



ATHLETIC ELIGIBILITY



Updated July 2005

**A student's guide to the Maine Principals' Association
eligibility rules governing high school athletics**

A 10-point checklist for eligibility

Do you meet the following 10 requirements for competing in interscholastic athletics? If not, you must consult your school principal or athletic director.

☐ **Age.** You are under 20 years old at the time of participation. *You become ineligible when you reach your 20th birthday.*

☐ **Place of enrollment.** You are enrolled at the school for which you compete.

☐ **Length of enrollment.** You have not been enrolled in high school (grades 9 through 12) for more than eight consecutive semesters.

☐ **Undergraduate status.** You have not yet graduated from a high school or its equivalent.

☐ **Academic course load and grades.** You are enrolled in a program of studies approved by your principal. You passed at least four full-time subjects last quarter, and you are currently passing four full-time courses. *If you fail to earn passing grades in four full-time courses or the equivalent, you are ineligible for a period of time determined by your local school.*

☐ **School transfer.** You have not changed schools within the last year without a corresponding residential move by your parent(s) or guardian(s). This rule may be waived if both principals agree that the transfer did not occur for athletic reasons and file a transfer waiver request form. You must be enrolled and in full attendance

no later than the opening date that countable games may be played in order to be placed on a varsity roster.

Foreign students must file a Transfer Waiver Request Form and must meet all other eligibility rules.

Note: Students and parents anticipating a change of school should seek advice in advance from their high school administrator.

☐ **Outside teams.** You may not participate on an outside team to which your principal objects. If you violate this rule, you will be ineligible for interscholastic play for nine weeks after the date of discovery.

☐ **Student name.** You must compete under your own name, as substantiated by a birth certificate. If you use false identification, you will be ineligible for nine weeks following the date of discovery.

☐ **Local eligibility rules.** You must meet all eligibility rules imposed by your own school.

☐ **Recruitment.** If anyone directly or indirectly associated with a school uses undue influence to secure or encourage your attendance there for athletic purposes, it will be considered recruitment. You may be declared ineligible for all sports for 365 days.

Extra-Curricular and Co-Curricular Activities Code of Conduct for High School Students

Since participation in extra-curricular and co-curricular activities is a privilege, it is important that students, parents/guardians and other interested persons are aware of the following rules and regulations. As representatives of the schools, students are expected to exhibit appropriate behavior at all times. These rules are adopted by the School Board in order to support the social, emotional and physical well-being of students and promote healthy, enriching and safe co- and extra-curricular opportunities for all students.

1. Students in good standing may participate in the co- and extra-curricular activities of their school. A student is considered in good standing if he/she is not the subject of any disciplinary action for violation of any policy or school rule **and** is currently academically eligible based on MPA guidelines, passes at least four subjects per school year and meets school guidelines of passing four (4) full credit courses (or their equivalent) in the last school ranking period (9 weeks). Freshmen entering high school for the first time will automatically be eligible for the first nine weeks.
2. All participants are expected to come to school ready to learn on all scheduled school days. For the purpose of this policy, any student who misses any portion of the school day unexcused may NOT participate in co- and extra-curricular activities on that day. Also, all students are required to be in attendance **by 9:00 a.m.** in order to participate in after school events. Any exceptions to this requirement must be pre-approved by a building administrator.
3. Students suspended from school (including in-school and out of school suspension) shall not practice, participate, attend, or compete in extra- or co-curricular activities during the days of suspension.
4. Students are required to abide by all Board policies, school rules and any additional rules, and/or training guidelines imposed by coaches or advisors. Any additional rules and/or training guidelines must be consistent with Board policies and be approved by the Athletic Director or the Building Principal.
5. Students are required to travel to and from athletic events/activities by bus. NO students will be released unless the parent(s)/guardians(s) attend the athletic event/activity and give a written permission slip to the coach/advisor or Athletic Director.
6. Students are expected to dress appropriately for participation in co-and extra-curricular activities. No blue jeans will be allowed for athletic activities. Additional requirements for co-and extra-curricular activities are at the discretion of the coach/advisor.
7. Students who participate in a sports extra-curricular activity must have on file with the school proof of insurance and proof of a physical exam.

