

**DIXON PUBLIC SCHOOLS
ATHLETIC/ACTIVITY
HANDBOOK
2026-27**



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I. INTRODUCTION

The Board of Education of Dixon School District #170 believes that extracurricular activities provide students with excellent opportunities to learn teamwork, sportsmanship, self-discipline, and moral character. To this end, the Dixon Public Schools Athletics and Activities program will provide each participant with experiences that will be positive, memorable, and that help the student develop commitment to a cause, acceptance of responsibility, and loyalty toward any chosen endeavor. In doing so, no student shall, on the basis of sex, color, religion, race, or national origin, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any education program or activity.

The Board further believes that participation in extracurricular activities is a privilege that requires students to accept certain responsibilities. The student, by accepting this privilege, is a representative of Dixon Public Schools on the field and in the community, and he or she must act accordingly. To further its belief that the Programs should be those of which students and the community can be proud, the Board has adopted the rules and regulations set forth in this Code Handbook. In addition to this Code, all students shall be subject to the rules and regulations of the following organizations: The National Federation of State High School Associations, the Illinois Elementary School Association, the Illinois High School Association, and the Big Northern Conference. Because of its firm belief in the values underlying the Code, the Board has decided to exceed the requirements of these organizations in some instances.

The Code and other documents referred to herein are not contracts. The Board reserves the right to amend the Code and other documents without prior notice to students and their parents or guardians to become familiar with, and abide by, the Code and other applicable rules and regulations.

A. Philosophy of Athletics

Athletics and Activities can make a material difference to the development of young adults. The purpose of athletics/activities is to provide an atmosphere in which every willing participant can actively develop their athletic/activity talents to the best of their abilities. Athletic/Activities is a process that can be used to cultivate leadership and an attitude of achievement of successful outcomes that can last a lifetime.

This process is best accomplished within a framework of fair play, teamwork, loyalty, and dedication. These qualities are highly valued by institutions of higher learning as well as employers. Athletics/activities is an opportunity to make positive contributions to physical development, self-esteem, and to identify a path to higher education. The relationship of athletics to lifetime achievement is well recognized.

The interdependency of academic achievement and participation in athletics provides motivation for many student athletes. It is this synergistic relationship that makes athletics so essential. Athletics/activities can serve as a gateway to career opportunities including education, medicine, physical and occupational therapy, and many forms of team and individual directed professions.

B. Purpose

Dixon Public Schools considers athletics and activities to be very important components of the comprehensive high school program. These experiences greatly enhance a student's involvement with and enjoyment of his/her high school career, and contribute to a well-rounded and multi-faceted individual. Important goals of the athletic and activity program are also to give students direction in developing healthful living habits, self-discipline, leadership, teamwork, and respect for rules and regulations. It is the intent of Dixon Public School coaches and sponsors of co-curricular activities to assist students in developing healthful habits and to facilitate access to support services when needed.

Participation in student athletics/activities is considered an extension of, although separate from, the regular school day. While the regular curricular program is a right afforded each student, participation in the co curricular program is a privilege, and as such carries substantially increased expectations beyond those applicable in the daily classroom situation. The Athletic/Activity Code is established for young person's taking part in these programs.

By electing to participate in an athletic or activity program, the student is choosing to extend their school day, as well as the expectations for appropriate behavior and conduct. ***This code is considered to be in effect, at all places and times, 24 hours per day, during the school year. Coverage begins with the student's first day of attendance and does not end until he or she graduates from Dixon High School. To this end, once coverage begins, the student shall be subject to the Code 365 days a year, whether or not he or she is participating in an activity at the time.*** Annually, students participating in co-curricular Activities and Athletics will be required to sign a form agreeing to adhere to this code of conduct

II. PROGRAMS

RMS ATHLETICS

<u>FALL</u>		<u>WINTER</u>		<u>SPRING</u>	
Boys	Girls	Boys	Girls	Boys	Girls
Cross Country	Cross Country	Basketball	Basketball	Track	Track
	Volleyball	Wrestling	Wrestling	Bowling	Bowling

DHS ATHLETICS

<u>FALL</u>		<u>WINTER</u>		<u>SPRING</u>	
Boys	Girls	Boys	Girls	Boys	Girls
Cross Country	Cross Country	Basketball	Basketball	Baseball	Softball
Football	Golf	Wrestling	Bowling	Tennis	Soccer
Golf	Tennis	Swimming (Co-op w/Byron)		Track	Track
Soccer	Volleyball				
	Swimming (Co-op w/ Byron)				

These IHSA sports are available to all students at Dixon High School who meet I.H.S.A. eligibility standards. Competition is available at three levels (Freshman, Sophomore, and Varsity) in most sports. Besides these sports, Dixon High School sponsors both a **cheerleading** and a **dance team**. The Dixon High School Activities Handbook regulates both squads.

The following points of emphasis have been adopted for the levels of competition at the high school.

1. Freshman – Participation is to be stressed with an emphasis on discipline and responsibility. The goal is to make the freshman year a positive experience
2. Sophomore – Emphasis is on the development of players who have the potential to play varsity athletics. The coach will determine playing time based upon ability, effort, and game situations.
3. Varsity - Emphasis will be on winning while following the District Athletic Philosophy.

ACTIVITIES

Leo Club	Class Officers	Scholastic Bowl	Math Team	Yearbook
Key Club	Drama Club (Musical/Play)	National Honor Society	B.L.I.N.D.	Dixon Pride
Student Council	Madrigals	Theatre	DIXINI	Gaming Club
Boys' Bowling	Group Interpretation	Drone Soccer	Broadcasting Club	

This list is not inclusive of any other programs deemed as extracurricular.

III. OBJECTIVES AND OUTCOMES OF PARTICIPATION

Activities/Athletics enhance a successful program by strengthening opportunities that:

- Foster student leadership development.
- Support future academic or career options.
- Balance extra-curricular activities with all other student academic responsibilities and considerations.
- Encourage, build, and promote both the individual's moral character and physical development.
- Promote involvement in the school and the community.

