity pass will be \$25.00 for the 2018-2019 school year.

TITLE IX ATHLETIC POLICY

Hotel/Motel Reservations: Four same sex occupants to a room. If available, the same hotel/motel will be used for all sports. If not available, comparable accommodations will be provided in a different hotel/motel.

Assemblies: To maintain equity, assemblies and recognition gatherings shall be equal in number or combined together for the season.

Publicity and News Media: The school Newspaper Club and Yearbook Advisors shall maintain equal coverage for all activities. Community news media will be advised of the necessity for equitable coverage.

Booster Club: Booster Club expenditures and fund raising shall be equitable for male and female activities.

Pep Band and Spirit Squads: Shall play/cheer at an equitable number of both female and male activities/sport events.

Transportation: The Activities/Athletic Director will utilize the Lone Peak High School Activities Bus for both female and male athletic teams whenever possible. If a yellow school bus is necessary, it will be ordered and used for an equal number of female and male events whenever possible. Upon prior administrative approval, the BSSD Pre-Authorized Travel Release Form can be utilized by parents to transport student-athletes when necessary.

Uniform Replacement: Uniform replacement will be on a five-year rotation plan. The quality of uniforms will be comparable for each sport. All MHSAA member schools are required to implement a uniform rotation plan.

Facilities: Athletic facilities will be scheduled for use on an equal basis for both male and female activities. Locker rooms and weight room equipment will meet the needs of all students involved in our activities programs.

Coaches Stipends: Coaching stipends will be determined each school year based on length of season and amount of time required by coaches to conduct their activity or sport.

Sport and Participation Opportunities: Activities and sports offered by the Big Sky School District #72 will be offered to both male and female students. The District will follow MHSA equity requirements when determining the activities offered.

CONCUSSIONS

There is a risk of all athletes, in any sport/activity, of sustaining a concussion. If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, parents and coaches should be aware of the signs and symptoms of a concussion. When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health-care professional. After suffering a concussion, no athlete should return to play or practice on that same day and the athlete must be cleared by an appropriate health-care professional before they are allowed to return to play in games or practices. Big Sky School District coaches take part in the National Federation of High Schools (NFHS) Concussion Management training and are educated on recognizing the signs and symptoms of concussions. Because of the passage of the Dylan Steiger’s Protection of Youth Athletes Act, schools are now required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussions and head injuries to student athletes, including the risk of continuing to play after the concussion or head injury. Please read and complete the Student-Athlete and Parent/Legal Guardian Concussion Statement Form (p.20); and read the Athlete Fact Sheet (p.21), the Parent Fact Sheet (p.22), and the Be Prepared/Signs and Symptoms Sheet (p. 23). (District Policy 3415-3415P-3415F)

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by a knowledgeable health-care professional, he or she should proceed with activity in a step-wise fashion. On average, the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

Step 1 – light exercise, including walking or riding an exercise bike (no weight-lifting)

Step 2 – running in the gym or on the field

Step 3 – non-contact training drills and weight-lifting can begin

Step 4 – full-contact practice or training

Step 5 – game play

MEDIA AND RELEASE OF STUDENT INFORMATION

During the school year, media pictures (still or moving) may be taken of your son or daughter while participating in activity events and may be released to local area media. Please contact the Activities/Athletic Director if it is your desire NOT TO HAVE media pictures/videos and the name of your child released to local media services.

As identified by the Big Sky School District, team pictures and rosters (grade level, height, weight) are included as part of student directory information. Rosters and a Varsity team picture are included in our programs which are given away at athletic contests. Please contact the Activities/Athletic Director if it is your desire to keep your child out of the team picture prior to the team picture date. Your child can still take an individual photo with our photographer if you desire. We will not include this individual picture in the program, only the team photo will be used.

TEAMS AND BUS TRAVEL

When traveling to away games, coaches will provide the supervision and safety for our students. Student athletes are required to ride the district transportation, when provided, to and from all away games unless a written request

from parent is made to the head coach 24 hours prior to departure for the event. Approval for alternate transportation will only be provided in cases of emergency.

CHAIN OF COMMAND

PLAYER/PARENTAL CONCERNS PROCESS

When a student/parent has a concern about their participation in an extracurricular program they should follow the steps listed below in the attempt to resolve the concern. In order to resolve conflicts at the lowest possible level and not impede the appeal/mediation process, the District endorses the following chain of command process: This should be done as soon as a concern arises so that it can be addressed in a timely manner. Waiting until the end of the season does not provide the coach/coaches an opportunity to address and make possible adjustments.

