

HARRISBURG

HIGH SCHOOL

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HANDBOOK

2026-2027

ATHLETICS CLASS

Students who wish to participate in athletics at Harrisburg High School must be enrolled in Athletic PE class (Seventh period). Exceptions due to special situations will be evaluated by the administration.

RISK STATEMENT

Parents and guardians of children who wish to participate in the Harrisburg Community Unit School District Number 3 athletic program must recognize and acknowledge that such participation involves certain risks of physical injury to their children.. These risks of injury include the possibility of death, neck and spinal injuries which could result in partial or total paralysis, brain damage, eye, dental, hearing and other head injuries, and injuries to the body's nerves, blood vessels, muscles, bones and any other organs or tissues of the body, including internal and external organs.

The Board of Education has authorized the publication of this handbook so that parents will have a better understanding of our athletic program and the rules and regulations which guide it. Parental understanding, cooperation and support are vital to the success of any school program but are particularly important in the extra-curricular area of school sports.

It should also be noted that the district allows a student to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive the prior approval of the school board for such modification.

Please call the school if you have any questions or suggestions for improving our program.

SCHOOL ACTIVITIES: THE OTHER HALF OF A TOTAL EDUCATION

There are several well-documented examples of the value of sports programs and other activities as an important part of the total school educational program. National surveys reveal that students participating in high school activities are more likely to have higher academic averages and far better attendance records.

Of the students who drop out of high school, for example, 94 percent have not been involved in any school activities such as athletics, music, speech, student government, etc. The best predictor (as summarized from AT to SAT studies of success in later life or in a chosen career is previous participation in school activity programs - not high school or college grade point average, test scores or rank in class.

Generally, participation in activity programs teaches values that make children happier and better citizens, builds stronger minds and bodies, emphasizes that race, color, sex and economic status are not obstacles to participation and instills poise and self-confidence.

Moreover, in an average high school, more than half the students participate in activity programs for about one percent of the total school budget. Such figures indicate that high school activity programs are the best value in public education today.

PROGRAMS/COACHING ASSIGNMENTS 2026-2027

Listed on the following pages are the seventeen separate sports programs offered to the students in our unit. Literally hundreds of our boys and girls take part in them and have competed quite successfully overall. We want you to get to know our coaches and to feel free to call them on any concern you may have.

<u>Baseball</u> Jay Thompson	<u>Boys Soccer</u> Sebastion Brown	<u>Girls Basketball</u> Jake Stewart	<u>Girls Golf</u> Jake Dixon
<u>Bass Fishing</u>	<u>Boys Track</u> Marcus Questelle	<u>Football</u> Matt Griffith Austin Beere Kyle Butler	<u>Boys Golf</u> Josh Golish
<u>Bowling (Boys & Girls)</u> Doug Cottom	<u>Cheerleading</u> Jess Johnson	<u>Girls Soccer</u> Hannah Bartok	<u>Softball</u> Red Stafford
<u>Boys Basketball</u> Andy Fehrenbacher	<u>Cross Country (Boys & Girls)</u> Lindsey Atkins	<u>Girls Track</u> James Herren	<u>Volleyball</u> Ashton Stanley
<u>Wrestling</u> John Fuller	<u>Swimming</u> <u>(Boys & Girls)</u> MaCartney Motsinger		

NO PASS/NO PLAY ACADEMIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN SCHOOL SPONSORED ATHLETIC OR EXTRACURRICULAR ACTIVITIES

Athletics and extracurricular activities can valuably augment pupils' studies in the district's academic curriculum. Participation in school sponsored athletics and extracurricular activities is a privilege, not a right.

Athletics and extracurricular activities, which are activities organized and sponsored by the school district, and may include graded courses, and such special events as may be enumerated in the administrative procedures, which implement this policy.

In order to participate in athletic or extracurricular activities, students must satisfy the Harrisburg High School scholastic standing requirements (doing passing work in at least 30 credit hours of high school work per week) and be a full time student. At least 30 credit hours per week is identified as passing at least six classes. Any student-participant failing to meet these academic criteria shall be suspended from the activity until the specified criteria are met, or the Board of Education determines an exception to this policy.

Eligibility for athletic and extracurricular participation of students having an individualized education program, or receiving reasonable accommodations pursuant to 504 of the Rehabilitation Act of 1973, shall be subject to this policy, unless otherwise determined by the student's educational team.

Administration shall annually report to the Board of Education the number and length of suspensions of students from athletic and extracurricular activities, which result from the application of this policy for the period covered by the report, and shall file a copy of each such report with the Illinois State Board of Education.

Summer School courses shall not be considered in determining academic eligibility for athletics and extracurricular activities under this policy and the Athletic Handbook.

GUIDELINES

There are certain policies which guide our athletic program. Listed below are some of the more important ones:

- The Board of Education for the boys and girls of the district which will follow the rules And regulations of the I.H.S.A., the conference wherein membership is maintained and the policies of the Board.

Administration

The Athletic Director shall have the responsibility to plan, organize and administer, under the principals of the respective buildings, the programs in Grades 9-12 for all students.

Conduct and Personal Appearance

Coaches are teachers and the relationship of student athletes to coaches should be the same as student to teachers.

Coaches and student athletes represent their school and communities and therefore are expected to conduct themselves properly and exhibit a high standard of personal appearance.

Attendance

Athletes will be expected to exhibit exemplary student behavior in regard to attendance. Whenever possible, contests will be scheduled so as not to conflict with classes. The athlete must be in attendance at least the last ½ of the day (By 11:38 am) on the day of a practice or contest to be eligible, unless authorized by the Principal/Superintendent. If a student has a doctor's appointment, s/he may bring a note to be excused. If a student is absent from school on Friday, participation in contests and/or extra-curricular events will be allowed on the weekend of the absence. Attendance in all academic classes will be insisted upon by the head coach. Any missed class work should be requested before leaving for the contest and returned the day the student returns to school.

Resumption of Athletic Activity Following Injury

When a student has suffered an injury in a school sponsored athletic practice or competitive event which requires medical examination or medical treatment, a written physician's statement stating that the student is able to return to participation in athletics must be presented before he or she will be allowed to return to the program. The physician's statement must be filed with the athletic director before the student will be able to participate in either practices or competition.

Drop From Athletics

Any student athlete who is in athletics for a year and does not complete a sport during that year must remain out of athletics for the following year. Any student athlete who drops out of the program must remain out for one calendar year. Any student athlete who is dropped from the program by the Athletic Director shall remain out for nine months. Any student who receives a failing or permanent incomplete grade in athletics will be ineligible to compete the following semester.

Suspension from Competition

Coaches have the authority to suspend student-athletes from competition and/or practice for intermediate lengths of time depending on the infraction.

The Athletic Director has the authority to suspend student-athletes from competition and/or practice for indeterminate lengths of time depending on the infraction.

All coaches and student-athletes will be fully informed on these policies by the athletic director. Interpretations and even-handed enforcements of these policies shall be the responsibility of the athletic director. Additional policies or amendments to them shall be made in the form of recommendations to the Board of Education.

Extracurricular Activities Eligibility – Felony Charges and Convictions

Participation in extracurricular activities is a privilege, not a right. Students who participate in extracurricular activities are representatives of the school and are expected to conduct themselves in a manner that reflects positively on the school, district, and community.

Felony Charges

Any student who is charged with a felony offense by a law enforcement agency may be suspended from participation in all extracurricular activities, including practices, contests, performances, meetings, and team or organizational events.

Upon notification that a student has been charged with a felony offense:

1. Administrative Review

The building principal or designee shall conduct a review of the available information related to the charge.

