

ALMOND-BANCROFT SCHOOLS ATHLETIC PARTICIPATION FORM 2022-23

(All student-athletes must have this form on file at the school prior to the first practice.)

Student Name: _____	Grade in School _____
Address: _____	
City: _____	Zip Code: _____ Phone#: _____
Name of Parents/Guardians: _____	
Health Insurance Carrier: _____	Policy Number: _____
Physician Name: _____	
List All Sports Participating In: _____	

PERMISSION TO PARTICIPATE

I hereby give my permission for the above named student to practice, compete, and represent Almond-Bancroft Schools in all regulated interscholastic sports provided by the school, except any restriction as noted on the current physical exam card completed by a licensed physician or nurse practitioner.

RESPONSIBILITY TO RETURN ALL SCHOOL-ISSUED UNIFORMS/EQUIPMENT

I agree to be financially responsible for the safe return of all athletic uniforms and equipment issued to the above named student and agree to reimburse the school for the replacement value of lost/stolen/damaged uniforms and/or equipment. I understand that the failure to return school-issued equipment will result in a criminal referral for stolen property if not returned by the first contest of the following athletic session.

PERMISSION FOR EMERGENCY MEDICAL CARE AND CONVEYANCE

I grant permission for the above student, in case of injury during athletic participation, to be given emergency attention/care by the athletic trainer, team physician, or any other physician present and to be conveyed to an emergency medical facility if needed. I understand that all cost associated with such treatment will be the responsibility of the parents/guardians, and that the Almond-Bancroft Schools will assume no liability for the costs.

INFORMED CONSENT

I understand that injuries could occur as a result of athletic participation, and that these injuries could include minor injuries such as bruises and abrasions, muscle strains, sprains, or broken limbs. I understand that a catastrophic injury could result in paralysis or death due to athletic participation.

WIAA CONCUSSION/HEAD INJURY AND CARDIAC ARREST SIGNS

The Almond-Bancroft School District takes concussions/head injuries very seriously. Therefore, it is important for Parents and Athletes to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you have read and understand the concussion information provided, and understand the importance of recognizing and responding to signs, symptoms, and behaviors of a concussion or head injury. Also, included is the sudden cardiac arrest information form. By signing this form you are stating that you have read and understand the sudden cardiac arrest information provided.

ALMOND-BANCROFT SCHOOL DISTRICT SPORTSMANSHIP EXPECTATIONS

I have read the Sportsmanship Policy provided, attended the required student/parent/coach meeting (in person or virtually), and agree to the rules and expectations for student athletes, parents, and coaches.

ALMOND-BANCROFT BULLYING, HARASSMENT, AND INTIMIDATION POLICY

Signing this form acknowledges that both Parent and Athlete have received and read the above policy. All reports of bullying, harassment, or intimidation must be reported immediately.

INSURANCE WAIVER

I certify that I have adequate insurance coverage on the above-named student to cover medical expenses in the event of an athletic related accident or injury.

CO-CURRICULAR HANDBOOK AND WIAA ELIGIBILITY BULLETIN

By signing this form, we are attesting to the fact that we have read and understood to abide by the rules and regulations set forth in the Co-Curricular Code and the WIAA Eligibility Information Bulletin, and that full permission is granted to the above Student to participate in Almond-Bancroft athletics.

Parent Signature

Parent Name Please Print

Date

Student Signature

Student Name Please Print

Date

Concussion and Head Injury Information

Wis. Stat. § 118.293 Concussion and Head Injury

What Is a Concussion? A concussion is a type of head (brain) injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Consequences of severe brain injury (including concussion) include problems with thinking, memory, learning, coordination, balance, speech, hearing, vision, and emotional changes.

What are the signs and symptoms of a concussion? You cannot see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you as an athlete or your child or teen is acting or feeling, if symptoms are getting worse, or if you/they just "don't feel right." Most concussions occur without loss of consciousness.

If the child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior or personality changes
- Loss of consciousness (even briefly)
- Repeats questions
- Forgets class schedule or assignments

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injury occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it is OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):

- Headache
- Nausea or vomiting
- Dizzy or unsteady
- Sensitive to light or noise or blurry vision
- Difficulty thinking clearly, concentrating, or remembering
- Irritable, sad, or feeling more emotional than usual
- Sleeps *more* or *less* than usual

If you or your child or teen has signs or symptoms of a concussion

Seek medical attention right away. A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe to return to normal activities, including physical activity and school (concentration and learning activities).

After a concussion, the brain needs time to heal. Activities may need to be limited while recovering. This includes exercise and activities that involve a lot of concentration.

Information adapted from the Centers for Disease Control and Prevention's (CDC) Heads Up Safe Brain. Stronger Future.

For more information view the CDC's Heads Up to Youth Sports webpages for athletes, parents, and coaches.



WISCONSIN DEPARTMENT OF
Public Instruction



Sudden Cardiac Arrest Information

Wis. Stat. § 118.2935 Sudden cardiac arrest; youth athletic activities

Sudden cardiac arrest (SCA), while rare, is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life-threatening. A family history of SCA at younger than age 50 or cardiomyopathy (heart muscle problem) places an athlete at greater risk. **Athletes should inform the healthcare provider performing their physical examination about their family's heart history.**

What is Sudden Cardiac Arrest? Cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain, lungs, and other vital organs.

Cardiac arrest usually causes death if it is not treated with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) within minutes.

Cardiac arrest is not the same as a heart attack. A heart attack occurs if blood flow to part of the heart muscle is blocked. During a heart attack, the heart usually does not suddenly stop beating. In cardiac arrest the heart stops beating.

What warning signs during exercise should athletes/coaches/parents watch out for?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain/tightness with exertion
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)

Stop activity/exercise immediately if you have any of the warning signs of Sudden Cardiac Arrest.

Speak up and tell a coach and parent/guardian if you notice problems when exercising.

If an athlete has any warning signs of SCA while exercising, they should **seek medical attention and evaluation from a healthcare provider before returning to a game or practice.**

The risk associated with continuing to participate in a youth activity after experiencing warning signs is that the athlete may experience SCA, which usually causes death if not treated with CPR and an AED within minutes.

What are ways to screen for Sudden Cardiac Arrest (SCA)?

