Student Athletic Handbook



Ensuring high levels of learning for ALL students

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WELCOME ATHLETES!

By participation on an athletic team, you become a member of a very ambitious and energetic group of young people. Athletic competition between individuals or teams involves more than the final score. Excellence in athletics demands fair play, sportsmanship, understanding, and an appreciation of good teamwork. Achieving your personal goals and the goals of your team requires hard work and commitment. You will subject yourself to vigorous training and self-discipline. In return, you will receive the unique benefits of team sports. Through your participation and example, you will promote successful athletics at your school.

The first day of tryouts is the first day of practice and is the official start of that sport season. Not every student can make the team. If you qualify, you take upon yourself the responsibility of becoming the very best athlete and team member possible. This includes maintaining academic eligibility, abiding by rules set forth by your coach, school and athletic teams, and setting high standards for your own behavior. Your commitment to the team, coach, the law and your own athletic performance requires that you refrain from the use or possession of alcohol, tobacco, or drugs. Remember that participation in athletics is not considered to be a right but a privilege.

CODE OF ETHICS

It is the duty of all concerned with the athletic program to:

- Emphasize ideals of sportsmanship, ethical conduct and fair play.
- Eliminate behavior or conditions which tend to detract from the best values of the game.
- Stress the values derived from playing the game fairly.
- Show courtesy to visiting teams and officials.
- Respect the integrity and judgment of sports officials.
- Establish a cordial relationship between visitors and hosts.
- Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- Encourage leadership, use of initiative and good judgment by the players on the team.
- Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual participants.
- Remember that an athletic contest is only a game, not a matter of life or death for player, coach, school, officials, fans, community, state or nation.
- Refrain from hazing, any form of harassment and any form of bullying as defined in the Rules and Regulations of the Lewiston School.

DISTRICT ATHLETIC PHILOSOPHY

The Lewiston School District strives to offer a productive athletic program based on the belief that young men and women benefit socially, emotionally and physically from athletic participation. It is the mission of the district to provide an appropriate athletic program that represents the best interest of the student athlete, one which focuses on the philosophy of the district and which is implemented according to established policies.

The major objective of the athletic program in the Lewiston School District shall be to provide wholesome opportunities in which student athletes can demonstrate confidence, responsibility, and the ability to work effectively with others. Our programs are designed to support growth in character, citizenship, communication, collaboration, and critical thinking, helping student athletes to succeed both on and off the field.

The athletic program must always be in conformity with general objectives of the school and must operate in harmony with policies of the school district. The athletic program must function as an integral part of the total curriculum and should contribute to the development of a well-educated individual who is capable of becoming a productive member of our society.

The Lewiston School District believes athletics play an important role in student development and is committed to:

- Assist all students in acquiring an effective, well-balanced education.
- Provide opportunities for students to resolve problems and to confront situations similar to those encountered in our society.
- Provide experiences in which there are opportunities for:
  - Physical, mental and emotional growth and development.
  - Acquisition and development of special skills through participation in activities of each student's choice.
  - Participation in team play with the development of loyalty, cooperation, fair play and related social traits.
  - Directed leadership and supervision that stresses self-discipline, self-motivation, excellence in performance and the acquisition of ideals of good sportsmanship that make for gracious winning and the ability to accept defeat.
  - Development of an interest in athletic programs on the part of the student body, faculty and community as well as a feeling of unity and worthiness on the part of everyone involved.
  - Achievement of goals as set by the school, the district and the individual student.
  - Development of values and ideals that will lead to worthy use of leisure time in later life, either as a participant or spectator.
- Participation by the most highly skilled athletes.
  - Promote the overall effectiveness of all components of the program.
  - Enhance the level of interest on the part of all participants and increase attendance at each event.
  - Provide quality athletic facilities.
  - Encourage athletic personnel and athletes to strive for excellence in performance that will result in successful teams.

STUDENT ELIGIBILITY

Team Participation

Most sports have various levels of competition based on grade level. Coaches may reduce or cut participation at the 9th, sophomore, junior varsity, and varsity levels in volleyball, cheerleading, basketball, baseball, softball, golf and soccer. Each coach that is involved with a team that must reduce the number of participants, will have evaluation process in written form. The evaluation process and requirements will be discussed with each athlete and a written copy sent home to explain the criteria to parents. During the try-out period, participants will be given equal attention.