Be advised that playing time is at the discretion of the coaches based upon their assessment of player's skills, safety, attitude, and their performance during practices. Game tactics and strategies are also the prerogatives of the coaches.

In resolving conflict with coaches, the following steps of communication will be followed by the administration, board, parents and athletes:

1. Player and Coach
2. Player & Parent– Coach
3. Player & Parent– Coach & Athletic Director
4. Player & Parent– Coach, Athletic Director & Principal
5. Player & Parent– Coach, Athletic Director, Principal, Superintendent & School Board

******If the nature of the conflict or complaint is in anyway related to the safety and welfare of the student / athlete, parents and player should contact athletic director or MS / HS principal immediately******

If there is a concern to discuss with a coach, the following procedure must be followed:

1. Contact the coach to set up a face-to-face meeting
2. If the coach cannot be reached, contact the athletic director and a meeting will be set up for you.
3. Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before, during, or immediately after a contest or practice is prohibited.
4. If the concern is not satisfactorily resolved after meeting with the coach, the athletic director will be involved in the discussion.
5. The athletic director will investigate the concern through discussions with the coach, other coaches, and will observe practice or game situations if it relates to the concern. The athletic director will document the results of the investigation and subsequent action (s) to be taken to resolve the conflict.
6. If the formal complaint is not satisfactorily resolved by the athletic director, the athlete and/or parent may appeal in a face-to-face meeting with the principal, who will meet with the parties involved in a further attempt to resolve the situation.
7. If the complaint is not satisfactorily resolved at this level, the athlete and/or parent may appeal to the superintendent in a face-to-face meeting.
8. Following this meeting the conflict may be presented to the school board in a formal written correspondence.

Both parenting and coaching are extremely difficult. By establishing an understanding of the responsibilities shared by both parent and coach, we are better able to accept the actions of the other and provide greater benefit to our student-athletes.

Examples of appropriate concerns to discuss with coaches include the physical and mental treatment of your child, ways to help your child improve, and concerns about your child's behavior. Issues not appropriate to discuss with coaches are playing time, play calling, and other student-athletes.

TRANSFER STUDENT QUESTIONNAIRE FORM A – FOR ALL TRANSFER STUDENTS GRADES 10-12 AND GRADE 9 IF TRANSFERRING IN AFTER THE 15TH DAY OF SCHOOL

Name and address of school student transferred from: _____

Number of semesters in high school, including current semester: _____

Did parents move with student? Yes _____ No _____
If parents did not move with student, please explain below:

Was move from parent to parent? Yes _____ No _____ If yes, is this the first time? Yes _____ No _____
If this is the first time, please identify the following:

Moved from: (Parent/Legal Guardian) _____

Moved to: (Parent/Legal Guardian) _____

Are you an International Exchange Student? Yes _____ No _____ If yes, which International Exchange Organization are you working through? _____

Name of Host Family: _____

Address of Host Family: _____

Phone Number of Host Family: (Home) _____ (Cell) _____

Are you transferring from a Home School? Yes _____ No _____

What grade are you transferring into? _____

Was the Home School in the Big Sky School District? Yes _____ No _____

Have you ever attended High School before? Yes _____ No _____

If you answered yes, which high school and town was it in? _____

Do you live within the Big Sky School District #72 boundaries? Yes _____ No _____

**BIG SKY SCHOOL DISTRICT #72 ATHLETIC/ACTIVITIES PARTICIPATION
WARNING AND EQUIPMENT RESPONSIBILITY FORM B**

SPORT(S): _____
STUDENT NAME _____
PARENT/GUARDIAN _____

PLEASE READ CAREFULLY BEFORE SIGNING

Participation in athletics/intramurals is voluntary. The District recognizes that participation in activities can bring the student many rewards. These activities require that the student make a commitment to the activity, submit to the discipline of the coach, and develop self-discipline to be able to successfully participate. Participation in these activities often requires considerable physical exertion, physical conditioning, and adherence to training rules and regimens.

The rewards for participation are obvious. Learning to function in a team effort teaches a student important lessons for life. Participation in individual sports teaches self-reliance and commitment. All such activities develop in the student an appreciation for his or her physical abilities and enthusiasm and school spirit. Competition is fun and everyone must learn how to deal with both victory and defeat.

Interscholastic activities and intramurals tend to keep the student involved in a constructive endeavor. The District's experience has been that its athletes and members of other extra-curricular activities tend to be good citizens and good students. The District believes that you should encourage your child to participate in these activities and support and encourage him or her during the ups and downs of the particular endeavor.