As a result of their participation in interscholastic activities/athletics, the student/athlete will be able to:

- Demonstrate good sportsmanship and ethics of competition.
- Respect the integrity and judgment of officials, coaches, and school personnel.
- Develop desirable personal health habits.
- Observe strict adherence to the Athletic Code of Conduct including, academic standards, substance use, and appropriate behavior.
- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity.
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport.
- Demonstrate the ability to work with others toward common goals and objectives.

- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage.
- Most importantly, enjoy the involvement and participation in interscholastic activities/athletics.

IV. EXPECTATIONS OF COACHES

The coaches will maintain the role of coach as professional and will keep the role of coach in proper perspective by:

- Developing and communicating clear and specific goals for the team and individual players throughout tryouts and the season.
- Maintaining open and honest communication with students, parents, and other coaches.
- Developing and demonstrating a good knowledge base of best practices specific to their coaching arena.
- Supporting and collaborating with coaches in other athletic programs.
- Modeling and teaching skills necessary to succeed.
- Supporting student academic expectations, responsibilities, and achievements.
- Developing the knowledge and understanding of Dixon Public Schools' policies and procedures as it applies to athletics.
- Promoting and enforcing the student athlete code of conduct.

The coaches will be positive role models in personal management, appearance, ethics, and behavior by:

- Connecting athletic experiences with life experiences.
- Providing an atmosphere of teamwork and collaboration among coaches and players.
- Becoming an integral part of, and developing rapport with, the District #170 community including administration, coaches, parents, and students.
- Modeling good sportsmanship at all times.
- Creating and maintaining a safe and healthy environment for student athletes.
- Understanding their leadership style and its impact on student athletes.
- Considering important commitments of student athletes outside their sports.

PLAYER PLACEMENT

When a student tries out for an athletic team, he/she will normally be placed on the squad for his/her year in school. Frequently, athletes show abilities that make them better suited for a higher-level team. Placement of athletes on squads in individual sports is not normally a problem because of head-to-head competition between athletes. Team sports become a judgment on the part of the coach. Before the move is actually made, **the parents** and the Activities Director should be consulted.

SQUAD SELECTION AND RETENTION

1. Whenever possible, a no-cut policy will exist in activities where it is feasible and safe to do so.
2. If a coach chooses to cut the squad, the following criteria exist:
 - a. Size of practice area and ratio of coaching staff.
 - b. Tryouts will be conducted by the coaching staff.
3. The selection of team members should be based upon:
 - a. Overall talent and ability
 - b. Character and personality of the individual
 - c. Work habits and loyalty to the program
 - d. Positions needed on the team
 - e. Other needs of the team.

DISMISSAL

If a coach dismisses an athlete from a team, it should be reported to the Activities Director as soon as possible. The dismissed athlete and parent/guardians will be given the reasons for the dismissal.

V. EXPECTATIONS OF PARENTS

The parents will communicate fairly and openly with coaches by:

- Communicating openly, honestly, and with respect.
- Communicating issues and concerns in an appropriate and timely manner including those of physical and emotional well being on behalf of their student.

Follow an appropriate chain of communication:

1. Head Coach/Assistant Coach
2. Activities Director
3. Principal
4. Superintendent

Attending parent meetings and reading information disseminated by the coaches.

The parents will demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials in order to provide a positive, enjoyable experience for all student athletes.
- Understanding the game is for students and not for the adults.
- Recognizing that student participation in athletics is a privilege.
- Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the school.
- Promoting the team by being supportive and helpful of the school program.
- Refraining from coaching their student from the stands or the sidelines.
- Expecting consistent student attendance at practices and games.

The parents will create a positive and supportive environment to promote their student/athlete's well being by:

- Supporting good conditioning and healthy lifestyle habits.
- Placing the emotional and physical well being of their student ahead of any personal desire to win.
- Expecting their student to play in a safe and healthy environment.
- Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice.
- Being a role model for other parents by remaining positive at sporting events.
- Supporting the student athlete code of conduct.

If any fan attending an extracurricular event, home or away, is removed from the event by school or game personnel (officials), that fan will be subject to a one game suspension for the next scheduled contest. If a fan is removed from additional contests, additional penalties up to and including a season ban from attending extracurricular activities may be enforced

VI. EXPECTATIONS OF STUDENT ATHLETES

The student athletes of Dixon Public Schools will be committed to the school athletic program on and off-season by:

- Playing for the name on the front of the Jersey not on the back.
- Following the rules set by the coaches and the school.
- Participating enthusiastically, knowing, and accepting their role on the team.
- Making appropriate personal sacrifices for the good of the team.
- Recognizing that student participation in athletics is a privilege.
- Setting challenging and realistic goals.
- Developing a positive attitude.
- Maintaining high academic standards.
- Being committed to skill development in their sport.

The student athletes of Dixon Public Schools will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:

- Developing a team attitude.
- Being coachable and open to constructive feedback.

- Sharing appropriate individual and team concerns with the coaching staff.

The student athletes of Dixon Public Schools will demonstrate good citizenship and sportsmanship by:

- Behaving with integrity.
- Exhibiting pride in their team and school.
- Playing by the rules.
- Accepting responsibility as a role model for others.
- Supporting other sports, activities, and school organizations.
- Playing with dignity and grace, regardless of winning or losing.

The student athletes of Dixon Public Schools will develop and maintain mental and physical (health) behaviors by:

- Being alcohol and drug free.
- Practicing self-discipline.
- Demonstrating good personal health habits.
- Dealing with challenges in a positive manner.
- Meeting the standards of the student athlete code.

VII. PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your child becomes involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child’s team.

Communication from Coaches with Parents

- Philosophy of the coach.
- Expectations the coach has for your child as well as all the players on the team.
- Location and times of all practices and contests.
- Team requirements, i.e. fees, special equipment, off-season conditioning.
- Procedures should your child be injured during practice or contest.
- Discipline that result in the denial of your child’s participation.

Communication from Parents with Coaches

- Concerns expressed directly to coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach’s philosophy and/or expectations.

As your children become involved in the programs through the Dixon Public Schools, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically.
- Ways to help your child improve.
- Concerns about your child’s behavior.