Participants may be moved to higher levels of competition after tryouts, as athletic ability, physical maturity, or age warrants, at the discretion of the coaches of the teams involved. The final decision rests with the head coach. Idaho High School Activities Association regulations prohibit the following:

- More than four years combined participation in 9^{th} – 12^{th} grade.
- Participation by 7th or 8th grade students with 9th grade or higher levels.
- In most cases, it is not permissible for a student to participate on a team that is lower than his/her current grade level (senior on a JV or freshman team; 8th grader on a 7th grade team). Coaches can make special considerations in coordination with their school's athletic director.

A student may participate for two different athletic teams during the same season as long as the following criteria are met:

- Both coaches of the athletic teams involved mutually agree.
- Approval by the athletic director
- A written practice schedule plan for the athlete is provided.
- A game participation plan for the athlete is provided.
- There is a sport of choice for the athlete, if games are scheduled simultaneously.
- All plans and agreements are to be signed by the athlete, parents/guardians, coaches of teams involved and athletic director.

Eligibility/Academic Standing

ISHAA Rules and Regulations Policy: http://go.boarddocs.com/id/lisd1/Board.nsf/goto?open&id=BRHTUS791B57

- A student becomes ineligible for athletics upon completion of the sport season in which he/she turns twenty years of age.
- A student cannot participate in more than eight (8) consecutive semesters in grades 9 - 12.
- A student must be an amateur (having never been paid to play that sport).
- A student must establish residency requirements.
- A student must abide by all rules set forth by the coach, the athletic department, the school and the Idaho High School Activities Association.

Academic Eligibility

To be academically eligible for athletics or driver education, a student must be enrolled full time in his/her school, on target to graduate based on District graduation requirements, and have received passing grades and earned credits in the required number of courses during the previous semester. *In accordance with Idaho High School Athletics Association standards, all incoming 9th graders will be academically eligible first semester of their 9th grade school year*.

Equivalency is determined by the following criteria:

Grades 9 -12

- 4 classes available..... must pass 3 classes
- 5 classes available..... must pass 4 classes
- 6 classes available..... must pass 5 classes
- 7 classes available..... must pass 5 classes
- 8 classes available..... must pass 6 classes

Grade 7 & 8

- All first quarter 7th graders are eligible.
- Retained 7th/8th graders do not fall under this rule.
- Eligibility will be based on previous quarter grades.

Students in 7th/8th grade who have not passed the required number of classes for eligibility may use the classes in summer school to meet eligibility under the following guidelines:

- The student must have passed at least 3 non-advisory classes for the fourth quarter grading period.
- The student must complete the entire summer school program and have passing grades for all summer school classes.
- At the school wide first and second scheduled progress reports, the student must have passing grades in all subjects to remain eligible for participation.

Academic Assistance Program (AAP)

Lewiston High School students with less than a **2.75** cumulative G.P.A. earning lower than a 70% in any class will be required to participate in the Academic Assistance Program.

Criteria:

- Weekly student initiated grade checks.
- AAP students must earn a 70% or higher in every class.
- AAP students with less than a 70% in any class will be required to attend study table, as well as, Saturday School and are encouraged to attend Evening Academy.

Each Middle School will establish their own programs for AAP students

Other Eligibility Requirements:

- It is recommended that a student have a medical examination before each year of participation. It is mandatory to have a physical examination prior to participation in the 7th, 9th and 11th grade. The cost of the examination is borne by the parents/guardian.
- Physical exams must be taken and on file with the school **prior** to the first day of practice in the 7th, 9th and 11th grades. Physical exams for 9th and 11th graders must be taken after May 1st to be valid for the upcoming school year.
- A student-athlete must have medical insurance through their family or purchased through the school.
- A student-athlete must have all required participation forms signed and turned in
- A student-athlete must have all outstanding balances paid **prior** to participating in the desired activity.

Dual-Enrollment and Homeschool Students

Participation in activities and athletics for dual-enrolled and home-schooled students is determined by the Idaho High School Activities Association Guidelines and Idaho Code 33-203. Any student who is dual enrolled, home-schooled, or attending a school of choice and wishes to participate in activities or athletics should contact the Athletic Director for the high school that is located within their attendance area based on the residency of the parent/guardian. The athletic director can provide information related to eligibility, grade, attendance related requirements/issues, and other matters relating to the District's Activity and Athletic Programs. Students who are dual enrolled, homeschooled, or attend a school of choice must participate in the school where they reside within the attendance boundaries.

Foreign Exchange Students

Foreign Exchange Students may be eligible to participate in interscholastic athletics and extracurricular activities if the student meets the eligibility criteria as outlined in the Idaho High School Activities Association Rules and/or District policy. The student may be required to provide information relating to their visa status to support their eligibility. Foreign Exchange Students wishing to participate in athletics should contact their guidance counselor and the athletic director for more information.

