

**PARIS
COOPERATIVE
HIGH SCHOOL**

**EXTRACURRICULAR
POLICY**

INTRODUCTION

The program of extracurricular activities at Paris Cooperative High School offers instruction, competition as well as many activities that contribute to the overall program at the school.

STATEMENT OF PURPOSE FOR ALL EXTRA CURRICULAR PROGRAMS

- Participation in a sound extracurricular program contributes to the total development of the student.
- A sound extracurricular program teaches participants the values of cooperation as well as the spirit of competition. A student learns to work with others for the achievement of group goals, as well as individual goals.
- Activities outside of the regular school program are a wholesome equalizer because the individual is judged on what he/she can do, not on the basis of the social, ethnic, or economic group to which his/her family belongs.
- Individual school administration will provide adequate control for safety and proper atmosphere.
- Staff members are expected to conduct themselves in a manner respectful of their position.

THE EXTRACURRICULAR PROGRAM

The rules spelled out in this code will apply to members of each of the following Board of Education approved programs including but not limited to:

Category I Activities

Football
Golf (B/G)
Tennis (B/G)
Cross Country (B/G)
Volleyball
Basketball (B/G)
Baseball
Softball
Track and Field (B/G)
Cheerleading
Drama
Jazz Ensemble
Spring Musical Pit
Drill Team/Color Guard
Competition Marching Band

Category II Activities

Student Council
Class Officers
Key Club
FCCLA
Art Club
Spanish Club
French Club
SADD
FFA
Scholastic Bowl
WYSE
Pen 56
Intramurals

(B/G) = Boys and Girls Teams

REGULATORY ORGANIZATION

The National Federation of State High School Associations

Establishes rules and guidelines for various sports. State associations utilize these rules for conduction sports activities.

The Illinois High School Association

This is the state representative for the National Federation. The association is composed of high schools in the state that set policy and regulation concerning the conduct of athletic events. The association sponsors state tournaments in both boys' and girls' sports.

The Little Illini Conference

An affiliation of schools that conducts athletic events according to the rules of the National Federation, the Illinois High School Association, and other such rules, as the conference deems desirable. Conference schedules and meets are held in both boys' and girls' sports.

EXTRACURRICULAR CODE OF CONDUCT

The Extracurricular Code of Conduct consists of rules and regulation that govern the student's conduct while participating in the extracurricular program at Paris Cooperative High School. In making the decision to participate in the extracurricular programs at Paris High School, the student must make a commitment to:

1. Comply with the rules of the Illinois High School Association and the Little Illini Conference.
2. Comply with the training rules and regulation as established by the coach/sponsor of each activity in which the student is participating. The sponsor or coach(subject to the approval of the Director and athletic director) has the authority to specify additional training rules relating to health, safety, conduct, attitude and language use, and may discipline students for violations of those rules and advocates.
3. Comply with the student discipline rules and regulations as developed, set down and approved by the Board of Education.

The rules set forth in this policy are based upon the assumption that participation in the extracurricular program at Paris Cooperative High School is a privilege, not a right.

Before participating in an extracurricular activity, students and their parents must read and sign a copy of the extracurricular code. If a student chooses not to sign the code at registration, but subsequently decides to participate in an activity, Paris Cooperative High School reserves the right to investigate if there has been any previous violation of the code during the past 365 days. If a violation has occurred, the consequences will go into effect for the desired activity prior to participation.

RULES FOR PARTICIPATION

The student shall not commit any criminal offense in any jurisdiction. A report of an officer in any jurisdiction shall be investigated. The administration will investigate any incident brought forward by an individual who is willing to sign a written statement. Anonymous allegations will not be considered.

CONSEQUENCES OF VIOLATION

All suspensions will be served at the highest level of participation. A student under suspension will not be allowed to participate at any level under suspension (e.g. a student cannot serve a suspension at the J.V. level when he/she also participates at the varsity level.