It is very difficult to accept your child’s not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child’s coach. Other things, such as those listed below, must be left to the discretion of the coach.

Inappropriate Issues to Discuss With Coaches

- Playing time
- Team strategy
- Play Calling
- Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Procedures for Parent Communication:

- Call the school to set up an appointment with the coach.
- If the coach cannot be reached, call the Activities Director.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. We respectfully ask that you wait 24 hours before contacting a coach.

The Next Step

What can a Parent do if the meeting with the Coach did not provide a satisfactory resolution?

- Call and set up an appointment with the Activities Director to discuss the situation.
- At this meeting, the appropriate next step can be determined.

*Research indicates a student involved in extra-curricular activities has a greater chance of success during adulthood, therefore, these programs have been established. Many of the character traits required to be a **successful participant are exactly those that will promote a successful life after high school.***

VIII. STUDENT ATHLETIC REQUIREMENTS

Registration is now available online at the DPS website, where consent for each required form except a physical exam and the IHSA Concussion Form can be completed. Each student/athlete must have the following COMPLETED **BEFORE** they can participate in any Dixon School District athletics:

1. **CURRENT PHYSICAL EXAM** – Each athlete must have a current physical exam form or statement from his or her doctor indicating that they are physically fit to participate in sports. A copy of this exam or statement must be on file in the Athletic Office **BEFORE** the student may practice or compete in their sport. All physical exams are good for one calendar year from the date the physical was completed.
2. **DIXON HIGH SCHOOL ATHLETIC INFORMATION & CONSENT FORM** – A signed copy of the athletic information and consent form must be completed online. This document is to be signed by both the student and the parent or guardian each school year before the student can participate in the program.
3. **ATHLETIC PARTICIPATION FEES** – Each athlete shall pay a participation fee **BEFORE** participating in a competition. The fees will be determined yearly by the Board of Education. A refund will be made if the student is cut from the team in the first week of practice. If a student quits or is dropped from the team for violations, no refund will be made.
4. **MEDICAL INSURANCE**- Dixon School District #170 does not provide medical insurance coverage for injuries sustained by students participating in programs. A medical insurance waiver form must be signed by the parent or legal guardian and on file in the Activities Office. **MEDICAL INSURANCE IS MANDATORY IN FOOTBALL** requiring proof. Coverage is available for purchase through the district.
5. **MANDATORY PRE-SEASON SPORT INFORMATION AND SPORT SPECIFIC MEETING**- Every student and his or her parent or guardian must attend the mandatory pre-season meetings prior to participating in a program. If the student or parent cannot attend the meeting, the Activities Office should be contacted to make other arrangements to meet this requirement. Meetings will be offered before each sport season for all athletes, as well as an informational sport specific meeting.
6. **GOOD STANDING**- A student must be in good standing in regards to previous sport participation. If uniforms or equipment has not been turned in or damaged and not replaced, the student will not be allowed to participate.
7. **MEDICAL WAIVERS/EXCUSES**- Students excused from PE for medical reasons are not allowed to participate in athletic practices or competitions until the student is released by his/her medical doctor and the release is on file in the Athletic Office.
8. **IHSA CONCUSSION FORMS** and IHSA Performance Enhancement Drug Test signed and on file. Each athlete **MUST** attend the mandatory Sport Information Meeting to watch the IHSA Concussion video before signing off on the forms.

STUDENT MANAGER or STUDENT ATHLETIC TRAINER REQUIREMENTS

1. **MANDATORY PRE-SEASON MEETING-** Every student and his or her parent or guardian must attend the mandatory pre-season meeting prior to participating in a program. If the student or parent cannot attend the meeting, the Activities Office should be contacted to make other arrangements to meet this requirement.
2. **DIXON HIGH SCHOOL ATHLETIC INFORMATION, CONSENT FORM and PLEDGE SHEET** – A signed copy of the athletic information and consent form must be on file with the Activities Office. This document is to be signed by both the student and the parent or guardian each school year before the student can participate in the program.
3. **GOOD STANDING-** A student must be in good standing in regards to previous sport. If uniforms or equipment have not been turned in or damaged and not replaced, the student will not be allowed to participate.
4. **Adhere to all of the policies in the Code of Conduct.**

IX. ROLE OF THE ATHLETIC TRAINER AT DHS

As part of a complete health care team, the athletic trainer works in cooperation with physical therapists, orthopedists, chiropractors, medical doctors, nurses, athletic directors, school administrators, coaches and parents. Duties of an athletic trainer in the secondary school setting include the following:

- Prepare athletes for practice and competition
- Develop and implement emergency action plans
- Advise on the safety of equipment and field/turf conditions
- Develop injury prevention and conditioning programs
- Implement treatment and rehabilitation programs for injured athletes
- Determine readiness for return-to-play
- Provide first response to acute and catastrophic injuries
- Participate in the development and implementation of a comprehensive athletic health care system

The athletic trainer at DHS can be utilized on school days from 11am-3pm in the training room near Lancaster gym. Students are permitted to see her, with teacher approval, during study hall, PE and lunch periods. After 3pm the ATC will be at the highest priority event for the day and available by phone. Priority is determined by the risk of injury associated with each sport. Each season there is a top priority sport that requires the ATC to attend. For example, during the fall season, football is the highest priority sport; therefore, if there are no competitions the ATC will be at football practice. All competitions take priority to practice, if soccer were to play at home during a football practice, the ATC would cover the soccer home game. In the event of an emergency, it is ideal for the ATC to be present; however due to the number of programs at DHS it is necessary for the athletic department staff to be active members in the safety of the athletes. Each head coach will have access to all athlete's emergency contact and information forms through the 8to18 website.

Concussion Protocol

The athletic trainer plays a key role in the assessment of concussions and the critical return to play decisions. Since their specialty is sport-related injuries, an athletic trainer, in general, will know as much, if not more, about sports-related concussions than other health care professionals who do not have an interest in sports medicine or concussive brain injury. One critical tool for the athletic trainer is a base-line assessment that is given prior to the start of the sports' season. At DHS all high priority sports will be offered this assessment. Included is a copy of the permission form to conduct this assessment, this must be signed prior to the athlete participating.

