

Red Lake Secondary Complex

Activities Handbook

2024-2025



A Guide for Students, Families, and Fans

Why We Play

Jody Redman, MSHSL Associate Director

WHY WE PLAY is a national initiative, whose intent is to reclaim the educational purpose of sports. Sports in America engage more individuals, families, and communities in a shared experience than any other cultural activity, organization or religion and have significant perceived value. We value sports because we believe the students who are involved acquire something meaningful through their participation. Sports provide countless teachable moments where core ethical values such as caring, honesty, fairness, responsibility, and respect for self and others can be developed. With that said, one of the great myths in our culture is that participation alone builds and develops this character, as if doing a handstand, running a race, hitting a curveball, or simply suiting up are sufficient to strengthen a young person's moral fiber. Unless a coach teaches and models character and encourages its development in student-athletes, it is more likely organized sports will spoil play and undermine the development of the very character and virtue it claims to build. The potential for the growth and development of character in students only exists if the adults who oversee and oversee these experiences are aware of and intentional about this significant role.

Coaches clearly play a significant role in the experience that students have. However, training coaches alone is not enough. Without support of the school community, the current win-at-all-costs sports culture will continue to make winning the only value that comes from participation. A shared common language will provide an effective response to the demands and pressures of the current win-at-all-cost sports culture.

We must provide students with growth that will sustain them beyond physical skill development and the ability to play and win a game. For this to happen, we must align school communities around a deeper purpose.

Red Lake Schools Vision Statement

We see a future where everyone is valued, life-long learning is embraced, and students are empowered to become Red Lake ambassadors in the global community.

CONTENTS

Activities at Red Lake Middle School and Red Lake High School	5
School Board Policy	5
Eligibility Procedures	8
Red Lake Code of Conduct	9
Expectations for Varying Levels of Activities	12
Sportsmanship	13
Parent-Coach Communication Plan	15
Transportation and Travel	19
Minnesota State High School League	21
Suspected Concussions and Concussed Students	32
Off-Season Rules and Regulations	33
Forms	33
1. Red Lake High School Activities Participation Agreement	
2. MSHSL Parental Permit and Health Questionnaire	
3. Sports Qualifying Physical Exam Clearance Form	
4. Insurance Information and Claim Forms	

Here in Red Lake, playing sports, participating in band and theater, and presenting at History Day all share the common purpose of providing opportunities for students, but also honoring the Red Lake Nation. Our coaches and advisors teach lifelong skills through rehearsing for a concert and playing basketball. In return, our students teach us about perseverance, determination, and passion.

School activities provide additional opportunities for students to pursue special interests that contribute to their physical, mental, and emotional well-being. While they are of secondary importance in relationship to the formal instructional program, co-curricular activities complement the instructional program by providing additional opportunities for growth, development, and leadership.

Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood. Many character traits required to be a successful participant are exactly those that will promote a successful life after high school.

We hope that this Activities Handbook makes both your child's and your experience with the Red Lake High School Activities program less stressful and more enjoyable. Here you'll find everything you need to participate whether you're a student, parent, or a fan. And we're all fans.

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Activities at Red Lake Middle School and High School

Fall	Winter	Spring
Volleyball	Girls Basketball	Girls Golf
Football	Pep Band	Boys Golf
Cheerleading	Boys Basketball	Softball
	History Day	Baseball
	Knowledge Bowl	
	Cheerleading	
	Robotics	

A variety of clubs run throughout the year. Eligibility rules apply to clubs only when the student-athletes represent Red Lake beyond the school campus.

In addition, many programs offer additional opportunities in summer camps and leagues. While the Red Lake School Board's academic and attendance policies do not apply to these opportunities, the MSHSL and Red Lake Code of Conduct for Students do apply.

School Board Policy

The following is from Red Lake School Board policy 625 Activities Policy.

A. Academic Eligibility

1. All students participating in a school-sponsored extra-curricular or co-curricular activity must be making satisfactory progress toward graduation. Successful progress toward graduation will be determined by the Middle and High School Principals.
2. Students enrolled in other educational programs such as a charter school or home school must be carrying a full academic load as determined by those schools and meeting all Red Lake Secondary Complex (RLSC) academic requirements to participate in any school-sponsored extra-curricular or co-curricular activity.

