NELSON COUNTY CHARGERS










Student/Parent Activities Handbook

2026—2027

ACTIVITIES DIRECTORS' MESSAGE

Welcome to your Nelson County Chargers (N.C. Chargers) activity programs. Our school districts have joined to support activities and athletics in a positive way throughout our region. As a student participant, your goal should be to become involved in your school, represent your community, and to learn life-long skills such as teamwork, responsibility, and leadership. To assist our students, parents, and community members in pursuit of these goals, the Co-Op administrative staff will use the following guidelines:

1. No special consideration is given to any participant for grades, assignments, or other perceived privileges.

2. Each activity program is conducted for the benefit of the participants with maximum concern for their safety, health, and well-being.

3. All activities must follow the North Dakota High School Activities Association (*NDHSAA*) and its constitution and by-laws (*grades 7-12*).

4. Coaches/advisors are expected to exhaust all legitimate channels for promoting the highest level of excellence in their program, and are to be evaluated on the basis of their responsibility and contribution to the entire school program.

5. All participants involved must be mindful that participation in activities is a privilege earned by meeting certain academic and behavioral expectations.

6. The N.C. Chargers activities co-op recognizes and approves that good sportsmanship of its students, coaches, fans, and spectators is of the utmost importance in all of its activities and athletic programs. The N.C. Chargers Board recognizes this Student/Parent Handbook as the official guideline in pursuing this high level of behavior and sportsmanship for its participants and fans, and will support the Administration in the pursuit of these objectives in our school.

7. We understand no handbook or policy manual can cover every detail or "*what if*" a coach/advisor might face during an activity. This handbook represents the agreed and approved basic principles for all N.C. Chargers activities and athletics. Coaches and advisors may implement specific guidelines for their respective programs and copies of those guidelines will be provided to all participants during their season/activity.

8. It is the policy of N.C. Chargers that educational activities, employment programs, and services are offered without regard to race, national origin, sex, religion, disability, or age.

Students are encouraged to participate in at least one of the activities offered by N.C. Chargers to enhance their school experience, to build lasting memories, and to demonstrate pride in their school and their community.

Good Luck In Your Activivities!

GO N.C. CHARGERS!!

PARENT TRAINING RULE MEETINGS

Parents/guardians of students in grades 7-12 whose children plan to participate in extracurricular activities should attend a **Parent Training Rule Meeting** annually, which is offered before the fall, winter, and spring athletic seasons. These activities are: baseball, basketball, football, golf, softball, track, and volleyball. These meetings include parents of student managers and statisticians. Handbooks, permission forms, and physical forms are distributed and discussed at the meetings.

PHYSICAL EXAMINATIONS FOR ATHLETIC ACTIVITIES

The NDHSAA sanctioned sport programs are required to file a pre-participation health history screening and physical examination with their school office prior to their participation on a yearly basis. This is valid for one school year; a physical examination must be completed on or after April 15 to be valid for participation the following school year. These forms may be picked up in the office or found online at NDHSAA.com.

STUDENT-ATHLETE FORMS AND FEES

Students cannot practice, participate, or compete in any extracurricular activity until all forms are completed, signed, and turned into the Superintendent's Office.

Specifically: Physical Forms, Release of Liability, and Concussion Management forms
DPHS ONLY: $25 per-student participation fee for all DP Activities, with a maximum of $200 per family

ADMISSION CHARGES

Varsity Athletics	Adults: $10.00	Seniors (*Age 55+*): $5.00	Students:	$5.00
High School Drama Productions	Adults: $10.00	Seniors (*Age 55+*): $5.00	Students:	$5.00
Elementary Student Activity Passes			Grades 1-6:	$45.00
Secondary Student Activity Passes			Grades 7-12:	$45.00
Adult Activity Passes			Adults:	$80.00
Senior Citizen Activity Passes (*Age 55+*)			Seniors:	$40.00

Activity passes will NOT be sold at the gate the night of the event.
Lost activity passes will NOT be re-printed, and must be re-purchased.
Activity passes MUST be purchased at your school BEFORE the activity begins.

PARTICIPANT OBJECTIVES

The objectives, which we hope each participant in a school-sponsored activity will gain by participating, are:

1. To develop an appreciation for the activity.
2. Conditioning of participants to meet the demands of the activity.
3. To formulate desirable life-long healthy habits.
4. Development of skills and ability to the greatest possible capacity.
5. Obtain knowledge of rules, etiquette, technique, and methods of the activity.
6. To expose the participants to a variety of social situations which will enable them to develop sportsmanship, teamwork, loyalty, courtesy, and self-control.
7. Stimulate desire to uphold scholastic standards.
8. Present interesting performances.
9. Represent the school, community, and cooperative in an appropriate manner.

PHILOSOPHY

The program of interscholastic activities for the N.C. Chargers are organized and conducted as an integral part of the total educational program of the school. The objectives of these programs must conform in every aspect to the general purpose of the school.

Strong and healthy bodies, alert minds, a high sense of sportsmanship, enjoyment, and a love of teaching and coaching should be the outcome of the activity and athletic programs. For the student and alumni alike, the values include the development of a sense of pride in the total educational program, the development of tradition & school spirit, sportsmanship, and loyalty.

BASIC PRINCIPLES

All activities of the N.C. Chargers will adhere to certain basic principles.