8. Student use of tobacco, alcohol and drugs is illegal and negatively affects student health, safety and performance. Students participating in co- and extra-curricular activities carry a responsibility to themselves, their fellow students, coaches/advisors, parents and school to set the highest possible example of conduct, sportsmanship and training, which includes avoiding any involvement with tobacco, alcohol and drugs. Therefore, students participating in co- and extra-curricular activities may not engage in the prohibited behaviors and activities described in Policy JICH (Student Drug, Alcohol and Tobacco Use) at any time or place from the beginning of the student's first co- or extra-curricular activity of the school year through the end of the school year.
9. Students are expected to conduct themselves so as not to discredit themselves, their team or organization, their coach or advisor, and their school. If a student is charged with a crime, he or she may be suspended from participation in co- or extra-curricular activities until the case is adjudicated. A student who is convicted of a crime will be suspended from participation in activities for at least 9 months following the conviction. The Principal has the authority to modify these requirements when they would clearly constitute an injustice to the student based on the particular circumstances of the case. At the end of 9 months, the student may request reinstatement to co- and extra-curricular activities in writing to the Principal. The Principal and Athletic Director/advisor will meet with the student and his/her parent(s)/guardian(s). The Principal will then make a determination as to whether the student will be allowed to participate in activities and under what conditions.
10. Students shall be responsible for all equipment and uniforms issued to them by the school. The cost of replacing damaged or lost equipment/uniforms will be the responsibility of the student.
11. All students and their parents/guardians are required to sign the Co-Curricular/Extracurricular Contract as a condition of participating in co-curricular and extra-curricular activities. **Students participating in an activity/sport prior to the beginning of school (and their parents/guardians) must sign the contract at the beginning of pre-season. All other students who plan to participate in other co- or extra-curricular activities at any time during the school year (and their parents/guardians) must sign the contract at the beginning of the school year (or upon enrollment in school if transferring to the school).**

Disciplinary Action

Improper conduct, as determined by the Athletic Director/coach and/or administration shall result in disciplinary action up to and including removal/suspension from the team or activity (in addition to any discipline imposed under applicable Board policies or school rules). The Athletic Director and coaches/advisors are expected to enforce all policies and school rules at all times and to use their best judgment in applying penalties for violations. The advisor or coach shall consult with the Athletic Director and Principal prior to suspending a student from an activity or team.

NEPN/NSBA CODE: JICI

For infractions involving drugs, alcohol and/or tobacco, disciplinary action will be taken as specified below (in addition to discipline imposed under JICH and JICH-R). Coaches/activity advisors may not impose additional disciplinary consequences. Repeat or extreme violations will warrant administrative review and additional sanctions. Violations during a student's high school career are cumulative.

- **Tobacco violations.**

Violations: No participation in co- and/or extra-curricular activities for two weeks (14 calendar days). The student and his/her parent must participate in a meeting with an administrator and the Substance Abuse Prevention Coordinator prior to returning to the activity.

- **Drug and alcohol violations.**

Violations. Any alleged violations of this policy will be investigated and students who are found to have violated this policy will be suspended from all co- and extra-curricular activities for the remainder of the current sport/activity, the following sport/activity, and any co- or extracurricular activity that falls between a sport/activity (i.e. if a student played soccer during the fall, and violated the policy half way through the season; the student would miss the rest of the soccer season, would miss being in the school play between soccer and basketball, and would then miss basketball season). Discipline imposed for co- and extracurricular violations are in addition to discipline for violations of the School Committee's drug, alcohol, and tobacco policy.

If a violation occurs near the end of the school year, the suspension shall carry over to the next school year.

Appeal of Suspension from Activity / Team

- A student who wishes to appeal a suspension from a team/activity must first discuss the matter with his/her advisor or coach.
- Following that discussion, if the student and his/her parent/guardian wish to appeal the suspension, it must be done in writing to the Athletic Director/Activity Advisor within three school days of notice of the suspension decision. The Athletic Director / Activity Advisor will conduct an investigation as he/she deems advisable and render a decision, in writing, to the student and his/her parent/guardian within three school days.
- If the student and his/her parent/guardian are dissatisfied with this decision, the decision may be appealed in writing to the Principal within three school days. The Principal will conduct whatever investigation he/she deems advisable and render a decision, in writing, to his/her parents within a reasonable time. The Principal's decision is final.
- The student shall remain under suspension during the appeal process.

Cross Reference: JICI-Addendum A- Extra/Co-Curricular Activities Contract
JICH – Student Drug, Alcohol and Tobacco Use
JICH-R – Student Drug, Alcohol and Tobacco Use Administrative
Procedure
JICDA – Student Code of Conduct
JICIA – Weapons, Violence, Bullying and School Safety
JKD – Suspension of Students
JKE – Expulsion of Students
JLCD – Administering Medications to Students
JRA – Student Records

DATE ADOPTED: August 6, 2009

DATE REVISED: June 17, 2010

COACHES GUIDELINES

1. When a conflict occurs between the athletic director and any coach and it appears the problem cannot be resolved at that level, it should be referred to the Principal. If the problem is still unresolved, it should then be referred to the Superintendent. If the problem still remains unresolved, it should be referred to the Board.
2. All school activities are automatically canceled whenever school is canceled because of storms, etc. This policy is to have flexibility to allow activities to be held under certain extenuating circumstances; however, the basic intent of the policy will remain intact.
3. Students will be allowed to participate in one primary and one secondary sport per sports season. A student will only be allowed to miss practice from the primary sport to meet the requirements of the secondary sport. Primary sports include soccer, volleyball, basketball, cheering, baseball and softball. Secondary sports include golf, cross-country and any other individual sport.
4. All indoor practices should be closed. Individuals may be admitted at the discretion of the coach. If any of these individuals are not conducting themselves in a proper manner, as determined by the coach, athletic director/Principal (one or all), said individual will be denied admittance to said practice for the remainder of that sport season. All practices and games must be under the direct supervision of one of the following: coach, assistant coach, athletic director or Principal.
5. Varsity and junior varsity teams shall be separate units with varsity players participating in varsity games only; junior varsity players in junior games only, whenever possible, except for the following situation: Swing players would be allowed on an as needed basis after consultation with the coach, athletic director and Principal. The intent of this policy is to maintain two distinct teams. The JV player(s) who would swing up will not be varsity starter(s) unless injury, sickness, or other unforeseen circumstance arises.