WIAA Pre-Participation Physical Evaluation – the Medical History form includes important heart related questions and is required every other year. Additional screening using an electrocardiogram and/or an echocardiogram may be done if there are concerns in the history or physical examination but is not required (by WIAA). Parents/guardians/athletes should discuss the need for specific cardiac testing with the medical provider performing the review of family history and physical evaluation or after experiencing warning signs of sudden cardiac arrest while exercising. The cost of the pre-participation physical and any follow up examinations or recommended testing including an electrocardiogram is the responsibility of the athlete and their parents/guardians. **Not all cases or causes of SCA in young athletes are detected in the history, examination, or with testing.**

What is an electrocardiogram, its risks, and benefits? An electrocardiogram (ECG) is one of the simplest and fastest tests used to evaluate the heart. Electrodes (small, plastic patches that stick to the skin) are placed at specific spots on the chest, arms, and legs. The electrodes are connected to an ECG machine by wires. The electrical activity of the heart is then measured, interpreted, and printed out. No electricity is sent into the body. Risks associated with having an ECG are minimal and rare. The benefits include that it



is an easy procedure to do, can be performed in many health care offices and it may detect heart conditions in children with no symptoms. **ECGs are good at detecting certain heart conditions that may increase risk for SCA but may not detect all such conditions.** If not performed correctly the information is not valid and may lead to more (unnecessary) testing and further examinations. ECGs should be interpreted by experts in reading ECGs in children (i.e., pediatric cardiologists). For more information, [view the Johns Hopkins Medicine - Electrocardiogram website.](#)

How may a student athlete and parent/guardian request the administration of an electrocardiogram and a comprehensive physical examination? Athletes participating in WIAA sports are required to have a physical examination and review of family history every other year. Other youth sports have similar requirements. Although the cost of these medical examinations is the responsibility of the athlete's family many school districts can assist students to find low cost or no cost ways to obtain these examinations. Athletes should contact their school athletic director if they need assistance in getting an examination. If an athlete has risk factors, family history of heart disease, or has had warning signs associated with sudden cardiac arrest while exercising, they should tell the medical provider performing the history and physical examination and discuss the possible need for an electrocardiogram.





2022-2023 High School Athletic Eligibility Information Bulletin

To: Student-Athletes and Their Parents

From: Wisconsin Interscholastic Athletic Association and

Almond-Bancroft
(School)

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a **summary** of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at www.wiaawi.org.

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing. Reading and signing this form is a condition of participating in interscholastic athletics at WIAA member schools. It does not guarantee a student-athlete's athletic eligibility nor does it give rise to any contractual rights, direct or indirect, to student-athletes or their parents.

These are WIAA eligibility rules, which are **current for the 2022-2023 school year:**

AGE

A student shall be ineligible for interscholastic competition if he/she reaches his/her 19th birthday before August 1 of any given school year.

ACADEMICS

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances, the school's requirements prevail and must be applied as written.

ATTENDANCE

A student-athlete is eligible for interscholastic competition at a member school if he/she is carried on the attendance rolls as a duly enrolled full-time Grade 9, 10, 11 or 12 student in that member school. (Subject to satisfying all other eligibility requirements.)

Note: A full-time student is further defined as one where the member school is responsible for programming 100% of the student's school day. The student is eligible for like or similar awards, privileges and services as all the other students and meets all obligations and responsibilities as other students, without exception.

- A. A student must complete eligibility in the four consecutive years starting with Grade 9, unless there are documented extenuating circumstances and a waiver has been provided.
- B. A student is ineligible if he/she has graduated from a school offering studies through Grade 12 or its equivalent.
- C. A student who graduated in May or June retains eligibility for any portion of a spring athletic schedule not completed by the end of the academic year. Mid-year graduation ends athletic eligibility on the last day of attendance.
- D. A student is ineligible if he/she has not been enrolled in some school by the 17th day of a semester or trimester, except upon request of a school in special cases involving sickness, accident, military service, social services assignment, e.g.
- E. A student-athlete may not participate in school sports in more than four different years, and a student-athlete may not participate in the same sport more than one season each school year.

DETERMINING RESIDENCE FOR PUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only at the school within whose attendance boundaries his/her parents reside, within a given school district, with these additional provisions:

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.
- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.

- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.
- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at his/her school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, he/she shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, he/she becomes eligible.
- H. A student-athlete will not be eligible if his/her attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.
- I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if he/she transfers to another school.
- J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

- A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions may also apply.
- B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).
- D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-12 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.
- E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.
- F. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

TRANSFERS

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. **Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.** For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

- A. A student who transfers from any school into a member school after the sixth consecutive semester following entry into Grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total and complete change in residence by parent(s). The calendar year (365 days) will be determined from a student's first day of attendance at the new school.
- B. Students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.
- C. Students entering 11th grade are restricted to nonvarsity opportunities for one calendar year.
- D. Students entering 12th grade as transfer students are ineligible to compete at any level for one calendar year, but may practice.
- E. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.
- F. 10th or 11th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).
- G. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- H. District policies with respect to intra-district transfer do not supercede WIAA transfer rules in situations involving post-sixth semester transfers. Intra-district transfers occurring after the sixth consecutive semester following entry into grade 9 result in the student being

ineligible for competition at any level for one calendar year (365 days beginning with first day of attendance at the new school), but may practice.

- I. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at his/her new school until the fifth calendar day of such transfer.
- J. If within the first six consecutive semesters following entry into grade 9, a student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- K. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.
- L. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at his/her new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education. Note: A student who does not serve a penalty for violation by leaving the state and competing in another state, will be ineligible for the balance of the suspension upon return to the state.
- M. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

PHYSICAL EXAMINATION and PARENT'S PERMISSION

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and he/she must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

TRAINING and CONDUCT

A student-athlete must follow his/her school's code of conduct (training rules) on a year-round basis.

- A. A student-athlete who violates his/her school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).
- B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.
- C. Any student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid his/her debt to society and the courts consider the sentence served (including probation, community service, etc.).
- D. A student-athlete who violates his/her school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.
- E. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.
- F. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event at the same level of competition as the disqualification.
- G. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.
- H. A school must provide an opportunity for the student to be heard prior to a penalty being enforced (except for felony charges). If a student appeals a suspension, according to the school's appeal procedure, the student is ineligible during the appeal process.
- I. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

AMATEUR STATUS

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash (including gift cards) or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance, as an athlete because of ability, potential and/or performance as an athlete.

- D. A student-athlete may not receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students.
- E. A student-athlete may not be identified (with or without permission) as an athlete, provide endorsement as an athlete or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan, or service.
- F. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than his/her own name.