2. Interim Suspension

The student may be immediately suspended from participation in extracurricular activities pending the outcome of the administrative review and/or legal proceedings.

3. Duration of Suspension

Suspension from extracurricular participation may remain in effect until:

- The legal matter has been resolved; and
- The administration determines that reinstatement is appropriate based on the circumstances and the best interests of the school community.

4. Reinstatement Following Charges

A student whose felony charge is dismissed, reduced to a non-felony offense, or otherwise resolved without a felony conviction may be considered for reinstatement to extracurricular activities following administrative review.

Felony Convictions or Guilty Pleas

Any student who is convicted of a felony offense, or who enters a plea of guilty or no contest to a felony offense, shall be ineligible to participate in all extracurricular activities.

Ineligibility shall remain in effect for a period determined by school administration, up to and including the remainder of the student's enrollment in the district, based on:

- The nature and severity of the offense
- The circumstances surrounding the offense
- The student's disciplinary history
- The safety and welfare of students and staff
- The best interests of the school community

Notification Requirement

Students and parents/guardians are expected to promptly notify the school principal if a student participating in extracurricular activities is charged with or convicted of a felony offense. Failure to provide such notification may result in additional disciplinary consequences and may affect eligibility for reinstatement.

Appeal Process

A student or parent/guardian may request a review of an extracurricular suspension or ineligibility determination by submitting a written request to the superintendent or designee within five (5) school days of notification of the decision.

The superintendent or designee shall review the request and issue a written determination. The decision of the superintendent or designee shall be final unless otherwise provided by Board policy.

Administrative Authority

The school administration retains the authority to determine extracurricular eligibility in accordance with this policy, applicable laws, district policies, and the rules and regulations of governing organizations, including the Illinois High School Association, when applicable.

Relationship to Other Discipline

This policy governs eligibility for extracurricular participation and does not limit the school

district's authority to impose additional disciplinary consequences in accordance with the Student Code of Conduct.

High School Awards

Junior Varsity athletes shall receive participation certificates.

Varsity athletes shall receive letter awards. (pins & bars)

Coaches shall determine these awards and among other criteria should consider the following:

1. Amount of competitive time.
2. Status with the team.
3. Injuries.
4. Years of participation.

10 Letter Club

The 10 Letter Club honor will be awarded to any male or female athlete who wins 10 varsity letters at Harrisburg High School in IHSA-recognized sports offered by Harrisburg High School during his or her high school career. Those recognized will have their picture placed on our touch wall for athletics.

Athletic Honor Roll

Athletes who make first team all-conference in three sports during the same school year or win an individual state championship at the IHSA state tournament will have their picture placed on the wall for athletics.

Additional Requirements

All students wishing to take part in the high school athletic program should be enrolled in seventh period (Freshman, Sophomore, Junior, Senior) physical education class and should be involved in a year-round program either in active competition in a sport or as a member of a work group during those periods. Work groups will be arranged for the entire year. Their activities will consist primarily of running, strength and agility drills.

Yearly physical examinations on prescribed forms and parental signatures on a Participation in Athletics form are required prior to trying out for any sport.

Tryouts

All students may try out for the teams as noted in this policy as long as they meet the eligibility requirements and students shall be informed of the tryout procedures and dates. This period shall be extended to offer an opportunity for participants on teams whose season overlaps

to try out if they wish.

Guidelines For Parent-Coach Communication

Athletics is a compelling part of a high school's educational program. Due to the high-profile nature of competitive athletics, the coaches, student-athletes, and parents/guardians often have an emotional investment that can turn what should be a positive experience into a negative one when misunderstandings occur. These guidelines have been created to clarify the expectations for communication between coach, parent, and student athletes. It also outlines a complaint process, if a problem develops. The goal of our athletic program is to develop within the student-athlete qualities of leadership, initiative, and good judgment. Our programs promote the physical, moral, and social development of our student-athletes so that they may be able to effectively perform in competition and lead under stress. The competitive goal of our athletic program is to consistently perform as well as possible against a variety of opponents. Consequently, Harrisburg High School will always attempt to field the most effective combination of team members to achieve this goal. Team membership and playing time are not guaranteed, regardless of grade level or previous team membership. The decision of who makes a team, who plays at what position, and who is given the most playing time is within the sole and absolute discretion of the coaching staff. These decisions will not be reviewed by the administration or discussed with parents. The primary goal of our junior varsity and freshman levels is to identify, develop, and prepare qualified athletes for possible future varsity play. At times, younger players develop at a faster rate than their more experienced counterparts. Consequently, it is within the sole and absolute discretion of the coaching staff to determine whether a younger player starts on a varsity team and a more experienced player has either less playing time or is cut from the team. While being cut from a team, especially if an athlete had played on the team in the past, is always difficult and traumatic, it is part of the learning process. Being able to accept limitations and disappointments is an important part of maturing. Furthermore, Harrisburg High School offers a wide array of options for interscholastic competition. A student who does not make the team in one sport may very well make the team in another sport and thrive in that alternate arena.

A. Communication a Parent/Guardian Should Expect from a Coach if requested

1. The coach's background and vision for all levels of the program
2. Expectations and requirements for student-athletes on team (attendance, grades, dress, conduct, etc.)
3. Procedures to be followed in case of injury during practice or contest in conjunction with our athletic trainer
4. Team rules and disciplinary consequences for violations

B. Communication a Coach Expects from a Parent/Guardian if needed

1. Notification that the student-athlete is ill or injured
2. Advance notice if the student-athlete will miss practice or a contest
3. Clarifying questions about team procedures and time commitments
4. Any concerns are first addressed directly to the head coach only, not other parties. It is NOT appropriate to engage in a discussion about roster selection, starting lineup, playing time, captains, other student-athletes and team strategy/play calling. The administration, including the Athletic Director and Administration will NEVER discuss or comment on the selection of the team. Team

selections are solely left up to the coaching staff. Also, the coach will NEVER discuss student athletes with anyone other than the parent/guardian of the student-athlete involved. It is extremely difficult

to accept that your son/daughter is not playing as much as you may hope. Coaches are professionals; they make decisions based on what they believe to be in the best interest of Harrisburg High School, the team and your son/daughter. Even when the above communication expectations are met by all parties, concerns may become complaints.

Should that happen, please address your complaint according to the process below:

COMPLAINT PROTOCOL
(After the 24 hour cool down period)

1. The student-athlete discusses his concern directly with the coach(es) - **If Not Resolved**
2. The parent contacts the coach to discuss the concern - **If Not Resolved**
3. The parent, coach AND student-athlete are required to meet personally - **If Not Resolved**
4. The parent AND student-athlete puts the concern in writing, both sign it, and contacts the Athletic Director - **If Not Resolved**
5. The Athletic Director will present the concern to the coach and recommend possible solutions - **If Not Resolved**
6. The Athletic Director will meet with the parent, student, AND coach - **If Not Resolved**
7. The Athletic Director will refer the matter to the Administration

PLEASE DO NOT CONTACT THE COACH WITH COMPLAINTS IMMEDIATELY BEFORE, DURING, OR AFTER A GAME. A 24 hour cool down period will be used prior to discussing concerns. Working together in a constructive and reasoned manner, the most significant adults in a student-athlete's life - his parents/guardian(s) and coach(es) - can make high school sports a great experience!