First Offense:

1. A student who is found to be in violation of this code will incur a 20% suspension from the activities they are involved in. If a suspension cannot be completed before the end of the activity the remainder of the suspension will be served in the next activity.
2. In addition, the student will be required to give a 5-minute presentation to his or her sponsor/coach and the athletic director. The coach/sponsor has the option to require the presentation be given to the team/club.
3. The student athlete and his or her parents will be required to schedule and participate in a conference with the coach and athletic director before the athlete returns to playing status.

Second Offense:

1. Violation of the Rules for Participation on a second occasion within 365 days of a first violation will result in a suspension from extracurricular activities for one year (365 days) beginning the date of the second suspension.
2. Volunteer Counseling - When a 2nd offense occurs, the student and parents are encouraged to seek professional counseling at their expense.
3. The student athlete and his or her parents will be required to schedule and participate in a conference with the coach and athletic director before the athlete returns to playing status.

For both 1st and 2nd offenses---a student who remains violation free for a period of 365 days from the suspension will have a “clean record” and previous violations will not be considered in further disciplinary actions with regards to this code.

Third Offense:

1. Violation of the Rules of Participation on a third occasion within 365 days of a second offense will result in a suspension from extracurricular participation for the remainder of the high school career.
2. If a student completes counseling from a state accredited counseling program at their own expense and remains violation free for a period of at least 365 days after a third offense they may appeal to the administration for reinstatement to the extracurricular program. To be eligible for this appeal the student will need to have served a suspension of not less than two years (730 days) from the date of the second violation. Any reinstatement is subject to Board approval.

For All Offenses:

If a student may become eligible again during their high school career, they may be allowed to practice, attend games or contests as well as sit with the team at the discretion of the coach and athletic director or the sponsor and Director. The student will be subject to the same rules of conduct expected of all participants.

Students who are participating in Category I and Category II activities will be sanctioned in both for each violation. No student will be sanctioned twice in one category for a single offense. The sanctions will be imposed in both categories during the first activity following a violation.

AUTHORITY FOR DECISIONS

No student participating in extracurricular activities at Paris Cooperative High School shall participate in any action that would be considered a violation set forward in the school handbook. Including and/or

using- including consumption, attempt to use, be under the influence of, possess-including transportation in a motor vehicle, distribute; shall participate in an illicit gathering where any of the following are present and being used illegally; shall assist any other student in the use, attempted use, or distribution of the following:

A. Tobacco/Tobacco products;

B. Alcohol, Drugs, Drug Paraphernalia and “look-alikes”. Drugs generally include marijuana/cannabis and all other substances for which state and federal law makes the possession of illegal.

C. Controlled or prescription medication which is not lawfully prescribed or used according to a prescription which includes substances which are illegal and taken to enhance athletic performance.

The coach/sponsor, athletic director and director shall be responsible for decisions relative to the violation of participation rules.

Violations of the Extracurricular Code of Conduct that are not documented within one calendar year of their occurrence are not subject to the provisions of the Code.

PROCEDURES AND GUIDELINES FOR DRUG TESTING

- **A Student testing positive for an excluded substance will be considered in violation of the Extra curricular code**
- Each student shall be provided with a consent form that must be dated and signed by both the student and guardian before student is eligible to participate.
- By signing the consent form, the student and guardian agree that the student provide, at any time requested, a urine sample for drug testing.
- The Administration and/or designee will be responsible for administering the program
- The selection of students to be tested will be done randomly.
- The Administration and/or designee will employ a verifiable system of random selection.
- On being selected for testing, each student will be required to provide a urine sample, but the collection of said sample will not be observed.
- The student's number and the date shall be written on the sample bottle.
- The student and nurse will both initial the tape.
- The school nurse or designee will be responsible for overseeing the collection of the urine specimens, turning over the specimens to the laboratory courier, and keeping the chain of custody intact.
- The Administration or designee is responsible for explaining the consequences of a positive test to the student and his/her parent/guardians.
- The Administration shall be responsible for keeping a copy of the signed testing agreements, contacting and arranging testing dates with the laboratory, receiving notice of any positive results from the laboratory, contacting the student, coach/sponsor, and parent/guardian of a positive test result and conducting education program when necessary.
- If the student is taking any prescribed or over-the-counter medication, the student should inform the nurse at the time the sample is taken.
- The testing is done at a Board approved Toxicology Laboratory.
- Student urine samples will be tested for, but not limited to, tobacco, alcohol, steroids, and other illicit drugs.
- Refusal of a student to provide a specimen will be considered the same as a positive test and that student will be considered to be in a level II violation.
- If a student cannot provide a specimen, he/she will be given eight (8) ounces of water and be allowed two (2) hours to give a specimen. (Medical studies have shown that persons given this amount of fluid and time should be able to supply a sufficient specimen.
- If the urine specimen has been determined to be diluted, another specimen from the student must be obtained and tested.
- The tobacco levels of the test at the laboratory are set high enough to prevent the chance of "second-hand smoke" being the cause of positive test.
- Students subject to Paris High School's drug testing policy will be eligible for selection for twelve (12) months following the date of signing the attached agreement
- Paris High School reserves the right to test any student who, at any time, exhibits cause for reasonable suspicion of drug, alcohol, or tobacco use.