SPORTS ACTIVITIES OUTSIDE OF SCHOOL

Athletes may compete in not more than two non-school competitions with prior school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series) and forfeiture of the two non-school opportunities.

- A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including "banditing") in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).
 - (1) This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
 - (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
 - (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training and/or competition.
- B. During the school year before and/or after the school season of a sport and in the summertime, members of a school's team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.
- C. A student-athlete or his/her parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.
- D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be his/her coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.
- E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.
- F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

USE OF STUDENT IMAGE

The participation of student-athletes in school and WIAA tournaments may result in the use of student-athlete images in promotion of school and WIAA events.

In order to facilitate good communication, all questions regarding athletic participation at your school should be addressed to your athletic administrator.

Bullying, Harassment, and Intimidation Policy

(definitions and types adapted from Stop Bullying, a program under the US Department of Health and Human Services, as well as "Bullying Prevention and Intervention" by Cindy Miller and Cynthia Lowen, 2012)

Introduction

The Almond-Bancroft School District shall strive to provide a safe, secure and respectful learning environment for all students in school buildings, on school buses, and at school sponsored activities. Bullying, harassment, and intimidation have a harmful social, physical, psychological, and academic impact on the instigators, the victims, and the bystanders. The district will continuously and vigorously address bullying, harassment, and intimidation so that there is no disruption to the learning environment and learning process.

Prohibition

Bullying, harassment, and intimidation behaviors are prohibited in all academic and non-academic settings. This includes, but is not limited to, classrooms and hallways, buses, cafeteria, playground, gymnasium, school property and educational environments, including any property or vehicle owned, leased, or used by the school district. Educational environments include, but are not limited to, every activity under school supervision.

Bullying Definition

Bullying is intentional and unwanted behavior that involves an imbalance of power*. The behavior is repeated, or has the potential to be repeated, over time. Bullying behaviors are aggressive and create an intimidating, hostile, or offensive learning environment.

*Imbalance of power: Using physical strength, access to embarrassing information, popularity (using bullying as a means to keep popularity/power OR using bullying as a means to climb the social ladder and/or lower someone else's popularity), etc. to control or harm others.

Types of Bullying

Verbal: ongoing name calling, teasing, gossip, threatening or intimidating language, making false accusations, put-downs, using profane or derogatory language towards someone

Physical: ongoing assault, hitting, tripping, shoving, slamming lockers closed, hitting objects out of someone's hands, hazing, spitting, slapping, taking or breaking someone's things, making mean or rude hand gestures, hair pulling, defacing or destroying property (such as making marks on clothing, books, backpacks, etc.), stealing, initiating fights or forcing someone to fight another person

Emotional: ongoing humiliating, taunting, and making fun of someone repeatedly in the presence of others (including online), dirty looks, insulting or threatening gestures, embarrassing, criticizing, or making negative comments

Relational: ongoing gossip and rumor spreading, lying about the victim, isolating, ignoring, excluding, disclosing private or sensitive information, telling others not to be friends with someone

Cyber: ongoing use of email, instant messages, text messages, digital pictures or images, cell phones, social media (including Facebook, Instagram, Snapchat, Twitter, etc.) to threaten, harass, or intimidate; posting mean or hurtful comments or pictures

Direct: Teasing, name calling, kicking, hitting, spitting, shoving, damaging property, threatening

Indirect: Spreading rumors or gossip, social exclusion/isolation, disclosing private or sensitive information, telling others not to be friends with someone

Bullying and harassment are protected not only by district policy, but also by state and federal laws as follows:

Bullying is protected by Wisconsin Act 309, Statutes 118.02 and 118.46

Harassment is protected by federal civil rights laws: Civil Rights Act, Education Amendments, Rehabilitation Act, Americans with Disabilities Act, and Individuals with Disabilities Education Act

Bullying Definition (cont.)

Rude vs. Mean vs. Bullying: Students can make poor choices in how to treat each other; the behavior is considered bullying when it becomes ongoing and is directed toward the same individual. Bullying behavior is addressed in a different manner than isolated incidents of disrespect.

Rude = Unintentionally saying or doing something that hurts someone else.

Examples: jumping ahead in line, bragging, asking inappropriate questions

Mean = Purposefully saying or doing something to hurt someone once (or maybe twice).

Examples: criticizing clothing, appearance, intelligence; saying something in anger toward someone; argument between friends

Bullying = Intentionally aggressive behavior, repeated over time, that involves an imbalance of power.

*It is not bullying when two kids with no perceived power imbalance fight, have an argument, or disagree.

Harassment Definition

Harassment is unwelcome conduct based on a protected class (race, national origin, color, sex-based (including sexual orientation), age, disability, religion) that is severe, pervasive, or persistent and creates a hostile environment. Harassment also includes sexual harassment, which refers to behaviors that are not welcome, that are personally offensive, that debilitate morale, and that interfere with the academic performance of its victims or their peers. Sexual harassment may also include, but is not limited to, actions such as sexually-oriented verbal "kidding" or abuse, pressure for sexual activity, sexual contact and unwelcomed touching, display of sexually suggestive objects or pictures, demands for sexual favors accompanied by implied or overt promises of preferential treatment or threats concerning an individual's employment or academic status, any job or academic-related action that is based upon an individual's acceptance of, resistance to, or refusal of sexual overtures.

Intimidation Definition

Intimidation is behaving in such a way as to make another feel timid or fearful. This includes overt or implied threats and/or physical gestures.

Procedure for Reporting/Retaliation

It is the responsibility of all school staff members, students, parents, and concerned individuals who observe or become aware of acts of bullying, harassment, or intimidation, to report these acts confidentially to a School Counselor for initial review. All staff members who take such reports, either verbally or in writing, are obligated to take the report seriously and to document a clear account of the incident. If the bullying, harassment, or intimidation is occurring during athletic events, please also report your concerns to the Coach and Athletic Director.

Reports of bullying, harassment, or intimidation should be made as soon after the incident as possible to ensure that a thorough investigation can be conducted. Early reporting allows the School Counselor to potentially find supporting evidence and witnesses.

There shall be no retaliation against individuals making such reports. Individuals engaging in retaliatory behavior will be subject to disciplinary action, as outlined in the Anti-Bullying Code of Conduct.

The district shall keep the complaint confidential to the extent permitted by law for both the accused and the accuser, until such time as the misconduct is confirmed and sanctions are imposed. If the report is determined to be valid and serious, parents/guardians will be notified of the report and any sanctions imposed on their child.

