

Extra-Curricular and Activities Information

Rankin Community School Dist. 98

EXTRACURRICULAR ACTIVITIES TO WHICH THIS APPLIES:

- * Baseball, cheerleading, basketball (girls & boys), volleyball, softball, track (girls & boys), student council, speech team, scholastic bowl, chess club(4th - 8th), school specific clubs, and any additional activities added by the District #98 School Board or Administration.
- * These activities are open to students in 5th -8th grade.
- * **Students must have no failing grades in any classes to be eligible to participate.**
- * Students must be marked present for the school day in order to participate unless otherwise approved by administration.

IESA

- * We are a member of Illinois Elementary School Association.
- * We must follow the IESA rules, guidelines, and policies.
- * www.iesa.org



Sports Physicals

- * No student shall be permitted to compete in a try-out, practice, or game unless such student has filed with the school principal a certificate of physical fitness issued by a licensed physician, physician's assistant, or nurse practitioner as set forth in the Illinois State Statutes not more than 395 days preceding such tryout, practice, or contest in any athletic activity.
- * *Any student who is not allowed to participate in interscholastic activities as the result of a physician's directive may not return to play until they have received written clearance from a physician.*

ACADEMIC, PHYSICAL AND FINANCIAL ELIGIBILITY:

- * Rankin will follow the IESA by-laws for academic eligibility.
- * Participants must not have a grade of F in any subject. In compliance to IESA guidelines, we will conduct weekly eligibility.

ACADEMIC, PHYSICAL AND FINANCIAL ELIGIBILITY:

- * Eligibility is in effect from Monday through Saturday. An ineligible student cannot participate in games, practices, or performances until the Monday after they become eligible.
- * **During the first week of ineligibility**, and with approval of both the coach and parent, a student may attend but not participate in practices, games or performances.
- * **During a second week of ineligibility**, a student may not attend any activity, practice, game or performance.

ACADEMIC, PHYSICAL AND FINANCIAL ELIGIBILITY:

- * **A participant will lose membership in the activity if they are declared academically ineligible 3 different times within the length of the activity's season.** The season begins at tryouts and extends through the last game/match/event.
- * Any student exempted from Physical Education for illness or injury will not be eligible to participate in any extracurricular activity (games or practices) that involves physical activity (sports, cheerleading, etc.)

ACADEMIC, PHYSICAL AND FINANCIAL ELIGIBILITY:

- * **Students are expected to be in school long enough to be counted as present to participate in extra-curricular activities, any school sponsored, or school related event, regardless of location after school or in the evening.**
- * Students who miss school for pre-approved medical/dental appointment or other excused reason (except illness) may participate. Students absent on Friday may participate in weekend activities.

ACADEMIC, PHYSICAL AND FINANCIAL ELIGIBILITY:

- * Students must ride the team bus to all away games in order to participate. If the student cannot ride the bus due to a family conflict, they must have prior approval from the administration to have alternate transportation.
- * Students serving a bus suspension may not ride the bus to or participate in the away game/activity. Students must be signed out by a parent to leave the event.

CODE OF CONDUCT

- * The Code of Conduct describes the expectations and goals of the student activity program.
- * The Code does not contain a complete list of inappropriate behaviors for students in extracurricular activities.
- * Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violation.

CODE OF CONDUCT

- * Students are expected to follow the School Dress Code and be well groomed at all extra-curricular events, award programs and while traveling to and from activities.
- * Students are expected to follow all District policies and procedures on student discipline as described in the Student Handbook or as explained by any staff member.
- * Students must follow the rules of the activity as explained by the coach or sponsor.

CODE OF CONDUCT

- * Students must not use cell phones on the bus without specific prior approval of coach/sponsor.
- * Students must behave in a manner that is NOT detrimental to the good of the group or school.
- * Students must conduct themselves at all times, including after school and on days when school is not in session, as good citizens and exemplars of their school – they must behave in ways that are consistent with good sportsmanship, leadership, and appropriate moral conduct.