ATTENDANCE

At School:

In order to participate in a scheduled contest on a particular day, the student athlete must have been in attendance at school for at least one-half (1/2) of the day (excluding death in family, doctor's appointments, college visits). Saturday contests – students must attend one-half (1/2) day on previous attendance day. The definition of one-half (1/2) day is four periods for the regular school day and for early out days dismissing at 2:00 p.m. The student must be in attendance the entire time on early out days dismissing at 11:30 a.m.

At Practices and Games:

Student athletes must attend all practices and games unless excused by the coach prior to any absence. If a game or practice is missed and is deemed unexcused by the coach, the student may receive a penalty as determined by the coach.

CHANGE OF SPORT

Students will not be allowed to change sports during the season unless the two coaches involved agree that the change would be in the best interest of both the student and the extracurricular program and is in compliance with IHSA regulations.

ATHLETIC PARTICIPATION FEE

The school board has determined that an athletic participation fee shall be collected. Fees must be paid before the student athlete may participate in practices. No refund will be given if the athlete begins practice and later decides not to continue in the sport. If a sport employs a try-out policy and the student athlete does not make the team, a full refund will be given.

ATHLETIC EQUIPMENT

Athletes are responsible for equipment and clothing issued to them. Damaged or lost articles must be paid for at replacement cost.

PRACTICE AND GAME SCHEDULES

Coaches will provide the students and parents with a schedule concerning the days and times of practices and games.

PARENT SUPPORT

Interscholastic athletics at Paris Cooperative High School is one of the most successful parts of the school program. The success of the extracurricular program has been due in large measure to the cooperation from the parents in supporting their children and the teams. We encourage the parents to continue this support, particularly in the important areas of training and study habits. The policies outlined in this booklet are designed to be preventative in nature and to keep punitive action at a minimum.

Parents are asked to, at an appropriate time; schedule an appointment to discuss any concerns or issues with the coach or athletic director. An appropriate time is **not** just prior to, during, or just after an athletic competition.

SCHOLASTIC STANDING AND ELIGIBILITY REQUIREMENTS

Students who are not passing three credits will be determined to be ineligible and will not be allowed to participate for the next week's activities (Monday-Saturday). In order to be considered ineligible in the same class for two or more consecutive weeks, a student must be afforded a reasonable opportunity to raise their grade to passing.

1. Previous Quarter Record – A student, unless entering secondary work for the first time, must have been enrolled as a full-time student and have passed three credits the previous quarter. If a student did not pass six classes the previous quarter, he/she will be ineligible for the following quarter.
2. Previous Semester Record – A student, unless entering secondary work for the first time, must have been enrolled as a full-time student and have passed three credits the previous semester. If a student did not pass six classes the previous semester, he/she will be ineligible for the following semester.
3. Three Strike Rule – Any athlete who is academically ineligible any three weeks while participating in a sport is no longer eligible to participate in that sport for the remainder of the season.

INSURANCE

For the protection of students who participate in interscholastic or intramural athletics at Paris Cooperative High School, the school recommends that the students have insurance coverage in case of injury.