Pre-Season Baseline Concussion Testing

Alecia Spangler, Dixon High School's Athletic Trainer will be providing pre-season concussion base-line testing to athletes. This is a voluntary test for the student athlete. Prior to the start of each season the ImPACT test will be administered. This baseline test will provide medical personnel with valuable information should your student athlete suffer a head injury. The baseline measurements taken will show the reasonable minimum score your student athlete should be able to accomplish before return to play and will aid your health care provider in determining when gradual and full return to play can begin. The tests will take place during the student athlete's regular scheduled practice. The athlete must be registered on the 8to18 website before the test can be given.

Records involving the student athlete's participation in the preseason baseline concussion testing will be held by Dixon Public School and will be made available to the athlete upon request.

Dixon High School Emergency Action Plan

Dixon High School has a written emergency plan that should be followed in the event of a medical emergency. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the athletic trainer (or school administrator, in the absence of a licensed athletic trainer).

An **emergency** is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administrators and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

Situations when 911 should be called are:

- An athlete is not breathing
- An athlete has lost consciousness
- It is suspected that an athlete may have a neck or back injury
- An athlete has an open fracture or obvious deformity
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped



The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives.

Once it has been decided that EMS should be called, the following protocol should be followed:

EMERGENCY ACTION PLAN

1. The leader will stay with the athlete to monitor the athlete's condition and administer necessary first aid. If possible, someone else on the chain of command should also stay and assist. The front office or an administrator should be notified that there is an emergency situation.
2. The leader will make the call to EMS or will designate another person to call 911. EMS should be given what the emergency is, the condition of the athlete, the closest intersection to the location and how to get to where the athlete is. **DO NOT HANG UP UNTIL EMS HANGS UP FIRST.**
3. Phones at Dixon High School are located in the main office, the training room, the athletic office and all classrooms.
4. The leader will send runners to the closest intersection to where the athlete is located. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.
5. The leader will designate another person to attempt contact with the athlete's parents. Emergency contact information can be found with coaches at all times, athletic trainer and filed in the training room. If a parent is not present, the form should accompany the athlete to the hospital.
6. If the athlete is under 18 and a guardian is not present, EMS is required to transport the athlete to nearest medical center. If a guardian is present they can request otherwise.

Dixon High School: 300 Lincoln Statue Drive
Nearest intersection: S Peoria and Lincoln State Drive
AED: Outside of Athletic Office

Reagan Middle School: 620 Division Street
Nearest intersection: Division Street and Fargo Ave
AED: Outside of Main Office

Borden Field (baseball): 1101 Page Drive
Nearest Intersection: IL Rt 2 (Palmyra St) and Page Drive
AED: Dixon Rural Fire Department

Reynolds Field (softball): 1900 W 2nd street
Nearest Intersection: W 1st Street and Sheridan Ave
AED: East field Announcers' Booth

Emma Hubs Tennis Courts: 1028 IL Rt 2 (Palmyra St)
Nearest intersection: IL Rt 2 (Palmyra St) and Page Drive
AED: Dixon Rural Fire Department

Timber Creek Golf Course: 729 Timber Creek Rd
Nearest Intersection: Lowell Park Road and Timber Creek Road
AED: Main Club house

Plum Hollow (Bowling): 1933 IL Rt 26 (Galena Ave)
Nearest intersection: IL Rt 26 (Galena Ave) and Entrance
AED: No AED available

Sauk Valley Community College (Soccer): 173 IL Rt 2
Nearest Intersection: IL Rt 2 and Entrance
AED: Main Building- West Mall

DPS CONCUSSION PROTOCOLS

Return-to-Learn Protocol

In each stage of this protocol there are accommodations that should be offered to a student suffering from post-concussion symptoms. These are meant as a guide and may be supplemented or removed as needed. The goal of this protocol is to help the student heal, while still participating in the academic process. Studies have shown that limiting the time held from school is beneficial on the psychosocial aspect of brain healing, but should not be an all or none option. This progression can allow cognitive healing while still attending class.

Stage 1: No School Attendance

- Physical Symptoms: Multiple and constant symptoms are present.
- Limitations: Brightly lit rooms, and daylight. No screen focusing (TV, phone, tablet, computer...). Avoid loud environments, periods of prolonged focus or problem solving, driving and/or bike riding.
- Qualifications to move to stage 2: Decrease in number of symptoms and periods of time without symptoms. Light book reading does not exacerbate symptoms.

Stage 2: Half day attendance or every other period attendance

- Physical Symptoms: Prolonged time with no symptoms, light reading does not exacerbate symptoms.
- Accommodations: No PE/Driver's Education/Recess, no tests or quizzes, no due dates for homework assigned, peer or teacher assisted note taking. Allow extra time for passing periods to avoid noisy hallways, lunch period in quiet location, and rest in nurse's offices as needed.
- Qualification to move to Stage 3: Symptom free while attending school.

Stage 3: Full day attendance and planned catch up for material and assignments

- Physical Symptoms: None present while participating in school.
- Accommodations: Limited PE as designates on what stage of Return-to-Play protocol they are on, which may begin in this stage. No Driver's Ed or Recess. Tests and quizzes made up when material and assignments are consistent

with material being tested. Peer or Teacher assisted note taking. Work with counselors to form master plan for catch-up, keep due dates flexible, but expected.

- Qualification to move to stage 4: Symptom free during school attendance and increased work load. Have met or will meet catch-up goals

Stage 4: Full day attendance without academic accommodations

- Physical Symptoms: None present, when not physically active.
- Accommodations: Gradual return to PE, No Recess or Driver's Ed until graduated Return-to-Learn protocol is complete.
- Qualification to move to Stage 5: Completed Return-To-Play Protocol

Stage 5: Full return to academics and activities

- Physical Symptoms: None present in classes or activities
- Accommodations: None
- Able to be released from care

Return-To-Play Protocol Purpose

The purpose of the Return-to-Play Protocol is to ensure the student is prepared and healed to return to physical activity. There are circumstances where a student may be symptom free in the classroom, but regain symptoms with physical activity. This would indicate further rest is needed. This protocol can begin when students are symptom free after a full day's attendance (Stage 3 R-T-L). Each stage must be at least 24 hours apart. If any symptoms return, the student will rest until they are asymptomatic again and the routine will begin again at the last symptom free stage. There may be more requirements on a case-by-case basis, but no less may be allowed. In addition to the R-T-P, Dixon High School athletes participating in contact sports will be required to meet or exceed their base line tests score, before being released to competition.