3. Students must have been enrolled in a school the previous semester to participate.
4. Being ineligible means a student will not be allowed to participate in any practices, rehearsals, meetings, performances, or contests until all grades are at minimum of a C- or 70%. Also, during this ineligibility period, a student will not be allowed to participate in any capacity in public appearances, inter-school activities, or school-endorsed trips (Parents' Night is an exception).
5. Grades are checked weekly, and the office will provide all teachers, coaches, and advisors a master list indicating which students are ineligible. The classroom teacher and coach are responsible for notifying the parent/family and student. The student will then have one calendar week to raise the grade (s) to a C- or 70% as determined by the classroom teacher.
6. During this probation week the student will be allowed to participate. However, if, at the end of this probationary week, the grade is still lower than a C- or 70%, the student will be suspended from all participation (practices, rehearsals, performances, and contests) and will be required to attend Homework Help until the grade is a C- or 70% as determined by the classroom teacher.
7. Activities that are an extension of the classroom and required for a student's grade are not affected by this policy.
8. A student who fails a class at quarter (including fourth quarter) will be ineligible for the first fourteen calendar days of the next sport or activity season in which the student chooses to participate.
9. PSEO students must provide college grades at the end of each semester. PSEO students that fail one or more classes (including withdraw failure) become ineligible for fourteen calendar days.

B. Attendance

According to the MSHSL BYLAW 102.00 ATTENDANCE, "students must be attending school and classes regularly. Students who have been dropped because of irregular attendance, extended absence, or suspension from school are not eligible to participate in League-sponsored activities."

Red Lake Secondary Complex takes regular attendance very seriously, as it is critical to student achievement and an important lifelong habit.

- Any student assigned to in-school suspension (ISS) may, at the discretion of the administration, lose the right to participate in school events for that day. This can include practice, rehearsal, performance, or contest.
- Students must be in school all day to be eligible to participate in any extracurricular or co-curricular event unless a parental excuse has been accepted by the school administration. A reminder that after 48 hours, an unexcused absence will not be changed. The exception to the excused absence is illness: a student who is absent due to illness is not able to participate that same day or evening.
- Players and participants must attend every game or performance. Players who miss a game or performance must have a valid excuse from their parents/guardians or principal's office.
- Students must attend 32 of 35 class periods each week, or 90% of class periods each week, or have a parent/guardian excuse accepted by the school administration.
- Students who miss 35 or more class periods per quarter will be placed on probation. If, after the probation week, their weekly attendance percentage does not increase to 90%, the student will become ineligible to participate until it does.

Eligibility Procedures

Our academic and attendance eligibility applies to all levels of competition – grades 6-12.

Academic

Student grades are updated by teachers on Tuesdays and are checked weekly on Wednesdays. Students must maintain a C- or 70% in all classes to practice, rehearse, perform, and compete. A list will be compiled by the office and sent to teachers, coaches, and the athletic director.

Students who fall below this grade expectation have a probation week to raise their grades to a minimum of a C- in all classes. They may practice and play during this probation period. If they do not raise their grades by next Wednesday, they are suspended from all athletic participation until their grades do reach a C- in all classes.

Students may be required to attend Homework Help after school during the probation week until 4:00PM before going to practice.

During the week, updates to the list will be posted daily in the staff bulletin (which the athletic director will share with coaches not on staff). On game days, updates must be in by 12:00 to be effective for that day or evening's activities. Updates will be an emailed or paper copy of the updated grade report for the student and should be sent to the academic dean.

Attendance

Student attendance will be checked weekly at the same time as student grades. Student must maintain a 90% average attendance each week, which roughly translates to attending (or having an excused absence) for 32 of 35 class periods each week.

Students who miss 35 or more class periods per quarter will be placed on probation. If, after the probation week, their weekly attendance percentage does not increase to 90%, the student will become ineligible to participate until it does.

Students must attend a full day of school on game day (or provide an excused absence), or they will not be eligible to participate in activities that day or evening.

Reminder: Unexcused absences will not be changed after 48 hours.

Red Lake Middle School and High School Code of Conduct

Red Lake Code of Sportsmanship

The foundation of our extracurricular programs is based on the ideals of good sportsmanship. We hold the highest expectations for our coaches/advisors, participants, the parents, and fans in this regard. Demonstrating good sportsmanship through genuine support for our teams, courtesy to competitors, and respect for officials is absolutely expected by all. Sportsmanship has a positive influence on everyone around it and it is EVERYONE'S responsibility to uphold.