Concussion Oversight Committee 2026-2027

Harrisburg Unit # 3 School District

Concussion Oversight Committee

Public Act 099-0245

April 1, 2016

Obligations of School Board and "Appropriate Administrative Officer"

- A. Appoint and approve a concussion oversight team ("COT")
- B. Composition of the concussion oversight team must include:
 - 1. at least one (1) licensed physician, if practicable;
 - 2. an athletic trainer, if practicable, and if the school employs one;
 - 3. a school nurse, if practicable, and if the school employs one;
 - 4. a person who is responsible for implementation and compliance with the protocols It is adopted.
- C. Develop a school-specific emergency action-plan ("EAP") for interscholastic athletic activities to "address the serious injuries and acute medical conditions in which the condition of the student may deteriorate rapidly," and which shall include a delineation of roles, methods of communication, available emergency equipment and access to and a plan for emergency transport. The EAP must be:
 - 1. Written:
 - 2. reviewed by the COT
 - 3. reviewed annually by all athletic trainers, first responders, coaches, school nurses, athletic directors, and volunteers for such activities;
 - 4. approved by the superintendent or designee;
 - 5. distributed to all appropriate personnel, and
 - 6. posted conspicuously at all venues used by the school

II. Obligations of the COT

- A. Establish a return-to-play protocol, consistent with CDC guidelines, for a student's return to athletic competition or practice following an impact *believed* to have caused a concussion.
- B. Establish a return-to-learn protocol, consistent with CDC guidelines, for a student's return to the classroom after the student is believed to have experienced a concussion, *regardless of whether such occurred during participation in school activities.*

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III. Limitations on Student Participation in Interscholastic Athletic Activity

A. Before participating in an interscholastic athletic activity, each school year the student and the student's parent/guardian must sign an IHSA-approved form acknowledging receipt and having read written information explaining concussion prevention, symptoms, treatment, and oversight that includes return-to-play protocols.

B. A student must be removed from practice or competition if it is *believed* that he/she may have sustained a concussion.

C. A student removed under "B" above, may not return to competition or practice until:

1. the student is evaluated by a physician selected by the student or the student's parent/guardian or an athletic trainer working under the supervision of a physician, and a note is provided from the physician or athletic trainer indicating that it is safe for the student to return to play and learning;

2. the student has successfully completed the return-to-learn protocol established by the COT, and such is acknowledged by the student and the student's parent/guardian;

3. the student and the student's parent/guardian sign a consent form indicating that he/she:

✓ Is informed and consents to returning to play and learning;

✓ Understands the risks of returning to play and learning and will comply with any ongoing requirements under the COT's protocol, and

Consents to the disclosure to appropriate persons (consistent with HIPAA) of the note and other information provided by the physician or athletic trainer (see "C.a" above)

4. A coach is **prohibited** from authorizing a student's return to play and/or learning.

IV. Training Obligations by September 1st, 2019 and Proof of Completion Submitted to Superintendent or Designee.

A. The IHSA is directed to approve training courses and providers in the subject of concussions for coaches and game officials. Such training must be taken at least once every two years by: coaches, game officials, and a nurse serving on the COT (volunteer or employee capacity).

B. A physician on the COT shall periodically take an appropriate continuing medical education course in the subject of concussions.

C. An athletic trainer must take a concussion-related continuing education course from an athletic trainer continuing education sponsor approved by the Department of Financial and Professional Regulation (the "Department").

D. A school nurse must take a concussion course that has been approved for continuing education course education credit by the Department.

Concussion Oversight Committee 2026-2027

V. 2026-2027 Athletic Handbook

A. Concussions

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. Harrisburg Unit # 3 will follow concussion guidelines set forth by the Illinois High School Athletic Association and adopted by the SIJSHAA. Each student-athlete and their respective parent/guardian will complete the Harrisburg Unit # 3 Concussion Information Sheet, per sport. This will be placed on file in the Athletic Director's Office.

B. Harrisburg Unit # 3 Concussion Information Form

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

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

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly the symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to-Play Policy of the SIJHSAA and the IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. **In accordance with state law, all schools are required to follow this policy.**

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

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

<http://www.ede.gov/ConcussionInYouthSports/>

Printed Student-Athlete Name

Student-Athlete Signature

Date

Concussion Oversight Committee 2026-2027

Adopted from the CDC and the 3rd International Conference on Concussions in Sport Document created 7/1/2013 VI. Harrisburg Unit # 3 Concussion Oversight Team

Dr. Matt Winkleman (Licensed Physician)

Tina McCabe (Athletic Trainer)

Dr. Amy Dixon (Compliance & Implementation)

**Harrisburg Unit # 3 will solicit the services of a local licensed physician for the COT, however, current and existing Board and Athletic Handbook policy establishes the "Return-to-Play Policy of the SIJHSAA and the IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest.*

VII. School-Specific Emergency Action Plan (EAP) for Interscholastic Activities

A. Athletes with the signs and symptoms of concussion will be removed from play immediately.

1. Each student-athlete and their respective parent/guardian will complete the Harrisburg Unit # 3 Concussion Information Sheet, per sport. This will be placed on file in the Athletic Director's Office. The respective sport's Head Coach will be responsible for distributing the required concussion information form (from the Athletic Director's Office), obtaining required pre-season signatures, and forwarding all team paperwork back to the Athletic Director. The Athletic Director will ensure that the required paperwork is on file for each student athlete, per each sport.

2. Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly the symptoms clear, without medical clearance. It will be the responsibility of the Head Coach, in coordination with a building administrator or director of athletics (if present) to remove a student-athlete from a game or practice if or when any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems), immediately.

a. A parent/guardian will be immediately informed, if in attendance and will work with the Head Coach or building administrator or Director of Athletics present to determine the need for further and immediate medical attention (i.e., transporting to a medical facility to be treated by a licensed medical professional licensed to practice medicine in all branches.

b. If a parent/guardian is not present a game or contest if and when a possible concussion occurs, the Head Coach (or designee - this would include a building administrator, athletic director, assistant coach or district stakeholder) will remove the student-athlete from the game or practice and will immediately make an attempt to contact the student athlete's parent/guardian. If no contact can be made, close observation of the athlete should continue for several hours by the coaching staff, building administrator, athletic director, or designee (district stakeholder) until such time that the student-athlete is turned over to their respective parent/guardian.

Concussion Oversight Committee 2026-2027

c. If it is determined that the student-athlete's symptoms are problematic enough to contact a local medical emergency team (e.g., police or ambulance service), that decision will be made in coordination with the respective parent/guardian, building administrator, athletic director or other district designee. If a parent or guardian is not present and multiple attempts have been made unsuccessfully to contact, the Head Coach in coordination with (if present) a building administrator, athletic director or other district designee will contact a local medical emergency team for needed medical attention - the Coach or district designee is still under the "*loco parentis*" obligation at an extracurricular activity in the absence of a parent/guardian.

d. The transport of a student-athlete from an athletic event (game or practice) home or to a medical facility for further review will only take place under the direct supervision of the parent/guardian, an authorized designee of the student-athlete's parent/guardian, a district stakeholder who is listed on the "authorization to transport" list for the District - with authorization from the student-athlete's parent/guardian, OR by a medical emergency team, as needed (see 2.b and c above).

e. Games or practices in the city of Harrisburg will utilize local Emergency Services or the Harrisburg Police Department or the Saline County Sheriff's Department (9-11 or 252-8661) for needed medical attention.

f. Games or events scheduled outside of the city of Harrisburg will utilize respective local emergency and/or medical entities in coordination with the home-team district personnel or district designee supervising the contest.

B. Post Incident/Accident Reporting

1. Per current and existing policy and procedure, the Head Coach will be responsible for the following post-incident/accident reporting actions before 12:00 noon on the day following the concussion incident:

a. Complete the Harrisburg Unit # 3 Accident Reporting Form and turn the form in to the Harrisburg Unit # 3 Athletic Director, Unit # 3 School Nurse, and the Unit # 3 Superintendent's office for record-keeping and reporting mandates.

b. The Athletic Director or designee will contact the respective parent/guardian within 24 hours to conduct a post-incident interview and ensure that the parent/guardian understands the Return-to-Play Policy and Procedures that will be implemented and signed off on before authorizing the student-athlete's participation in said extra-curricular activity.