CODE OF CONDUCT

- * Students are expected to demonstrate good citizenship and exemplary conduct in the classroom, in the community, and during all facets of the activity.
- * Students will not be insubordinate or disrespectful towards the sponsor, coach or any official.
- * Students will not falsify any information contained on the permissions and forms required to participate in the activity.

CODE OF CONDUCT

- * Students will not possess, buy, sell, barter, use, distribute, or be under the influence of drugs, controlled substances, alcohol, tobacco, or any illegal substance, look alike drugs (or any substance represented to be one of the above) or paraphernalia, which alters mind, body, or performance.
- * Students will not commit any act which is a felony or misdemeanor.
- * Students will not be knowingly present in a location where any of the previous two code violations is occurring.

CODE OF CONDUCT

CONSEQUENCES

- * Any student that receives or serves an In-School Suspension AND/OR Out-of-School Suspension (i.e. Suspensions) while participating in an extracurricular activity (,i.e. season, club, and/or group) **will not be able to participate in at least one calendar day of games, matches, meets, and/or events for each activity they are currently participating in.** If the Suspension is longer than one day, the extracurricular Suspension increases to match the length.

CODE OF CONDUCT

- * Any student that receives or serves a Suspension for a **second time will not be able to participate in at least two calendar days of games, matches, meets, and/or events for each activity.** *(If the Suspension is longer than two days, the extracurricular Suspension increases to match the length.)* Students may be allowed to participate in practices and/or regular meetings with the exception of the timeframe of the duration of an Out-of-School Suspension.

CODE OF CONDUCT

CONSEQUENCES

- * A student who is issued any combination of three total incidents of Suspensions during the season or for the timeframe of a club or group will be removed for the remainder of the season for a sport or for the year for a club or group.
- * **If a student receives a fourth Suspension in a school year, the student may be removed from all future extracurricular activities for the remainder of the school year. The Administration will conduct a due process meeting with the student and a parent before making this determination.**

CODE OF CONDUCT

- * **The Administration may choose to carry over Suspensions consequences from one season or group or club timeframe to the next during the school year.**
- * Students who are not participating in extracurriculars because they have been issued consequences from the Administration do not dress in the team uniform, and must be in regular clothes.
- * A student receiving a bus suspension will not be allowed to ride the bus to or participate in any away events during the period of the suspension.

CODE OF CONDUCT

- * A student whose infractions (drugs, alcohol, arrest, etc) occur away from school or school activities at any time while participating in an activity/season will be subjected to suspension or removal from activity/season.



Concussions

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

Symptoms may include one or more of the following:

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

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Concussion

- * **What can happen if my child keeps on playing with a concussion or returns too soon?**
- * Athletes with the signs and symptoms of concussion should be removed from play immediately.
- * Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury.
- * There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one.
- * This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.
- * It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries.
- * Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.
- * For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

Concussion

- * **If you think your child has suffered a concussion**
- * Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately.
- * No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance.
- * Close observation of the athlete should continue for several hours.
- * IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest.
- * In accordance with state law, all IHSA member schools are required to follow this policy.
- * You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Consent and Agreement Form

Extra-curricular Activities Code of Conduct

It is our belief that participation in all extended activities is a privilege and not an absolute right. Students who elect to represent their school by taking part in extended activities must also accept the responsibility to conduct themselves in a manner that exemplifies the behavior of a wholesome, law-abiding citizen of the community. This code is to be signed by all student participants and parents before starting any activity. This code goes into effect the first day a student tries out for an activity and remains in effect 24 hours a day throughout the school year. The same restrictions apply for additional extracurricular activities the student participates in during the remainder of the current school year.

- * I have attended the extra-curricular meeting and I agree to uphold the Code of Conduct as written in the student handbook.

Concussion

- * I have reviewed information included in the slides of this presentation regarding the IESA/IHSA and Rankin School's concussion policy. By signing this form, I acknowledge that I have been provided information regarding concussions.

Please click on the link below and fill out the form:

https://docs.google.com/forms/d/12ZDlij8sVKHqfuzjky9ly5P_IdZUE6qKpZfHEHps9JM/edit