No student shall show disrespect to coaches, opposing team, game officials, judges, school bus drivers, team managers, fellow teammates, or spectators. Disrespect is interpreted as any foul language, inappropriate remarks, and failure to follow direction. This includes bench behavior during contexts and performances and conduct on the bus. Students may not leave practices, rehearsals, performances, or games early without coach's or advisor's permission.

Sportsmanship or Conduct Violations

- a. The first violation will result in a one-week suspension from all practices and games from the date of the incident and a mandatory meeting with the student, parent/family, and coach/advisor.
- b. A second violation will result in a two-week suspension and a mandatory meeting with the student, parent/family, coach/advisor, and athletic director.

Students will also be held to the expectations of the Red Lake Code of Consequences.

Any student with visible hickies will not be allowed to participate while the mark is visible.

Any spectator may be removed from an event and suspended from attending future events for unsportsmanlike conduct. The length of any suspension will be determined by a school administrator.

Coaches and Advisors

When a child becomes involved in extracurricular activities, it is important that each parent and family know the code of ethics that Red Lake Middle and High Schools expect of their coaching staff. RLHS and the MSHSL have established policies and standards for coaches and advisors to

follow. This link to the MSHSL (www.mshsl.org. See Bylaw 400.0) provides a comprehensive look into the responsibilities of coaches/advisors. Some excerpts from the MSHSL Code of Sport Ethics for Coaches follow.

Some of the most pertinent expectations for our **coaches/advisors** are to:

- Provide each participant in their respective program with a challenging, caring, and structured environment so that all student activities are stimulated to achieve their full potential.
- Serve as role models for students and public.
- Treat everyone with dignity and respect and set an example of the highest ethical and moral conduct in all personal contact with students, participants, parents, officials, school administration, media, and the public.
- Not place the value of winning above the teaching of ethical values.
- Not value student participation in their activity higher than the responsibility of a participant to his/her academics, other school and community activities, and family commitments.
- Keep the competitive nature of their program in perspective by remembering the priorities of students are to learn new and sharpen old skills, be able to play, and have fun.
- Place the physical and mental well-being of their students ahead of any personal desire to win.
- Motivate with praise and not use demeaning action to shame or discipline a player or a team.
- Stay until all the students have left.

Students

This High School Activities Code of Conduct is in effect from the first day a student joins a RL sport or activity. The code remains in effect 24 hours a day, 365 days a year (regardless of time of day, week, month, or year, location of events/place of events, and/or sport season) until completion of a student's participation in high school activities.

Participants are expected to:

- Ensure that family and academic achievement takes precedence over activities. Nevertheless, the student is expected to attend as many practices and events/games as possible.
- Respect the rights, property, and beliefs of others.

- Be fully responsible for personal actions and their consequences.
- Win with character, lose with dignity.
- Understand and follow all team, school, league, and MSHSL rules and regulations.
- Realize that participation in activities is a privilege and not a right.
- Put forth their best effort and attention at practice and during the event.
- Support their team in a positive way, whether actively participating in that event or not.

Student participants are expected to understand and accept this list of expectations and RLMS/RLHS Code of Consequences. A student whose character or conduct violates the MSHSL Student Code of Responsibilities (see MSHSL Eligibility form at end of this handbook) or is suspended or expelled is not in good standing and is ineligible for a period as determined by the principal.

Discipline: Under certain circumstances, discipline action will be at the discretion of each individual coach/advisor. The coach/advisor may have specific discipline action that is covered in their set of expectations and philosophy.

Parents

RLMS and RLHS activities provide parents and families with the opportunity to teach, communicate, and build character and self-esteem in their child. **Parents and families** are expected to:

- Help teach students that winning does not define the importance or worth of the school, the team, or the individual.
- Promote and model mature and sportsmanlike behavior at all school events.
- Be a “team” fan, not a “my child” fan.
- Help your child learn that success is measured by the development of skills.
- Realize that attendance at activities is a privilege and not a right.
- Accompany your child to informational meetings, as offered.
- Become familiar with and review the rules and regulations with your child.
- Communicate any concerns with school personnel according to district protocol (see Communication section in this handbook).
- Make yourself available to assist the coach/advisor when help is needed (concessions, ticket sales, booster clubs, etc.).
- Treat all coaches/advisors with respect, recognizing the commitment that they have made, and insist that your child does the same.

Bullying

All students participating in school-sponsored activities will comply with Red Lake Public Schools Policy 514 - Bullying Prohibition Policy

Expectations for Varying Levels of Activities

The expectation of Red Lake High School is to allow students to participate in as many activities as possible. There are no cuts made at any level, except when required and/or by section tournament policy (See individual activity descriptions). Co-curricular activities are designed so that students enjoy their experience, regardless of skill/talent level. We hope that students learn social and co-curricular skills through being part of a team which gives them the experience of the winning and losing process at all levels.