C. The Concussion Oversight Committee (COT) will review the two required reports (Coach's report and parent/guardian report) and will immediately begin their oversight policy, procedures, and oversight responsibilities.

d. The parent/guardian of a concussed student-athlete may request a copy of any and all Harrisburg Unit # 3 Accident Reporting Forms pertinent to their student. Harrisburg Unit # 3 will forward any and all reporting form information to a licensed medical physician with the consent of the parent/guardian, as needed.

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1. If a student is removed from a game or practice because it is believed that they may have sustained a concussion, the student may not return to competition or practice until:

a. The student is evaluated by a licensed medical physician selected by the student or the student's parent/guardian and a formal note is provided by said physician indicating that it is safe for the student to return to playing or learning. The formal note must be placed on file with the COT, the athletic director, and the Superintendent.

b. The student has successfully completed the return-to-learn protocol established by the COT and such is acknowledged by the student and the student's parent/guardian;

c. The student and student's parent/guardian sign a consent form indicating that he/she has met the three criteria identified in III.C.1.2.3. of this document.

d. A coach is prohibited from authorizing a student's return to play or learning.

1.a Return to Play protocol resources for the student-athlete:

*Review of Harrisburg Unit # 3 Athletic Handbook policy and Pre-Season Sign-Off Sheet on Concussions

*<http://nfhslearn.com/courses/61037> [Concussion in Sports module]

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. Each state's requirements for concussion management are included as part of the course

*[http://www.cdc.gov/concussion/headsup/pdf/Concussion in Sports palm card-a.pdf](http://www.cdc.gov/concussion/headsup/pdf/Concussion%20in%20Sports%20palm%20card-a.pdf)

VIII. Mandated Training Resources for the COT, Harrisburg Unit # 3 Coaches, and other District assigned designees

*<http://www.ilsa.org/PlaySmartPlayHard>

*ED Leaders Network:

[https://www.brainshark.com/Illinois Principals Assoc/concussion](https://www.brainshark.com/IllinoisPrincipalsAssoc/concussion)

[ihsa?&r3f1=4077095a5612161107146c1c00495](https://www.brainshark.com/IllinoisPrincipalsAssoc/concussion)

[a5e113c196c125b544b5c4d412f6f125c5256745b0a157c14404306584d1e04](https://www.brainshark.com/IllinoisPrincipalsAssoc/concussion)

OR....

*<http://nfhslearn.com/courses/61037> [Concussion in Sports module]

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. Each state's requirements for concussion management are included as part of the course

Concussion Management Policy

The following policy is for all athletes and athletic teams at Harrisburg High School Community Unit School District No. 3. HHS contracts Certified Athletic Trainers for Sports Medicine, this policy was formed and based on the Consensus Statement on Concussions in Sport: The 6th International Conference on Concussion in Sports held in Amsterdam, 2022. The policy is in ordinance with IHSA guidelines and The National Athletic Trainers Association policy and procedures for concussions. The policy is also in accordance with the Illinois State Law SB 0007 Youth Sports Concussion Safety Act.

Definition of Concussion:

Sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces (with or without the loss of consciousness).

Defining The Nature of a Concussive Head Injury:

1. Concussion may be caused either by a direct blow to the head, face or neck or a blow elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairments of neurologic function that resolves spontaneously.
3. Concussion may result in neuropathological changes, but the symptoms largely reflect functional disturbances rather than a structural injury.
4. Concussion may or may not involve loss of consciousness,
5. No abnormality on standard neuroimaging tests. (Neuro test can not detect concussions)

Pediatric Concussive Injury:

Children, ages (5-18) years old should not return to playing or training until clinically completely symptom free. Due to the physiological response during childhood head trauma, a conservative return to play approach is recommended. ***It may be appropriate to extend the amount of time of asymptomatic rest and/or length of the graded exertion in children and adolescents due to type of injury or history of previous concussions.***

Concussion Management:

To ensure appropriate management of concussions, baseline cognitive testing will be administered to all HHS athletes prior to participation in sport. Concussion injuries will be appropriately managed by SIH Sports Rehabilitation Physicians, Primary Care Physicians or by Certified Athletic Trainers working under medical supervision. Concussion management ideally includes rest until all symptoms resolve and then implementing a graded program of exertion before return to sport.

When a player shows ANY symptoms or signs of a concussion:

1. The player will not be allowed to return to play the same day.
2. The player will not be left alone; and serial monitoring for deterioration will be essential over the initial few hours following injury.
3. The player will be medically evaluated following injury with the use of the SCAT (Standardized Concussion Assessment Tool), or similar exam on the sideline, MD office or Athletic Training Room.
4. Return to Learn must follow a protocol adapted and approved by school Concussion Oversight Committee (see RTL protocol)

5. Return to participation must follow a medically supervised stepwise process. (See RTP protocol)
6. A Concussion information handout will be given to the athlete, parent/guardian or friend of the athlete who is taking care of them.

A PLAYER WILL NOT BE RETURNED TO PLAY WHILE SYMPTOMATIC.

“WHEN IN DOUBT, SIT THEM OUT!”

Return to Learn (RTL) Protocol

SIH Sports Rehabilitation staff will monitor and follow school district policy. Refer to the attached documentation.

Return to Participation (RTP) Protocol

Activities that require concentration and attention may exacerbate the symptoms and as a result delay recovery. Therefore, during the period of recovery, following injury, it is important to emphasize to the athlete that **physical AND cognitive rest is required.**

The return to participation following a concussion follows a stepwise process:

Return-to-sport Strategy-Each step typically takes a minimum of 24 hours.

Step	Exercise Strategy	Activity at each step	Goal
1.	Symptom Limited Activity	Daily activities that do not exacerbate symptoms. (normal walking)	Gradual reintroduction of work/school
2.	Aerobic Exercise 2A.Light Exercise (up to approximately 55% maxHR) then 2B.Moderate (up to approximately 70% maxHR)	Stationary cycling or walking at slow to medium pace, Light jogging below max HR threshold. May start light resistance training that does not result in more than mild (1-2 symptom score) and brief exacerbation of symptoms.	Increase Heart Rate
3.	Individual Sport-specific Exercise Note: If sport-specific training involves any risk of inadvertent head impact, medical clearance should prior to step 3.	Sport-specific training away from the team environment (running, change of direction, or individual training drills away from the team environment). No activities that risk head impact	Add movement, change of direction
Steps 4-6 should begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion for no less than 1 full day (full 24 hour day)			
4.	Non-Contact Drills	Higher intensity and more challenging training drills (multiplayer training) Avoid full contact Integration into team environment and activities	Resume usual intensity of exercise, coordination, and increased thinking
5.	Full Contact Practice	Normal Practice/Training activities	Restore Confidence and assess functional skills by coaching staff
6.	Return to Sport	Normal Game Play	Full Return to play

*Mild and brief exacerbation of symptoms (ie. An increase in no more than 2 points on a 0-10 symptom scale for less than an hour when compared with the baseline value reported prior to physical activity).

*Athletes may begin Step 1 after 24 hours of injury, with progression through each subsequent step typically taking a minimum 24 hours.

*If more than mild exacerbation of symptoms (ie, more than 2 points on a 0-10 scale) occurs during steps 1-3, the athlete should stop and attempt the same exercise of step the next day.