NCAA Clearinghouse

https://web3.ncaa.org/ecwr3/

Students desiring to practice and compete during their freshman year at a NCAA Division I or Division II college must satisfy the requirements of the NCAA. Students wishing to receive financial aid from a Division I or II college must also satisfy the requirements of the NCAA.

A student's eligibility for practice, competition, and financial aid in their freshman year at a Division I or II college must be certified by the NCAA Eligibility Center. It is important to see a school counselor as soon as possible to allow time for processing the required information. For specific information please check the NCAA Eligibility Center website at **NCAA Eligibility Center website**.

Practice and Events

Team practice may be scheduled every school day and on Saturdays. Team members are expected to be punctual in reporting. Events can be scheduled during the week or on weekends. Contest will not be scheduled on Sundays, Christmas, or Thanksgiving. Schools observe a coordinated three-day break during winter break, which is submitted to the IHSAA at the start of each school year.

In case of necessary absence from practice, report to the coach/coaches or the athletic director if the coach is not available.

Student-athletes who have a regular physical education class will be expected to participate in that class the day of competition.

Student-athletes will not be allowed to participate in an event or athletic practice if they are not in attendance in school the entire day. An exception to this rule may be granted by the principal, assistant principal or athletic director.

Dropping from an Athletic Team

Any student-athlete who quits a team after ten (10) days practice may not participate in another sport until the sport from which he/she dropped has ended, unless agreed upon by the coaches and athletic director of those sports involved.

General Requirements to Earn a Lewiston High School Athletic Letter

In order to be eligible to earn an athletic letter from Lewiston High School, the following criteria must be met:

- Complete the entire season from the day you start your first practice through the completion of the last contest of that sport season.
- Be a participant in good standing throughout the entire season.
- Be a member of the team for all practices and games, unless the coach gives prior approval for an absence (i.e.: sickness or injury).
- Fulfill any other requirements listed by the coach of that sport at the coach's discretion.
- Letters will only be issued at the Varsity level.

General Requirements to Earn a Middle School Letter

In order to be eligible to earn an athletic letter from Jenifer or Sacajawea Middle School, the following criteria must be met:

- Complete the entire sports season from the day you start your first practice through the completion of the last contest of that sport season.
- Be a participant in good standing throughout the entire season.
- Be a member of the team for all practices and games, unless the coach gives prior approval for an absence (for example: sickness or injury).

Athletic Trips

All student athletes must travel to and from events (and practices when appropriate) with the team. Students may ride home with their parents provided one parent makes personal contact with one of the coaches in advance of the transportation. It is required that the Coach/Advisor obtain this information from the parent in written format via sign out sheet.

A student-athlete may travel in a private vehicle with another parent, if the student's parent sends a written request **(Travel Release Form)** to the athletic director prior to departure and the athletic director gives approval to the coach in charge.

Behavior on all athletic trips should be such that it reflects favorably on the athletic program. Intentionally taking any articles from host schools is inexcusable and is grounds for immediate dismissal from the team.

Equipment and Uniforms

Athletic equipment and uniforms are loaned to team members by the student body and are to be returned at the end of the sport season.

Lost equipment and uniforms must be paid for by the student-athlete who was issued the uniform or by his or her parents/guardian.

School Standards:

- Appearance: Athletics in the secondary schools is a voluntary program. Students are not obligated to participate and participation is not required for promotion or graduation. A student is not required to have athletic credits for college entrance. Thus, competition in the secondary schools is a privilege and not a right. Accompanying that privilege is the responsibility of the student-athlete to conform to standards established for school athletic teams. Coaches can enforce rules regarding appearance in accordance with school policies.

- Conduct: The manner in which student-athletes act and appear on campus is very important. Student-athletes should be leaders who are respected by their fellow students and work for the betterment of the school and the entire student body.

HAZING, HARRASSMENT AND BULLYING

All student athletes representing the Lewiston School District are expected to adhere to all rules in this handbook. The Lewiston School District Administration and Coaching Staff will enforce a NO TOLERANCE POLICY in regards to instances of hazing, harassment and bullying.

Hazing, harassment and bullying can and will be considered a major violation and may result in suspension and/or expulsion from participation.

Policy 5020: Student Discipline Code: https://simbli.eboardsolutions.com/Policy/PolicyListing.aspx?S=36031908

Definitions:
Hazing: Requiring another student to perform humiliating or unnecessary tasks by coercion of any type.

Harassment: Inappropriate interactions of physical or verbal nature, characterized as offensive, which place a student in an embarrassing or humiliating situation.

Bullying: Intentional, repeated hurtful acts, words or other behavior, such as name-calling, threatening and/or shunning other students.