The general expectations of the grade levels follow, however, not all co-curricular activities will fall into the following categories.

Middle School and Junior High:

Coaches/advisors are expected to play all eligible participants who are in good standing, however, not all students will necessarily play the same amount of time.

9th and 10th Grade, Junior Varsity:

There is no guaranteed competition time in the 9th and 10th grade. Participants will be given an equal opportunity to perform during practice. 9th and 10th grade participants may be needed to provide the varsity with depth at times. At the 9th and 10th grade level, being competitive will not be sacrificed so that everyone has a chance to participate.

Varsity:

Our varsity philosophy is to compete at a high level, and it requires a greater amount of dedication on the part of the participant. Participants are not guaranteed playing time at the varsity level, being competitive will not be sacrificed so that everyone has a chance to participate. At the varsity level, players will be chosen at coaches/advisors' discretion.

Squad Advancement Policy

Coaches/Advisors for various reasons may choose to move players up to play at different levels. This should not be something that occurs on a normal basis and should be the exception, rather

than the rule. If a coach/advisor moves a player/participant up, it must be agreed upon by the athlete, parent, coach, and activities director.

NOTE: See individual advisor/coaches' expectations for additional information.

Sportsmanship

The MSHSL has a thorough explanation and examples that pertain to sportsmanship that should be followed before, during and after all co-curricular events. A separate brochure is available and can also be found at http://www.mshsl.org/mshsl/sportsmanship/guide_parentnpledge.pdf

Red Lake Code of Sportsmanship

The foundation of our extracurricular programs is based on the ideals of good sportsmanship. We hold the highest expectations for our coaches/advisors, participants, the parents, and fans in this regard. Demonstrating good sportsmanship through genuine support for our teams, courtesy to competitors, and respect for officials is absolutely expected by all. Sportsmanship has a positive influence on everyone around it and it is EVERYONE'S responsibility to uphold.

To create great sportsmanship, **coaches/advisors** are expected to:

- Model good sportsmanship at every level and make it a core goal of the coach's/advisor's work with student participants.
- Engage the participants in a detailed discussion of good sportsmanship as soon as the team is formed. The discussion should spell out in specifics what the coach/advisor expects from each student in terms of good sportsmanship.
- Always address sportsmanship to the participants before each game/activity, especially when emotions are bound to run high, such as rivalry games or playoffs.

To create great sportsmanship, **participants** are expected to:

- Show respect for coaches/advisors, teammates, opponents, and referees.
- Maintain self-control, even if others do not.
- Acknowledge good plays made by either team.
- Keep the public's perception of you positive by not talking trash, teasing, goading opponents, and showing off.
- Shake hands with opponents after a contest, whether you and/or team wins or loses.
- Compliment, never criticize teammates or coaches/advisors.
- Accept the officials' calls respectfully, without physical or verbal argument.
- Admit your mistakes instead of making excuses or blaming others.
- Give 100% effort, always, whether winning or losing.
- Be a gracious competitor by respecting your opponent.
- Accept a loss without complaint or excuses.
- Follow the rules of competition.
- Have fun.
- Apply these rules to life outside of the sport/activity.

To create great sportsmanship, **parents/guardians and fans** are expected to:

- Be positive role models.
- Realize that a ticket is a privilege to observe a contest and support high school activities.
- Learn the rules of the game and the policies of the MSHSL and RLHS.
- Remember that students participate to have fun and that the game is for them, not adults.
- Recognize and appreciate an outstanding achievement by either team.
- Show concern for an injured player, regardless of which team.
- Express encouragement, not criticism, from the sidelines. Let the coach/advisor do the coaching.
- Never question, discuss, or confront coaches at the competition. Take time to speak with coaches or advisors later, at an agreed upon time and place.
- Accept and respect the decisions of the officials. Silence is golden.
- Remind a spectator to honor the game if that individual is behaving inappropriately.

- Never blame the loss of a game on officials, coaches, or participants.
- After the contest, thank the officials, coaches/advisors (if possible).
- Always be a gracious spectator by respecting your opponent's fans and competitors, win or lose.
- Discuss acts of good and bad sportsmanship with your student.
- Make a commitment to honor the game.