As the school does not accept any liability for such injuries, the parents are responsible for any medical costs that may occur.

A limited student accident insurance policy is available through the school. Limited coverage is provided by a private insurance company. Benefits will not exceed the stated limits in the policy. The forms for this insurance are available at the school and payment can be made there.

If you purchase student accident insurance, the school strongly urges parents to read and study the student accident insurance brochure for a thorough understanding of the limits, exclusions, coverage and proper procedures to be followed by the injured party.

Athletes must complete the Athletic Injury and Student Accident Insurance Form waiver, or sign up for the limited group insurance policy and get parental signatures. Forms must be completed and returned to the school before a student can participate.

Extra-curricular policy appeal process

STEP I

The student(s) and/or parent(s) should discuss the matter with the Athletic Director within 5 days of the time after the student and parent are notified of a violation. An oral response must be made within five (5) days (days mean business days).

STEP II

If the problem is not resolved, the parent and/or student will refer the matter to the Building Director in writing. A meeting must be held within five (5) days from notification of referral and an oral response made within five (5) days.

STEP III

If the issue is not satisfactorily resolved in Step III, the student and/or parent may appeal the matter in writing to the School Board within five (5) days from the receipt of the written response from the superintendent. The Board shall consider the appeal within thirty (30) days and a written response shall be given within five (5) days.

Concussion Policy and Procedure for Paris High School

Purpose: To establish a standard of care for the management of concussions and traumatic brain injuries for the Paris High School. This protocol will be reviewed on a yearly basis.

Concussion Oversight Team: Schools will name a Concussion Oversight Team (COT) as outlined in IHSA rules. It will consist of the Team Physician, School Nurse, Athletic Director, Certified Athletic Trainer, and other deemed necessary by each school. All Athletic Trainers employed by PCH/FMC will be members of all COT teams for each school. All members must be in compliance with the education requirements. Each school will appoint a person who is responsible for implementing and complying with Return to Learn (RTL) and Return to Play (RTP) protocols.

Injury Definition: A concussion is a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns and which may or may not involve loss of consciousness. This definition was obtained from the Youth Sports Concussion Safety Act.

Symptoms of a Concussion: Headache, “pressure in head“, nausea, vomiting, neck pain, balance problems, dizziness, vision problems, sensitivity to light noise, feeling sluggish or slowed down, feeling foggy or groggy, drowsiness, change in sleep patterns, amnesia, “don’t feel right”, fatigue or low energy, sadness, nervousness or anxiety, irritability, more emotional, confusion, concentration or memory problems, repeating the same question/comment.

Signs Observed by Teammates, Parents and Coaches: Appears dazed, vacant facial expression, confused about assignment, forgets plays, is unsure of game or score or opponent, moves clumsily or is uncoordinated, answers questions slowly, slurred speech, shows behavior or personality changes, can’t recall events prior to hit, can’t recall events after hit, seizures or convulsions, any change in typical behavior or personality, or loses consciousness.

Education:

- All high schools will provide concussion information to athletes and their parents/legal guardians prior to participation in athletics. The schools will use the concussion information sheet available from the IHSA website. These forms will be signed by athletes and their parent/legal guardians and returned to the school prior to participation in sports.
- All athletic directors, game officials and high school coaches, including employees and volunteers, will complete the online concussion awareness and education program developed by the IHSA. These are to be completed every 2 years.
- Nurses, Athletic Trainers, and Doctors need to complete continuing education for concussion management according their respective disciplines.

Implementation:

- Athletes in all sports will have a baseline examination (SCAT 3) at the beginning of the season. The reason for this is to have “baseline scores” for comparison should a student athlete sustain a concussion throughout their athletic career. A new baseline will be completed annually.
- Schools will follow the IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions. This states “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.”

- Appropriate health care professionals are defined as: physicians licensed to practice medicine in all branches in Illinois and Certified Athletic Trainers.

Post-Concussion Management:

Athletes sustaining a concussion will return to the classroom and to sports under the direction of the COT and/or the athlete’s physician.