DATE ADOPTED: AUGUST 6, 2009

WEAPONS, VIOLENCE, BULLYING AND SCHOOL SAFETY

The Board believes that students and staff are entitled to learn and work in a school environment free of violence, threats, bullying and disruptive behavior. Students are expected to conduct themselves with respect for others and in accordance with Board policies, school rules, reasonable unwritten behavior expectations, and applicable state and federal laws.

School staff members are required to immediately report incidents of prohibited conduct by students to the building administrator/designee for investigation and appropriate action.

Prohibited Conduct

Students, staff, and all other persons are prohibited from engaging in the following conduct on school property, while in attendance at school or at any school-sponsored activity, or at any time or place that such conduct directly interferes with the operations, discipline or general welfare of the school:

- A. Possession/use of articles commonly used or designed to inflict bodily harm/to threaten, intimidate, coerce or harass another person, except when used in an approved instructional activity such as archery. Examples of such articles include but are not limited to firearms, BB guns, pellet guns, any other kind of gun, ammunition, explosives, cross-bows, brass knuckles, switchblades, knives, chains, clubs, Kung Fu stars and nun chucks;
- B. Use of any object, although not necessarily designed to be a weapon, to inflict bodily harm/to threaten, intimidate, coerce or harass another person. Examples of such articles include but are not limited to bats, belts, picks, pencils, compasses, objects capable of ignition (e.g., matches, lighters), files, tools of any sort and replicas of weapons (including toys);
- C. Violent or threatening behavior, including but not limited to fighting, assault/battery, taking hostages, threats to commit violence against persons or property (e.g., verbal or written death threats, threats of bodily harm, bomb threats); stalking or blocking access to school property or facilities;
- D. Verbal or written statements (including those made on or through a computer or other electronic device) which threaten, intimidate, or harass others, which tend to incite violence and/or disrupt the school program; blackmail, extortion, or demands for money or property.
- E. Willful and malicious damage to school or personal property;
- F. Stealing or attempting to steal school or personal property;
- G. Bullying behavior, including unwanted physical contact, acts or communications by any means) including by computer or other electronic device that:
 1. damage a student's property; place a student in reasonable fear of physical harm and/or damage to his/her property; and/or disrupt the instructional program or the orderly operation of the school; and/or
 2. is so severe that it creates a hostile educational environment for the student who is bullied.

- G. Lewd, indecent or obscene acts or expressions of any kind;
- H. Violations of the school unit's drug/alcohol/tobacco policies;
- I. Violations of state or federal laws; and
- J. Any other conduct that may be harmful to persons or property.

Disciplinary Action

Principals may suspend/recommend expulsion of students who violate this policy based upon the facts of each case and in accordance with applicable state and federal laws. Conduct which violates this policy is deliberately disobedient and deliberately disorderly within the meaning of 20-A MRSA § 1001(9) and will be grounds for expulsion if found necessary for the peace and usefulness of the school. Such conduct may also be grounds for expulsion under other provisions of 20-A MRSA § 1001(9 and 9-A) that specifically prohibit the use and possession of weapons; infractions of violence; and possession, furnishing and trafficking of scheduled drugs.

Students who are found to have brought a firearm to school (as defined by federal law) shall be expelled for a period of not less than one year, unless this requirement is modified by the Superintendent on a case-by-case basis.

All firearms violations shall be referred to law enforcement authorities as required by law. Other violations of this policy shall be referred to law enforcement authorities at the discretion of the Superintendent.

Students with disabilities shall be disciplined in accordance with applicable federal and state laws/regulations and Board Policy JKF.

Use of Firearms and Other Weapons in Instructional Activities

Nothing in this policy shall prevent the school system from offering instructional activities related to firearms or other objects that are generally considered weapons (e.g., bows and arrows) or from allowing a firearm or other weapons to be brought to school for specific instructional activities (e.g., archery or hunter safety) approved by the school system so long as appropriate safeguards have been adopted to ensure student and staff safety. No weapons may be used in instructional programs or brought to school for instructional activities without the prior approval of the Superintendent/designee and implementation of safeguards appropriate to the particular activity.

Psychological Evaluation/Risk Assessment

The Superintendent is authorized to request a psychological evaluation of a student who violates this policy when, in his/her opinion, such an evaluation will assist in assessing the risk the student poses to school safety if the student were to remain in school.

All such evaluations shall be performed at the school unit's expense. If the parents/guardians and/or student refuse to permit a requested psychological evaluation, the Superintendent and the Board may draw any reasonable inferences from the student's behavior concerning the risk the student poses to school safety for purposes of determining appropriate action.