Parent-Coach/Advisor Communication Plan

Parenting and coaching are both challenging endeavors. Clearly, coaches and parents have at least one strong common bond—they share concern for the well-being of each student. By establishing mutual understanding through good communication skills, parents and coaches are better able to accept the actions of each other to provide a greater benefit to all participants.

As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach or advisor.

- Philosophy of the coach or advisor.
- Expectations for your child as well as all the players or participants.
- Location and times of all practices and contests.
- Team requirements, like practices, special equipment, out-of-season conditioning, or special rehearsals.
- Procedure followed should your child be injured during participation.
- Discipline that may result in the denial of your child's participation.

Communication coaches and advisors expect from parents.

- Concerns expressed directly to the coach or advisor.

- Notification of any schedule conflicts well in advance.
- Specific concerns regarding coach's or advisor's philosophy or expectations.

As your children become involved in the programs at Red Lake High School, 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 wish. At these times, discussion with the coacher advisor 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 can be very difficult to accept your child's not playing as much as you may hope. Coaches and advisors 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 or advisor. Other things, such as those following, must be left to the discretion of the coach or advisor.

Issues not appropriate to discuss with coaches

- Team strategy
- Play calling
- Other student athletes

There are situations that may require a conference between the coach or advisor and the parent. These are encouraged. It is important that all 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 of the issue or concern.

Communication between parents, coaches/advisors, and participants is always encouraged. If concerns arise, we cannot promise that every issue will be resolved to your satisfaction, but it is guaranteed that we will listen to and address your concerns to the best of our ability, if proper protocol is followed. Discussion is expected and encouraged so that all parties involved have a

clear understanding of the other's position. The following process should be used to help promote resolution of an issue:

1. Participant and coach/advisor meet
2. Participant/ parent meets with coach/advisor
3. Participant/parent meets with coach/advisor and activities director
4. Participant/parent meets with coach/advisor, activities director, and principal
5. Participant/parent meets with coach/advisor, activities director, principal, and superintendent

In addition to the process for conflict resolution stated above, the following suggestions are offered:

Student Advocacy: The student should initially try to advocate for him/herself prior to parental involvement. Although these conversations are not easy, it is in the best interest of the participant to take the first step in addressing concerns. By learning techniques in conflict resolution now, the student will build self-confidence, allowing for better success in resolving problems in the future. Try to have all communication begin with the participant and the coach/advisor of their level of activity

Check Student Handbook: Before a parent becomes involved, talk, and listen to the student about how they feel or perceive the issue at hand. Then take the time to see whether answers to concerns are contained in the Activities Handbook. Our coaches are given the freedom to coach their style if it is based on the principles important to our district as listed in our handbook.

If you have a concern to discuss with a coach:

1. Call to set up an appointment. The Red Lake High School telephone number is 218-679-3733.
2. If the coach or advisor cannot be reached, call the activities director. A meeting will be set up for you. Nolan Desjarlait can be reached at 218-679-3733 ext. 1009.
3. Please do not attempt to confront a coach or advisor before or after a contest or practice. These can be emotional times for everyone. Meetings of this nature do not promote resolution.

Meeting with a Coach or Advisor

If a parental meeting with the coach is still necessary, call or e-mail the coach or advisor to request an appointment. If possible, call the coach/advisor during the day to talk about concerns or to setup a meeting time.

- Never confront a coach before, during, or after a contest. Discussion currently does not promote resolution.
- Please wait 24 hours before meeting when dealing with emotional issues.
- Be aware that coaches have ethical restrictions such as confidentiality that may hinder communication. Approach the coach/advisor in such a way that respects the coach's ethical responsibilities. Specifically, try to avoid discussing a specific participant, instead talk in generalities. Also, conversations on team strategy and play selection should be avoided
- Remember that coaches should never trivialize a parent's concerns
- Try as much as possible to "ask" rather than "tell".
- It is recommended that the student attend the parent-coach/advisor meeting, when appropriate.

Exceptions: Situations may exist that are better handled by circumventing some steps in our suggestions for addressing grievances. But please attempt to follow the guidelines listed above whenever possible.

Reaching Agreement: At all levels of communication, our staff should reach, as a minimum, an agreement with the student and/or parents as to what the next step should be if a lack of resolution of concerns occurs. That may involve going to the next level of communication or continue in a different direction as agreed upon by all parties.

Commitment to Professionalism: A coach/advisor will never negatively impact a participant, whether in practice or in an interscholastic contest, because a student or their parents have used the proper channel of communication to discuss concerns.