1. All participants shall be afforded the utmost protection while engaged in school-sponsored activities both on the field and while traveling to and from the activities. The participants' general health and physical welfare must be our FIRST concern.
2. Sound equipment, safe playing conditions, and channels for assuring proper training and medical attention shall be available at all times.
3. Coaches/Advisors shall meet all requirements expected of faculty members, be employed on the same salary schedules, and shall abide by the same rules and regulations and privileges pertaining to all other faculty members.
4. No member of the faculty/staff shall feel that his/her job depends on winning or losing. We strive to our utmost ability and always give our best effort to learn, compete, practice teamwork & leadership skills.
5. For transportation purposes, coaches/advisors must coordinate practice times/schedules to limit excessive travel time for students and parents.
6. When school is dismissed due to inclement weather/road conditions, no mandatory practices will be held.
7. Participants are expected to attend every practice.
   An unexcused absence from practice may result in a one game/meet/match suspension.
   A second unexcused absence may result in a two game/meet/match suspension.
   A third unexcused absence may result in removal from the team.
   Excused absences include family emergencies and illness.
   Any student earning/serving an In-School Suspension (*ISS*) or Out-of-School Suspension (*OSS*) will **NOT** be able to practice/compete during the suspension.
8. Participants will ride to the games/competitions with the team. Exceptions include family/medical reasons as approved by the coaching staff.
9. Participants may ride home with parents/guardians once written or verbal communication/authorization is given to the advisor/coach.
10. A member of the coaching staff/advisor will be present at all times when student participants are being transported to/from activities.
11. Head Coaches/Advisors will notify their student participants of dress code expectations before their season begins.
12. Head Coaches/Advisors will create, update, and manage practice/game/departure schedules using the **Remind App** for all activity communications.
13. Participants are responsible for any/all uniforms, practice gear, and equipment issued to them.
    Any uniforms, practice gear, or equipment returned in less than satisfactory condition may result in full or partial reimbursement to the school.

N.C. CHARGERS CO-OP CODE OF CONDUCT

Student Participants

- Show respect for opponents by shaking hands with them after the game win or lose.
- Accept the decisions of contest officials. Learn and understand the rules of the contest.
- Avoid offensive gestures or language.

- Display modesty in victory and graciousness in defeat.
- Treat your opponents, as you would want to be treated.
- Work to improve your skills during practices/competitions, and trust the growth process the coaching staff has developed and implemented.

Coaches/Advisors

- Follow the rules of the contest throughout.
- Address the contest officials in a positive manner.
- Avoid offensive gestures or language.
- Display modesty in victory and graciousness in defeat.
- Praise and correct students in a constructive manner.
- Teach sportsmanship and reward students for positive actions.

Spectators

- Applaud good performances.
- All non-participants should stay off the floor, field area at all times.
- Show respect for school property.
- Learn and understand the rules of the game.
- Give the officials the respect they deserve, as they are there to help our students.
- Refrain from booing or making negative comments about the officials or participants.

NDHSAA BEHAVIOR EXPECTATIONS FOR REGULAR AND POSTSEASON COMPETITIONS:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.
- Spectators must wear appropriate clothing. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators. Any discriminatory slur will result in immediate removal from the facility.
- Any attendee ejected from a NDHSAA regular season or tournament contest will incur a minimum two (2) calendar week game/event suspension.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Handheld signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited at all contests.

SPECTATOR AND STUDENT RELATIONSHIPS

The effect on the morale, spirit, and loyalty of students, alumni, and other stakeholders of the school and community must be recognized. The development of persistence of loyalty, pride in the school, sportsmanship of players and spectators, appreciation of skillful performance, and realization of the educational aspects of all extracurricular activities will continue to be emphasized, rather than the use of the program as a money-making venture or as spectacular advertising of the school, team, players, or coaches. Activities will be conducted at the highest possible level, and the students, alumni, and community stakeholders will be encouraged to support the entire program in every legitimate way.

DEMONSTRATE RESPECT FOR ALL DISTRICT EMPLOYEES, STUDENT LEADERS, AND VOLUNTEERS

All students, student leaders, district employees, and volunteers are expected to demonstrate mutual respect and work cooperatively with one another at school and at all school-sponsored activities. We want all students and student leaders to be successful in the classroom, in the sporting area, in the community, and at all school-sponsored activities at the local, state, and national level. If there is a conflict or disagreement, the parties involved are asked to work through their differences in a polite and respectful manner. If no resolution can be reached, the parties involved are required to contact the administration for assistance before the situation results in a negative outcome and consequences issued for the violation(*s*).

BOOSTER CLUBS-SPORTS AND FINE ARTS

The N.C. Chargers recognizes booster clubs are established with the sole purpose of supporting (*financially or morally*) and making possible deserved and equal recognition of all student participants. Booster clubs should be organized to further a closer understanding between the parents and their sons/daughters in their particular activities, to develop closer understanding with the school and coach/advisor, and to gain personal enjoyment from the school-sponsored activities. Booster clubs should completely refrain from interfering with the policies or operation of the programs. The Activities Directors should be the liaison between the school and booster clubs. Currently there are three recognized booster clubs for our school districts: Raider Athletic Booster Club, Raider Fine Arts Booster Club, and Knights Club.