Staff/Student Training and Procedures

The Superintendent is authorized to institute training programs for staff and students designed to prevent bullying and support the goal of providing a safe, orderly and respectful school environment. The Superintendent is also authorized to implement any administrative procedures necessary to carry out this policy.

Notification Team/Confidentiality

Maine law authorizes law enforcement officers and criminal justice agencies to share with a superintendent or principal information pertaining to a juvenile when the information is credible and indicates an imminent danger to the safety of students or school personnel on school grounds or at a school function. Maine law requires the District Attorney to notify the superintendent when a juvenile is charged with use or threatened use of force or is adjudicated as having committed one or more juvenile crimes that involve the use or threatened use of force.

Within ten days or immediately if necessary for school safety, the Superintendent shall convene a notification team. The notification team must include the administrator/designee of the school building where the student attends, at least one classroom teacher to whom the student is assigned, a guidance counselor, and the student's parent/guardian. The notification team shall determine on this basis of need which school employees are entitled to receive information concerning allegations or adjudications of use or threatened use of force. Information received by the Superintendent/designee and disclosed to the notification team and/or disclosed to school employees is confidential and may not become part of the student's educational record.

The Superintendent shall ensure that confidentiality training is provided to all school employees who have access to this information.

Legal Reference: 20 USCA § 8921 (Gun-Free Schools Act of 1994)
5 MRSA § 4681 et seq.
17-A MRSA §§ 2(9); 2(12-A)
20-A MRSA §§ 1001(9); 1001(9-A); 6552

Legal References: 5 MRSA § 4681 et seq.
15 M.R.S.A. §§ 3301-A; 3308(7)(E); 3009
17-A MRSA §§ 2(9); 2(12-A)
20 USCA § 7151 (Gun-Free Schools Act)
20-A MRSA §§ 1001(9); 1001(9-A); 1055(11); 6552

Cross References: ACAA - Harassment and Sexual Harassment of Students
ADC - Tobacco Free Schools
GBED – Tobacco Free Workplace
JICDA – Student Code of Conduct
JICH - Drug and Alcohol Use by Students
JK - Student Discipline

JKD - Suspension of Students

JKE - Expulsion of Students

JKF – Disciplinary Removal of Students with Disabilities

JIH – Student Interrogations, Searches, and Arrests

DATE ADOPTED: July 1, 2003

REVISED: February 12, 2004

REVISED: June 17, 2010

STUDENT DRUG AND ALCOHOL USE

In order to promote the highest possible standards of learning, as well as the physical, social and emotional well-being of students, this policy is designed to: aid students in abstaining from the unlawful use of alcohol and drugs; provide for early intervention when use is detected; and, provide disciplinary action when necessary. Compliance with this policy is mandatory.

Any school staff member who has reason to suspect that a student has violated this policy is expected to report the incident to an appropriate administrator immediately.

A. Prevention

Jonesport-Beals High School will provide students with information and activities focused on abstaining from the use of alcohol and drugs. Such information and activities will address the legal, social, and health consequences of drug and alcohol use and will provide information about effective techniques for resisting peer pressure to use illicit drugs and alcohol. Jonesport-Beals High school will work in partnership with students, parents/guardians, and local law enforcement officials to eliminate these risks for students.

B. Intervention

Jonesport-Beals High School has a Substance Abuse Prevention Coordinator to provide non-clinical chemical health assessments, assist students in addressing their harmful involvement with chemicals and in continuing their educational program. Information will be provided, as appropriate, about drug and alcohol counseling and treatment, and programs that are available to students.

C. Rules and Sanctions

Students are prohibited from consuming, possessing, furnishing, selling, receiving, buying, manufacturing or being under the influence of prohibited substances before, during, and after school hours, at school, in any school building, on any school premises, in any school-owned vehicle or in any other school-approved vehicle used to transport students to and from school or school activities, off school property at any school-sponsored or school-approved activity, event or function (such as a field trip or athletic event) where students are under the jurisdiction of the school unit, or at any time or place if the conduct directly interferes with the operation, discipline or welfare of the schools.

The term "prohibited substance" shall include, but not be limited to:

1. Alcohol;
2. Scheduled drugs (as defined in 17-A MRSA § 1101);
3. Controlled substances (as defined in the federal Controlled Substances Act, 21 USC § 812);
4. Any performance-enhancing substance listed on the Maine Department of Health and Human Services ' banned substances list and any other substance which is illegal in Maine or the use of which is illegal for minors;
5. Prescription drugs not prescribed for the student and/or not in compliance with the Board's policy on administering medications to students (see Board policy JLCD);

6. Any substance which can affect or change a student's mental, physical, or behavior pattern, including, but not limited to volatile materials such as glue, paint or aerosols (when possessed for the purpose of inhalation);
7. Paraphernalia – implements used for distribution or consumption of a prohibited substance; or
8. Any look-alike drug or substance that is described as or is purported to be a prohibited substance defined in this section.

