

Effingham Unit #40 Extra-Curricular Document Packet

- **Current Physical on File (all physicals expire after 395 days)**
- **2023-2024 Unit #40 Proof of Insurance Form**
- **2023-2024 Unit #40 Activity Code**
- **IHSA/IESA Sports Medicine Acknowledgement and Consent Form**
- **Athletic Consent for Participation, Assumption of Risk & Release – COVID 19**
- **Unit #40 Activity fee (\$30.00 per student per activity made payable to Effingham Unit #40)**

All items must be turned in prior to the first practice or students will not be allowed to practice or play until items are turned into the school office.

EFFINGHAM UNIT #40 PROOF OF INSURANCE FORM

This is to certify that _____ has
(Student's Name)
adequate insurance coverage through their family. As parents of the above named student, we assume full responsibility for all expenses incurred as a result of injuries he/she may receive while playing any sport or activity as a part of Effingham Unit #40 extra-curricular programs.

(If the student is not covered by a parent policy, there is a policy available for purchase by the parent. You may get information about this policy available for purchase by contacting the junior high or high school office.)

Name of Policy Holder: _____

Policy Holder's Employer: _____

Name of Insurance Company: _____

Identification No. of Policy: _____

(Parent/ Guardian Signiture)

**2023-2024 EFFINGHAM HIGH and JUNIOR HIGH SCHOOL
Co-Curricular Activity Code**

The Board of Education determines that participation in co-curricular activities, is a privilege. There is no right of students to participate in co-curricular competitions or to participate in particular co-curricular activities. If a student participant chooses not to comply with the rules and requirements set forth below, the privilege to participate in activity may be lost. The following rules will go into effect when the student signs the Student Handbook or the Activity Code and will continue to apply until the end of the participant's career at the school in which the code was signed. Violations that occur in the junior high school will result in penalties at that level. Once the student graduates from the junior high, any punishment for violations that have occurred during junior high will not be carried over to the high school level. However, the activity code signed by a junior high student will remain in force until the student begins attendance at the high school. If the student has signed the activity code at the junior high school level, violations that occur over the summer between the 8th grade and the 9th grade will be handled in accordance with the high school activity code. These rules apply to actions that occur both in and out of season of the activity in which each participant participates, during the summer, during holidays, during vacations, on or off campus. The rules of the activity code apply to both school sponsored and non-school sponsored activities.

RULES:

1. The participant shall not use tobacco in any form.
2. The participant shall not possess, use, transmit, deliver, sell, or attempt to use, transmit, deliver, or sell any alcoholic beverage, any illegal performance enhancing drug, any non-prescribed or illegal drug or any substance which the participant believes or represents to any of the above, including but not limited to look alike drugs.
3. The participant shall not be under the influence of any alcoholic beverage or any non-prescribed or illegal drug.
4. The participant shall not commit any criminal offense of any jurisdiction (Ex. Theft of personal items or damage to property), or violate the motor vehicle code of the State of Illinois or other jurisdiction, except for petty offenses including but not limited to speeding, and moving violations.
5. The Head Coach/Sponsor of each activity (subject to approval by the Activity Director) shall have the authority to specify additional rules.
6. The participant is expected to conduct themselves as ladies and gentlemen showing good sportsmanship at all times; this includes the classroom, on the field, stage, or court, on weekends and all other times.
7. The participant will attend all practices unless the absence has been pre-arranged by the coach/sponsor/director and the participant.
8. The participant will agree that academic studies come first and that participation in activities is secondary.
9. The participant will respect the law as a student, participant, and citizen.
10. The participant will strive to be first class academically, and socially.
11. The participant will adopt the work pattern of START-STICK-FINISH, which means a participant dropped from a squad/group for disciplinary reasons or a participant that quits a squad/group, may not practice or participate for any other squad/group until the performance schedule of the squad/group from which he/she was dismissed or quit is completed. If a student athlete has joined a sport and is serving a suspension due to an athletic code violation and does not finish the season successfully (i.e.-is dropped from the team, quits, etc.) then the student athlete will have to serve the suspension in the next sport even if they served partial or all of the suspension.

ATTENDANCE:

Students who are absent from school on the day of an activity will not be able to participate in that activity during the day or evening. Students must be in attendance four (4) periods of the day to be eligible to participate. Student-participants are expected to attend all classes the day following activity contests/performances. Habitual offenders are subject to contest suspension.

A participant shall not participate in activities on the day he/she has been absent from class without just reason or prior approval. Just reasons are doctor's appointment, dentist appointment, death in the family, or reasons approved by the Activity Director.

TRANSPORTATION:

All participants are expected to ride the bus to and from contests. Participants at Effingham High School may be granted an exception in extenuating circumstances with prior approval of an administrator. Due to past procedure participants at Effingham Junior High School may be granted an exception with prior approval of an administrator.

CO-CURRICULAR GROUPS INCLUDED:

Groups which are included at both the Junior High and High Schools are Athletics, Drama, Student Council, Scholar Bowl, Eco-Meet and Jazz Band. In addition, the other groups included are H.S. Jazz Choir, H.S. Winter Guard, J.H. Literary Team and J.H. Color Guard.

PENALTIES:

The Student Activities Director, upon approval of the building principal, is authorized to remove students from the activity program for gross disobedience or misconduct during the calendar year.

Violations of the above rules 1-2-3 will result in the following disciplinary action:

The participant will be suspended immediately for one-third (1/3) of the total number of the regular activity events. Practice will be allowed, but the participant may not participate in any games/performances. The participant will serve the one-third (1/3) suspension immediately from the time of the violation. If the violation occurs between seasons or the summer time, the suspension will be implemented during the next activity the student participates in at that school. Once a season is started based on the IHSA/IESA start dates, an athlete may not join a sport to serve a suspension. The athlete must finish the sport they serve the suspension in order for the suspension to count. Any percentage of suspension not served (due to the completion of the activity season) will be completed proportionately during the next activity in which the student participates at that level. (Note: If further clarification is needed, the EJHS/EHS Coaches/Sponsors/Directors have a situations and percentages addendum)

On the first offense, a participant may go through the Student Assistance Program (SAP) training and reduce the original suspension by one-third (1/3). On the first offense, if a student self-reports his/her violation within thirty-six hours of its occurrence, the SAP option can be waived, and the suspension will be reduced by one-third (1/3). This opportunity does not apply to situations where police, school personnel or others identify the violation prior to the student reporting it.

If a participant lies about the occurrence and is found guilty, the suspension will be doubled.

It is the philosophy of the Effingham Unit #40 Activity Coaches, Directors, and Sponsors that all students in our schools deserve a second chance. In working with students in an educational setting, we recognize the frailties within our society. This, however, does not relieve our schools of certain responsibilities toward our young people in the field of co-curricular activities. High standards must prevail if the activity program is to become meaningful and important to the participant. Therefore, we will use the following rules for those students who are repeat offenders:

- 1st offense: A suspension of one-third (1/3) of the total number of the regular contests/performances. (This total number does include regular season contests/performances and regular season tournaments/contests) On the first offense, a participant may go through the Student Assistance Program (SAP) training and reduce the original suspension by one-third (1/3)
- 2nd offense: 365-day suspension
- 3rd offense: Expulsion from all activities for the remainder of the participant's eligibility.

Violations that occur in the junior high school will result in penalties at that level. Once the student graduates from the junior high, any punishment for violations that have occurred during junior high will not be carried over to the high school level. However, the activity code signed by a junior high student will remain in force until the student begins attendance at the high school. If the student has signed the activity code at the junior high school level, violations that occur over the summer between the 8th grade and the 9th grade will be handled in accordance with the high school activity code

Violation of rule 4 listed above could result in contest suspension and/or expulsion from activities for the remainder of the participant's eligibility at that school.

Parent's Signature

Date

Participant's Signature



Concussion Information Sheet

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:

- | | |
|--|--|
| <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 |
|--|--|

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 Information Sheet (Cont.)

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.

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. The Youth Sports Concussion Safety Act requires athletes to complete the Return to Play (RTP) protocols for their school 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.

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.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>



IHSA Performance-Enhancing Substance Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Policy. A full copy of the policy and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for policy implementation in the IHSA Schools Center.

As a prerequisite to participation in IHSA athletic activities, we have reviewed the policy agree that I/our student will not use performance-enhancing substances as defined by the policy. We understand that failure to follow the policy could result in penalties being assigned to me/our student either by the my/our student's school or the IHSA.

IHSA PES Policy

<http://www.ihsa.org/documents/sportsMedicine/2017-18/2017-18 PES policy.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/current/IHSA Banned Drugs.pdf>



Acknowledgement and Consent

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions and the IHSA Performance-Enhancing Substance Policy.

STUDENT

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT or LEGAL GUARDIAN

Name (Print): _____

Signature: _____ Date: _____

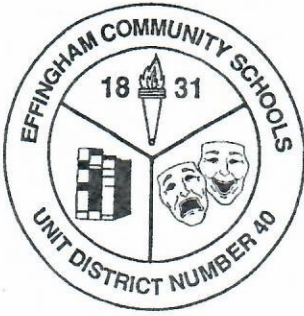
Relationship to student: _____

Consent to Self Administer Asthma Medication

Illinois Public Act 098-0795 provides new directions for schools concerning the self-carry and self-administration of asthma medication by students. In order for students to carry and self-administer asthma medication, parents or guardians must provide schools with the following:

- Written authorization from a student's parents or guardians to allow the student to self-carry and self-administer the medication.
- The prescription label, which must contain the name of the asthma medication, the prescribed dosage, and the time at which or circumstances under which the asthma medication is to be administered.

A full copy of the law can be found at <http://www.ilga.gov/legislation/publicacts/98/PDF/098-0795.pdf>.



EFFINGHAM UNIT DISTRICT 40

Andrew D. Johnson, Superintendent

PARENT CONSENT FOR PARTICIPATION, ASSUMPTION OF RISK & RELEASE

Please read this form carefully and be aware that participation in the athletics/activities program(s) for which your child is being registered entails, like participation in all recreational activities, certain risks which cannot be entirely eliminated despite due care exercised by Effingham Unit #40 staff in conjunction with such program(s).

I hereby give my consent for my child to participate in the athletic/activities program(s). I understand that appropriate precautions are taken to protect program participants. However, I also recognize and acknowledge that there is a degree of risk that my child may sustain personal injury, illness or damage to property in the course of partaking in such activities, and that Effingham Unit #40 cannot guarantee risk-free recreational experiences to program participants. I further acknowledge that my child could be exposed to someone who may be incubating communicable illnesses or other diseases, including but not limited to COVID-19 (Coronavirus), and who may be capable of spreading disease to others during participation. I nonetheless desire to procure the benefits of recreation for my child, and accordingly consent to his/her participation in the athletic/activity program and agree to assume any and all risks and dangers associated with his/her participation.

I agree to emergency treatment of my child by a physician or hospital in the event I cannot be reached, and I understand that Effingham Unit #40 does not cover or insure participants for any types of medical costs.

I hereby fully release and discharge Effingham Unit #40 and its officers, agents, servants and employees from any and all claims for injury, illness, disease, damage, loss or death which I may have or which may accrue on account of my child's participation in the program(s). I further agree to indemnify and hold harmless Effingham Unit #40 and its officers, agents, servants and employees from any and all claims and expenses, including attorney's fees, resulting from injury, illness, disease, damage, loss or death sustained and arising in any way out of my child's participation in said programs.

Student Name: _____ **Student D.O.B.** _____

Parent/Guardian Acknowledgement and Agreement

Parent/Guardian Signature

Date

"IN SEARCH OF EXCELLENCE"

2803 South Banker • P.O. Box 130 • Effingham, Illinois 62401 • 217/540-1500