FUND RAISING GROUPS

Prior approval in writing by the Activities Director must be received to participate in any fundraising endeavor for activities sponsored by the N.C. Chargers. All money raised from approved fundraising efforts must be deposited in the appropriate school activity fundraising account as required by the North Dakota Century Code (*NDCC*). Any Dakota Prairie groups requesting permission to conduct a fundraiser must work concessions at a home game/event (*See your AD for more details*).

GIFTS TO SCHOOLS

The Superintendent, on behalf of the School Board, is authorized to accept gifts to particular schools or the district. He/she shall report such acceptance to the School Board which shall officially acknowledge the gifts and thank the donors. In instances where the Superintendent doubts the appropriateness or usefulness of a gift, he/she shall refer the offer to the School Board for its decision.

SCHOOL-SPONSORED ACTIVITIES ON CHURCH NIGHT

All practices and rehearsals shall be completed prior to 6:00 PM on Wednesday evenings. In agreement with the local Ministerial Association, no school activities will be scheduled for Wednesday evenings. This provides students the opportunity to participate in church activities on a weekday without interference from school activities. Grades 7-8 teams will not practice on Wednesdays and no regular competitions for grades 7-12 will be scheduled on Sundays.

SUPERVISION OF FACILITIES

Under NO CIRCUMSTANCES is a student to be in a building owned, leased, or rented by the N.C. Chargers without direct ADULT supervision.

ATHLETIC ASSOCIATIONS AND CONFERENCES

The rules, principles, and spirit of such rules and principles of the North Dakota High School Activities Association (*NDHSAA*), North Dakota High School Coaches Association (*NDHSCA*), and other organizations/conferences to which the high school may belong will be followed and enforced.

LETTERS AND AWARDS

In order to receive a N.C. Chargers varsity letter or special award/recognition in an activity, the participant must meet the following requirements:

1. No absences from competition because of a suspension by the NDHSAA at any time during the season for an alcohol, criminal, drug, or tobacco offense.
2. Be recommended by the Coach/Advisor for a varsity letter and/or special award and/or meet all requirements and regulations established by the Coach/Advisor.
3. Meet any/all requirements/standards established by the Coach/Advisor.

An award is a symbol of accomplishment. Its value lies in its implication rather than in its monetary worth. The purpose of an award is to give recognition to participants who exemplify the highest standards and who have met the criteria for such an award. It is important that criteria be determined and published to remove any question about the requirements for receiving an award/recognition. Each coach/advisor will determine the specific criteria for earning a varsity letter in his/her activity pertaining to practices, participation, or performance. Participants will be informed of the criteria prior to the beginning of the activity. The value of athletics/activities lies in the participation itself; the award being the symbol of accomplishment.

PARTICIPATION IN MULTIPLE ACTIVITIES/SPORTS

Students are allowed to participate in more than one extracurricular activity/team during the same season. Coaches/advisors will work together with the student participant to determine practice and competition schedules. Students that choose to participate in multiple activities/athletics during the same season are required to attend practice and/or competition for at least one of their activities/sports per day. These students are required to name one of the multiple activities as their "top priority," and are required to complete obligations to that activity first.

LENGTH OF SEASON

The duration of the season for any extra-curricular activity shall be the same as the length of season set for the activity by the North Dakota High School Activities Association (*NDHSAA*).

RULES FOR OUT-OF-TOWN CONTESTS

On trips representing the school, each student must bear in mind that his/her behavior reflects not only upon the student but also upon the school and community. Therefore, each student shall be accountable for any adverse publicity that he/she causes. Whenever students are participating in a school-sponsored activity, it is required that they ride to the activity by means of transportation provided by the school unless there are special circumstances that are cleared with the Activities Director beforehand. A student that rides to a game out of town on the bus must return on the bus unless parent/guardian are present and request that the student go home with them. Parents/guardians must obtain permission from the coach/advisor for students to ride home with an approved parent/guardian. Coaches/advisors must remain on school-sponsored transportation until all student participants have exited the vehicle/bus.

STUDENT ATTENDANCE

Student participants must attend the entire school day of a scheduled activity and the entire school day following a scheduled activity. Any unexcused absence from school will mean suspension from participation in the activity scheduled for that date or participation in the next scheduled activity. Acceptable reasons for being absent include (*but not limited to*): emergency, illness, or medical appointment. Students will not participate in a school-sponsored activity if they were absent from school due to illness the full day.

VIOLATION OF ATTENDANCE GUIDELINES AND TRAINING HOURS

Violations shall be addressed by the Coach/Advisor of that sport or activity. The student needs to understand that only by following team/activity rules can success be obtained.

ACTIVITY INJURIES POLICY

The N.C. Chargers do not provide medical insurance coverage or benefit payments for students. Costs incurred because of the need for medical, dental, and hospital services for injuries sustained on school property or at any school-sponsored activity are the responsibilities of the parent/guardian. When injuries or accidents happen at school or school-sponsored activities, we want to keep accurate record and/or documentation of such events.

N.C. Chargers faculty/staff members, coaches, and advisors should report all injuries sustained at school or school-sponsored activities to the high school office immediately.

Insurance is NOT provided through the North Dakota High School Activities Association (*NDHSAA*).

ASSUMPTION OF RISK

Participation in contests, athletic events, and practices present some risk of injury. It is important that you, as a participant and parents of participants, be aware that such risks are assumed by your participation in activities.