Any violation of the terms of this policy shall constitute sufficient grounds for student discipline, including suspension or expulsion from school, at the appropriate discretion of the administration and the Board. The appropriate law enforcement authority shall also be notified of violations of this policy. **Students who participate in athletics and co-curricular activities are subject to additional rules and sanctions.**

This policy shall be disseminated to students and parents/guardians through means selected by the administration.

Legal References: 21 USA 812 (Controlled Substance Act); 21 CFR Part 1300.11-15
 20 USC 7101 et seq. (Safe and Drug-Free Schools and Communities Act
 17-A MRSA 1101
 42 USC 290dd-2; 42 CFR.2.1 et.seq.

Cross References: JICDA – Student Code of Conduct
 JICIA – Weapons, Violence, Bullying, and School Safety
 JKD – Suspension of Students
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 JRA – Student Records

DATE ADOPTED: JULY 1, 2003
REVISED: AUGUST 6, 2009

**STUDENT DRUG, ALCOHOL AND TOBACCO
ADMINISTRATIVE PROCEDURE**

Voluntary Referrals and the Substance Abuse Coordinator

1. Any school staff member who has a concern or is approached by a student(s) about a substance abuse or tobacco problem shall refer the student(s) to the Substance Abuse Prevention Coordinator. However, such referrals cannot be used to avoid disciplinary action after a known violation of the policy.
2. Parents/guardians or students who have a concern about a student's possible substance abuse or tobacco problem are encouraged to notify the Substance Abuse Prevention Coordinator of their concern. However, such referrals cannot be used to avoid disciplinary action after a known violation of the policy.
3. A student concerned about his or her own substance abuse or tobacco problems may seek the assistance of the Substance Abuse Prevention Coordinator. Self-referral will not result in any disciplinary action. However, a student may not use self-referral to avoid disciplinary action after a known violation of the policy.
4. The Substance Abuse Prevention Coordinator will meet with the student and his/her parents/guardians (if appropriate), perform a non-clinical chemical health assessment and develop an action plan to meet the student's particular needs.
5. Confidentiality of student information concerning substance abuse issues will be maintained in accordance with state and federal laws.

Discipline

The following progressive intervention and disciplinary procedures are intended as guidelines only. The administration reserves the discretion to impose consequences up to and including a recommendation for expulsion for any violation of the Board's drug, alcohol and tobacco policy. In determining the level of discipline, the administration may consider any relevant facts and circumstances, including but not limited to the nature of the violation, the student's grade level, the student's behavior accompanying the violation, the student's willingness to cooperate with the investigation and any action plan developed with the Substance Abuse Prevent Coordinator, and the student's prior disciplinary record.

Disciplinary Action – Alcohol and Drug Violations

- A. Consuming, possessing, receiving or being under the influence of a prohibited substance.

FIRST OFFENSE

The administrator will:

1. Confiscate the prohibited substance and verify offense;
2. Meet with the student;
3. Notify and meet with parents/guardians;
4. Notify the Superintendent; and
5. Suspend the student from school for ten days.

The student must participate in a non-clinical chemical health assessment with the Substance Prevention Abuse Coordinator.

SECOND OFFENSE

The administrator will:

1. Confiscate the prohibited substance and verify offense;
2. Meet with the student, parents/guardians and Substance Abuse Prevention Coordinator to develop a follow-up plan;
3. Recommend outside counseling
4. Notify the Superintendent;
5. Suspend the student from school for ten days with a recommendation for expulsion.

If the student fails to comply with the follow-up plan developed with the Substance Abuse Prevention Coordinator, this may result in further disciplinary action.

B. Furnishing, selling, buying or manufacturing a prohibited substance.

FIRST OFFENSE

The administrator will:

1. Confiscate the prohibited substance and verify offense;
2. Meet with the student and parents/guardians;
3. Notify the Superintendent;
4. Suspend the student for ten days and recommend expulsion.

Disciplinary Action – All Tobacco Violations

FIRST OFFENSE

The administrator will:

NEPN/NSBA CODE: JICH-R

1. Confiscate the tobacco product and verify offense;
2. Meet with the student;
3. Notify parents/guardians;
4. Notify the Superintendent;
5. Three day out of school suspension.

The student must meet with the Substance Abuse Prevention Coordinator.

SECOND OFFENSE

The administrator will:

1. Confiscate the tobacco product and verify offense;
2. Meet with the student and parents/guardians;
3. Notify the Superintendent;
4. Five day out of school suspension.

The student must meet with the Substance Abuse Prevention Coordinator to develop a follow-up plan. Failure to comply will result in the student being recommended for expulsion.

THIRD AND SUBSEQUENT OFFENSES

The administrator will:

1. Confiscate the tobacco product and verify offense;
1. Meet with the student and parents/guardians;
2. Notify the Superintendent;
3. Suspend the student for ten days and recommend expulsion.

Procedures at School Functions

If a violation of this policy occurs at a school function, staff will take the following steps:

1. If there is a medical emergency, standard school procedures shall be followed.
2. The student shall be removed from the function and/or returned to school. The student should not be left unsupervised.
3. Call the parents/guardians (or emergency card contact) to pick up the student.
4. Notify the building administrator (and Superintendent if appropriate).
5. The administrator will follow the disciplinary procedure outlined in this policy.

Cross Reference: JICH – Student Drug, Alcohol and Tobacco Use
JICI – Extracurricular Code of Conduct

DATE ADOPTED: JULY 1, 2003
REVISED: AUGUST 6, 2009

**Moosabec Community School District
Extra/Co-Curricular Activities Contract**

We understand that signing this contract is a condition for participating in Jonesport-Beals High School's extra-curricular and co-curricular activities.

For Parents:

I acknowledge that I have received and read copies of the following Board policies: Student Drug, Alcohol and Tobacco Use (Policy JICH and Procedure JICH-R), the Extra-Curricular and Co-Curricular Activities Code of Conduct (Policy JICI), Tobacco- Free Schools (Policy ADC), and Weapons, Violence, and School Safety (Policy JICIA). I understand that my child may not engage in the prohibited behaviors and activities described in Policy JICH at any time or place from the beginning of the student's first co- or extra-curricular activity of the school year through the end of the school year. I will support my child in following these policies and understand that if my child violates these policies, he/she will be suspended from extra-curricular/co-curricular activities. I understand that it is my responsibility to see that my child reports any violation of the contract to the school administration.

Parent signature _____ Date _____

Printed name _____

For Students:

I acknowledge that I have received and read copies of the following Board policies: Student Drug, Alcohol and Tobacco Use (Policy JICH and Procedure JICH-R) and the Extra-Curricular and Co-Curricular Activities Code of Conduct (Policy JICI), Tobacco- Free Schools (Policy ADC), and Weapons, Violence, and School Safety (Policy JICIA). I understand that I may not engage in the prohibited behaviors and activities described in Policy JICH at any time or place from the beginning of my first co- or extra-curricular activity of the school year through the end of the school year. I pledge to follow these policies, and understand that if I violate this pledge, I will be suspended from extra-curricular/co-curricular activities. I understand that it is my responsibility to report any violation of the contract to the school administration.

Student signature _____ Date _____

Printed name _____

DATE ADOPTED: AUGUST 6, 2009

Parent & Athlete Communication Procedure

Objective:

The purpose of this procedure is to establish clear expectations and maintain a positive and supportive environment for athletes, coaches, and parents. It is important that all stakeholders focus on the overall development and well-being of the student-athletes. This procedure outlines specific guidelines regarding when and how parents and athletes may communicate with coaches, particularly about playing time, coaching strategy, and interpersonal matters within the team.

Procedure Guidelines:

1. **Playing Time:** Parents and athletes are not to approach the coach(s) about concerns regarding playing time during or after games or practices. Decisions regarding playing time are made by the coaching staff based on team needs, performance, and other relevant factors.
 2. **Coaching Strategy:** Parents and athletes are not to question or engage in discussions with coaches regarding the strategy, tactics, or methods used in practice or games. Coaching decisions, including game strategy and practice drills, are within the discretion of the coach(s) and are designed to benefit the team as a whole.
 3. **Team Dynamics and Individual Players:** Parents and athletes should not approach coaches with concerns regarding the behavior, performance, or conduct of other players or teammates. The coach(s) are responsible for managing team dynamics, resolving conflicts, and ensuring a respectful and productive environment for all athletes.
 4. **Approach Restrictions:**
 - Parents and athletes are not to approach the coach(s) before, during, or immediately after a practice or game. Please follow the communication channels listed below.
 - Parents and athletes are prohibited from engaging with the coach(s) on or off school property regarding the above-stated matters.
 - If there are any concerns or issues that need to be addressed, parents should wait 24 hours after the event and schedule an appointment with the coach(s) in a respectful manner to discuss those concerns.
 5. **Communication Channels:** Any concerns the athlete or parent may have that is not about play time, coaching strategy or the dynamics of the team and individual player please follow:
 - First speaking directly with the athlete's coach(s) after the 24-hour cooling period.
 - If the issue remains unresolved, parents may schedule a meeting with the athletic director or appropriate school official for further discussion.
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Agreement:

By signing below, the parent(s) and athlete(s) acknowledge that they have read, understood, and agree to follow the guidelines and expectations set forth in this communication procedure. They pledge to maintain respect for the coach's authority, the team's objectives, and the overall integrity of the athletic program. Any violation of this policy may result in further disciplinary action, which may include being ordered to leave, law enforcement may be called in, banned from the next game, all games, school grounds, as decided by the school administration.

Athlete's Name: _____

Athlete's Signature: _____

Date: _____

Parent(s)/Guardian(s) Name(s): _____

Parent/Guardian Signature(s): _____

Date: _____

Coaching Staff Signature:

Coach(s) Name(s): _____

Coach(s) Signature(s): _____

Date: _____

This procedure is designed to ensure that both athletes and parents respect the decisions and processes of the coaching staff, ultimately contributing to a positive, focused, and cohesive athletic experience for all involved.