Bullying and harassment are protected not only by district policy, but also by state and federal laws as follows:

Bullying is protected by Wisconsin Act 309, Statutes 118.02 and 118.46

Harassment is protected by federal civil rights laws: Civil Rights Act, Education Amendments, Rehabilitation Act, Americans with Disabilities Act, and Individuals with Disabilities Education Act

Procedure for Reporting/Retaliation (cont.)

An investigation to determine the facts will take place promptly following verbal or written report to verify the validity and the seriousness of the situation. The following procedure will be used:

1. Complaints should be presented verbally or in writing to a School Counselor. The complaint should include a specific statement of the alleged behavior, including details such as time, date, location, and circumstance of each alleged incident and should be signed and dated by the complainant. (See Almond-Bancroft Bullying, Harassment, and Intimidation Report Form.)
2. The School Counselor will fully and promptly investigate all complaints. If deemed to be bullying, harassment, or intimidation by the Counselor, the Dean of Students and/or Principal will be notified. The Counselor and Dean of Students and/or Principal will notify the person(s) accused of the bullying, harassment, or intimidation, arrange meetings to discuss the complaint with all concerned parties, and submit a report of the results of the investigation to all parties as soon as possible after receiving the complaint. Any disciplinary action that is warranted will be decided by the Dean of Students or Principal and will be made in accordance with the Student Handbook.
3. If the results of the investigation are not satisfactory to the complainant, he/she may submit a written appeal to the District Administrator. The appeal should include a statement of the complaint, the results of the investigation done by Administration, and the nature of and reasons for the dissatisfaction with the results. Such appeals must be filed within ten (10) working days of receiving the investigation results. The District Administrator will arrange a meeting with the complainant and any other necessary parties to discuss the appeal. The District Administrator will give a written response to the appeal within ten (10) working days of receipt.
4. In the case of a harassment complaint, if the complainant remains unsatisfied, he/she may appeal through a signed, written statement to the School Board within ten (10) school/business days of his/her receipt of the District Administrator's response in Step 3. In an attempt to resolve the complaint, the Board shall meet with the concerned parties and their representatives following the receipt of such an appeal. A copy of the Board's disposition of the appeal shall be sent by the Board Clerk to each concerned party within ten (10) school/business days of this meeting.
5. Individuals may submit complaints/appeals to other agencies as provided by state and federal laws.
6. A substantiated charge of bullying, harassment, or intimidation against a student in the District will subject that student to disciplinary action, including out of school suspension or expulsion proceedings, in accordance with the Student Rights and Responsibilities.

Sanctions and Supports

If it is determined that students participated in bullying, harassment, or intimidation behavior in violation of this policy, the Principal or Dean of Students may take disciplinary action including community service, out of school suspension, expulsion and/or referral to law enforcement officials for possible legal action as appropriate. Employees found to have participated in bullying, harassment, or intimidation behavior or having become aware that bullying, harassment, or intimidation was taking place and failed to report the behavior, are considered to be in violation of the prohibition expressed by the policy. They may be subject to disciplinary action as established by administration.

Disclosure

The policy will be annually distributed in the school's student/parent handbook to all students enrolled in the district, their parents/guardians and employees. It will also be distributed to organizations in the community having cooperative agreements with the schools. The school district will also provide a copy of the policy to any person who requests it.

Bullying and harassment are protected not only by district policy, but also by state and federal laws as follows:

Bullying is protected by Wisconsin Act 309, Statutes 118.02 and 118.46

Harassment is protected by federal civil rights laws: Civil Rights Act, Education Amendments, Rehabilitation Act, Americans with Disabilities Act, and Individuals with Disabilities Education Act

ANTI-BULLYING CODE OF CONDUCT

Offense Description	Disciplinary Action		
	1 st Offense	2 nd Offense	3 rd Offense
Level 1 Verbal Bullying: ongoing name calling, teasing, gossip, threatening or intimidating language, making false accusations, put-downs, using profane or derogatory language towards someone Emotional Bullying: ongoing humiliating, taunting, and making fun of someone repeatedly in the presence of others (including online), dirty looks, insulting or threatening gestures, embarrassing, criticizing, or making negative comments Relational Bullying: ongoing gossip and rumor spreading, lying about the victim, isolating, ignoring, excluding, disclosing private or sensitive information, telling others not to be friends with someone Active Bystander (assisting/reinforcing bullying of an individual or group)	Minimum Action Parent Contact, Verbal Reprimand Maximum Action Out of School Suspension	Minimum Action Parent Contact, Community Service Maximum Action Out of School Suspension	Minimum Action Parent Contact, Additional Community Service Maximum Action Out of School Suspension or Expulsion
Level 2 Cyber bullying: ongoing use of email, instant messages, text messages, digital pictures or images, cell phones, social media (including Facebook, Instagram, Snapchat, Twitter, etc.) to threaten, harass, or intimidate; posting mean or hurtful comments or pictures <ul style="list-style-type: none"> • Occurs during school hours • Occurs using district technology • Occurs outside school hours, but effects the positive learning environment at school Physical Violence or Threat of Physical Violence: ongoing assault, hitting, tripping, shoving, slamming lockers closed, hitting objects out of someone's hands, hazing, spitting, slapping, taking or breaking someone's things, making mean or rude hand gestures, hair pulling, defacing or destroying property (such as making marks on clothing, books, backpacks, etc.), stealing, initiating fights or forcing someone to fight another person Severe Harassment (including continuous verbal or sexual harassment, discriminatory actions Intimidation: overt or implied threats and/or physical gestures to make another feel timid or fearful Retaliation: to hurt, threaten, or do something harmful to someone (including the bullying behaviors listed above) because that person has reported that you were bullying them or another student	For each offense in Level 2, the minimum action taken will be an out of school suspension and the maximum action taken will be expulsion based on the severity of the offense. Citations or legal charges may be issued.		

*Severity of the incident may result in mandatory coaching by counselors, parent meetings, or other behavior modification plans, actions are merely presented as guidelines and school personnel maintain the right to modify penalties based on the severity of the incident.

*Disciplinary action will be taken once investigation is complete and bullying offense has been verified.

GO EAGLES!