Participation Warning

The School District will provide supervisors, safe equipment and facilities, and make reasonable efforts to see that the interscholastic and intramural program is safe for your child. Nevertheless, because athletic activity can involve injury to the participants, we must warn you of such dangers. Athletic injuries can impair the student's general physical and mental health and the student's ability to earn a living and engage in social or recreational activities and general enjoyment of life. Such injuries can include death or serious physical injury and a possibility of emotional injury. Injury can arise from training room procedures, the administration of first aid, or failure to follow game, training, safety, or other team rules.

The purpose of this warning is to aid you in making an informed decision as to whether the student should participate in the athletic/interscholastic/intramural activity. In addition, its purpose is to make you aware that as a student-athlete and parent/guardian, it is your responsibility to learn about the sport involved and to inquire of coaches, physicians, and other knowledgeable persons about any concerns you might have regarding athletic safety and the School District's athletic/intramural program.

Equipment Responsibility

We (parent and student-athlete) agree to be responsible for the safe return or replacement of all athletic and/or activity equipment issued by the Big Sky School District #72.

Student Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____

**BIG SKY SCHOOL DISTRICT #72 – ATHLETICS AND ACTIVITIES EMERGENCY
INFORMATION AND RISK ACKNOWLEDGEMENT FORM C**

I. PERSONAL INFORMATION

Student's Last Name: _____ First Name: _____

Grade Level in 2016-2017: _____ Date of Birth: _____

Parent/Guardian email (s): _____

Name of Father or Guardian: _____ Cell Phone or Home Phone: _____

Name of Mother or Guardian: _____ Cell Phone or Home Phone: _____

II. EMERGENCY INFORMATION-In the event of an emergency, the following two people can be notified.

NAME _____ RELATIONSHIP _____ (PHONE #) _____

NAME _____ RELATIONSHIP _____ (PHONE #) _____

III. DRIVER INFORMATION

Big Sky School District #72 provides transportation to and from all Activities/Events/Games for all interscholastic participants. All students are required to ride school district transportation to these events. Only Parents/Guardians may sign out their child/children following an interscholastic sponsored event or activity. Students will not be released by their coach or supervisor to anyone else unless prior written approval is granted from the Activities/Athletic Director or Principal using the School District's Pre-Authorization Travel Release Form. This form can be obtained from the Activities/Athletic Director and must be returned prior to departure for the event or activity.

IV. PHYSICIAN- The name, phone, and address of the student's doctor is:

NAME _____ PHONE _____

ADDRESS _____

V. INSURANCE-The Big Sky School District #72 DOES NOT provide medical insurance benefits for students who choose to participate in the interscholastic and/or intramural program. Medical insurance must be provided in order for the student to participate. For those students who have no medical insurance, the school district can provide information on affordable and seasonal insurance from (SMIC) Special Markets Insurance Consultants. The athlete is covered with the following health insurance:

NAME OF THE INSURANCE CO. _____
POLICY # _____

VI. PARENTAL AUTHORITY FOR MEDICAL CARE AND ACKNOWLEDGEMENT OF RISKS - We authorize Big Sky School District #72 and all administrators, faculty members, coaches, or supervisors in charge of the student to obtain all necessary emergency medical care and authorize any licensed physician and/or medical personnel to render necessary emergency medical treatment to the athlete/student.

We have read the athletic/activities participation handbook and all forms and understand the warning about the risks of injury or death. In consideration of the Big Sky School District's permitting my child or ward to participate in its athletic/interscholastic/intramural programs and to engage in all activities relating to the event, we recognize and assume the risks which are inherent in the sport or activity.

BOTH PARENTS OR LEGAL GUARDIANS MUST SIGN THIS FORM. IF ONLY ONE PARENT/GUARDIAN IS LIVING OR HAS SOLE CUSTODY, THEN ONLY THAT PERSON NEED SIGN. THE SIGNING PARENT/GUARDIAN, HOWEVER, IS OBLIGATED TO NOTIFY ANY NON-CUSTODIAL PARENT/GUARDIAN OF THE CONTENTS OF THIS DOCUMENT.

ATHLETE'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN'S SIGNATURE _____ DATE _____

2018-2019 ATHLETIC AND ACTIVITIES REGISTRATION FORM D

Student Name _____ Grade _____

Parent/Guardian Name(s) _____ Email _____

Home Phone _____ Cell Phone _____

Home Address _____

Every athlete must have a pre-participation physical form, pay the required activity fee, and fill out all required forms before he/she can practice or participate.