STUDENT PARTICIPATION AND PARENTAL APPROVAL FORM
Jonesport-Beals High School

I. Student Section

Full name: _____

Date of Birth: _____ Place of Birth: _____

This application to compete in interscholastic athletics for the above named student is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the Maine State Principals' Association.

Signature of Student: _____ Date: _____

II. Parent/Guardian Section

I hereby give my consent for the above named student:

1. to represent his/her school in athletic activities, except those not approved on the medical examination form provided that the Maine Principal's Association approves such activities
2. to accompany any school team of which he/she is a member on any of its local or out of town trips. I authorize the school to obtain, through a physician of its own choice, any emergency medical care that may become reasonably necessary for the student in the course of such athletic activities or such travel.

It is imperative that the student-athlete strictly adheres to all rules, regulations, and instructions pertaining to safety. There is an element of risk associated with all athletic competition and in spite of the fact that the athletic staff will provide each participant with due care, the school district cannot insure that your child will remain free of injury.

I will not hold the school or anyone acting on its behalf responsible for any injury occurring to the above named student in the course of such athletic activities or such travel.

Signature of Parent/Guardian: _____ Date: _____

Address: _____

Telephone: _____

Jonesport-Beals High School

Your child has indicated that he/she would like to participate in our sports program. Insurance coverage is necessary for participation.

Would you please indicate by a check mark in the proper space below, which insurance you carry? If the insurance changes during the year, please notify the school.
Please sign your name at the end.

Insurance coverage policy#

Blue Cross/Blue Shield

Washington County Health Plan

School Insurance

Champus

Other Insurance

No Insurance

Student athletes will not be allowed to participate until this form is returned and adequate coverage is determined.

Signature: _____

Date: _____

MEDICAL HISTORY QUESTIONNAIRE FOR SPORT CANDIDATES
(to be completed by parent or guardian)

Name: _____ Date of Birth: _____

Home address: _____ Telephone #: _____

Parent's name: _____

1. Significant past injuries
2. Major medical injuries
3. Currently taking medication? What?
Currently under a doctors care? For what?
4. Wear glasses? Contact lenses?
5. Wear removable dentures?
6. Any significant allergies?
7. Any previous surgery? Or medical hospitalizations?
8. Tetanus toxoid, initial series (yes or no)
Tetanus toxid, most recent booster date: _____
9. Oral (Sabin) Polio vaccine, initial series (yes or no)
Oral (Savin) Polio vaccine, Tri-valent booster (yes or no)
10. Do you know of any reason why this student should not participate in interscholastic athletics? Explain.

Date: _____

(Signature of Parent or Guardian)

MANAGEMENT OF CONCUSSIONS AND OTHER HEAD INJURIES

The Board recognizes that concussions and other head injuries are potentially serious and may result in significant brain damage and/or death if not recognized and managed properly. The Board adopts this policy to promote the safety of students participating in school-sponsored extracurricular athletic activities, including but not limited to interscholastic sports.

TRAINING

Each year, the Athletic Director and Principal will identify the school-sponsored athletic activities that pose a risk of concussion or other head injury. A list of these activities will be distributed to school administrators and coaches.

All coaches, including volunteer coaches, must undergo training on the NFHS (National Federation of State High School Associations) website in the identification and management of concussive and other head injuries prior to assuming their coaching responsibilities. The training must be consistent with such protocols as may be identified or developed by the Maine Department of Education (DOE) and include instruction in the use of such forms as the DOE may develop or require.

Coaches shall be required to undergo refresher training on the NFHS website every two years or when protocols and/or forms have been revised.

STUDENT AND PARENT INFORMATION

Annually, at the beginning of each school year, students and parents of students who will be participating in school-sponsored athletic activities will be provided information regarding

- A. The risk of concussion and other head injuries and the dangers associated with continuing to participate when a concussion or other head injury is suspected;
- B. The signs and symptoms of concussion and other head injuries; and
- C. The school unit's protocols for 1) removal from the activity when a student is suspected of having sustained a concussion or other head injury, 2) evaluation, and 3) return to participation in the activity ("return to play").

The student and his/her parent(s) must sign a statement acknowledging that they have received and read this information before the student will be allowed to participate in any school- sponsored athletic activity.

MANAGEMENT OF CONCUSSIVE AND OTHER HEAD INJURIES

It is the responsibility of the coach of the activity to act in accordance with this policy when the coach recognizes that a student may be exhibiting signs, symptoms and behaviors associated with a concussion or other head injury.

Any student suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately. The student and his/her parent(s) will be informed of the need for an evaluation for brain injury before the student will be allowed to return to the activity.

No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school-sponsored athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider who is qualified and trained in concussion management.

Coaches and other school personnel shall comply with the student's health care provider's recommendations and in the absence of specific recommendations, with generally accepted protocols in regard to gradual return to participation. No student will be permitted to return to any participation until cleared to do so. More than one evaluation by the student's health care provider may be necessary before the student is cleared for full participation.