Stage 1: Light aerobic activity (warm-ups with the team/class, short easy jog)

Stage 2: Activity specific exercises (no air bound ball, or moving opponents in opposite directions)

Stage 3: All Non-Contact aspects (including people and equipment)

Stage 4: All Full Contact Training (no limit practicing/PE/Recess still held from competition)

Stage 5: Return to competitive play (no limitations)

X. ATTENDANCE REQUIREMENTS

DHS Absence Policy

- A. Students involved in activities must be in attendance at Dixon High School 4 academic periods (ELT does not count) in order to practice or participate in any activity that day or night. Exceptions may be made for: 1) a pre-arranged medical absence with a note, 2) a death in the student's family, or a religious ceremony or event.
- B. A student/athlete who is absent from school on Friday may participate in a game on Saturday. The playing time will be determined by the coach/advisor.
- C. Mental health days will be an excused absence from school and the student/athlete will not be allowed to participate.
- D. Prearranged absences and field trips taken during the school day will be treated as if the student was present at school.

XI. SCHOOL SUSPENSION/DISCIPLINE

Out of School Suspension: The student will **not** be allowed to participate in or attend practices or events or any other school function until the last day of an out of school suspension has been completed.

XII. BEHAVIOR DURING PRACTICES AND EVENTS

All students must conform to proper behavior during all team functions, including but not limited to practices, events, and travel. Such behavior is generally described as that which promotes cooperation and learning during practices, encourages a strong work ethic, and results in safe competition and good sportsmanship on the playing field. The coach or advisor shall be responsible for determining what constitutes proper behavior during functions and any disciplinary action necessary to correct improper behavior, **which could include dismissal from the team.** Flagrant violations of proper behavior shall be considered school related misconduct under the Code of Conduct.

If any fan attending an extracurricular event, home or away, is removed from the event by school or game personnel (officials), that fan will be subject to a one game suspension for the next scheduled contest. If a fan is removed from additional contests, additional penalties up to and including a season ban from attending extracurricular activities may be enforced.

XIII. VANDALISM, THEFT, OR DESTRUCTION OF SCHOOL PROPERTY

- A. Students who commit vandalism, theft, or destruction of Dixon Public Schools property shall be subject to disciplinary action, up to and including suspension or expulsion and referral to appropriate law enforcement agencies. The Administration and Activities Director shall investigate reported incidents and take such disciplinary action, as they deem necessary under the circumstances, including but not limited to sanctions under the Code of Conduct.
- B. Students are expected to pay all damages resulting from their vandalism, theft, or destruction of Dixon Public Schools property.

XIV. CARE AND RETURN OF SCHOOL UNIFORMS AND EQUIPMENT

- A. Uniforms and warm-ups are intended for game use, therefore should only be worn at school on game days with the permission of the coach.
- B. All uniforms and equipment issued to the student/athlete must be returned to the coach after the last game or activity of the season.
- C. The student shall pay replacement costs of any unreturned items issued within 2 weeks after the last game or activity.
- D. Returned uniforms or equipment that has been damaged beyond normal wear and tear are the responsibility of the student and he or she shall pay the replacement cost as listed above.
- E. No awards shall be given to the student until all equipment and uniforms issued to him/her have been returned and accounted for or paid the replacement cost of lost or damaged items.
- F. Subject to sections B and C above, no student shall be permitted to participate in another extra-curricular activity until all equipment and uniforms have been returned and accounted for or has paid the replacement costs.
- G. Flagrant violations of this Section may subject a student to sanctions under the Code of Conduct.

XV. TRANSPORTATION POLICY

- A. All students shall ride the bus to and from all away games, unless prior written permission has been granted through the Activities Director.
- B. A student may ride home with his or her parents or guardians under special circumstances approved in advance (24 hour written notice) by the Activities Director. The parent or guardian shall submit a written request stating the specific reason for the student to ride home with him or her. If the request is approved, the Activities Director shall notify the coach. The student may only leave with his or her parents or guardian. Additionally, the parent or guardian must inform the coach/advisor before leaving the event with the student.
- C. In the event of an emergency, and the student's parents have not filed a written request with the Activities Director or the parent/guardian is not present at the event, the coach/advisor may use discretion to allow the student to ride home with his or her parent /guardian or other individual.
- D. Disciplinary action may be taken for a student's failure to follow this policy. Flagrant violations may result in sanction under Section 20 of the Code.

XVI. PARTICIPATING IN TWO SPORTS IN ONE SEASON

A student athlete will be permitted to participate in two sports during the same season or one sport and cheerleading/dance team with permission of both coaches and the Activity Director. A meeting with all parties will be held to coordinate scheduling.

XVII. ACADEMIC ELIGIBILITY

A student participating in extra-curricular activities must have passed 5 classes during the previous semester for a total of 2.5 credits toward graduation. To remain academically eligible during the activity, a student must be considered full time and be passing 5 classes each week worth .5 credits toward graduation. Students may not compete in events until these guidelines are met. Athletic eligibility is checked every week on Thursday. ***Students will have an opportunity to check with the teacher to verify if the grade is correct, before eligibility is decided. If an athlete is academically ineligible, they will not be allowed to participate in any performances or games for the following week, Sunday through Saturday. They are expected to practice.***

XVIII. ATHLETIC INJURIES

- A. Any injury incurred while participating in the Athletic Program should be reported by the student or his or her parent or guardian to the coach and Athletic Trainer. The coach shall fill out an accident report and file it with the Activity Office.
- B. If a student discovers an injury after he or she has returned home from a practice or game, the student or his or her parent or guardian should report the injury to the school. The coach or Athletic Trainer shall fill out an accident report form and file it with the Activity Office.
- C. It is the responsibility of the parent or guardian to inform the Activities Office of all medical issues regarding their student.