ALMOND-BANCROFT HIGH SCHOOL & MIDDLE SCHOOL CO-CURRICULAR CODE 2022-2023

***ALL PARTICIPANTS ARE RESPONSIBLE FOR THE
INFORMATION PRESENTED IN THIS HANDBOOK***

Edited August 1999
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Edited August 2000
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Revised July 2010
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Revised July 2015
Revised July 2016
Revised July 2017
Revised July 2018
Revised July 2019
Revised July 2020
Revised July 2021
Revised June 2022

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ALMOND-BANCROFT CO-CURRICULAR HANDBOOK (page 1)

Issue Resolution Chain

Communication among or between athletes, parents, and coaches is encouraged and becoming ever more necessary. The following steps should be followed to enhance this communication:

1. **Student should bring the concern directly to the coach/sponsor.** Coaches/sponsors are to work with the student to create a time and location that will work for this type of conversation.
2. If the student needs support, a parent, teammate, or athletic director can be present for the conversation with the coach, helping the student be their own advocate.
3. If a resolution still cannot be achieved after steps one and two, the parents, student, and coach may meet with the athletic director, whom will take a more active role in helping to resolve the issue.

If a parent brings a complaint to the Athletic Director, they will be directed back to the coach/sponsor first. Students will be encouraged to advocate for themselves and work with the coach/sponsor to solve problems. When necessary, the Athletic Director will work with the student to develop strategies to approach coaches appropriately.

CO-CURRICULAR PHILOSOPHY, GUIDELINES, AND REGULATIONS

The following rules and guidelines will be used for the operation of a positive and successful athletic program.

1. All students, parents, administrators, and staff members shall follow the provisions of the Co-Curricular Code.
2. Each coach/sponsor may have team/club rules, which may be above and beyond those identified in the Co-Curricular Code. If so, these rules must be openly shared with all athletes/participants and their parents. They must also be approved and on file with the Activities Director and Principal.
3. All coaches/sponsors shall adhere to this policy and direction from the Activities Director, the Principal, and or designee of the District Administrator.
4. Levels of participation: The School District believes that participation at any level should be geared toward fun, an overall positive experience, and good sportsmanship. Open and honest communication is paramount throughout the program. Every effort shall be made between the athlete/participant, coach/sponsor, parents, and administration to communicate the goals, objective, and expectations of each program of each individual participant.
 - A. The Board of Education may choose to offer extra-curricular activities at the elementary level (grades K-6). The emphasis at this level is for total and equal participation. The children will learn basic rules and skills associated with the activity. Values such as positive attitude, respect for others, and teamwork will be introduced. Highest regard should be placed on the children's self-esteem. Winning will not be a main emphasis.
 - B. The Board of Education offers extra-curricular activities at the middle school level (grades 7 and 8). Each athlete/participant shall participate as often as possible in all games/events in order that he/she will feel encouraged to continue to participate. Although winning/success is desirable, participation should be emphasized at this level.
 - C. The Junior Varsity program shall stress participation, and a major emphasis may be on the need to prepare physically and psychologically to win. Skill levels will begin to be a factor associated with actual playing time/participation time.
 - D. At the Varsity level, programs will emphasize competition that may be based on limited participation of students and no guaranteed playing time for those participants. Athletes/participants, who desire this level of involvement, do so with the understanding that playing/participating is a privilege. Playing/participating time will depend upon individual skill levels, attitude, display of appropriate sportsmanship, and ability to display athletic skills that will complement a winning game strategy.
 - E. Violations of the Co-Curricular Code, coaches'/sponsors' rules/guidelines/expectations or Student Handbook by students in grades 6-12 could affect and limit participation.

SPORTSMANSHIP POLICY

The Almond-Bancroft School District believes in developing and maintaining quality Activities programs and the many educational and social values that can be instilled in the students who participate in these programs. Like the classroom setting, practices, events and games are forums for our coaches/sponsors, parents, and adults to teach.

Sportsmanship is the cornerstone of any quality program. Good sportsmanship is an attitude that displays respect, dignity, character, self-control, fair play, and camaraderie. We acknowledge that students, coaches/sponsors, parents, and others can on occasion, be caught up in the intensity of a particularly heated contest/event. This, however, is no excuse for irresponsible, un-sportsmanlike, behavior. Just as we expect civility and self-control in the classroom and in society, we must demand it in our student programs.

In the interest of promoting sportsmanship, the following guidelines are to be followed by all students, administrators, coaches/sponsors, faculty, parents, and spectators.

Expectations of the coaches/sponsors, activities director, faculty, and administration

1. Always set a good example for participants and fans to follow and model respect, dignity, character, self-control, and fair play.
2. Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics a number one priority.
3. Respect the judgment of contest officials; abide by the rules of the event and refrain from behavior that entice spectators in a negative manner.
4. Treat opposing coaches/sponsors, participants, and fans with respect.
5. Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media.

Expectations of the student participants

1. Accept and understand the seriousness of your responsibility, and the privilege of representing your school and community. Your actions good or bad reflect on your coach/sponsor, school, and community.
2. Refrain from taunting, trash talking, or making any kind of derogatory remarks to your opponents during the game/activity, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
3. Respect the judgment of contest officials; abide by the rules of the event and refrain from behavior that would entice spectators in a negative manner.
4. Treat opponents the way you would like to be treated.
5. Win or lose with character and dignity.

Expectations of spectators

1. Refrain from taunting, trash talking, or making any kind of derogatory remarks to your opponents during the game/activity, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
2. Be a positive role model through your own actions and by censuring those around you at events whose behavior is unbecoming.
3. Remember that you are at a contest/activity to support, cheer for your team, and enjoy the skill and competition/participation; not to intimidate or ridicule others.
4. Remember that a ticket to a school event is a privilege to observe a contest, not a license to verbally assault others.
5. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.

Refrain from the use of any controlled substance (alcohol, drugs, etc.). Before, after, and during games/activity.