This progression will proceed over several days but will be dependent on the athlete's progress with the resolve of symptoms.

The RTP Process will be monitored by SIH Sports Rehabilitation staff, with Steps 1-3 able to begin 24 hours after injury and progressing to the next step as tolerated by athletes and deemed appropriate by SIH sports Rehabilitation staff with mild symptom exacerbation. Steps 4-6 will not be started until the athlete is Asymptomatic for 1 full day (full 24-hour day) and progression through each step takes approximately 24 hours. If an athlete's symptoms return during steps 4-6, the athlete will return to the previous asymptomatic step and attempt again the next day.

The above policy will be followed by the healthcare professionals (Team Physician, Athletic Trainers along with the Athletic Department) that deal with the return to play of the student athletes. **This concussion management, return to play protocol will be followed despite the athlete presenting a prescription note to return to play sooner from their primary care physician or Emergency room.** If the athlete presents a prescription from their primary care physician for the appropriate time frame in regard to return to

participation, then the exertional progressive steps will be followed by the Athletic Trainer using the RTP protocol.

I _____, the parent/guardian of _____ has read and fully understand the concussion policy. I am fully aware of the risk associated with playing sports and will adhere to the policy to help minimize serious injury related to sports related concussions.

parent/guardian signature

Date

Policy written by SIH Sports Rehabilitation Team,
Certified Athletic Trainers 2025

IHSA
Post-concussion Consent Form
(RTP/RTL)

Date _____

Student's Name _____ Year in School 9 10 11 12

By signing below, I acknowledge the following:

1. I have been informed concerning and consent to my students participating in returning to play in accordance with the return-to-play and return-to-learn protocols established by Illinois State law;

2. I understand the risks associated with my student returning to play and returning to learn and will comply with any ongoing requirements in the return-to-play and return-to-learn protocols established by Illinois State law;

3. I consent to the disclosure to appropriate persons, consistent with the federal Health Insurance Portability and Accountability Act of 1996 (Public Law 104-191), of the treating physician's or athletic trainer's written statement, and, if any, the return-to-play and return-to-learn recommendations of the treating physician or the athletic trainer, as the case may be.

4. Also I acknowledge that my student athlete will not return to full participation of academics and play until the protocols are completed and released by athletic trainer and/or physician.

Student's Signature _____

Parent/Guardian's Name _____

Parent/Guardian/s Signature _____

CONSENT TO TREAT

Student's Name: _____ Student DOB: _____

Phone Number: _____ School Attending: _____

Sports Played: _____

I, _____, am the parent/guardian of the above named student and authorize SIH Rehabilitation Services, LLC to provide the following services to my child.

SIH Rehabilitation, and any attending physician, shall provide the following medical services to my child:

- Evaluate and provide assessment/diagnosis of athletic injury
- Treatment and rehabilitation

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Witness: _____ Date: _____

AUTHORIZATION TO DISCLOSE HEALTH INFORMATION
SCHOOL ATHLETIC EVENTS

SIH Rehabilitation may furnish the following medical information to the coaching staff of the above listed school:

- Medical assessment of and treatment for an athletic injury
- Diagnosis, progress of treatment and rehabilitation, expected date of return to activities and any restrictions after an athletic injury
- Other: _____

This authorization expires three hundred sixty (360) days from the date of issue. I understand that I have a right to revoke this authorization at any time and for any reason, and that such revocation must be in writing and will be honored except to the extent of any action already taken on this authorization prior to revocation. I also understand that I have a right to inspect and have copied all information to be disclosed pursuant to this authorization. I agree that a photocopy of this authorization is as valid as the original.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Witness: _____ Date: _____

TRAINING POLICY

A. The possession, use, distribution, purchase, sale, or being under the influence of any tobacco, vaping devices/electronic cigarettes, alcohol, or drugs is prohibited at any time, including the summer, a student-athlete is participating in the Harrisburg athletic program. A student will be considered in violation of the training rules if he/she is reported and confirmed as being in violation to the athletic director by the police, another coach or teacher at the school, or an administrator in the district.

B. Students-athletes shall not use tobacco or vaping devices/electronic cigarettes. Penalties for such infractions will include but are not limited to:

First offense:

1. Regular disciplinary actions of the district apply. All school and Board of Education rules and regulations are in force whenever students participate in a school sponsored event, whether on or off campus. Therefore, if a particular behavior is forbidden in school, it is also forbidden on the trip. Smoking, drinking alcoholic beverages, the use of drugs, insubordination, failing to attend events as scheduled, committing pranks. Students must understand that they face

school disciplinary consequences if they misbehave.

2. Reprimand by the athletic director.

3. Proper notification will be given to the parents/guardians regarding the infraction. The athletic director will meet with the parents/guardians upon their request.

Second offense:

1. Regular disciplinary action of the district applies. All school and Board of Education rules and regulations are in force whenever students participate in a school sponsored event, whether on or off campus. Therefore, if a particular behavior is forbidden in school, it is also forbidden on the trip. Smoking, drinking alcoholic beverages, the use of drugs, insubordination, failing to attend events as scheduled, committing pranks. Students must understand that they face school disciplinary consequences if they misbehave.

2. Student-athletes will be suspended from competition for 20% of the regular season contests of the sport in progress or the next sport in which the student will compete. If the infraction occurs with less than 20% of the season remaining, the remaining percentage will be served during the next sport the student plays.

3. Proper notification will be given to the parents/guardians regarding the infraction. The athletic director will meet with the parents/guardians upon their request.

Third offense and all subsequent offenses:

1. Regular disciplinary action of the district applies. All school and Board of Education rules and regulations are in force whenever students participate in a school sponsored event, whether on or off campus. Therefore, if a particular behavior is forbidden in school, it is also forbidden on the trip. Smoking, drinking alcoholic beverages, the use of drugs, insubordination, failing to attend events as scheduled, committing pranks. Students must understand that they face school disciplinary consequences if they misbehave.

2. Student-athletes will be suspended from competition for 40% of the regular season contests of the sport in progress or the next sport in which the student will compete. If the infraction occurs with less than 40% of the season remaining, the remaining percentage will be served during the next sport the student plays.

3. Proper notification will be given to the parents/guardians regarding the infraction. The athletic director will meet with the parents/guardians upon their request.

If a student violates this policy twice during the same season, he/she will be suspended for the remainder of that season.

C. Student-athletes shall not use, possess, sell, buy, transmit, or secrete any alcoholic beverage, narcotic or hallucinogenic drug, marijuana, barbiturate, amphetamine, non-prescription steroid, or intoxicant. Penalties for such infractions will include but are not limited to:

First offense:

1. Regular disciplinary actions of the district apply. All school and Board of Education rules and regulations are in force whenever students participate in a school sponsored event, whether on or off campus. Therefore, if a particular behavior is forbidden in school, it is also forbidden on the trip. Smoking, drinking alcoholic beverages, the use of drugs, insubordination, failing to attend events as scheduled, committing pranks. Students must understand that they face school disciplinary consequences if they misbehave.

2. Student-athletes will be suspended from competition for 20% of the regular season contests of the sport in progress or the next sport in which the student will compete. If the infraction occurs with less than 20% of the season remaining, the remaining percentage will be served during the next sport the student plays.

3. Any student who reports or makes a legitimate attempt to report his or her own policy violation to the athletic director within 48 hours of the infraction will receive a suspension reduced by 50% of the guidelines above.

4. Prior to resuming competition, the student-athlete will be tested for the use of alcohol and controlled substances and such results must be negative for the presence of alcohol and/or controlled substances. If the test returns positive, the student will be tested upon his or her request (limit once per week) until the test returns negative. The student will be responsible for the cost of all tests.