XIX. CHANGE OF SPORT

Students will be prohibited from changing sports once the season has officially begun (IHSA start date). Additionally, if an athlete is suspended or quits a sport during the season, the student may not participate in any activity of another sport (**which includes open gyms, and after school weightlifting and conditioning programs**) without administrative approval.

XX. LETTER AWARDS

Each student athlete who finishes the season in good standing and meets the criteria set forth by the Activities Director and coach will be eligible to earn an award as follows:

- A. **Varsity:** Varsity athletes will receive only one varsity “D” during their 4 years of eligibility. Each additional time thereafter, the student will receive a sport pin and a certificate.
- B. **Sophomore/JV:** The athlete will receive only one Sophomore/JV “D” during their 4 years of eligibility. Each additional time thereafter, the student will receive a sport pin and a certificate.
- C. **Freshman:** The athlete will receive one set of graduation year numerals. Each additional time thereafter, the student will receive a certificate.
- D. Cheerleaders and dance team are eligible for the same awards.
- E. Coaches may designate special awards at the end of each season.
- F. Special Circumstances:
 1. Any student who has participated in the same sport during 9, 10, 11, & 12th grades and did not meet requirements for a varsity letter shall be awarded a varsity letter.
 2. In extraordinary circumstances, e.g. injury, family relocation, etc., the coach may recommend to the AD that an appropriate award be given.

XXI. CODE OF CONDUCT

School related misconduct is any conduct that has a negative impact on the discipline or general safety and welfare of students attending Dixon Public Schools and its staff. School related misconduct can include conduct which does not occur on the Dixon Public Schools campuses or at a Dixon Public Schools sponsored event. Students involved in school related misconduct will be subject to discipline, including suspension from an activity.

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 365 days a year, 24 hours a day.

This code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student’s conduct.

Students and their parents are encouraged to seek assistance from outside agencies for alcohol or other drug problems. Participation in an alcohol or drug counseling program will be taken into consideration in determining consequences for Code of Conduct violations.

Recommendations for students to follow:

- Follow all DHS and DPS policies on student discipline including policies and procedures on student behavior.
- Students should strive to make positive choices regarding their attendance at places where illegal consumption of alcoholic beverages and/or controlled substances are being consumed by minors
- Students should strive to act in a sportsmanlike manner when representing DPS and its’ athletic and extracurricular teams and organizations
- Students should treat others in a manner which is positive and shows respect for individuals and groups who may or may not share similar characteristics, beliefs, and ideologies they possess.

- At all times students should strive to behave in a manner that is a positive reflection on DPS and its' schools, groups, teams, sponsors, and coaches

Code violations may include:

- Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism, and reckless driving.
- Ingest or otherwise use a beverage containing alcohol or tobacco or nicotine in any form, including 'electronic cigarettes' (vape pens)
- Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia.
- DPS administrators will follow the Observed Behavior/Reasonable Suspicion protocols.
- Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon. This prohibition does not prohibit legal use of weapons in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet.
- Hazing or bullying other students.
- Violating the written rules of the extracurricular or athletic activity.
- Behaving in a manner that is detrimental to the good of the group or school.
- Being insubordinate or disrespectful toward the activity's sponsor or team's coaching staff.
- Falsifying any information contained on any permit or permission form required by the extracurricular or athletic activity.

Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. Bullying includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any severe or pervasive physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

- Placing the student or students in reasonable fear of harm to the student's or students' person or property.
- Causing a substantially detrimental effect on the student's or students' physical or mental health.
- Substantially interfering with the student's or students' academic performance.
- Substantially interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by the school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Due Process Procedures

Students who are accused of violating the Code of Conduct are entitled to the following due process:

- The student should be advised of the disciplinary infraction with which he or she has been charged.
- The student shall be entitled to a hearing before an appropriate administrator.
- The student will be able to respond to any charges leveled against him or her.
- The student may provide any additional information he or she wishes for the administration to consider.
- The administrator, with the help of other staff members of needed, may interview material witnesses or others with evidence concerning the case.
- If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student as follows:

Sanctions

1. Sanctions for violations other than nicotine and tobacco, and drug and alcohol violations (including but not limited to theft, vandalism, fighting / assault, disorderly conduct, and other offenses) will be based on the nature of the offense and the number of offenses, and may include suspension from all extracurricular or athletic activities for one of the time periods described below:

- A specified period of time or percentage of events, competitions, or practices.
- The remainder of the season or for the next season.
- The remainder of the student's school career.

2. Sanctions for **tobacco and nicotine** violations will be based on the following:
- i. **First violation:**
 1. A suspension of **one-fourth** of the total number of performances, activities or competitions.
 2. The student may be required to practice with the group, regardless of the violation (unless suspended or expelled from school).
 - ii. **Second violation:**
 1. A suspension of **one-half** of the total number of performances, activities or competitions.
 2. The student may be required to practice with the group, regardless of the violation (unless suspended or expelled from school).
 - iii. **Third violation:**
 1. A suspension of **one season** from all performances, activities or competitions during this period.

3. Sanctions for **drug and alcohol** violations will be based on the following:

- **First violation:**
 - Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing.
 - A suspension of **one-half** of the total number of performances, activities or competitions. This penalty will be reduced by 50% if the student completes a drug or alcohol counseling program from a licensed counselor. Documentation of successful completion must be provided to the athletic director. *This option is only available for the first offense.
 - The student may be required to practice with the group, regardless of the violation (unless suspended or expelled from school).
- **Second violation:**
 - Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing.
 - A suspension of **one season** from all performances, activities or competitions.
 - The student may be required to practice with the group, regardless of the violation (unless suspended or expelled from school).
- **Third violation:**
 - Use, ingestion, possession, buying, selling, offering to sell, bartering, or distributing.
 - A suspension of from extracurricular or athletic activities for **one calendar year**.

*Student suspensions will carry over from one season to the next if the specified period of time was not met in the sport season in which the suspension began. Remaining percentage of the suspension will be applied to the new sports season and must be fulfilled prior to participation.

*The administrator will make a written report of his or her decision / rationale. The student may appeal the decision to the superintendent or superintendent's designee.

*All students remain subject to the DPS's student discipline policy and the school's student/parent handbook.

XXII. DETERMINATION OF NUMBER OF CONTESTS

The number of scheduled contests for each sport will be determined by the Activities Director prior to the commencement of that sport season and will remain fixed regardless of schedule changes after the season has begun. For the purpose of this determination and fulfilling the suspension, tournaments will be counted as the guaranteed minimum that is contracted with the hosting team regardless of actual games played. A "double-header" in baseball or softball will be considered two contests. A "Double-dual" in wrestling (e.g. Dixon hosts DeKalb and Rochelle, and Dixon competing against Rochelle, DeKalb competing against Rochelle, and Dixon competing against Rochelle) will be considered two (2) contests.

If the number of scheduled contests is not a whole number, the Activities Director shall round the number of contests back to the next lower whole number for purposes of determining the length of a suspension. For example, if the number of football contests is nine (9), one-fourth (1/4) of that number will be deemed to be two (2), and one-half (1/2) of that number will be deemed to be four (4). *If the number of contests when rounded is not at least one (1), the suspension will be one contest (fall play, spring musical).

A student shall serve his or her suspension during consecutive contests. If a game is cancelled during a student/athletes suspension time, the student will still be able to resume participation on the date given to the athlete. If the game is rescheduled that was to be played during the suspension time, the student will then sit out that rescheduled game. Example: Student is to miss 5 contests on 5/1, 5/3, 5/5, 5/7, 5/9 and was to return on 5/11. The 5/7 game was rained out and rescheduled for 6/1. The student will begin play on 5/11 and will sit out the game on 6/1.

Suspensions that are not completed in the sport season during which the violation occurred shall extend into post-season or tournament contests and, if necessary, into the next sport season in which the student participates. If the suspension must extend into the next sport season in which the student participates, the length of the suspension shall be the balance of the suspension, expressed as a fraction, calculated for that sport.

Students may not participate in another sport once the season has officially begun (IHSA season start date) in order to serve a suspension.

Students must complete the entire sport season in which they are serving their suspension in order for the suspension to be completed.

Student athletes who follow the 'Good Samaritan Under Age Drinking Addendum of 2016', and follow the protocols for life-threatening situations involving an unresponsive person, may be considered for discipline reduction, depending on the circumstances surrounding the situation.

XXIII. REPORTING VIOLATIONS

Every DHS coach or teacher has the authority and responsibility to report or charge a violation of the Code to the Activities Director. Students should be aware that violations may result from information obtained *from social media websites, such as Facebook, Snap Chat, and Twitter, etc...*

XXIV. VOLUNTARY ADMISSION – PRIOR TO A VIOLATION

It is the goal of the Code to encourage students to voluntarily request assistance for an alcohol, nicotine, or illegal drug problem. A student may come forward to voluntarily request and seek treatment in an approved drug or alcohol counseling program from a licensed drug or alcohol counseling provider. A student who successfully completes a program will not be penalized for requesting assistance. Requests for assistance should be made to the DPS staff.. Requests may be made by the student or his or her parent or guardian.

Notwithstanding the preceding, the voluntary request privilege shall not be available if the Activities Director in his or her discretion determines that the request is caused by the desire of the student to avoid the consequences of a violation of the Code.

A student who fails to successfully complete a program will be deemed to be in violation of and subject to the penalties of the Code. This is limited to one time during the athlete's high school years.

XXV. PROCEDURE AND DUE PROCESS

Upon satisfactory proof, which may include photographs, video recordings, personal admissions of guilt, and/or police reports, that a violation has occurred, the Activities Director will inform the student in person of the violation and applicable sanction. If the student wishes to contest the sanction, he or she may request a conference with the AD, at which time the student and his or her parents or guardians will be given an opportunity to contest the violation or sanction imposed. The AD will inform the student and parent of his or her decision. Within 5 days of receiving the AD's decision, the student's parent or guardian may request a review of the decision by the Principal. The Principal will thereafter inform the parent of his or her decision. Within 5 days of receiving the Principal's decision, the parent may request a review of the decision by the Superintendent. The Superintendent will thereafter inform the parent of his or her decision, which shall be final.

Activity Information and Consent Form

Athlete's Name _____ Grade _____

Parent/Guardian _____

Address _____ Phone _____

Sport(s): Circle sports the athlete will be participating in this year.

Other

Fall

Winter

Spring

Cheer
Dance

Cross Country
Football
Golf
Boys Soccer
Girls Tennis
Volleyball

Boys Basketball
Girls Basketball
Girls Bowling
Wrestling

Baseball
Softball
Girls Soccer
Boys Tennis
Boys Track
Girls Track

Insurance Information

In compliance with the Board of Education policy of School District #170, which requires that students who participate in interscholastic sports, cheerleading, or dance have adequate insurance protection, the following is provided:

(Please Check One)

_____ My son/daughter is adequately covered by insurance with the following carrier:

(Name of carrier)

_____ I wish to purchase the accident policy made available through the school.

EMERGENCY RELEASE

As a parent/guardian, I do authorize the treatment by a qualified and licensed medical doctor of the above named student athlete in the event of a medical emergency that, in the opinion of the attending physician, may endanger his/her life, cause disfigurement, physical impairment or undue discomfort if delayed. This authority is granted only after a reasonable effort has been made to reach me.

Family Physician _____ Phone _____

In case of emergency please contact _____ Phone _____

Parent/Guardian Signature _____ Date _____

**DIXON PUBLIC SCHOOLS
ATHLETIC/ACTIVITY
PLEDGE SHEET**

STUDENT/ATHLETE PLEDGE

DATE _____

1. I have read the information stated in the Dixon Public Schools Activity Handbook, and I agree to adhere to all its rules and regulation.
2. I understand that participation in extracurricular activities is a privilege and that there is no property rights included.
3. I agree to accept any role given to me by the coaching staff or advisor, and I will give a 100% effort while maintaining a positive attitude and promoting good sportsmanship.
4. I pledge to be drug/alcohol/tobacco free at all times.
5. I take responsibility for understanding the risk involved in playing interscholastic athletics and that there is a possibility of injury and/or death. The Dixon School District does not provide medical insurance coverage for students involved in interscholastic athletics. Dixon Public Schools will make every effort to make every sport/activity as safe as possible.
6. I understand that failure to abide by these rules and regulation may result in my removal from the team/squad/organization.

Student/Athlete Name _____ (Print)

Student/Athlete Signature _____

PARENT/GUARDIAN PLEDGE

DATE _____

1. I have read the rules and regulations of the Dixon Public Schools Handbook and support my son/daughter and the coaching staff/advisor in enforcing all of the rules and regulations in the handbook.
2. I will support the sportsmanship policy of the Dixon School District, and the "Sport a Winning Attitude" Program from the Illinois High School Association (IHSA).
3. I, as a parent or guardian, understand the risk involved in playing interscholastic athletics and that there is a possibility of injury and/or death to my son/daughter. I understand that the Dixon School District does not provide medical insurance coverage for students involved in interscholastic athletic. In the event of an emergency requiring medical attention, I hereby grant permission to a physician or other hospital personnel designated by the Dixon School District Staff to attend to my son/daughter.

Parent/Guardian Name _____ (Print)

Parent/Guardian Signature _____

**Dixon Public Schools
Consent for Emergency Treatment
For Interscholastic Activity Injuries**

Player's Name _____ **Grade** _____ **Birthdate** _____

Parent/Guardian Name _____

Address _____

Phone _____ **Work Phone** _____ **Cell** _____

Family Physician's name _____ **Phone** _____

Address _____

Insurance Company _____

Hospital Preference _____

Second Emergency Contact (if unable to reach parent/guardian)

Name _____ **Relationship** _____ **Phone** _____

Medical concerns or allergies (to inform first responder)

I, as a parent or guardian, understand the risk involved in playing interscholastic athletics and that there is a possibility of injury and/or death to my son/daughter. I understand that the Dixon School District does not provide medical insurance coverage for students involved in interscholastic athletic. In the event of an emergency requiring medical attention. I hereby grant permission to a physician or other hospital personnel designated by the Dixon School District Staff to attend to my son/daughter.

Parent/Guardian Name _____ (Print)

Parent/Guardian Signature _____ Date _____

Pre-Season Baseline Concussion Testing

Alecia Spangler, Dixon High School’s Athletic Trainer, will be providing pre-season concussion base-line testing to all athletes.

This is a voluntary test for the student athlete. A version of the SCAT2 baseline test will be utilized, which tests orientation, memory, balance and coordination. This baseline test will provide medical personal with valuable information should your student athlete suffer a head injury.

The baseline measurements taken will show the reasonable minimum score your student athlete should be able to accomplish before return to play and will aid your health care provider in determining when gradual and full return to play can begin.

The tests will take place during the student athlete’s regular scheduled practice.

The Athletic Trainer must have this form signed before the test can begin.

Records involving the student athlete’s participation in the preseason baseline concussion testing will be held by Dixon Public School and will be made available to the athlete upon request.

For any questions or concerns, please contact Alecia Spangler at 815-453-3480

INFORMED CONSENT FOR PRESEASON BASELINE CONCUSSION TESTING

I have read and understand the preceding information. This form is being signed voluntarily by me, a legal guardian of the student athlete, indicating my agreement to have my student athlete participate in the preseason baseline concussion testing.

Printed Name of Participant

Printed Name of Parent/Guardian

Signature of Participant

Date

Signature of Parent/Guardian

Date

Once a concussion is suspected, the following return to play protocol will be followed. Each step is critical and up to the athletic trainer and doctor to determine if it is safe to resume activity.

Dixon High School Post Concussion Protocol

1. If a concussion is suspected, the student athlete must be removed for participation immediately.
2. If the student athlete suffered a loss of consciousness, they will be immediately referred to the emergency department of the nearest hospital.
3. If no loss of consciousness was present, the Athletic Trainer will administer a Standard Concussion Assessment Test (SCAT) as soon as possible. The subjective and objective data collected from this test will determine if immediate referral, a same day return to play, or further monitor and testing is advisable.
4. After 20 minutes, the student athlete will be reassessed using the SCAT. If they are asymptomatic, do not have a past history of concussions and score at or above their baseline score they may return to play on a case by case basis.
5. If still symptomatic after 20 minutes, the student athlete will not be allowed to return to play that day and will be rechecked every 5-10 minutes for change in condition. These findings will affect course of care with either referral to emergency department or continued monitoring.
6. At the end of practice or competition, if continued monitoring is still advised, the student athlete will be released to a parent or guardian and given specific instruction for the next 24-48 hours.
7. The Athletic Trainer will reevaluate the student athlete at 24 hours and 48 hours post-concussion. If non-life threatening symptoms continue, they will be reevaluated every other day until they are asymptomatic.
8. Upon findings of the student athlete being asymptomatic for 24 hours, the return to play routine will begin. Each stage must be at least 24 hours apart. If any symptoms return, the student athlete will rest until they are asymptomatic again for at least 24 hours and the routine will begin again at Day 1. The return to play routine is as follows:
 - Day 1: Light aerobic activity
 - Day 2: Sport specific exercises
 - Day 3: Non-Contact drills
 - Day 4: Full contact training
 - Day 5: Return to competitive play



Parent and Student Agreement/Acknowledgement Form Performance-Enhancing Substance Testing Policy

- Illinois state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Illinois state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Illinois state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Illinois Department of Corrections.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in IHSA athletic activities, I agree that I will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of performance-enhancing substances in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I understand that testing may occur during selected IHSA state series events or during the school day. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by IHSA.

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

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in IHSA athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from performance-enhancing substance use and may be asked to submit to testing for the presence of performance-enhancing substances in his/her body. I understand that testing may occur during selected IHSA state series events or during the school day. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. I understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by IHSA.

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____