On the Field and Court Protocols

Each coach will specify field and court regulations/procedures. Athletes are expected to obey these regulations/procedures and to conduct themselves in an acceptable manner.

In athletic competition, a successful athlete never uses profanity or illegal tactics. He/she learns quickly that losing, as well as winning, is part of the game. Athletes should be gracious in defeat and modest in victory.

Athletes should demonstrate self-control at all times.

Officials in a game or event are there for the purpose of ensuring both teams that they will receive a fair opportunity. Officials do not lose a game for you and your team.

Athletic Discipline

Definitions for Athletic Discipline

Athletic Discipline
Athletic discipline will mean all forms of corrective action or sanction other than athletic probation, athletic suspension or athletic disqualification and may include the exclusion of a student-athlete from an activity by a coach with approval from an Athletic Director for a given period of time.

Athletic Probation (Non-Academic)
Athletic probation is a period during which a student -athlete remains a part of the team/squad while s/he is given an opportunity to correct the deficiencies in a time prescribed by the head coach/athletic director. During athletic probation, student-athletes will continue to participate in turnouts (practices) but will not participate in competitions.

Athletic Suspension
Athletic suspension is a period during which a student-athlete is removed from competition for a specified number of days by the coach and Athletic Director. The duration may be extended beyond the current season. A student-athlete who is suspended may practice, but cannot compete, sit on the bench, or attend any other team events during the period of suspension.

Athletic Disqualification
Athletic disqualification is the complete removal of the student from the athletic programs by the coach and Athletic Director.

1. Athletic Discipline and Athletic Probation:

When **athletic discipline** is imposed, the coach will:

- Meet with the student-athlete to discuss the reason(s) for **athletic discipline**.
- Notify parent/guardians.
- Document the athletic discipline if it may lead to **athletic probation** or more severe sanctions.

When **athletic probation** is imposed, the coach will:

- Meet with the Athletic Director to review the reason(s) for **athletic probation** and secure approval.
- Inform the student-athlete of the deficiencies, how the student-athlete is to correct them and the number of days of athletic probation/discipline, and, follow up with notification to the parent/guardian.

Upon completion of the probationary period, and if the deficiency is corrected, the student-athlete is removed from athletic probation; if the deficiency is not corrected, the athletic probationary period is extended or the student-athlete is recommended for **athletic suspension** and/or **athletic disqualification**.

2. <u>Athletic Suspension/Athletic Disqualification</u>:

Prior to **athletic suspension/athletic disqualification** of any student-athlete, a conference will be conducted with the student-athlete as follows:

- The Principal/Designee will present to the student-athlete an oral and/or written notice of alleged misconduct and violation(s) of school district rules; the relevant district rules; the evidence in support of the allegations; and the corrective action or sanction to be recommended.
- The student-athlete will be provided the opportunity to present an explanation.

When **athletic suspension/athletic disqualification** has been imposed, the student-athlete will be notified verbally of the action taken. Promptly thereafter, written notice will be sent by email or mail to the student-athlete and their parent/guardian containing the following information:

- The action taken
- The reason for disciplinary action, and,
- The right to an informal conference with the athletic director to review the **athletic suspension/athletic disqualification**

3. <u>Grievance Procedure</u>:

- Any student-athlete, parent or guardian who is aggrieved by any athletic discipline, probation, suspension or disqualification has the right to an informal conference with the athletic director for the purpose of resolving the grievance.
- If the grievance is not resolved after an informal conference with the athletic director, the student-athlete or parent/guardian, within two school business days of that conference, shall have the right to present a written and/or oral grievance to the building principal.
- The principal will provide the student and parents the opportunity to share the student's perspective and explanation regarding the behavioral violation giving rise to the disciplinary action orally or in writing. The principal shall deliver a written appeal decision to the student and parents in person, by mail, or by email within two (2) school business days after receiving the appeal. The written decision will include a decision to affirm, reverse, or modify the athletic discipline, probation, suspension or disqualification.

The **athletic discipline, probation, suspension or disqualification** will continue notwithstanding the implementation of the grievance procedure.

<u>Athletic Suspension as a Result of a School Suspension</u>

- ♦ A student will be immediately suspended from all extracurricular activities if he/she receives a suspension (including in school suspension) from school for any reason.
- ♦ The activity suspension is automatic and runs concurrent with the school suspension.

This type of activity suspension cannot be appealed.