5. Before returning from suspension for the first offense, the student and his/her parent/guardian must agree for the student to submit to monthly substance abuse testing for the next four school months. The student will be responsible for the costs of the monthly tests. Failure to agree to monthly testing will result in suspension from the athletic program.

6. Proper notification will be given to the parents/guardians regarding the infraction. The athletic director will meet with the parents/guardians upon their request.

Second offense:

1. Regular disciplinary actions of the district apply. All school and Board of Education rules and regulations are in force whenever students participate in a school sponsored event, whether on or off campus. Therefore, if a particular behavior is forbidden in school, it is also forbidden on the trip. Smoking, drinking alcoholic beverages, the use of drugs, insubordination, failing to attend events as scheduled, committing pranks. Students must understand that they face school disciplinary consequences if they misbehave.

2. Student-athletes will be suspended from competition for one year.

3. For a second offense of the Athletic Controlled Substances and Alcohol Testing Policy during the student's career at Harrisburg Community Unit School District No. 3, the student will be immediately suspended from participation in any interscholastic athletic activity and/or interscholastic athletic team for one calendar year.

The student may be offered the option of returning to the athletic program after serving a suspension of 100% of a full season (Fall, Winter, Spring), including post-season play. If the suspension occurs while a sport is in progress, the percentage not served during that season will be served during the next sport in which the student participates. Only sports the student has played in the previous 365 days will count toward the Suspension

In order to be offered this option, the student must agree to the following conditions: a. undergo an assessment and treatment recommended by a certified substance abuse specialist. b. submit proof of assessment/treatment.

C. submit to a monthly substance abuse test for the first four school months after returning from suspension.

The student will be responsible for all costs related to treatment, assessment, and monthly testing.

4. Before returning from suspension from a second offense, the student must agree to submit to monthly substance abuse testing for the next 4 school months. If the student tests positive for alcohol or controlled substances during any of these monthly tests, it will be considered the student's third offense. The student will be responsible for the costs of the monthly tests. Failure to agree to monthly testing will result in suspension from the athletic program.

5. Proper notification will be given to the parents/guardians regarding the infraction. The athletic director will meet with the parents/guardians upon their request.

Third offense:

For a student's third drug or alcohol offense, the student will not be permitted to participate in any interscholastic activity or on any interscholastic team for two (2) years. OFFENSES ARE CUMULATIVE AND DO NOT BEGIN ANEW EACH YEAR. ALL OFFENSES MUST BE REPORTED TO THE ATHLETIC DIRECTOR.

D. Felony offenses:

Any student-athlete convicted of a felony will be suspended from athletics for nine academic months. The athletic director will meet with the parents/guardians upon their request.

E. Transfer rules:

If a student transfers to Harrisburg High School after having been suspended from another school's athletic program for training violations, that student will not participate in this district's athletic program until his/her suspension would have been over at the other school. If the penalty for the violation is longer at the Unit 3 school than it would have been at the school where the offense occurred, the student will be suspended according to our guidelines.

SECTION 700 STUDENTS

ADOPTED: June 30, 1998

Revised: August 18, 1998

Revised: August 21, 2007

Section - 7.246

ATHLETIC CONTROLLED SUBSTANCE AND ALCOHOL TESTING POLICY

Introduction

Student participation in District - sponsored athletics is a privilege, not a right. The use of controlled substances, alcohol, and/or anabolic steroids by students participating in athletics is hazardous to the health, safety, and welfare of the student and others. It is the policy of the Board of Education of Harrisburg Community Unit District #3 that students wishing to participate in athletics consent to be **tested** for use of controlled substances, alcohol, and anabolic steroids.

Definitions

- A. Interscholastic Athletic Activity is an athletic activity sponsored by the School District which involves athletic competition **between students** sponsored by the School District and students sponsored by other school districts or private schools.
- B. Interscholastic Athletic Team is any school-sponsored student organization which engages in interscholastic athletic activities. Such teams include, but are not limited to: Cross Country, Golf, Volleyball, Football, Basketball, Wrestling, Cheerleading, Baseball, Softball, and Track.
- C. Student-Athlete is any student who participates in any interscholastic athletic activity or on any interscholastic athletic team sponsored by the School District.
- D. Participation is the taking part or being a member of any interscholastic athletic activity or being a member of any interscholastic athletic team. For purposes of this policy, a student will be considered a participant from the time the student first attends a meeting at the start of a season until the end of the season or until the student ceases participation.
- E. Alcohol is the intoxicating agent in any beverage, mixture or preparation as defined in the Liquor Control Act, 235 ILCS 5/1 3 et. seq. The term alcohol for purposes of this policy shall also include spirits, wine and beer as defined in the Liquor Control Act.
- F. Controlled substances are those substances prohibited by the Illinois Controlled Substances Act, 720 ILCS 570/101 et. seq. and the Cannabis Control Act, 720 ILCS 550/1 et. seq.
- G. Designated Employees are those employees of Harrisburg Community Unit School District #3 that are assigned by the administration to assist in the alcohol and controlled substances testing.
- H. Review Council shall consist of a principal, the athletic director, and one coach. The Superintendent shall serve as an ex officio member of the Review Council. In no event may a coach sit on the Council when he/she has any involvement in a student matter before it.

Prohibited Conduct

Students -athletes shall not possess, sell, distribute, or be under the influence of any controlled substance, anabolic steroid or alcohol while a member of any interscholastic athletic team or during participation in any interscholastic athletic activity sponsored by the Unit 3 School District.

Required Consent

In exchange for the privilege of, and as a condition of the student's participation in any interscholastic athletic activity or team sponsored by the School District, a student and his/her parent(s)/guardian(s) must consent to an alcohol and controlled substances test randomly during his/her participation in any interscholastic athletic activity. The consent form will be provided by the district and must be returned to the Athletic Director within the first 10 days of enrolling in athletics. A student may not try out or begin participation until the signed form is returned to the Athletic Director. The signed consent shall only be valid for the school year in which the consent was signed, and a new consent must be signed each year the student wishes to participate.

SECTION 700 STUDENTS

ADOPTED: June 30, 1998

Revised: August 21, 2007

Section - 7.246 (Continued)

Testing

A. Random testing

1. The School District shall conduct unannounced random alcohol and controlled substance testing of student-athletes during each interscholastic athletic season. The student numbers shall be drawn by the Athletic Director and witnessed to by an athletic team coach. A minimum of 10 percent of participants of each athletic team will be tested during each season.
2. Each athlete selected for random alcohol and/or controlled substance testing shall proceed to the test site immediately upon notification. Failure to report to the test site by the student, unless excused from school, will result in

loss of participation in the Interscholastic athletic activity until such testing can be completed.

B. Reasonable Suspicion Testing The School District may require a student-athlete to submit to an alcohol and/or controlled substance test when a District administrator and/or coach or sponsor has reasonable suspicion to believe that the student has violated the School District's policy prohibiting the use of alcohol and/or controlled substances by students. Reasonable suspicion must be based on specific, contemporaneous, articulable observations concerning the appearance, behavior, speech or body odors of the student-athlete. The observations may include indications of the chronic withdrawal effects of controlled substances.

C. Retesting In the event a student's test is positive, the sample will be immediately sent to the lab to be retested. Designated employees and the licensed laboratory shall insure that all procedures shall be in place to insure the integrity of the retest results.