Transportation and Travel

All students must ride the team bus to and from all contests. The only exception is parental permission.

- a. At the event, the parents/guardians must meet directly with the coach and sign a release form.
- b. All other arrangements must be cleared through the Athletic Director's office (of High School Office if the Athletic Director is unavailable) at least a day in advance. Parents must send a signed note designating who is responsible for providing their child transportation and at what time the student is to leave. The note must include the parent's phone number to be reached for confirmation. Upon confirmation, the student will be given a pass to be given to their coach on the day of the special arrangements before the student is to leave.

Students eighteen and older participating in a school-sponsored activity must still have permission from a parent or guardian unless they have a legal document stating they are legally emancipated.

Overnight Stays

- a. Students who travel on Red Lake School teams or groups must follow all school policies while on overnight trips and hotel stays.
- b. Coaches and Advisors will clearly define all behavior expectations, including, but not limited to:
 - assigning student rooms
 - student room expectations
 - setting curfew and lights out times
 - departure times
 - required activities.

Violations

- a. The first violation will result in a one-week suspension from all practices and games from the date of the incident and a mandatory meeting with the student, parent/family, and coach/advisor.
- b. A second violation will result in a two-week suspension and a mandatory meeting with the student, parent/family, coach/advisor, and athletic director.

Students will also be held to the expectations of the Red Lake Code of Consequences.

Minnesota State High School League (MSHSL)

The Minnesota State High School League (MSHSL) is the governing body for our athletic programs and many of our co-curricular activities.

Mission Statement

The Minnesota State High School League provides educational opportunities for students through interscholastic athletics and fine arts programs and provides leadership and support for member schools.

Beliefs

(For the full list of beliefs log on to: www.mshsl.org)

- Participation in school activity programs is a privilege and not a right.
- Sportsmanship needs to have a constant presence in all school-based activity programs.
- Students should have an equal opportunity to participate in all activities offered by their school.
- Ethical behavior, dignity and respect are non-negotiable.
- Student participants are expected to be chemical free and should be supported in this decision.
- Collaborative relationships with parents enhance a school's opportunity to positively impact student success.
- Positive role models and an active involvement in a student's life by parents and others are critical to student success.
- Academic obligations must come before participation in co-curricular activities.

- High school activity programs are designed for student participants, and adults must serve in a supportive role.
- The success of the team is more important than individual honors.
- Compliance with school, community and MSHSL rules is essential for all activity participants.
- Participation in school-sponsored activities must be inclusive, not exclusive.

Chemical Behavior Expectations

As defined by MSHL and supported by the Red Lake School Board, any student caught using, possessing, or consuming a mood-altering chemical will face penalties under MSHSL bylaws and the Red Lake Middle and High School Code of Consequences.

<http://www.mshsl.org/mshsl/Publications/code/handbook/200%20Bylaws.pdf?year=2016>

Social Behavior Expectations

As defined by MSHSL and supported by the Red Lake School Board, a student shall not engage in sexual, racial, or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.

<http://www.mshsl.org/mshsl/Publications/code/handbook/200%20Bylaws.pdf?year=2016>

Transfer Rule

A transfer occurs anytime the school of record changes. To be eligible at the varsity level, certain provisions need to be met in accordance with MSHSL bylaws. The following link provides a complete discussion of the transfer policy:

<http://www.mshsl.org/mshsl/Publications/code/handbook/100%20Bylaws.pdf?year=2016>

Minnesota State High School League (MSHSL) Violations and Penalties

Several MSHSL policies are part of our expectations for our students. They are:

- Controlled Substances Prohibition
- Sexual/Racial/Religious Harassment/Violence and Hazing
- Rules for Concussion and Concussed Players

Controlled Substances

At any time during the calendar year, a student shall not, regardless of the quantity:

- A. use or consume, have in possession a beverage containing alcohol.
- B. use or consume, have in possession tobacco; or,
- C. use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia.
- D. use or consume, have in possession, buy, sell or give away products containing, or products used to deliver nicotine, tobacco products and other chemicals.

“Tobacco products” means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part, or accessory of a tobacco product. An exception is made for ceremonial purposes.

- E. use or consume, have in possession, buy sell, or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substances or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal Law.

Penalties

- F. First Violation Penalty: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
- G. Second Violation Penalty: The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.
- H. Third or Subsequent Violation Penalty: The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.

A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all the following conditions are met:

1. The student is assessed as chemically dependent,
2. enters treatment voluntarily, and
3. the director of the treatment center certifies that the student has successfully completed the treatment program.

The treatment option cannot be used for the first or second violation.

Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

Applying the Penalty

- I. Penalties shall be progressive beginning with the student's first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.

- J. Violation Confirmation Definition: The violation shall be confirmed when the administrator responsible for the athletics/activities program has informed the student that the student has violated a bylaw and is now under the penalty. The notification shall be verbal and in writing.
- K. Counting Weeks:
1. The weeks shall begin on the date that the violation is confirmed by the school administrator and extend for the required number of calendar days.
 2. To this bylaw, a week is seven calendar days. The week starts the date the violation is confirmed, and the student/student's parents or guardians are notified.
 3. At the beginning of the season, practice and conditioning weeks are counted.
 4. The student must participate in and complete the entire season in which the penalty has been applied for the penalty to count. As examples: a student cannot begin participation in a program at the start of the season, serve the penalty and then quit after the suspension has been served; nor can a student join a program after the season has begun, and serve the penalty.
- L. A student who is under penalty for a violation of a League bylaw may not join a second sport in the same season to fulfill a penalty.
- M. Practices, jamborees, inter-school scrimmages and previews are not interscholastic contests and may not be counted, however, the student is eligible to participate.
- N. Denial Disqualification: A student shall be disqualified from all inter-scholastic athletics for nine additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate, and then is subsequently found guilty of the violation.

1. A student shall not engage in sexual, racial, or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.

2. Sexual, Racial, Religious Harassment and Hazing Violations

A. Penalties

1) First Violation: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.

2) Second Violation: The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.

3) Third or Subsequent Violations: The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.

4) Progressive Penalties: Penalties for sexual harassment violations shall be progressive beginning with the first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.

3. Sexual, Racial, Religious Violence and or Hazing Violations:

Définitions :

Sexual harassment is a form of sex discrimination which is prohibited by Section 703 of Title VII of the Civil Rights Act of 1964, as amended, 42 U.S.C. 2000e, et seq., and Minnesota Statutes Sections 363A, the Minnesota Human Rights Act.

A. Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or other verbal or physical conduct or communication of a sexual nature.

B. Sexual harassment may include but is not limited to:

- 1) verbal, written/graphic harassment, or abuse.
- 2) subtle pressure for sexual activity.
- 3) inappropriate patting or pinching.
- 4) intentional brushing against the individual's body.
- 5) demanding sexual favors accompanied by implied or overt threats concerning an individual's employment or educational status.
- 6) demanding sexual favors accompanied by implied or overt promises of preferential treatment regarding an individual's employment or educational status.
- 7) any unwelcome touching of a sexual nature.

2. Sexual contact is a physical act committed with sexual or aggressive intent. Sexual contact involves the touching of another person's intimate parts or forcing another to touch one's intimate parts, either above or below one's clothing, and includes, but is not limited to:

- A. touching, patting, grabbing, or pinching another person's intimate parts, either same sex or opposite sex.
- B. coercing or forcing sexual contact on another.
- C. coercing or forcing sexual penetration on another.
- D. threatening to force sexual contact or penetration on another.

Intimate parts include the primary genital area, groin, inner thigh, buttocks, or breast of a human being. Sexual penetration means sexual intercourse, cunnilingus, fellatio, anal intercourse, or any intrusion however slight into the genital or anal openings of an individual's body.

3. Racial harassment consists of physical or verbal conduct relating to an individual's race when the conduct:

A. has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment.

B. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or otherwise adversely affects an individual's employment or academic opportunities.

4. Racial violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, race.

4. Religious harassment consists of physical or verbal conduct which is related to an individual's religion when the conduct:

A. has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment.

B. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or otherwise adversely affects an individual's employment or academic opportunities.

6. Religious violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, religion.

7. Hazing:

A. "Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, for the student to be initiated into or affiliated with a student organization, or for any other purpose.

1) No student, teacher, administrator, coach, volunteer, official or employee of a school shall plan, direct, encourage, aid, or engage in hazing.

- 2) No teacher, administrator, coach, volunteer, official or employee of a school shall permit, condone, or tolerate hazing.
- 3) Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy.
- 4) This policy applies to behavior that occurs on or off school property and during and after school hours.
- 5) A person who engages in an act that violates League policy or law to be initiated into or affiliated with a student organization shall be subject to discipline for that act.
- 6) The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, official, or employee of the school district who is found to have violated this policy.

B. Hazing may include but is not limited to:

- 1) Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.
- 2) Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- 3) Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health of the student.
- 4) Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame, or

humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.

5) Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

C. "Student organization" means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities, or school events. A student organization does not have to be an official school organization to come within the terms of this definition.

D. Reporting Procedures

1) Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate school district official designated by this policy.

2) The building principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.

3) Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately.

4) Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades, or work assignment.

E. Reprisal

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official or employee of the school district who retaliates against any person who makes a good faith report of alleged hazing or against any person

who testifies, assists, or participates in an investigation, or against any person who testifies, assists, or participates in a proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal, or harassment.

School Actions and Responsibilities

1. Responsibilities under M.S. 121A.03, subd.2 Any person who believes that she or he has been the victim of sexual harassment or sexual violence, or any third person with knowledge or belief of conduct which may constitute sexual harassment or sexual violence by a student participant in League-sponsored activities should report the alleged acts immediately to a responsible school district official or directly to the Human Rights Officer designated by that district's policy.
2. Investigation Process the School District Human Rights Officer, upon receipt of a report or complaint alleging sexual harassment or sexual violence shall immediately authorize an investigation. The investigating party shall provide a written report to the Superintendent of Schools and the District Human Rights Officer or other designated official within the time frame required by the school district policies.
3. School District Action and Consequences Any School District action taken pursuant to this policy will be consistent with requirements of applicable collective bargaining agreements, Minnesota Statutes and upon determination that the complaint is valid, the School District will take such disciplinary action as it deems necessary and appropriate to end sexual harassment and sexual violence and prevent its recurrence.

The results of the investigation will be reported in writing to the complainant and the student(s) named in the complaint by the School District. The report will document the disciplinary action taken because of the complaint, eligibility affected by the disciplinary action and the date when the student will return to good standing and be eligible to participate in League-sponsored activities.

The student(s), their parent/guardian will be informed of their due process for the loss of eligibility.

Complaints, investigations, and resolutions will be handled as discreetly as possible, with information being shared with those having a need to know and in accordance with the legal obligations of the member school.

Rules for Concussion and Concussed Players

- In its various sports' playing rules, the National Federation of State High School Associations (NFHS) has implemented a standard rule in all sports dealing with concussions in student-athletes. The basic rule in all sports (which may be worded slightly different in each rule book) states that:

"Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

- Officials are to review and know the signs and symptoms of a concussion and immediately remove any athlete who displays the following signs or symptoms from the contest.
- Only an Appropriate Health Care Professional can decide if an athlete has been concussed (has had a concussion)
- An Appropriate Health Care Professional is empowered to make on site determination that an athlete has received concussion. An Appropriate Health Care Professional (AHCP) is defined as a medical professional functioning within the levels of their medical education, medical training, and medical licensure.
- If the Appropriate Health Care Professional has determined that an athlete has been concussed, that decision is final, and the athlete must be removed from all competition for the remainder of that day.
- If the event continues over multiple days, the designated event AHCP has ultimate authority regarding any return to play decision during the event.

Off-Season Rules and Regulations

Students and coaches are bound by the rules and regulations of the MSHSL for all off-season playing opportunities. You can find them here:

<http://www.mshsl.org/mshsl/Publications/code/handbook/200%20Bylaws.pdf?year=2016>

Forms

Students are prohibited from participating in any way in any extra-curricular or co-curricular school-sponsored activities until all required forms are submitted to the coach, advisor, or activities director.

- Red Lake High School Activities Participation Agreement
- MSHSL Parental Permit and Health Questionnaire
- Sports Qualifying Physical Exam Clearance Form
- Insurance Information and Claim Forms

In addition to the forms listed above, individual coaches and advisors may have specific agreements for students and families to sign.

Red Lake High School Activities Participation Agreement

Student Name _____ Grade _____

2024-2025

Activities Handbook

I have read the handbook and feel I understand it completely. I have received a copy of the Red Lake Middle and High Schools Activities Handbook for future reference.

Initials _____

Parent/Guardian Permission

I understand that participating in some activities carries a possible risk of injury to my child. I agree to this risk and agree to follow all guidelines provided by the school or its agents.

Initials _____

Insurance

Red Lake Public Schools does provide student accident insurance for students; however, it provides minimal coverage. I understand and agree that the school district is not financially liable for any injury my child may incur in participating in school-sponsored activities.

Initials _____

Parent/Guardian Printed Name _____

Contact Number _____

Parent/Guardian Signature _____

Date _____