Participation Fees are \$175.00 per LPHS Sport, \$125.00 per Ophir Middle School Sport, and \$30.00 per Intramural Activity

Interscholastic Sports:

___ LPHS Football (9-12)
___ LPHS Volleyball (9-12)

___ LPHS Girls' Basketball (9-12)
___ LPHS Boys' Basketball (9-12)

___ LPHS Boys/ Girls Track
___ LPHS Boys/ Girls Cross Country
___ LPHS Girls' Golf (9-12)
___ LPHS Boys' Golf (9-12)
___ LPHS Girls' Tennis (9-12)
___ LPHS Boys' Tennis (9-12)

___ LPHS Spirit Squad (7-12)

___ OMS Football (6-8)
___ OMS Volleyball (5-8)

___ OMS Girls' Basketball (5-8)
___ OMS Boys' Basketball (5-8)

___ OMS Spirit Squad (5-8)

*Activity fee payments can be made in the main office and checks can be written out to Big Sky School District #72 or credit card payment and online form completion at <https://bigsky.revtrak.net/tek9.asp>

ACKNOWLEDGEMENT OF RECEIPT AND READING OF THE ATHLETIC AND ACTIVITIES HANDBOOK AND ALL REQUIRED FORMS (Concussion Forms and Information Sheets, Forms A, B, C, D, E, and Physical Form)

We have read this Athletic Handbook and are familiar with its contents. We understand that it is our responsibility to follow the guidelines set for athletic success. Both parents/guardians are required to sign this form. If only one parent/guardian is living or has sole custody, then only that person need sign. The signing parent/guardian, however, is obligated to notify the non-custodial parent/guardian of the contents of this acknowledgement. One parent/guardian must sign this form in the MAIN OFFICE with a school district representative present.

Parent/Guardian Name (PRINT) _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name (PRINT) _____

Parent/Guardian Signature: _____ Date: _____

Student Name (PRINT) _____

Student Signature: _____ Date: _____

School District Representative (Witness) Signature _____ Date: _____

BIG SKY SCHOOL DISTRICT #72 – FORM E
SPORTS SCHOLARSHIP APPLICATION

Participation in extra-curricular/interscholastic/intramural sports and activities requires a participation fee to help defray costs such as bus and driver, uniforms, and game officials. The participation fee is REQUIRED PER SPORT, along with the MHS A Pre-Participation Physical Form and all Activities/Athletic Handbook Forms (A, B, C, and D).

If financial circumstances make it difficult to have your son or daughter participate, please complete this form and return it to the Big Sky School District #72 Activities Director.

All information will be kept confidential

Student's Name (Please Print): _____

Grade Level: _____ Male: _____ Female: _____

Parent/Guardian's Name (Please Print): _____

Address: _____

Home/Cell Phone: _____ Work Phone: _____

Email Address: _____

Activity that financial aid is being applied for: _____

Please provide a brief statement of family circumstances that necessitates financial assistance in the box below

Parent/Guardian's Signature: _____ Date: _____

Student's Signature: _____ Date: _____

For Office Use Only

Application Approved: _____ Date: _____ Administrator Signature: _____

Application Denied: _____ Date: _____ Administrator Signature: _____

Scholarship Award: _____ Full _____ Partial _____ No Scholarship



Montana High School Association

1 South Dakota Avenue ♦ Helena, MT 59601 ♦ (406) 442-6010 ♦ Fax: (406) 442-8250 ♦ www.mhsa.org

**TO: PARENTS OF MHSA SPORTS PARTICIPANTS
LICENSED MEDICAL PROFESSIONALS**

FROM: MARK BECKMAN, EXECUTIVE DIRECTOR

RE: NEW MHSA PRE-PARTICIPATION PHYSICAL EXAM FORM

Article II, Section (3) of the MHSA Handbook requires that a physical exam must be performed for each student in order for that student to be considered eligible for participation in an Association Contest. Physical exams must be completed prior to the first practice. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. A physical examination conducted before May 1st is not valid for participation for the following school year.