Testing Procedures

A. Preparation for Testing

The School District and laboratory conducting the tests shall develop and maintain a clear and well-documented procedure for the collection, shipment and accessioning of urine specimens. Designated employees shall be trained by the laboratory to insure compliance with the collection, shipment and accessioning of urine specimens procedures. The School District and laboratory will also develop a custody and control form to insure the integrity of the specimens provided. No personal identifying information on the student may be provided to the laboratory. The custody and control procedures must be strictly adhered to by the designated employees and laboratory. Students will be required to verify any medications being used under doctor prescription prior to the testing. Such information shall be presented to the laboratory in a sealed envelope and without prior review by any school district employee or administrator.

B. Specimen Collection Procedures

The School District will designate a collection site and have available all necessary personnel, materials, equipment, facilities and supervision to provide for the collection, security, temporary storage and shipping or transportation of urine specimens. In consultation with the laboratory, the School District will establish security and chain of custody procedures to maintain the integrity of the sample collected. The individual student's privacy rights will be maintained to the extent appropriate without compromising the test results.

C. Testing of Samples The School District will retain the services of a licensed laboratory for the purpose of testing the provided specimens and will develop procedures to insure the integrity of the sample collected. The laboratory shall only report the findings of their testing to those employees designated by the School District.

Notification of Test Results

A. The School District will notify the student and his/her parent(s)/guardian(s) of the alcohol and controlled substances test results if the test results are verified positive within 48 hours of receipt of the information by the School District. The student and his/her parent(s)/guardian(s) will also be notified of the substance(s) determined to be present in the specimen.

1. If the results are positive, the notice will include: A copy of the test results received;

If it is a first offense, the notice will contain the name, address and telephone number of the substance abuse counselor and will also advise the student and his/her parent(s)/guardian(s) of the scheduled appointment; 3. If it is a second or third offense, the dates and duration of the suspension;

A statement of the parent(s)/guardian(s) rights to request a review of the suspension by the Review Council;

SECTION 700 STUDENTS

ADOPTED: June 30, 1998

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(Continued)

5. A statement that the failure to request review by the Review council within five (5) days after the date of mailing shall be deemed a waiver of the right to review;

6. A statement of the right to be represented at the suspension review hearing by an attorney or other representative; and

7. A copy of the suspension review hearing procedures.

C. A request to review the suspension must be in writing, directed to the Superintendent's office. All notifications requesting a review shall be confirmed by a letter to the parent(s)/guardian(s). If a request for review of the suspension is timely filed, the parent(s)/guardian(s) shall be given written notification of the times and place of the review hearing,

which hearing shall be at mutually agreeable time not less than five (5) days after the written notice of the review hearing is mailed.

D. The Principal shall notify the Superintendent and Board of Education of a suspension by forwarding a copy of the parental notice of suspension to the Superintendent.

E. The School District will notify the student and his/her parent(s)/guardian(s) of the alcohol and control substances test results within 5 working days of receipt by the School District if the alcohol and controlled substances test results were negative.

Policy Violation

If a student's retest results verify the presence of alcohol or a controlled substance(s), the following procedures will be implemented:

A. Substance Abuse Assessment and Counseling--First Offense

1. Prior to any further participation in any interscholastic athletic activity or interscholastic athletic team, the student and his/her parent(s)/guardian(s) shall meet with a substance abuse counselor selected by the School District to obtain necessary releases and information. The substance abuse counselor shall also advise the parent(s)/guardian(s) of treatment recommendations. The School District will monitor the student's progress in the recommended program.

2. Failure to seek treatment as recommended by the substance abuse counselor or other treatment as agreed to by the School District and the student and/or his/her parent(s)/guardian(s) will result in the denial of participation privileges in interscholastic athletics for the remainder of the season.

3. Any student who tests positive will be immediately suspended from participation in interscholastic athletics. The duration of the suspension will be at least 20% of the regular season contests of the sport in progress or 20% of the next sport in which the student will participate. If the violation occurs with less than 20% of the season/activity remaining, the remaining percentage will be served during the next sport/activity in which the student participates.

4. Prior to resuming participation, the student will be tested for the use of alcohol and controlled substances and such results must be negative for the presence of alcohol and/or controlled substances. If the test returns positive, the student will be tested upon his or her request (limit once per week) until the test returns negative. The student will be responsible for the cost of the requested tests.

5. Before returning from suspension for a first offense, the student and his/her parent/guardian must agree to submit to monthly substance abuse testing for the next four school months. The student will be responsible for the costs of the monthly tests. Failure to agree to monthly testing will result in continued suspension from the athletic program.

6. If the parent(s)/guardian(s) disagree with the School District's determination that the student violated the Interscholastic Athletic Eligibility Controlled Substances and Alcohol Testing Policy, the parent(s)/guardian(s) may request a suspension review hearing in accordance with the procedures set forth below.

B. Second Offense

1. For a second offense of the Athletic Controlled Substances and Alcohol Testing Policy during the student's career at Harrisburg Community Unit School District No 3, the student will be immediately suspended from participation in any interscholastic athletic activity and/or interscholastic athletic team for one calendar year.

The student may be offered the option of returning to the athletic program after serving a suspension of 100% of a full season (Fall, Winter, Spring), including post-season play. If the suspension occurs while a sport is in progress, the percentage not served during that season will be served during the next sport in which the student participates. Only sports the student has played in the previous 365 days will count toward the suspension.

SECTION 700 STUDENTS

ADOPTED: June 30, 1998

Revised: August 21, 2007

Section - 7.246 (Continued)

In order to be offered this option, the student must agree to the following conditions:

A. undergo an assessment and treatment recommended by a certified substance abuse specialist. B. submit proof of assessment/ treatment.

C. submit to a monthly substance abuse test for the first four school months after returning from suspension. The student will be responsible for all costs related to treatment, assessment, and monthly testing.

2. Before returning from suspension from a second offense, the student must agree to submit to monthly substance abuse testing for the next 4 school months. If the student tests positive for alcohol or controlled substances during any of these monthly tests, it will be considered the student's third offense. The student

will be responsible for the costs of the monthly tests. Failure to agree to monthly testing will result in suspension from the athletic program.

3. If the parent(s)/guardian(s) disagree with the School District's determination that the student violated the Interscholastic Athletic Eligibility Controlled Substances and Alcohol Testing Policy, the parent(s)/guardian(s) may request a suspension review hearing in accordance with the procedures set forth below.

C. Third Offense

1. For a third offense of the Athletic Controlled Substances and Alcohol Testing Policy during the student's career at Harrisburg Community Unit School District No. 3, the student will not be permitted to participate in any Interscholastic athletic activity or on any interscholastic athletic team for two (2) calendar years.

2. If the parent(s)/guardian(s) disagree with the School District's determination that the student violated the Athletic Controlled Substances and Alcohol Testing Policy, the parent(s)/guardian(s) may request a suspension review hearing in accordance with the procedures set forth below.

Dissemination of Policy

A. This policy shall be disseminated to all students during the beginning of school or within 10 days of adoption by the Board of Education.

B. This policy will be reviewed with students by the head coach or his/her designee at the first meeting of the interscholastic athletic team or designated extra-curricular activity.

C. Students will be required to acknowledge receipt of the policy on the form contained in Appendix A.

Parent Request for Testing of Student

Upon notification to the Superintendent of Schools and upon receipt of consent for such testing, any parent/guardian of any high school or middle school student may request that their son/daughter be tested for alcohol or controlled substance abuse. The cost for such testing shall be borne by the parent/guardian.

The School District will comply with all testing procedures specified to insure the integrity of the results of such test. The School District will direct that these test results be sent to the parent/guardian requesting the testing. Unless otherwise agreed to, in writing, between the parent/guardian and School District, the School District will not review the results of such testing.

Procedures for Suspension Review Hearings

A. Hearing Structure

1. During the pendency of any Suspension Review Hearing, the student shall not be allowed to participate in any interscholastic athletic activity unless the student otherwise becomes eligible to participate under this policy.