ACTIVITY EXPENSES AND PURCHASING

Students will be assigned school equipment for their chosen extracurricular activities. Students are expected to care for, properly maintain, and/or launder this equipment when necessary. Equipment is to be turned in clean and in good condition, or students will be required to pay replacement costs for any damaged or lost equipment/uniforms. Students are prohibited from charging/ordering equipment, supplies, materials, etc. without the prior approval of the coach/advisor and the Activities Director. Students, coaches, and advisors must obtain prior approval from the Actvity Director before ordering/purchasing items related to their activity. If prior approval is not obtained in writing, the person doing the ordering/purchasing will be financially responsible for the purchases made.

ACADEMIC ELIGIBILITY REQUIREMENTS

To be eligible for participation in any school-sponsored activities, students must:

1. Have passed at least six (*6*) academic classes the previous semester.

AND

2. Be passing at least six (*6*) academic classes they are currently taking.

Academic eligibility checks will begin during the second week of the grading period. At that time, any students failing more than one (*1*) course will be declared ineligible for one (*1*) week from all competitive events/activities. Grades will be pulled from their Infinate Campus accounts at 12:00 Noon each Thursday. If a students is deemed academically ineligible (*failing more than one course*), he/she will be ineligible for one week "*Sunday to Saturday*." The students will have one (*1*) week in which to make academic gains to become eligible, otherwise the ineligibility period will continue until the next grade check.

Academic eligibility pulled the last week of Quarters 1 & 3 will be effective during the first week of Quarters 2 & 4. Students will then be given a one-week grace period before grades are again pulled at 12:00 Noon each Thursday. If students are academically ineligible (*failing more than one course*), he/she will be ineligible during the one-week grace period.

Junior high school students participating at the varsity level are required to be passing ALL courses to be eligible for competition as determined by the NDHSAA.

COOPERATIVE COMMON GRADING SCALE

All schools participating in the N. C. Chargers cooperative have agreed to the following grading scale:

Grade	Percent Range
A	100% - 93%
B	92% - 85%
C	84% - 77%
D	76% - 70%
F	69% and Below

PUBLIC PERFORMANCES

All rules, regulations, and guidelines of the NDHSAA and the N.C. Chargers contained in this handbook pertain to all public performances of school-sponsored or school-related activities. Those activities include (*but not limited to*): Academic Challenge, Baseball, Boys & Girls Basketball, Close Up, E-Sports, Family, Career, & Community Leaders of America (*FCCLA*), Football, Future Business Leaders of America (*FBLA*), Future Farmers of America (*FFA*), Boys & Girls Golf, Instrumental Music, National Honor Society (*NHS*), One Act

Play, Science Fair/Science Olympiad, Softball, Speech, SADD, Student Council, Boys & Girls Track & Field, Vocal Music, and Volleyball. Exception to public performances can be made if the events that are a direct extension of the classroom, and a classroom grade is dependent upon participation in such events (*band/choir performances/concerts*). Alternative assignments/projects may be given in place of stated public performances.

NORTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION (*NDHSAA*) CONDENSED ELIGIBILITY RULES

You <u>ARE</u> eligible:

- ***If*** you have been in classes as many days as you have missed from the opening of the semester.
- ***If*** you have competed in a sport for less than eight (*8*) semesters as a high school student.
- ***If*** you have not competed in a similar athletic contest on an out-of-school team during the same sport season, even while under suspension.
- ***If*** you have not enrolled in an institution of higher rank except as an accelerated student carrying advanced work (*dual credit*) in addition to physically attending at least one class at your member school of attendance.
- ***If*** you earned 2.5 credits the preceding semester.
- ***If*** you maintain satisfactory progress towards graduation.
- ***If*** you have not graduated from a 4-year high school or equivalent.
- ***If*** you have not accepted awards other than those having symbolic value and costing more than $300.00.
- ***If*** you are not twenty years of age or older.
- ***If*** you are an amateur in the sport in which you are competing or if you have not competed under an assumed name.
- ***If*** you have not transferred from another school without corresponding change of residence by your parents.
- ***If*** you are in your eighth semester and your seventh and eighth semesters are consecutive.
- ***If*** you have a current file of a doctor's or nurse practitioner's certificate of physical fitness.
- ***If*** you have not used or have in your possession tobacco, alcohol, or illegal drugs.

(*Check with your Principal or Activities Director for possible exceptions to the above rules*)

ALCOHOL, CRIMINAL, DRUG, AND TOBACCO VIOLATIONS

Section XI of Article XIV of the NDHSAA policy states:

> The use or possession of alcohol, tobacco, or any controlled substance as defined by North Dakota state law is prohibited. Any student who is in violation of the foregoing shall be suspended from participation in interscholastic contests or activities for a minimum of 6 consecutive school weeks for the first offense and a period of 18 consecutive school weeks for any subsequent offense. Suspension from participation will be from the date of notification, admission, or the date of hearing.

"The use or possession of tobacco" shall include e-cigarettes, smokeless tobacco (*chew*), any other electronic smoking device (*vapes*), and any other vapor-producing product per North Dakota state law.

Since it is the responsibility of the school district(*s*) to define possession, the N.C. Chargers definition is the following:

> A student will be determined to be "*in possession*" when the substance is on the student's person or in the students' locker, car or book bag, backpack, handbag, or when he/she owns it completely or partially.

The building principal or designee shall immediately investigate any alleged violation of the alcohol, tobacco, and controlled substance rule that is known to the administrator. If the administrator finds physical proof to believe that this rule has been violated, he/she shall give the student notice as soon as possible. Any physical proof of violation provided from outside of law enforcement must be submitted to administration for investigative purposes within ten (*10*) days of potential violation.

The N.C. Chargers defines the regular school year as starting on August 1 of every year and ending with the last function of the academic school year.

CRIMINAL VIOLATIONS

Students guilty of any criminal offenses greater than a speeding ticket/moving violation will face the same consequences as outlined for alcohol, tobacco, or any controlled substance. Students guilty of any criminal offenses which prescribes a maximum penalty of $50 or more may be suspended for a period of three (*3*) consecutive weeks for the first offense and for a period of six (*6*) weeks for any subsequent offense.

CONSEQUENCES

A student, who is serving a suspension period for violation of the alcohol, criminal, drug and tobacco policies listed above, will not be eligible for any extra-curricular school letters or awards for activities in which the suspension period is initiated, nor will they be allowed to participate in any activity that recognizes them as a representative of the N.C. Chargers. Students with a violation are not eligible to be nominated for any NDHSAA, NDHSCA, and/or All Star teams, Any prior/subsequent activities not overlapped by a suspension period are not affected.

Any participant or member of any extracurricular activity or organization who indulges in any of these practices will be suspended from all participation or other public appearances where the student is a representative of the N.C. Chargers from the date of infraction or admission or date of hearing for a period of six (*6*) consecutive calendar weeks for the first offense. Any subsequent offense will carry a suspension of eighteen (*18*) consecutive calendar weeks.

The suspended student may participate in practices; the suspended student is not eligible for participation in games, contests, inter-school activities or public appearances other than those that are part of a course, i.e. band and chorus. This includes all school-sponsored dances. The only exception to this is graduation and awards night. Students guilty of any of these offenses during the last six weeks of school, spring sports, and summer months when the school term is not open, will be suspended as above beginning on the first day of the next school term or on the first day of practice, whichever is applicable, and will be ineligible for any school activity during the summer months.

TRAVEL/PARTICIPATION WHILE INELIGIBLE

Students who are ineligible either academically or because of a NDHSAA Alcohol, Criminal, Drug, or Tobacco violation will not be allowed out of school for an early dismissal to attend activities. Students who are academically ineligible may be allowed to travel with the team or group, with advisor/coach permission. Students ineligible because of alcohol, criminal, drug, or tobacco violation will not be allowed to travel with the team or group. Ineligible students falling under the alcohol, criminal, drug, or tobacco rule will not be allowed to represent the school during a contest or public performance as a member on the sidelines or bench, etc., with a team or group. Students who fall under the ineligible rule for academics may be allowed to sit with their team during the contest, with advisor/coach permission. Students are allowed, and are encouraged to, attend all practices during their ineligibility period, with advisor/coach permission.

PROCEDURES

Should attention be called concerning a possible violation, the school administration shall immediately investigate any alleged violation. If the administration finds probable cause to believe that this rule has been violated, they shall give the student and parent/guardian verbal notice followed by formal written notice. The student shall have the right to a hearing within three (*3*) school days after such notification.

During the period between notification and hearing, the suspension may be deferred for good cause shown. However, if the suspension is not imposed and the student is found to be in violation of the drug, alcohol, and tobacco rule, ANY interscholastic contests or activities participated in by that student after the initial hearing will be forfeited and the suspension will start from the date that guilt was established.

DUE PROCESS

1. The student has the right to verbal notification that an investigation is pending.
2. A maximum of two (*2*) school administrators shall investigate the allegation. The school counselor or his/her designate will be present as an impartial witness to the hearing process.
3. The student has the right to a due process hearing after notification of the charges against him/her.
4. The individual(s) accusing the student must be willing to testify to the infraction.
5. If the student is found to be in violation of local and district guidelines, the student is given the dates of suspension. Written communication to the student and his/her parent/guardian will be provided along with the right to appeal the infraction.
6. Should the student choose to appeal, a hearing will be held which may include the school administrators, the student's advisor/coach, the parent/guardian of the student, legal counsel for both parties, and the Superintendent.
7. Should a decision be reached; the student may accept the decision or ask for a formal board hearing where members of the School Board shall hear the appeal.

CONCUSSION MANAGEMENT PROGRAM

Concussion Signs & Symptoms

Signs (*observable behavior/conditions*)*	**Symptoms** (*reported behavior/conditions*)*
Athlete appears dazed or stunned	Double vision, blurry vision
Balance problems	Headache
Confusion	Fatigue
Forgets events after the hit	Feels "foggy"
Forgets events prior to hit	Feels sluggish
Forgets plays	Nausea or vomiting
Loss of consciousness (*any duration*)	Problems concentrating
Moves clumsily (*altered coordination*)	Problems remembering
Personality change	Sensitive to light or noise
Responds slowly to questions	
Unsure about game, score, opponent	

Requirements When Signs & Symptoms are Observed/Reported

1. **Removal-from-Play Authority**
   a. An official, coach or district designee with direct responsibility for a student athlete during practice, training, or competition shall remove from practice, training, or competition any student:
      - Who reports any sign or symptom of a concussion
      - Who exhibits any sign or symptom of a concussion

      NOTE: Policy prohibits coaches and officials who are minors or current high school students from making removal-from-play decisions due to a suspected concussion. Such individuals are required to immediately inform an adult with removal authority of reported/observed signs/symptoms.
   b. A licensed, registered, or certified healthcare provider whose scope of practice includes the recognition of concussion signs and symptoms has removal-from-play authority if he/she determines, after observing the student, that the student may have a concussion.
   c. If two or more parties listed above with removal-from-play authority disagree on whether a student (*who reports or exhibits signs or symptoms of a concussion*) should be required to sit out, the District requires that the ruling be made in the interest of the student's safety, meaning that the student shall be required to sit out and comply with return-to-play requirements contained in law.
2. **When to Call for Emergency Assistance**
   If an athlete exhibits the following symptoms, a district employee, sports authority (*coach, assistant coach, trainer, referee*) or designee should call 911 for emergency medical assistance.

a. The athlete lost consciousness or has a decreasing level of consciousness;
b. The athlete has symptoms of a concussion and his/her conditions appear to be worsening;
c. The athlete's neurological function is deteriorating or mental status changes (*lethargic, confused, agitated, difficulty maintaining focus/arousal*);
d. The athlete's respiration is decreasing or irregular;
e. The athlete exhibits any sign or symptom of associated injuries, spine or skull fracture, or bleeding;
f. The athlete exhibits seizure symptoms/activity.

3. **Transportation When Emergency Assistance is <u>NOT</u> Activated**
   Under no circumstances should a student with a suspected head injury be sent home or allowed to drive. An athlete removed from play in accordance with this procedure whose condition appears stable (*not worsening*) should be transported by his/her parent/guardian to a medical facility as soon as possible.

   If the student's parent/guardian is unavailable, the coach shall make arrangements to have the student transported to a medical facility by a school employee as soon as possible. The coach or designee shall make a continued effort to notify the student's parent/guardian of the student's possible injury, transportation arrangements, and destination.
4. **Examination**
   A student removed from practice, training, or competition for one or more of the reasons outlines in #1 listed above must be examined as soon as practical by a licensed health care provider who is acting within his/her scope of practice and trained in evaluation and management of concussions as determined by the provider's licensing board.
5. **Return-to-Play Requirements**
   A student who is removed from play in accordance with this procedure will not be allowed to return to practice, training, or competition until the student or the student's parent/guardian obtains **written** authorization from a licensed health care provider who is acting within his/her scope of practice and trained in evaluation and management of concussions as determined by the provider's licensing board. This written authorization must be given to the district official designated in policy and retained in accordance with policy.

Concussion Management Training
Upon initial employment (*or selection, in the case of volunteers*) and every two years thereafter, each district coach, official, and other individuals designated by the N.C. Chargers who have removal-from-play authority due to suspected or reported concussions shall receive training regarding the nature and risk of concussions. The Activities/Athletic Director shall determine the method most suitable for carrying out this training requirement and should place, in each applicable personnel file, documentation of the date(*s*) the faculty/staff member/district designee completed concussion training.

The N.C. Chargers shall develop information on concussions incurred by athletes and disseminate this information to student athletes and their parents/guardians. Before allowing a student to participate in an athletic activity, the District shall require the student and student's parent/guardian to submit written (*or electronic*) documentation verifying that they have viewed the concussion management information.

9 RULES FOR PARENTS OF STUDENT ATHLETES

A big influence on the development of your child is what they see and hear from you as a parent. Please model positive behavior to help them develop properly as a person and they will be a better student athlete.

1. Never approach a coach at a game or practice to discuss playing time or position.
2. Don't overreact to something your child mentions that the coach said—Good or Bad.
3. Don't try to "rank" your child's abilities with other players on the team.
4. This is your child's playing experience. Don't try to relive your days as an athlete.
5. Let your child do the talking to others, including coaches, advisors, offices, etc.
6. Don't always talk about or critique the game afterwards. Be supportive and encouraging.
7. Even if you disagree with the coach's style, don't express it in front of your child.

8. Find a way to tell the coach(*es*) good job.
9. Never criticize the other teammates in front of your child.

COMPLAINTS AND CONCERNS

Complaints and Concerns: The chain of command for voicing concerns or complaints is as follows:

1. Coach/Advisor of the activity in question if it is a sub-varsity activity
2. Head Coach/Advisor of the program in question
3. Season-Specific Activities Director
4. Superintendent
5. Co-op Board and/or School Board

Guidelines:

1. Please do not contact coaches/advisors at their homes unless it is an emergency.
2. Please do not confront coaches/advisors during practice/competitions.
3. Please do not confront coaches/advisors in front of students or other parents.
4. Please do not confront coaches/advisors on the day of a contest, either the day before or day after the contest unless it is an emergency.
5. Please be professional at all times.
6. Please abide by the **24-Hour Rule** in which parents/guardians involved will wait 24 hours before voicing their concerns through the proper channels.
   a. The first violation of the 24-Hour Rule will result in a one-game spectator suspension for the parent/guardian.
   b. If additional violations occur, the parent/guardian could lose all spectator privileges for the remainder of the season and/or school year depending on severity/number of violations.
7. Coaches/advisors, administrators, ADs, and school board members will not talk to anyone on the phone who will not identify themselves.

Reminder: Extra-curricular activities are a privilege, not a right.

PLAYING TIME

Playing time will be left to the discretion of the coach. Head and assistant coaches, the Activities Director, other administration, and School Board Members will NOT take the time to discuss playing time with parents/guardians. If a student-athlete has a concern with his/her playing time, he/she is strongly encouraged to set up a one-on-one conference with the coach to discuss the matter.

WHAT IS HAZING?

Definition of Hazing

The National Federation of State High School Associations (*NFHS*) defines hazing as any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate.

Some practices associated with high school hazing carry the potential for serious bodily harm or even death. These practices may include (*but not limited to*): tattooing, piercing, head-shaving, branding, sleep deprivation, physical punishment (*paddling and red-bellying*), "kidnapping," consuming unreasonable/unacceptable foods or beverages, being deprived of personal hygiene and/or inappropriate sexual behavior.

Coerced sexual activity, in addition to being classified as sexual assault and/or rape, is another form of hazing. Such activity puts victims at risk for injuries, sexually transmitted diseases, and pregnancy.
Alcohol abuse is another significant factor in hazing that features forced consumption of alcohol.

Prevalence of Hazing Among High School Students

Initiation Rites in American High Schools, a study by Alfred University revealed that 48% of students who belong to groups reported being subjected to hazing activities; 43% reported being subjected to humiliating activities; 30% reported performing potentially illegal acts as part of their initiation; their first hazing experience occurred before the age of 13.

For more information from the Alfred University report, visit their website at: http://www.alfred.edu/hs_hazing/

Recognizing Hazing
Like domestic violence victims, victims of hazing may hide the true cause of their injuries. Anyone working with those who may be hazing victims should assure them that they are safe and protected from possible retribution. Some risk factors to bear in mind are: age, participation in athletic or military activities, and involvement of alcohol use.

A student who is being hazed may exhibit excessive fatigue, appear disheveled, or wear odd clothing. They may isolate themselves from friends and family, skip/miss classes due to lack of sleep at night, and/or feel depressed.

If you hear about "hell week" or even the innocent sounding, "help week" or "initiation," it may be wise to ask the student questions to find out exactly what is involved. Many times, innocuous-sounding terms are actually euphemisms for hazing.

Actual Examples of Hazing That Have Led to Litigation Against Other Students
* A student trying out for the cheerleading squad is made to wear odd clothing in the opposing team's colors and to sing the opposing team's fight song in the school cafeteria, with the result that the crowded cafeteria patrons mock the humiliated student.
* Senior students visit the homes of juniors nominated for prom king and queen, wake them at 4 AM and videotape them getting ready for school. They broadcast the videos over the school's closed circuit TVs.
* A student hoping to join his high school choir is beaten with a two-by-four and covered with peanut butter, vegetable oil and human waste during an initiation ritual by fellow choir members.
* Intoxicated high school seniors throw eggs at and urinate on high school sophomores and break a glass bottle over the head of at least one victim.
* A 15-year-old high school student athlete sustains internal injuries after being hazed by several fellow wrestlers who, he contends, penetrated him with a mop handle.

Effects of Hazing:
The view that hazing is a harmless rite of passage, designed to help develop comradery and respect among teammates or other peer groups, is unfounded. The reality is that hazing rituals are frequently dangerous, can often harm relationships among team or group members or even be life threatening.

Hazing has negative effects on both victims and participants and these effects create feelings of apathy, mistrust or isolation rather than of bonding and respect. Hazing can destroy self-esteem, self-confidence, group unity/cohesion, friendships and more. It can create stress and may induce or aggravate psychological illnesses including depression, post-traumatic stress disorder (*PTSD*), or anxiety.

Hazing that involves poor nutrition or substance use/abuse has many harmful effects including malnutrition, body image concerns, disordered eating (*fad dieting, compulsive eating, anorexia, and bulimia*), alcohol poisoning, and alcohol, tobacco, or other substance abuse/addiction.

Why Hazing Takes Place:
Belonging to a group is a basic human need and we are social beings. For high-school-aged students, forming a sense of self-awareness and joining a group is a major developmental milestone. By joining a group, individuals can reduce the insecurity of standing alone and they believe they are stronger, have fewer self-doubts, and are more resistant to threats. Many people who join groups are attracted to them because they believe they will gain a boost in status from membership. And there are many other reasons to join groups. People who join groups have been found to be healthier than those who remain alone.

Difficulties arise however, when conforming to group norms and behaviors involves hazing.

Some "in-groups" maintain their identity, values, and beliefs through hazing. Their members may feel "it was done to us, now it's our turn to initiate the new kids." They look at it as a harmless, bonding experience. Newcomers wanting to be part of the in-group may subject themselves to hazing because they believe they will

ultimately play a role in the group or organization. As the newcomers escalate their commitment to the group, activities or tasks that would normally be out of their comfort zone no longer seem out of bounds.

Connection Between Bullying and Hazing:

In many respects, hazing is similar to bullying, but hazing has a tendency to be an institutionalized form of harassment/intimidation centering on initiation rites connected to certain school clubs and activities. Hazing can be seen as an organized form of bullying. One difference between these behaviors is that bullying typically attempts to exclude a person from the bully's activities while hazing is often a condition of acceptance or initiation into a group.

While bullying may begin in early elementary school, hazing generally does not occur until children are older. As with bullying, however, hazing may involve a ringleader and bystanders who do nothing to stop the activity.

In order to prevent both bullying and hazing, it is important to begin when students are young. Parents, families and elementary schools can explain what and how harmful bullying is to the victim, classroom, school, and community. Bullying and hazing should always be seen in the context of respect for self, respect for others.

Rethinking Hazing – The Myths and Realities:

If you think hazing has anything to do with bonding or friendship, you're caught up in the myths about hazing. At its best, hazing builds resentment between new members and initiates. At its worst, hazing can seriously injure or kill.

Myth: They (*newcomers*) want to be hazed.
Reality: No one wants to be abused, humiliated or embarrassed.

Myth: We only haze a little bit. It's really not that bad.
Reality: That's like saying, "I only steal a little bit. I'm not really a thief."

Myth: If we eliminate hazing, our members will be just like anybody else.
Reality: A truly well organized, positive program results in initiates who are eager to work for and help the group, and who can better serve as leaders.

Myth: If new members don't respect our principles or us, we haze them until they improve.
Reality: Hazing a new member makes the situation worse. Just like other forms of victimization, hazing breeds mistrust, apathy, and alienation – not respect.

Myth: Hazing activities are the only methods we have of controlling the new members.
Reality: There are positive and negative ways to bring people into the fold. "You catch more flies with honey than with vinegar." Accountability should be the same for new members and ongoing members.

Myth: I went through it, so now the new members have to go through it.
Reality: It only takes one group of "veterans" to break this so-called tradition. The people who founded your group were not hazed. Why treat today's new members differently?

NORTH DAKOTA STATE CENTURY CODE (*NDCC*): § 12.1-17-10. Hazing – Penalty

A person is guilty of an offense when, in the course of another person's initiation into or affiliation with any organization, the person willfully engages in conduct that creates a substantial risk of physical injury to that other person or a third person. As used in this section, "conduct" means any treatment or forced physical activity that is likely to adversely affect the physical health or safety of that other person or a third person, or which subjects that other person or third person to extreme mental stress, and may include extended deprivation of sleep or rest or extended isolation, whipping, beating, branding, forced calisthenics, overexposure to the

weather, and forced consumption of any food, liquor, beverage, drug, or other substance. The offense is a class A misdemeanor if the actor's conduct causes physical injury, otherwise the offense is a class B misdemeanor.

Acknowledgement of receiving rules/guidelines and understand the contents of the guidelines.
Acknowledgement of receiving hazing information.
Acknowledgement of risk and warning/injuries/medical insurance.

As with any activity there are risks involved with participating in sports. The N.C. Chargers do not subscribe to an injury/medical benefit plan. Each individual participating and his/her parents or guardians must assume any medical costs. Injury claims should be submitted to the participant's family insurance company.



NELSON COUNTY CHARGERS

"Home of the N.C. Chargers"



Congratulations for choosing to be part of the N.C. Chargers activity programs! Our goal is to support activities and athletic programs in a positive manner. As a student participant representing the N.C. Chargers, your goal should be to become involved in your school, your community, and to learn life-long skills such as teamwork, respect, responsibility, and leadership.

Please read, sign, and return the various agreements and releases to your coach/advisor prior to the start of your practices/competitions. Student participants cannot participate in practice or competition until his /her parent/guardian signs the following documents and returns documents to his/her coach/advisor.

CONCUSSION MANAGEMENT INFORMATION VERIFICATION

N.C. Chargers are providing the attached concussion management information as required by North Dakota State Law (*NDCC 15.1-18.2*). The statute requires that each student participant and their parent/guardian shall document that they have viewed information regarding concussions that may be incurred by students participating in athletic/extracurricular activities. This form must be signed and returned to the coach/advisor prior to the athlete/student beginning practice. By signing below, the student and his/her parent/guardian are verifying that they have reviewed the concussion information (*https://ndhsaa.com/concussion_management*).

YES _____ NO _____

CONSENT TO TREAT/PERMISSION TO PARTICIPATE

In the event of an emergency requiring medical attention, I hereby grant permission for emergency treatment for my daughter/son. I expect an effort will be made to contact me if an emergency occurs. I understand the N.C. Chargers or the North Dakota High School Activities Association (*NDHSAA*) will not pay the cost for any medical attention. I hereby approve participation in extracurricular activities.

YES _____ NO _____

MEDIA RELEASES

I give permission for my child's work/pictures/likeness/projects to be displayed on various social media outlets on behalf of the N.C. Chargers and the school districts associated with the N.C. Chargers cooperative.

YES _____ NO _____

ADDITIONAL INFORMATION

I understand if there is any additional information about the health, safety, and welfare of my child of which the school(*s*) need to be aware, it is my responsibility to contact my student's coach, advisor, or school office directly and immediately.

YES _____ NO _____

NELSON COUNTY CHARGERS
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RELEASE OF LIABILITY

I, the parent/guardian of _____(*full name*), do hereby acknowledge that I have been fully advised, cautioned, and warned that my child could suffer serious injury, including (*but not limited to*) sprains, fractions, brain damage, paralysis, or even death by participating in an activity/competition.

I agree to assume the full risk of any such injuries/damages/or loss regardless of severity, which my child may sustain because of participation in any/all activities, connected and associated with any such programs. I waive and relinquish all claim that I, my insurer, or my child may have against the school district(s), officers, agents, volunteers, and employees from any/all claims from injuries, damages, or loss which may accrue to me or my child on account of my participation or the participation of my child in a program.

YES _____ NO _____

I affirm that the information provided is true, accurate, correct, and complete to the best of my knowledge.

_____ _____

Student Participant Signature/Date *Parent/Guardian Signature/Date*