Athletic Suspension for Drug Use or Other Criminal Conduct, in Any Location, During the Scholastic Year

A student shall be suspended from participation in extracurricular activities during the applicable sports season upon a determination by the principal or designee that the student has engaged in:

1. The use, possession, distribution, purchase, sale of, or knowingly remaining at a location after becoming aware that a controlled substance or illegal drug is being used, possessed, distributed, purchased, or sold; or
2. Criminal conduct that would constitute a misdemeanor or felony offense under federal, state, or local law.

A determination under this policy must be supported by one or more of the following:

1. A student admission;
2. A citation, arrest, or criminal charge supported by law enforcement documentation;
3. Other substantial evidence establishing that the violation more likely than not occurred.

Minor offenses and infractions, including those defined as infractions under Idaho Code 18-111, such as traffic violations, shall not constitute grounds for suspension under this policy.

Infractions Which Occur on Out-of-School Trips

During an out-of-school trip, if the authorized person in charge of the activity determines that a student should be sent home early because of criminal conduct, drug use or a major infraction, the Superintendent's designee will notify the parent/guardian, and ask him/her to take charge of the return of the student. The parent/guardian will assume any expenses incurred for the return of the student.

School related drug use is a violation which occurs on **any school premises or at any school sponsored activity, regardless of location** including, but not be limited to buildings, facilities, and grounds on the school campus, school buses, school parking areas and the location of any school sponsored activity. This includes instances in which the conduct occurs off the school premises but impacts a school activity.

Non-school related drug use is a violation which occurs **during the scholastic year in a location off a school campus and in a situation not associated with a school sponsored activity.** This violation applies when it reasonably appears to the principal or designee that an extracurricular student, during the sport or activity season, has violated this policy, including an arrest for drug use.

FIRST VIOLATION (GRADES 7-12 ACCUMULATIVE) THE STUDENT ATHLETE SHALL:

- Be suspended from participation for 1/3 of the athletic contests for the season that the athlete is currently participating in. The length of the suspension will be determined on the number of scheduled regular season contests. This could include regional and state playoffs. The suspension may also continue into the next sport season in which the athlete participates in order to fulfill the suspension. When the athlete has successfully completed the terms of the suspension, the athlete will return to the team and dress, travel and be eligible to compete in all regular and post season contests remaining. Upon return from

the suspension, the athlete must earn back playing time and/or their prior position on the team's depth chart as established by team expectations and policies.

- If the violation was for possession, use or consumption of alcohol or drugs, or knowingly remaining at a location after becoming aware that there is possession or consumption of alcohol or drugs, the student will not only be suspended for 1/3 of the contests, they must also complete an approved drug and alcohol awareness course. Any/all expenses of approved program will be the responsibility of the athlete/parent-guardian involved.

- Complete ten hours of community service. All community service placements will be the responsibility of the athlete. Placements must be approved by the athletic director. Completion of service work is mandatory.

SECOND VIOLATION (GRADES 7-12 ACCUMULATIVE):

- Be barred from participation in any interscholastic athletic program, whether to practice or to participate in games or events for one calendar year.

THIRD VIOLATION (GRADES 7-12 ACCUMULATIVE):

- The student shall be ineligible to participate in interscholastic athletics for the remainder of the student's high school career.

Due Process and Grievance for Drug or Other Criminal Conduct:

The same process will be followed as listed above under Athletic Suspension and Grievance.

Violation of intermediate rules:

Use of tobacco:

FIRST VIOLATION (GRADES 7-12 ACCUMULATIVE) THE STUDENT ATHLETE SHALL:

- Be suspended from one contest at his or her level of regular play.
- Promptly complete approved tobacco/nicotine intervention course. Any/all expenses of approved program will be the responsibility of the athlete/parent-guardian involved.
- Complete five hours of community service. All community service placements will be the responsibility of the athlete. Placements must be approved by the athletic director and completion of the service work is mandatory.

SECOND VIOLATION (GRADES 7-12 ACCUMULATIVE):

- A second violation will be treated as a FIRST MAJOR VIOLATION to include the 1/3 season suspension, community service and enrollment in the tobacco / nicotine intervention course.

THIRD VIOLATION (GRADES 7-12 ACCUMULATIVE):

- A third violation will treated as a SECOND MAJOR VIOLATION.

FOURTH VIOLATION (GRADES 7-12 ACCUMULATIVE):

- The student shall be ineligible to participate in interscholastic athletics for the remainder of the student's high school career.

Violation of minor rules:

- Poor standards or personal appearance.
- Violate curfew set by coach.
- Use of profane or obscene language or gestures.
- Tardy to practices or unexcused absence from practice.

The coach will determine the penalties for minor violation rules. If a question arises from the coach about the infraction or penalty, the athletic director will make the decision.

Definitions

Controlled Substances: are defined in 21 USC Section 812 and include, but are not limited to opiates, opium derivatives, hallucinogenic substance, including cocaine, and cannabis and synthetic equivalents or the substance contained in the plant, any material, compound mixture or preparation with substances having a depressant effect on the central nervous system, and stimulants.

District Official: includes, but is not limited to, teacher, school counselor, coach, athletic director, principal, assistant principal, or District administrator.

Drugs: shall include any alcohol or malt beverage, any inhalant, any controlled substance, any illegal substance, any abused substance, any look-alike or counterfeit drug, any medication not approved and registered by the school authorities and/or any substance which is intended to alter mood, and/or any substance which is misrepresented and sold or distributed as a restricted or illegal drug.

Drug Paraphernalia: all equipment, products and materials of any kind which are used, intended for use, or designed for use, in planting, propagating, cultivation, growing harvesting, manufacturing, compounding, converting, producing, processing, preparing, testing, analyzing, packaging, repackaging, storing, containing, concealing, injecting, ingesting, inhaling, or otherwise introducing into the human body a controlled substances as defined in this policy.

Event: match, game, meet, or other competitive event, including regional and/or State tournaments or competitions. Events also included performances.

Extracurricular Activities: district and/or school authorized activities which take place outside of the regular school day and do not involve class credit, including, but not limited to athletics, student organizations, cheerleading and approved club sports.

Knowingly Remaining: for the purpose of this policy, "knowingly remaining" shall mean that a student attended a gathering of two (2) or more individuals at which one or more of the attendees (other than the student at issue) were using or in possession of drug paraphernalia, controlled substances, drugs, or alcohol or tobacco and the student knew or reasonably should have known that such use or possession was occurring, then choosing to remain at the location upon becoming aware.

Non-Sanctioned Sports – a non-sanctioned sport is any sport at the secondary level which is not under the sponsorship, direction or control of the District not sanctioned by Idaho High School Activities Association

Parental/Guardian Concerns:

Lewiston School District understands parents and parent-family support play a vital role in the success of student-athletes and programs. We also understand concerns may arise before, during or after a particular sports season. We encourage the following steps if a concern exists regarding our athletic programs and/or coaches.

- Student athletes express their concerns with their specific coach. These conversations promote growth for both the student-athlete and coach, and help foster a working understanding of the issues and possible resolve.
- If concerns exist following athlete-coach conversation, parents can reach out to the coach to facilitate a meeting or conversation. We ask that contact be established at an appropriate time (*not before, during or after a contest/practice in which emotions may be running high*).
- If concerns remain, a meeting with the athletic director, parent and coach may be scheduled. We would also ask the student-athlete to be involved in this particular meeting.

Spectator Expectations

The Lewiston School District has established these spectator expectations to promote a positive, respectful, and educational environment at all athletic events. Maintaining good sportsmanship and appropriate conduct helps preserve the integrity of competition and supports the well-being of all student-athletes. The District encourages all spectators to follow these expectations and appreciates your cooperation in helping create a positive experience for participants, officials, coaches, and fans.

- Keep the focus on the student-athletes. They participate because they value the opportunity to compete, develop their skills, and enjoy the game. Positive spectator behavior contributes to a rewarding and educational athletic experience.
- Avoid actions that interfere with competition. Signs, artificial noisemakers, or other distractions that disrupt participants or the contest should not be used.
- Show courtesy and respect toward game officials at all times. Officials play an essential role in every contest and are expected to administer the rules fairly and impartially.
- Conduct yourself in a manner that reflects positively on the event. Spectators who engage in disruptive, abusive, profane, or otherwise inappropriate behavior may be removed from the venue by event management.
- Remember that your actions reflect not only on you, but also on your school, team, and the student-athletes you support.
- Support cheerleaders and spirit groups by responding respectfully, cooperating with their efforts, and helping create a positive atmosphere.
- Spectators must remain in designated viewing areas and are prohibited from entering the playing surface or competition area at any time.

Independent School District No. 1

Athletic Questionnaire

(Complete via Online Registration: Directions on LHS Athletic Website)

Name:_____ Date:_____

Date of Birth:_____ Age:_____ Gender: F M Grade:_____

Participating Sport(s):_____

Parent/Guardian Name:_____

Address:_____

Home/Cell Phone:_____ Work Phone:_____

Emergency Contact:

Name:_____ Phone:_____

INSURANCE INFORMATION:

School Health Insurance: Yes_____ No_____

If yes, a premium charge will be required prior to participation in any IHSAA athletic activity. More information may be obtained from Lewiston High School, Jenifer or Sacajawea Middle Schools. **Athletes must be covered under a healthcare insurance policy.**

Insurance Company Name:_____ Policy #:_____

PHYSICAL INFORMATION:

Please check any injuries you have had within the past year:

Head___	Wrist___	Hamstring_____	Ankle___	Neck___	Hand_____
Foot___	Back___	Quadriceps_____	Elbow___	Hip_____	Shoulder_____
Knee___	Lower Leg_____				

Please check any of the following conditions that applies (past and present):

Diabetes_____	Heart Murmur_____	Internal Organ Injury_____
Asthma_____	Allergies_____	Bleeding Disorder_____
Hepatitis_____	High Blood Pressure_____	Serious Neck Injury_____

If you answered yes to any of the above, please explain:_____

_____

If you have had a previous head injury, complete the following questions:

Date of injury:_____ Were you seen by a physician? Yes No Were you hospitalized? Yes No

Are you currently taking any prescription or over counter medication? If yes, please list:_____

_____

Please list any surgeries or health conditions not listed above you have or had within the last five (5) years:_____

_____

MEDICAL HISTORY WAIVER/AUTHORIZATION TO TREAT

CONSENT FOR PARTICIPATION AND RELEASE OF LIABILITY

(Complete via Online Registration: Directions on LHS Athletic Website)

Physical information: (to be completed by parent/guardian and student)

The state of Idaho requires complete physicals for athletic participation during grades 7, 9, and 11.
My son/daughter had a complete physical examination on (date):_____

I give permission to have a baseline/post-concussion IMPACT test administered at Lewiston High School, Jenifer Middle School or Sacajawea Middle School. I understand that my child may need to be tested more than once when being evaluated for a concussion. This test will be compared to baseline scores.

I give authorization to the athletic training staff and or medical consultants to evaluate, treat, and render first aid to injuries that occur to my son/daughter while participating in Lewiston School District Athletics.

Academic Information: (to be completed by the student)

I, (student name) _____have read and understand that I am obligated to adhere to the policies set forth in the HANDBOOK FOR STUDENT ATHLETES during those sport seasons in which I am a participant.

If you are a transfer student, please give the name and dates of the last school attended:_____
_____
_____

My participation in interscholastic athletics for the Lewiston District is entirely voluntary on my part, and with the understanding that I have not violated any of the eligibility rules and regulations of the state association.

Parent consent:
I/We understand that in the best programs, sports have the potential for injury, even disability or death can occur on rare occasions.
I/We release the Lewiston School District and staff from liabilities and claims from injuries that may occur during a practice or event.

I/We give my/our consent for _____to participate in Lewiston School District Athletic programs, including travel to and from contest and practices.

I/We release the Lewiston School District and staff from liabilities arising out of an injury or damages while traveling to and from practices and events.

I/We have completed the athletic medical history questionnaire to the best of my knowledge. I also affirm that my student athlete does not suffer from any disability, injury, condition, complaint, or problem that we have not disclosed on this questionnaire.

I/We (parent/athlete) also give our consent to release any information contained in this form to carry out treatment and healthcare operations for student named below.

Parent/Legal Guardian Name (printed)_____

Parent/Legal Guardian Signature_____ Date:_____

Student Name (printed)_____

Student Signature_____ Date_____

Independent School District No. 1

CONCUSSION GUILDELINES/PROTOCOLS

(*Complete via Dragonfly Online Registration: Directions on LHS Athletic Website*)

NOTE: Both signature lines below must be completed and this form must be provided to the District prior to the student athlete participating in any school athletic leagues or sports.

Parent/Guardian Signature Required:

I, (print parent/legal guardian name)_____, acknowledge that I am the parent or guardian of the student (below), that I have received from the District information related to student athlete concussions, including information from the State Department of Education, the Idaho High School Activities Association, and District Rules and Regulations 5120, and have had the opportunity to review and have reviewed such information. I understand that participation in school athletic leagues or sports is dangerous, and hereby agree to waive all liability against Lewiston Independent School District No. 1, its employees, agents and trustees, related to any injury or damages that my student may experience or incur as a result of participation in such school athletic leagues or sports.

_____ _____

Signature Date

Student Signature Required:

I, (print student name)_____, acknowledge that I am a student of Lewiston Independent School District No. 1, or otherwise am allowed to participate in Idaho High School athletic programs, that I have received from the District information related to student athlete concussions, including information from the State Department of Education, the Idaho High School Activities Association, and District Rules and Regulations 5120, and have had the opportunity to review and have reviewed such information. I understand that participation in school athletic leagues or sports is dangerous, and accept the risk of the potential consequences of such dangers.