2. The Review Council will hear any and all disputes arising under the Athletic Controlled Substances and Alcohol Testing Policy.

3. The Council shall determine whether the student violated the terms of the Athletic Controlled Substances and Alcohol Testing Policy.

4. If the Council determines that the student did not violate the terms of the Athletic Controlled Substances and Alcohol Test Policy, the Council shall expunge the student's records of all notations regarding the alleged violation of the Athletic Controlled Substances and Alcohol Testing Policy.

5. The Council will mail its decision regarding the disputed matter within 48 hours of its decision.

SECTION 700 STUDENTS

ADOPTED June 30, 1998

2. If the parent(s)/guardian(s) disagree with the School District's determination that the student violated the Controlled Substances and Alcohol Testing Policy, the parent(s)/guardian(s) may request a suspension review hearing in accordance with the procedures set forth below.

Policy Violation -- FINE ARTS

If a student's retest results verify the presence of alcohol or a controlled substance(s), the following procedures will be implemented:

The student and his/her parent(s)/guardian(s) shall meet with a substance abuse counselor selected by the School District to obtain necessary releases and information. The substance abuse counselor shall also advise

the parent(s)/guardian(s) of treatment recommendations. The School District will monitor the student's progress in the recommended program.

Policy Violation -- STUDENT DRIVERS

If a student's retest results verify the presence of alcohol or a controlled substance(s), the following procedures will be implemented:

The student and his/her parent(s)/guardian(s) shall meet with a substance abuse counselor selected by the School District to obtain necessary releases and information. The substance abuse counselor shall also advise the parent(s)/guardian(s) of treatment recommendations. The School District will monitor the student's progress in the recommended program.

Before being allowed to return to driving to school, the student and his/her parent/guardian must agree to submit to monthly substance abuse testing for the next four school months. The student will be responsible for the costs of the monthly tests. Failure to agree to monthly testing will result in continued suspension from the privilege to park on school property.

Dissemination of Policy

A. This policy shall be disseminated to all students during the beginning of school or within 10 days of adoption by the Board of Education.

B. This policy will be reviewed with students by the head coach or sponsor or his/her designee at the first meeting of the interscholastic athletic team or designated extracurricular activity.

C. Students will be required to acknowledge receipt of the policy on the form contained in Appendix A.

Parent Request for Testing of Student

Upon notification to the Superintendent of Schools and upon receipt of consent for such testing, any parent/guardian of any high school or middle school student may request that their son/daughter be tested for alcohol or controlled substance abuse. The cost for such testing shall be borne by the parent/guardian. The School District will comply with all testing procedures specified to insure the integrity of the results of such tests. The School District will direct that these test results be sent to the parent/guardian requesting the testing. Unless otherwise agreed to, in writing, between the parent/guardian and School District, the School District will not review the results of such testing.

Procedures for Suspension Review Hearings

A. Hearing Structure 1. While waiting for the Suspension Review Hearing, the student shall not be allowed to participate in any interscholastic athletic activity unless the student otherwise becomes eligible to participate under this policy.

2. The Review Council will hear any and all disputes arising under the Controlled Substances and Alcohol Testing Policy.

3. The Council shall determine whether the student violated the terms of the Controlled Substances and Alcohol Testing Policy.

SECTION 700 STUDENTS

Adopted: June 30, 1998

Revised: August 21, 2007

Section - 7.246 (Continued)

C. Appeal to the Board of Education

1. A request to review the Council's decision must be in writing, directed to the Superintendent's office. All notifications requesting a review shall be confirmed by letter to

the parent(s)/guardian(s).

2. If the parent(s)/guardian(s) request for review is timely filed, the parent(s)/guardian(s) of the student shall be given written notification of the time and place of the review meeting, which meeting shall be at a mutually agreeable time not less than five (5) days after written notification of the review meeting.
3. Prior to the date of the review meeting, the Council shall transfer to the Secretary of the Board of Education the complete record of the proceedings before it, including the transcript of the hearing, as well as its written decision.
4. At the review meeting, the Board of Education shall be limited to a review of the record of proceedings before the Council, except that the parent(s)/guardian(s) or their representative and the Athletic Director or his representative may make a statement to the Board of Education. No witnesses shall be presented by either party.
5. The Board shall hold all review meetings in closed session, except that all final action shall be taken in open session with the name of the student deleted.
6. The Board of Education may take any action regarding the suspension it deems appropriate, including overturning the Council's actions in whole or in part, or altering the term or duration of a student's suspension.
7. The Board of Education's decision is final.



(For 2026-2027 School Term)

This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

Key Provisions Regarding IHSA Rules

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic

competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

A.You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.

B.You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.

C.If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) consecutive semesters of high school attendance during which you may possibly have eligibility.

D.If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Scholastic Standing

A.You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).

B.You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian.

You may be eligible if you are entering high school as a freshman and:

A.You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or

B.In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or

C.You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or

D.You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or

E.You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or

F.You attend the private/parochial high school which one or both of your parents attended; or

G.You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

A.In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer through the on-line Transfer Management System (TMS). You cannot be eligible when you transfer until an official eligibility ruling is determined.

B.If you transfer after classes begin for the current school term, you will be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions,

team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after the IHSA sport season has begun, you will be ineligible for cross country that entire school term at the new school.

C.If you transfer attendance from one high school to another high school, you will be ineligible unless:

1.Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;

2.Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;

3.Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;

D.If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.

E.If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

F.Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.

G.In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

H.The IHSA Executive Director may grant limited eligibility if you transfer schools prior to the start of your junior year and are not otherwise in compliance with the transfer eligibility by-laws.

5. Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible regarding age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

6. Physical Examination

You must have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant, or nurse practitioner to practice or participate. Your physical

examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status and Name, Image, and Likeness (NIL)

A.If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes not to exceed \$300.

B.For participating in competition in an interscholastic sport, you may receive any type of award (except cash, check, or legal tender) that does not exceed \$150 in fair market value. There is no limitation on the value of your school letter.

C.The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kid's league, etc. It only applies to your own competition in an athletic contest.

D.If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

E.IHSA By-laws and Board Policies provide guidance and restrictions to when and how you might capitalize on your name, image, and likeness (NIL). Work closely with your principal/official representative on opportunities that come your way.

8. Recruiting of Athletes

A.The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.

B.You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with, or not connected with the school, related to athletic participation.

C.You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.

D.You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.

E.It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.

F.It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement

is not given. Please remember that you may not be offered or receive any benefit, service, privilege, or opportunity which is not also provided or made available to all prospective students at that school.

Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

A.Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:

1.During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.

2.No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.

B.Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching

personnel.

10. Playing in Non-School Competition

A. During the time you are participating on a school team in a sport at your high school, you may receive permission to play on a non-school team or compete in non-school competition as an individual in that same sport in two competitions and a third competition directly sanctioned by the National Governing Body or its junior or official Illinois affiliate. No student may participate in more than three (3) non-school competitions during a sports season.

B. Your principal/official representative must request approval of your participation through the Schools Center prior to any participation in a non-school competition.

C. If you participate in non-school competition during a sport season without approval and subsequently wish to join the school team in the same sport, you will not be eligible.

D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.

E. You will become ineligible if you participate on, practice with, or compete against any junior college, college, or university team during your high school career.

11. All-Star Participation

A. After you have completed your high school eligibility in any IHSA sport, you may participate in three (3) all-star contests.

B. You may lose your eligibility for interscholastic sports if you play in all-star competition under any other conditions.

12. Misbehavior During Contests

A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.

B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties