

## FFE

### **AF: Extracurricular Activities**

The Montpelier Public School shall provide for a well-organized properly supervised program. This program shall be an integral part of the student's education, and good judgment shall be maintained so that it is not detrimental to the school or student.

Eligibility - All participants in any interscholastic contest shall be passing all subjects, be less than 10 assignments behind on their online classes, and meet all other requirements as set forth by the North Dakota High School Activities Association. The coaches shall determine qualifications for lettering and other awards. Academic eligibility will be checked. In addition to these eligibility requirements students who represent the school in a contest or activity are expected to set examples of dependability, good sportsmanship, and excellent conduct at all times. This applies to behavior within buses, hotels, dressing rooms, and all other places. A student must be in school at least half the day of any activity if he/she is to participate that day or evening. An exception may be made if the student has a prearranged appointment or emergency. It is the school policy that classroom education shall have preference over extra-curricular activities. Students who do not meet the requirements as measured in terms of their ability shall not be allowed to participate.

The co-curricular programs in the Montpelier Public School exist for the development of skills, attitudes, and self-esteem of students, and are intended to enhance the physical, social, emotional, artistic and intellectual growth of our young people. Parents are encouraged to be positive and supportive in their relationships with their children, advisors, and coaches. It is the prerogative of the advisor/coach to manage the activity in such a manner that sound human relationships are encouraged and the regulations of the North Dakota High School Activities Association are met. A team effort by parents, school officials, and the participants is needed.

Our co-curricular programs are voluntary and are a privilege to participate in rather than a right. Therefore, when a student signs his/her name to accept the code, it means that he/she voluntarily accepts it as part of his/her co-curricular endeavors while attending Montpelier Public Schools. The basic purpose of this code is to provide assurance that our students and their parents are informed of the standards of behavior, conduct and appearance that are appropriate for the young people who represent our schools and the community of Montpelier in the various areas of co-curricular activities.

### **Concussion Management**

*NOTE: Items designated with a \* are from a National Federation of State High School Associations document entitled "Concussion in Sports: What You Need to Know" written by Dr. Michael Koester, Jennifer Adams, and Angie Webster and available at: [www.nfhslearn.com](http://www.nfhslearn.com).*

### **Concussion Signs & Symptoms**

The signs and symptoms of a concussion are as follows:

<b>Signs*</b>	<b>Symptoms*</b>
Athlete appears dazed or stunned	Double vision, blurry vision
Balance problems	Headache

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Confusion	Fatigue
Forgets events after the hit	Feels “foggy”
Forgets events prior to hit	Feels sluggish
Forgets plays	Nausea or vomiting
Loss of consciousness (any duration)	Problems concentrating
Moves clumsily (altered coordination)	Problems remembering
Personality change	Sensitive to light or noise
Responds slowly to questions	
Unsure about game, score, opponent	

### Requirements when Signs & Symptoms are Observed/Reported

#### 1. Removal

- a. An official district designee with direct responsibility for a student athlete during practice, training, or competition shall remove a student from practice, training, or competition if the student:
  - i. Reports any sign or symptom of a concussion; or
  - ii. Exhibits any sign or symptom of a concussion
- b. High school students and minors who serve as coaches or officials are encouraged to work with an adult who has removal-from-play authority prior to removing a student from play.
- c. A licensed, registered, or certified healthcare provider whose scope of practice includes the recognition of concussion signs and symptoms has removal-from-play authority if s/he determines, after observing the student, that the student may have a concussion.
- d. If two or more individuals with removal-from-play authority disagree on whether or not a student must be removed, the determination must be made in the interest of the student’s safety, meaning that the student shall be required to sit out and comply with return-to-play requirements contained in law.

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### 2. **When to Call for Emergency Assistance\***

A district employee, sports authority (e.g., coach, assistant coach, trainer, referee), or designee must call 911 for emergency medical assistance if an athlete exhibits:

- a. Unequal pupils;
- b. Bleeding or fluid leakage from the nose or ears;
- c. Signs or symptoms of a fractured skull and/or spine;
- d. Changes in level of consciousness for more than a few seconds;
- e. Deteriorating neurological function or changes in mental status (lethargic, confused, agitated, difficulty maintaining focus);
- f. Decreasing or irregular respiration;
- g. Persistent vomiting; or
- h. Seizure activity.

### 3. **Transportation when Emergency Assistance is NOT Activated**

A student with a suspected head injury may not be sent home or allowed to drive. A student removed from play in accordance with this procedure whose condition appears stable (i.e., not worsening) should be transported by his/her parent to a medical facility as soon as possible. If the student's parent is unavailable, the coach shall make arrangements to have the student transported to a medical facility by a school employee as soon as possible. The coach or designee shall make a continued effort to notify the student's parent of the student's possible injury, transportation arrangements, and destination.

### 4. **Examination**

A student removed from practice, training, or competition must be examined as soon as practical by a licensed healthcare provider who is acting within his/her scope of practice and trained in evaluation and management of concussions, as determined by the provider's licensing board.

### 5. **Return-to-Play Requirements**

A student who is removed from play in accordance with this procedure may not be allowed to return to practice, training, or competition until the student or the student's parent obtains written authorization from a licensed healthcare provider who is acting within his/her scope of practice and trained in evaluation and management of concussions as determined by the provider's licensing board. This written authorization must be given to the Athletic Director and retained in accordance with policy.

## Training

Upon initial employment (or selection, in the case of volunteers) and every two years thereafter, each district coach, official, and other individuals designated by the District who have removal-from-play authority must receive training regarding the nature and risk of concussions. The Athletic Director shall determine the method most suitable for carrying out this training

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requirement and place in each applicable personnel file, documentation of the date(s) the staff member/district designee completed concussion training.

The District shall develop information on concussions incurred by athletes and disseminate this information to student athletes and their parents. Before allowing a student to participate in an athletic activity, the District must require the student and the student's parent to submit written or electronic documentation verifying that they have viewed the concussion management information disseminated by the school district.

We highly recommend that both student athletes and parents complete the free 20-minute video presentation "Concussion in Sports: What You Need to Know" found at [www.nfhslearn.com](http://www.nfhslearn.com).

### **1) MIDDLE AND HIGH SCHOOL (6-12) ACTIVITIES PARTICIPATION GUIDELINES For music directors/athletic coaches/parents and students:**

Many of our students are involved in several activities which occasionally conflict with each other outside of the school day. Academic and extra-curricular leaders should make every effort to work with the student to determine a positive solution that allows the student to attend part of both activities, if possible.

Concert vs. practice – student goes to the concert

One of the three designated curricular music concerts vs. game – student attends the concert since this is an academic class - they are earning a grade for the concert

Performance dress rehearsal vs. practice – student's decision

Performance dress rehearsal vs. game – game

Concert vs. regional/state competitions – student attends competitions.

Should a state music and a state activities event occur simultaneously, students, teacher and parents would work together for a decision in the best interest of the student.

### **2) ELIGIBILITY**

#### **Scholastic**

A high school student shall be passing all classes and not be 10 or more assignments behind in their online class, with the passing grade to be computed every Monday morning before noon. Seventh and eighth grade students involved in high school activities must be passing all classes in order to maintain eligibility.

#### **Attendance**

Participants must be in attendance for all academic and required activities designated by the school in order to be eligible to participate in or attend practice or competition on any given day. (Excuses will be accepted for doctor appointments, and/or emergencies if approved by administrators and coaches.)

#### **Suspension or Expulsion**

Any participant who receives an out-of-school suspension or expulsion shall be ineligible for participation, including practices, during the period of suspension or expulsion. Participants shall be eligible to participate when they are readmitted to school.

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### **3) GENERAL STANDARDS**

**Dress and Grooming:** Students who participate in co-curricular activities are expected to dress appropriately for out-of-town trips. Coaches/Advisors may establish and post appropriate standards with each individual group. Participants should also expect to be neatly groomed, with clean and well-kept hair.

#### **Travel**

Students designated to participate in out-of-town events are to travel to and from events with the squad. No other means of transportation is to be arranged unless approval has been granted by the coach or advisor and Building Activities Director. Students are required to dress appropriately for winter travel.

#### **Regional Tournaments**

No overnights should be scheduled, unless schedule of play or inclement weather is a factor.

#### **State Tournament**

The expectation for tournaments within a 100-mile radius, is to return home each day. If overnights are scheduled by the school, the decision should be discussed between coordinators participating in the same regional or state tournament.

#### **Citizenship**

The conduct and behavior of participants is closely observed in many areas of school life and is a direct reflection of themselves, their parents, the school, the organization, and the coach/advisor. Participants shall be courteous and show respect for people and property. Exceptional leaders accept these responsibilities, realizing that they influence many others in the school. Gambling and other inappropriate activities will not be tolerated among student participants.

### **4) SPECIFIC STANDARDS In GENERAL:**

The supervisor of any co-curricular activity shall have the authority to suspend a participant for any of the following behaviors:

- Possession, use, or purchase of tobacco products, regardless of the student's age.
- Possession, use, or purchase of any alcoholic beverages. The North Dakota Supreme Court has defined "use" as having the odor of alcohol on one's breath and "possession" is evidence of the exercise of some degree of actual dominion or control over an alcoholic beverage.
- Possession, use, purchase, or attempted sale/purchase of illegal drugs, or the unauthorized possession, use, purchase or attempted sale/purchase of otherwise lawful drugs.
- Engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system (excluding minor offenses such as traffic or hunting/fishing, violations), regardless of whether the student was cited, arrested, convicted, or adjudicated for the act or acts.
- Exceedingly inappropriate or offensive conduct such as assaulting staff or students, gross insubordination (talking back or refusing to cooperate with authorities), serious hazing or harassment of others. NOTE: This could include group conduct.
- "Mere Presence" - Being in attendance at a function or party where the student knows or has reason to know that alcohol or other drugs are being consumed illegally by minors

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and failing to leave despite having a reasonable opportunity to do so. When a student recognizes this situation, he/she is expected to leave immediately.

- o An intention to leave and/or serve as a designated driver is not a defense.
- o Stay and risk loss of eligibility for extracurricular activities.

This is not an all-inclusive list of prohibited behaviors. The school reserves the right to discipline a student for violation of the good conduct rule which includes but is not limited to the above referenced behaviors.

### **5) CONSEQUENCES FOR ILLEGAL SUBSTANCE VIOLATIONS SHALL BE AS FOLLOWS:**

The use or possession of tobacco, alcohol, or any controlled substance as defined by North Dakota Law is prohibited. Any student who is in violation of the foregoing shall be suspended from participation in interscholastic contests or activities for a minimum period of six consecutive school weeks for the first offense and a period of 18 consecutive school weeks for any subsequent offense.

Consequences for violations are cumulative within the middle school years and again within the high school years.

The use, possession or sale of non-prescriptive anabolic steroids by any student athlete at any time during the school year is prohibited. Any student athlete found to be in violation of this policy shall be subject to the penalties provided in Section XI of Part Two, Article XIV of the Constitution and ByLaws of the Association.

The use or possession of anabolic steroids prescribed or directed by a physician shall not be a violation of this section. NOTE: Administrators should remind students when suspended that they may not play on non-school teams while under suspension.

### **7) Uniforms and Equipment:**

The policy of the school is to equip our teams or groups with clean, attractive uniforms and to equip the athletes with the best protective equipment. Each coach or instructor in charge of a group shall be responsible for issuing this equipment, checking it in at the close of the season, having it cleaned and repaired as necessary, and storing it properly.

**End of Montpelier School Policy FFE..... Amended 06-14-2021**