_____ _____

Signature Date

IHSAA Health Examination and Consent Form

HEALTH EXAMINATION *and* CONSENT FORM

It is required all students complete a history and physical examination prior to his/her first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1 of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the school administration prior to the first practice.

Name: _____ Sex: M / F Date of birth: _____ Age: _____

Address: _____ Phone: _____

School: _____ Sports: _____ Participation Grade: _____

MEDICAL HISTORY

Fill in details of "YES" answers in space below:	Yes	No
1. Have you ever been hospitalized?	☐	☐
Have you ever had surgery?	☐	☐
2. Are you presently taking any medication or pills?	☐	☐
3. Do you have any allergies (medicine, bees, other insects)?	☐	☐
4. Have you ever passed out during or after exercise?	☐	☐
Have you ever been dizzy during or after exercise?	☐	☐
Have you ever had chest pain during or after exercise?	☐	☐
Do you tire more quickly than your friends during exercise?	☐	☐
Have you ever had high blood pressure?	☐	☐
Have you been told you have a heart murmur?	☐	☐
Have you ever had racing of your heart or skipped heartbeats?	☐	☐
Has anyone in your family died of heart problems or a sudden death before age 50?	☐	☐
5. Do you have any skin problems (itching, rash, acne)?	☐	☐
6. Have you ever had a head injury?	☐	☐
Have you ever been knocked out or unconscious?	☐	☐
Have you ever been diagnosed with a concussion?	☐	☐
Have you ever had a seizure?	☐	☐
Have you ever had a stinger, burned or pinched nerve?	☐	☐
7. Have you ever had heat or muscle cramps?	☐	☐
Have you ever been dizzy or passed out in the heat?	☐	☐
8. Do you have trouble breathing or do you cough during or after exercise?	☐	☐
9. Do you use special equipment (pads, braces, neck rolls, mouth guard or eye guards, etc.)?	☐	☐
10. Have you ever had problems with your eyes or vision?	☐	☐
Do you wear glasses, contacts or protective eyewear?	☐	☐
11. Have you had any other medical problems (infectious mononucleosis, diabetes, ect.)?	☐	☐

12. Have you had a medical problem or injury since your last evaluation? ☐ Yes ☐ No

13. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any of bones or joints?

☐ head ☐ back ☐ shoulder ☐ forearm ☐ hand ☐ hip ☐ knee ☐ ankle
☐ neck ☐ chest ☐ elbow ☐ wrist ☐ finger ☐ thigh ☐ shin ☐ foot

14. Were you born without a kidney, testicle, or any other organ? ☐ Yes ☐ No

15. When was your first menstrual period? _____

When was your last menstrual period? _____

What was the longest time between your periods last year? _____

Explain "YES" answers: _____

CONSENT FORM

(Parent or guardian and student permission and approval)

I herby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated school authorities for any illness or injury resulting from his/her athletic participation. I also consent to release of any information contained in this form to carry out treatment and healthcare operations for the above named student.

If the health care provider's exam will be performed without compensation as part of the school's health examination program for participation in high school activities, I agree to the waiver provisions as set forth in Idaho Code Section 39-7703 and agree that the health care provider shall be immune from liability as specified in said section.

PARENT OR GUARDIAN SIGNATURE _____ DATE: _____

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

SIGNATURE OF STUDENT _____ DATE: _____

IHSAA Physical Examination Form

Idaho High School Activities Association

Physical Examination Form

Name: _____ **Date of Birth:** _____

Height _____ **Weight** _____ **BP** _____ / _____ **Pulse** _____

Vision R 20 / ____ **L 20 /** ____ **Corrected: Y N**

	Normal	Abnormal findings
Medical		
Pulses		
Heart		
Lungs		
Skin		
Ears, nose, throat		
Pupils		
Abdomen		
Genitalia (males)		
Musculoskeletal		
Neck		
Shoulder		
Elbow		
Wrist		
Hand		
Back		
Knee		
Ankle		
Foot		
Other		

CLEARANCE / RECOMMENDATIONS

Clearance:

A. Cleared for all sports and other school-sponsored activates.

B. Cleared after completing evaluation/rehabilitation for:

_____

C. NOT cleared to participate in the following IHSAA sponsored sports /activities:

baseball basketball cheer/dance cross country football golf

soccer softball swimming tennis track volleyball wrestling

NOT cleared for other school-sponsored activities *(example: lacrosse)*:

_____

D. Student is NOT permitted to participate in high school athletics.

Reason: _____

Recommendation:

Name of physician:

Address: _____ Phone: _____

Signature of physician/medical provider: _____ Date: _____

(This *Physical Examination Form* MUST be signed by a licensed physician, physician assistant or nurse practitioner)