***FAILURE TO ABIDE BY THESE EXPECTATIONS COULD WARRANT THE CROWD CONTROL WORKER, SCHOOL PRINCIPAL, ACTIVITIES DIRECTOR, DISTRICT ADMINISTRATOR, OR A WIAA OFFICIAL TO DISMISS THE INDIVIDUAL(S) FROM OUR SCHOOL PREMISES. FURTHER DISRUPTION OR INAPPROPRIATE ACTION COULD INCLUDE POLICE INVOLVEMENT. SPECTATORS IN VIOLATION OF THE ABOVE EXPECTATIONS MAY NOT BE ALLOWED ON SCHOOL GROUNDS DURING FUTURE EVENTS, AS DEEMED NECESSARY BY THE ADMINISTRATION.**

CO-CURRICULAR ACTIVITIES

FOOTBALL	VOLLEYBALL	BASKETBALL
SOFTBALL	BASEBALL	TRACK
WRESTLING	FORENSICS	MUSICAL
PLAY	FFA	MULTI-CULTURAL CLUB
QUIZ BOWL	PEP BAND	HOMECOMING/PROM COURT
JAZZ BAND	SHOW CHOIR	STUDENT COUNCIL
POM-PONS	CLASS OFFICERS	MOCK TRIAL
MATH LEAGUE	FBLA	FCCLA
ACES	ART CLUB	GAMING CLUB

**ALMOND-
BANCROFT
CO-
CURRICULAR
HANDBOOK
(Page 3)****NONDISCRIMINATION**

The Almond-Bancroft School District does not discriminate and prohibits harassment, on the basis of sex, race, religion, age, national origin, ancestry, creed, pregnancy marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability. Individuals who desire to have documents translated for them or want to inquire about discrimination/harassment practices, policies or file a complaint, should contact either the school principal or the district administrator.

Activities shall be offered to students in the district and participation shall be in accordance with established school and activity rules. Participation in extracurricular activities is voluntary and all students are encouraged and invited to take part in the privilege for the purpose of instilling pride in individual and team efforts, utilizing team skill, and developing leadership and self-discipline.

The activities director shall hire personnel for supervision of all athletic activities.

Students who violate school and/or activity rules shall be subject to disciplinary action.

ELIGIBILITY

The Almond-Bancroft Schools are a member of the Central Wisconsin Conference and the Wisconsin Interscholastic Athletic Association (WIAA) and are bound by all the rules established by these organizations. This enables athletes/students to participate in conference and state contests.

1. A student must not reach age 19 before August 1st of that school year.
2. High school students must not participate on any team group except his/her high school team during the same period.
3. High School students must have completed all work below the ninth grade.
4. Athletes must have completed a physical to meet WIAA standards.
5. Must review, with at least one parent or guardian, the preseason informational packets and agreement forms provided by the coach/sponsor for each sport/activity that you will be participating in.
6. All participants in the athletic program must submit either a signed WIAA physical card (if didn't receive a physical the previous school year) or alternate year card (only if received a physical the previous school year) before they will be allowed to practice. Furthermore, any students with medical conditions such as bee sting allergies, asthma, etc., must provide their appropriate medical treatment (epipen, inhaler, ect.) to the coach before they will be allowed to be present at practices and or athletic events.
7. Must meet the academic requirements and social requirements that follow.
8. Other rules applying to enrollment, residency, amateur status, etc, may be found in the WIAA Handbook, or obtained from the Activities Director. This handbook is available on-line at www.wiaawi.org or it can be obtained from the Activities Director.

Academic Requirements

HIGH SCHOOL - There are two levels of violation that may occur.

Level 1: If a participant receives only one "F", they will be eligible to participate. The student though, will be serving a 15 school day probationary period. After 15 school days, beginning the day grades are finalized, the student must be passing all classes in order to continue participation. If the participant has any failing grades at the end of the 15 school day probationary period, or has not turned in the **Grade Report Form** to the Activities Director, the student will be ineligible for one week. The participant will continue to turn in the Grade Report Form weekly, and will remain ineligible until they are earning passing grades in all courses.

Academic Requirements (continued)

Level 2:

If a participant has received more than one "F" on the quarterly report card, they will be ineligible to participate for 15 school days, beginning the day grades are finalized. After 15 school days, the student must be passing all classes in order to continue participation. If the participant has any failing grades at the end of the 15 school days, the student will be ineligible for the remainder of the quarter. If the participant does not have any failing grades at the end of the 15 school day period, the student will be required to submit to their coach/advisor (before 3:30 pm on the last day of school during each designated week) a **Grade Report Form** signed by all of their teachers with updated grades. The student will be required to continue submitting the **Grade Report Form** to their coach/advisor throughout the remainder of the designated quarter. If the student does not submit the weekly progress report to their coach/advisor before 3:30 pm on the last day of school during the designated week, or the student has any failing grades on their **Grade Report Form**, the student will be ineligible to participate in any events the following week (but may still practice per coach's/advisor's discretion).

**NOTE THAT FOR FALL SPORTS, PER WIAA HANDBOOK, INSTEAD OF 15 SCHOOL DAYS, THE PROBATIONARY/SUSPENSION PERIOD IS 21 CALENDAR DAYS THAT BEGIN WITH THE FIRST POSSIBLE DATE OF A CONFERENCE OR NON-CONFERENCE CONTEST (NOT INCLUDING SCRIMMAGES), AND NOT THE FIRST DAY OF PRACTICE. THE STUDENTS ON LEVEL 2 WILL NOT BE ABLE TO PARTICIPATE IN ANY OF THE EVENTS (BESIDES PRACTICE) UNTIL THE 21 DAY SUSPENSION PERIOD IS SERVED, AND THEY ARE EARNING PASSING GRADES IN ALL THEIR COURSE WORK.*

MIDDLE SCHOOL - This section of the code applies to all students as soon as they enter the sixth grade, until they have completed the last day of school as an eighth grader.

Grades: Any student receiving an (F) on a midterm or report card will be suspended for one football game and two games in the other sports. The student will remain ineligible until they get a **Grade Report Form** signed by all of their teachers indicating they are passing. (Note: Grades for the fourth quarter of the sixth and seventh grade years carry over for the fall sports.)

Social Requirements

1. Participants shall exhibit conduct, which reflects the ideals, principles, and standards of the Almond-Bancroft School District. This includes: showing good sportsmanship, using appropriate language, and representing Almond-Bancroft in a positive manner. Violation of school rules and/or rules established by the coach/advisor will result in appropriate punishment as set forth by the student handbook or the coach/advisor, activities director, or principal.
2. Participants shall abstain at all times from the use or possession of tobacco, electronic cigarettes, inappropriate use of non-prescribed drugs, inappropriate use of prescribed drugs, inappropriate use of over the counter drugs, controlled substances, alcohol, and drug paraphernalia.
3. Participants shall accept responsibility for the proper use and safekeeping of school equipment and apparel and pay for any loss.
4. Participants shall abstain from any conduct that is illegal or detrimental to the goals established by this code or by the student handbook. The conduct includes participating in a gathering which there are alcoholic beverages or other illegal drugs present. It is acceptable for a student/athlete to be in a location serving alcohol if the student is accompanied by his or her parents/guardians and not drinking. It is also acceptable if there is a special celebration such as a wedding or graduation, sponsored or attended by parents/guardians, where other students are attending, and the student/athlete is not drinking.
5. Participants must attend school the full day of an event. A student who has the prior approval of the principal (48 hour notice) may be excused for up to one-half of the school day and still participate if they have an excused appointment, but if they are ill they must be pre-excused and be present in school for the entire afternoon. Any extenuating circumstances will be at the discretion of the principal.
6. Any participant who is suspended from school may not participate during the period of their suspension, including practices.
7. Participants are expected to attend all practices/rehearsals. The punishment for unexcused absences shall be at the discretion of the coach/advisor/sponsor.