The MHSA Executive Board approved a new pre-participation physical examination form on the recommendation of the MHSA Medical Advisory Committee. The form is more detailed and this format has been approved by a variety of medical professional groups. **Specifically, questions concerning the cardiac history and cardiac health of the student have been added (questions 6-15). The MHSA Medical Advisory Committee strongly recommends that if any of those questions are answered affirmatively the student be referred to the appropriate medical professional for further screening.**

The MHSA pre-participation form is the only form that will be allowed for the student's exam (no other forms will be accepted). The following process should be followed:

- Parent(s)/Legal Guardian(s) and each student should fill out the questionnaire and history portion of the form together, which is the front page of the MHSA pre-participation physical examination form.
- The student must sign this form confirming that he/she was involved in the completion process.
- The form goes to the medical provider for use during the examination.
- The medical provider reviews the form with the student and parent/guardian, performs the exam and makes the decision on whether to clear the student for participation. A signature from the medical provider is required.
- The physical exam form is given to the parent/guardian. He/she must sign the permission and release section of the form for final clearance.
- The completed pre-participation physical exam form is given to the appropriate school administrator.

The MHSA is committed to the safety and health of our student activity participants and believes this new form will facilitate that objective.

If you have any questions regarding the new pre-participation examination form please contact me or Brian Michelotti, MHSA Assistant Director.

PROVIDER'S PHYSICAL EXAMINATION FORM

Name _____ Date of Birth _____
 Height _____ Weight _____ Pulse _____ BP: Left Arm ____ / ____ Right Arm ____ / ____
 Vision R 20/____ L 20/____ Corrected: Y N Pupils: Equal ____ Unequal ____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Hernia			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hands/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

*Multiple examiner set-up only.

Notes: _____

CLEARANCE

Cleared without restriction
 Cleared with recommendations for further evaluation or treatment for: _____

Not cleared for All sports Certain sports _____ Reason: _____
 Recommendations: _____

Name of physician/medical provider [print or type] _____ Date _____
 Address _____ Phone _____
 Signature of physician/medical provider _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I certify that the information provided by the student/parent(s) is accurate to the best of my knowledge. I hereby give my consent for the above student to engage in approved athletic activities as a representative of his/her school, except those indicated above by the licensed professional. I also give my permission for the team physician, athletic trainer, or other qualified personnel to have access to information provided here as well as to give first aid treatment to this student at an athletic event in case of injury. If emergency service involving medical action or treatment is required and the parents(s) or guardian(s) cannot be contacted, I hereby consent for the student named above to be given medical care by the doctor or hospital selected by the school.

 Typed or printed name of parent or guardian Signature of parent or guardian

 Date Address Insurance (Company name)

 Parent's Home Phone Parent's Work Phone Parent's Cell Phone Additional Phone (if any-specify)

ALL INFORMATION IS TO REMAIN CONFIDENTIAL

(Updated 3/10)



Student-Athlete & Parent/Legal Guardian Concussion Statement

Because of the passage of the Dylan Steigers’ Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete’s parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed health care provider.

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Guardian Name(s): _____

We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet*.

If true, please check box

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be “seen.” Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health care professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a licensed health care professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion fact sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Guardian

Date



A Fact Sheet for ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- Tell your coaches and your parents. Never ignore a bump or blow to the head even if

you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

- > The right equipment for the game, position, or activity
- > Worn correctly and fit well
- > Used every time you play

Remember, when in doubt, sit them out!

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily • Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child’s coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Remember, when in doubt, sit them out!

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
<ul style="list-style-type: none">•Appears dazed or stunned•Is confused about events•Answers questions slowly•Repeats questions•Can’t recall events prior to the hit, bump, or fall•Can’t recall events after the hit, bump, or fall•Loses consciousness (even briefly)•Shows behavior or personality changes•Forgets class schedule or assignments	<p><u>Thinking/Remembering:</u></p> <ul style="list-style-type: none">•Difficulty thinking clearly•Difficulty concentrating or remembering•Feeling more slowed down•Feeling sluggish, hazy, foggy, or groggy <p><u>Physical:</u></p> <ul style="list-style-type: none">•Headache or “pressure” in head•Nausea or vomiting•Balance problems or dizziness•Fatigue or feeling tired•Blurry or double vision•Sensitivity to light or noise•Numbness or tingling•Does not “feel right”	<p><u>Emotional:</u></p> <ul style="list-style-type: none">•Irritable•Sad•More emotional than usual•Nervous <p><u>Sleep*:</u></p> <ul style="list-style-type: none">•Drowsy•Sleeps less than usual•Sleeps more than usual•Has trouble falling asleep <p><i>*Only ask about sleep symptoms if the injury occurred on a prior day.</i></p>

LINKS TO OTHER RESOURCES

- CDC –Concussion in Sports
 - <http://www.cdc.gov/concussion/sports/index.html>
- National Federation of State High School Association/ Concussion in Sports
 - www.nfhslearn.com
- Montana High School Association – Sports Medicine Page
 - <http://www.mhsa.org/SportsMedicine/SportsMed.htm>