If at any time during the return to play program signs or symptoms of a concussion are observed, the student must be removed from the activity and referred to his/her health care provider for re-evaluation.

COGNITIVE CONSIDERATIONS

School personnel should be alert to cognitive and academic issues that may be experienced by students who have suffered a concussion or other head injury, including but not limited to difficulty with concentration, organization, long-and-short term

memory and sensitivity to bright lights and sounds, and accommodate a gradual return to full participation in academic activities as appropriate, based on the recommendations of the student's health care provider and appropriate designated school personnel (e.g., 504 Coordinator).

CONCUSSION MANAGEMENT TEAM

The Superintendent will appoint a concussion management team including a school administrator to be responsible, under the administrative supervision of the Superintendent, to make recommendations related to implementation of this policy. The concussion management team will include the Athletic Director and school nurse and may include one or more principals or assistant principals, the school physician and such other school personnel or consultants as the Superintendent deems appropriate.

DATE ADOPTED: December 20, 2012

Parents and student-athletes: Please read, sign, and keep a copy. You must turn in a signed form prior to the start of practice.

MOOSABEC CSD – JONESPORT-BEALS HIGH SCHOOL CONCUSSION INFORMATION SHEET

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

Symptoms may include one or more of the following:

- | | |
|------------------------------------|---|
| • Headaches | ▪ “Don’t feel right” |
| • “Pressure in head” | ▪ Fatigue or low energy |
| • Nausea or vomiting | ▪ Sadness |
| • Neck pain | ▪ Nervousness or anxiety |
| • Balance problems or dizziness | ▪ Irritability |
| • Blurred, double, or fussy vision | ▪ More emotional |
| • Sensitivity to light or noise | ▪ Confusion |
| • Feeling sluggish or slowed down | ▪ Concentration or memory problems
(forgetting game plays) |
| • Feeling foggy or groggy | ▪ Repeating the same question/comment |
| • Drowsiness | ▪ Amnesia |
| • Change in sleep patterns | |

Signs observed by teammates, parents or coaches include:

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

This document is adapted from the CDC and the 3rd International Conference on Concussion in Sport Consensus Statement (2009)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. MOOSABEC CSD requires the consistent and uniform implementation of well-established return to play concussion guidelines that have been recommended for several years and reflected in Board policy:

Any student suspected of having sustained a concussion or other head injury during a school-sponsored athletic activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately. . .

No student will be permitted to return to the activity or to participate in any other school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in school-sponsored athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider who is qualified and trained in concussion management.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/Concussion>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

A LETTER TO ATHLETES

Playing sports is a privilege at JBHS. The privilege is an earned opportunity to represent yourselves, your parents, and the citizens of Jonesport and Beals. With privileges comes Expectations. There are several expectations that go hand and hand with the opportunity to participate in the JBHS sports program.

1. The first expectation is **Time Management**. You need to manage your time wisely to be successful both on the court and off the court. Practices, games, and bus trips must be balanced with preparation for your classes, homework, and study time. Away games will be the most challenging days for time management. Try to plan ahead instead of trying to catch up with your work. You are required to be students **FIRST** and players second. **BOOKS BEFORE BALL!**

I will check with your teachers weekly to be sure you have your work completed and handed in on time. Your work should be of good quality and demonstrate that you have put time and effort in completing your lessons. We will have mandatory Study Sessions to help students improve study habits.

2. The second expectation is **Behavior Management**. You are expected to be student in good standing. That means you should not be in violation of school rules, coach's policies, or be the subject of disciplinary action. Remember, you are a representative of Jonesport-Beals High School and we expect the "Best" from each and every one of our students.

3. The third expectation is **ATTENDANCE**. You are expected to attend school on a regular basis. This means 5 days a week. If you are missing practices, the coach has the ability to dismiss you from the team. ***STUDENTS STAYING HOME THE DAY BEFORE A GAME OR THE DAY AFTER A GAME WILL NOT BE PERMITTED TO PLAY IN THE FOLLOWING GAME.*** If you are sick, you stay home and away from practices. Your health is important to you and the rest of the team. Sick players can be more harmful than helpful. It's important that you eat right, drink lots of liquid and get plenty of rest. Stay hydrated!

4. The fourth expectation is **Respect**. You are expected to have respect for yourselves, your teammates, your coach, other teams, and especially the game officials. You may not agree with a call, but in all the games I've been involved with, I've never seen a referee change the call after it's made. A foul is a foul, a travel is a travel, accept it and play on.

5. The last expectation is **Fun**. You are expected to have fun during the season. There will be times that you will laugh and be happy (especially with game wins) and there will be times of frustration and anger (especially with playing time and game losses). It is important to keep everything in perspective and remember to be a positive player, practice with enthusiasm, and give 110% for the time you are in the game, and enjoy the sport you are participating in.

Communication is the key to success. If there is something you don't understand, ask your coach, Mr. Campbell, or myself for clarification. Please sign and return one copy.

Student Athlete _____

Parent/Guardian _____