Social Requirements (continued)

8. Participants are expected to take care of the school equipment they are using during the sport season. Students will not be allowed to participate in a new activity until all equipment from previous activities has been returned or replaced.
9. Participants are expected to treat teammates and coaches/sponsors with respect and dignity. Hazing, harassment, and other inappropriate behavior and will be subject to the co-curricular code penalties.

Title IX

Final regulations from the U.S. Department of Education (DOE) implementing Title IX of the Education Amendments Act of 1972 with respect to sexual harassment went into effect on August 14, 2020.

Actionable Sexual Harassment Under Title IX

Title IX regulations apply to students and employees and the required grievance procedures apply regardless of whether either party, complainant or respondent, is a student or employee.

For more information, go to the link below:

<https://drive.google.com/file/d/1fhsKZOhebjQVf15ML8d0YoT9S5ElcIjt/view?>

PENALTIES

A student shall be suspended from activities for these acts at any time.

1. Use or possession of tobacco, electronic cigarettes, inappropriate use of non-prescribed drugs, inappropriate use of over the counter drugs, controlled substances, alcohol, and drug paraphernalia.
2. Any other conduct of a significant level deemed unacceptable by the Principal, CWC, or WIAA, or other participation agency affiliations, including, but not limited to criminal behavior.

ATHLETICS

First Offense - 2 game suspension for football, 3 games for volleyball, 4 games for baseball, 4 games for softball, 4 games for basketball, 3 wrestling competitions, and 3 track meets. The student athlete will practice with the team during the suspension and will attend all games out of uniform. However, he/she will not be released from school to attend athletic events. If the suspension cannot be served completely in one season, then the remainder of the suspension will carry-over to the next sports season the athlete is involved in (applies to first and second offense).

Second Offense - The violator loses all awards coming to him/her and forfeits all nominations by his/her coach for all conference (for the remainder of that school year). In addition, the violator will be suspended for 1/2 of the games in the sport season in progress and/or the overlapping of sports season. 4 1/2 games of football; 7 matches for volleyball and 11 games for basketball, 10 games for softball, and baseball. Track, cross-country, and wrestling will be determined by taking 1/2 of the total meets that are scheduled for that year, not including regional and sectional meets.

ACTIVITIES

First Offense - The student will be suspended from all activities listed on page 3 for a period of 45 calendar days, or 1/4 of the season/events for forensics, quiz bowl, pom-pons, and mock trial, and math league. This suspension includes being on the ballot or voting for homecoming or prom court. The suspension period will begin in the day the school is notified of the violation. If the activity requires regularly scheduled practices, then the student may be allowed to participate in the practice upon approval from the coach/advisor, but is still suspended from any competition/event/performance for the prescribed amount of time.

Second Offense - The violator loses all awards coming to him/her and forfeits all nominations by his/her coach/advisor/sponsor for the remainder of that school year. In addition, the violator will be suspended from all activities, listed on page 3, for 90 calendar days from the date the school is notified of the violation, or 1/2 of the season/events for forensics, quiz bowl, pom-pons, and mock trial, and math league. If the activity requires regularly scheduled practices, then the student may be allowed to participate in the practice upon approval from the coach/advisor, but is still suspended from any competition/event/performance for the prescribed amount of time.

*Calendar days refers to the school year only. Any time not served during the school year that the violation occurred in, will carry over to the following school year. If a suspension carries from one year to the next, the student will be ineligible to participate in any summer activity opportunities that might become available.

BOTH ATHLETIC AND ACTIVITIES

Third Offense - Suspension from all athletics/activities for one calendar year from the date the school was notified of the violation..

Fourth Offense - Dismissal from athletics/activities for the remainder of the student/athlete's high school career. After one year, the student/athlete may petition the Activity Council in writing for a review and consideration of reinstatement.

OTHER PENALTIES

A student must have participated for an entire athletic/activity season and not dismissed off the athletic team/activity for any reason (other than possible injury or other emergency type situation) otherwise the suspension will be carried over into the next participating season.

All offenses carry over from 9th through the 12th grade. **This includes transfer students and any offenses that may have occurred at a previous high school(s) - per WIAA rule book, the student will serve the penalty from the school they transferred from.**

If a violation occurs out of season, the suspension will be served during the next occurring season.

The Principal has the right to discipline any student who displays any other conduct of a significant level deemed inappropriate.

STUDENTS WITH SPECIAL NEEDS

Students who have been identified as having special needs are in programs designed to enable them to be held to the same standards as the other participants.

TRANSPORTATION

Travel to and from events must be in accordance with Almond-Bancroft School Board Policy, which states that transportation is to be arranged by an administrator at the request of a coach/advisor and once the method of transportation is determined, all participants involved shall be transported in that manner.

Participants are exempt from riding the school provided transportation only if the student's parent/guardian talks with the coach/advisor after the event and signs the *Transportation Log*. The coach/advisor will then notify the school as to who is riding the bus back to the school. No participant may drive or ride to an out of town event without being accompanied by his/her legal guardian.

THE ACTIVITIES COUNCIL

The Almond-Bancroft Athletic Council shall consist of:

1. Principal
2. Activities Director
3. Student Council Advisor
4. At least two coaches/advisor/sponsors of extra-curricular groups (excluding coach of the sport violated).

Procedures and Limitations

1. The Activities Council may adjudicate any and all disciplinary cases, which may arise to the interscholastic athletic program. The limits and extent of the council's authority and the penalties prescribed by the council will be in accordance with the Almond-Bancroft Co-Curricular Code.
2. A responsible adult witnessing a violation of the Co-Curricular Code must present in writing, the time, place, and act of violation, properly signed to the Principal or Activities Director.
3. Any participant accused of an Co-Curricular Code violation will meet with the Principal, Activities Director, Dean of Students and the head coach/sponsor of the sport/activity involved to discuss the alleged violation. At least two of the four must be present. The student/athlete's parents/guardians will be advised of the alleged violation.
4. The accused will have 5 working days, starting when the student was notified, to appeal the decision to the activity council and will maintain eligibility during this time. However, if the student admits to the violation, the punishment will be carried out immediately. If a written appeal is made to the Activity Council for a hearing, the student will be ineligible during the appeals process, per WIAA. The Activity Council will set a hearing date within 5 working days of the written appeal.

DUE PROCESS

1. Any disciplinary actions taken by the Principal, Activities Director, Dean of Students or the Activity Council may be formally appealed in writing to the District Administrator within 14 days from the day the disciplinary action takes effect.
2. Upon receipt of the appeal, the District Administrator shall establish a date for a hearing, such date no later than five days after the receipt of the written appeal.
3. The Principal and District Administrator shall hear the appeal and vote on a decision to either uphold or rescind the Activity Council's decision. The student and his/her parents/guardians are invited to attend as well as the head coach of the sport involved. The student may be represented by legal counsel and will be provided the opportunity to present evidence.
4. A written record of the hearing will be kept and a copy of these proceedings will be mailed to the student athlete and his/her parents/guardians within three business days.
5. This hearing may be appealed to the Board of Education through a written request received by the District Administrator within 14 days of the mailing of the proceedings of the previous hearing. The same rights as stated for the previous hearing will be accorded.
6. Athletics Only A review by the Executive Office of the WIAA of the Board of Education hearing may be requested through the District Administrator, in writing, within 14 days of the mailing of the outcome of the hearing.

A further appeal may be made to the WIAA Board of Control. The District Administrator, Principal, or Athletic Director may provide any further information concerning due process consideration through the WIAA upon request.

OFF-SEASON EXPECTATIONS

The code applies to participants in and out of an activity at the time of violation. Penalties will be assessed at the beginning of the next activity period that the participant enters.

INSURANCE/INJURIES

The school does NOT provide insurance to students participating in school sponsored athletics.

MEDICAL CLEARANCE

Any student receiving medical treatment from a doctor or athletic trainer, due to injury or illness, that requires the student to not participate, must provide a written permission slip from the physician or athletic trainer to the coach/sponsor/advisor to resume participation at practice or athletic events.

COMMUNICATION PARENTS SHOULD EXPECT FROM THE COACH/SPONSOR

- Coaching/Team/Program Philosophy
- Team Rules/Expectations
- What parents can expect from the coach and what the coach should expect from the parents
- Calendar of Events (Practices, Tryouts, Fundraising, Team Bonding, etc.)
- Team requirements (i.e., physical fees, forms, special equipment, and summer programs)
- Transportation
- How parents and athletes should communicate with the coach/sponsor (Boundaries)
- Value of the Co-curricular Code Meeting
- R-school Notification—most updated schedule

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION – ATHLETIC PERMIT CARD

(Print or Type)

ALL STUDENTS PARTICIPATING IN INTERSCHOLASTIC ATHLETICS MUST HAVE THIS CARD ON FILE AT THEIR SCHOOL PRIOR TO PRACTICE OR PARTICIPATION

Physical examination taken April 1 and thereafter is valid for the following two school years; physical examination taken before April 1 is valid only for the remainder of that school year and the following school year.

NAME (Last) _____ (First) _____ (Middle Initial) _____ Date of Birth _____

Age _____ Sex assigned at birth (F, M or intersex) _____ Grade _____ School _____ City _____

Present Address _____ Telephone _____

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical exam findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of health care professional (Print/Type) _____

SIGNATURE OF HEALTH CARE PROFESSIONAL (MD OR DO)/PA/APNP*: _____

Clinic Name _____

Address/Clinic _____ City _____ State _____ Zip Code _____

Telephone _____ Date of Examination _____

* PHYSICIANS may authorize Nurse Practitioners to stamp this card with the physician's signature or the name of the clinic with which the physician is affiliated.

Parents' Place of Employment _____

Family Physician _____ Family Dentist _____

Name of Private Insurance Carrier _____ Telephone _____

Subscriber Member Name (Primary Insured) _____

Emergency Information

Allergies _____

Medications _____

Other Information _____

Immunizations ☐ Up to date (see attached documentation) ☐ Not up to date - specify _____
(e.g., tetanus/diphtheria; measles, mumps, rubella; hepatitis A, B; influenza; poliomyelitis; pneumococcal; meningococcal; varicella)

1. I hereby give my permission for the above named student to practice and compete and represent the school in WIAA approved interscholastic sports except those restricted on this card.
2. Pursuant to the requirements of the Health Insurance Portability and Accountability Act of 1996 and the regulations promulgated thereunder (collectively known as "HIPAA"), I authorize health care providers of the student named above, including emergency medical personnel and other similarly trained professionals that may be attending an interscholastic event or practice, to disclose/exchange essential medical information regarding the injury and treatment of this student to appropriate school district personnel such as but not limited to: Principal, Athletic Director, Athletic Trainer, Team Physician, Team Coach, Administrative Assistant to the Athletic Director and/or other professional health care providers, for purposes of treatment, emergency care and injury record-keeping.

SIGNATURE OF PARENT/GUARDIAN _____ DATE _____

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____ (_____ / _____)	Pulse: _____	Vision: R 20/ _____ L 20/ _____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) 		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> Pupils equal Hearing 		
Lymph nodes		
Heart ^a <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis 		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> Double-leg squat test, single-leg squat test, and box drop or step drop test 		

^a Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)			Yes	No
1. Do you have any concerns that you would like to discuss with your provider?				
2. Has a provider ever denied or restricted your participation in sports for any reason?				
3. Do you have any ongoing medical issues or recent illness?				
HEART HEALTH QUESTIONS ABOUT YOU			Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?				
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?				
7. Has a doctor ever told you that you have any heart problems?				
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.				

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)			Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?				
10. Have you ever had a seizure?				
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?				
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?				
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?				

CONSENT FOR EMERGENCY MEDICAL TREATMENT

Student's Name _____

May be given medical treatment. This treatment is for any emergency (injury or illness) occurring during athletic practice or competition when I cannot be reached to give consent.

Unusual Health Conditions **No** _____ **Yes** _____

Describe _____

Takes Medication Daily **No** _____ **Yes** _____

Describe _____

Allergies **No** _____ **Yes** _____ **Type** _____

Describe _____

Parent or Guardians Signature

Date

Phone Home _____

Phone Work _____