A student removed from practice or competition may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- 1) The student has been evaluated by a treating physician or an athletic trainer
- 2) The student has successfully completed each requirement of the return to learn protocol
- 3) The student has successfully completed each requirement of the return to play protocol
- 4) The treating physician or athletic trainer has provided a written statement indicating it is safe for the student to return AND
- 5) The student and the student’s parent or guardian:
 - a. Have acknowledged that the student has completed the requirements of the RTP and RTL protocols
 - b. Have provided the written statement to the AD
 - c. Have signed a consent form (IHSA Post-Concussion Consent Form) indicating that the person signing:
 - i. Has been informed concerning and consents to the student participating in returning to play in accordance with RTP and RTL protocols
 - ii. Understands the risks associated with the student with returning to play and learn and will comply with any ongoing requirements
 - iii. Consents to the disclosure to appropriate persons, consistent with the federal HIPAA Act
 - iv. And if any, written statement from physician or athletic trainer indicating RTL and RTP recommendations.

Return-to-Learn Protocol

To initiate the return-to-learn protocol, the student must be evaluated by a licensed healthcare professional and documentation must be provided to the school.

- The protocol emphasizes allowing the student to participate in school in a modified fashion so as to not worsen symptoms. Determining “how much is too much” may be a trial and error process
- The student should be granted adequate time to complete missed academic work based on the amount to time needed for complete recovery.
- The student should report to the case manager **daily** in order to monitor symptoms and assess how the student is tolerating the accommodations, as well as assess how staff is implementing the modified learning plan.
- As the student’s recovery progresses through the outlined phases, teachers should be prepared to apply “mastery learning” criteria within their subject matter. By identifying essential academic work, teachers can facilitate recovery by reducing the student’s anxiety levels related to perceived volume of work that will be required once he/she is medically cleared to resume a full academic load.

Phase 1: No School/Complete Cognitive Rest

- **Symptom Severity:** In this phase, the student may experience high levels of symptoms that at best prohibit the student to benefit from school attendance and may cause symptoms to increase in intensity. During this stage, physical symptoms tend to be the most prominent and may interfere with even basic tasks. Many students are unable to tolerate being in the school environment due to severe headache, dizziness or sensitivity to light or noise.
- **Treatment:** Emphasis on cognitive and physical rest to allow the brain and body to rest as much as possible.
- **Intervention Examples:**
 - No school.
 - Avoid activities that exacerbate symptoms. Activities that commonly trigger symptoms include reading, video games, computer use, texting, television, and/or loud music.
 - Other symptoms “triggers” that worsen symptoms should be noted and avoided in the effort to promote healing
 - No physical activity this includes anything that increases the heart rate as this may worsen symptoms
 - No tests, quizzes or homework
 - Provide students with copies of class notes (teacher or student generated)

Phase 2:Part-Time Attendance with Accommodations

- **Symptoms Severity:** In this phase, the student’s symptoms have decreased to manageable levels. Symptoms may be exacerbated by certain mental activities that are complex or of long duration. Often student can do cognitive activities but only for very short periods of time (5-15 minutes) so need frequent breaks to rest and “recharge their batteries.”
- **Treatment:** Re-introduce to school. Avoid settings and tasks that trigger or worsen symptoms. In the first few days of returning to school the goal is not to immediately start catching up on the missed work or learn new material. Rather the initial goal is simply to make sure the student can tolerate the school environment without worsening symptoms. This means the first few days often include just sitting in class and listening (no note-taking or reading). Once the student can tolerate this, he/she can try short intervals (5-15 minutes) of cognitive work per class.
- **Intervention Examples:**
 - Part-time school attendance, with focus on the core/essential subjects and /or those which do not trigger symptoms; prioritize what classes should be attended and how often. Examples⊕1) half-days, alternating morning and afternoon classes every other day; or (2) attending every other class with rest in the nurse’s office, library or quiet location in between Symptoms reports by the student should be addressed with specific accommodations
 - Eliminate busy work or non-essential assignments in classes.
 - Limit or eliminate “screen time” (computers, phones, tablets, smart boards) reading and other visual stimuli, based on the student’s symptoms.
 - Provide student with copies of class notes (teacher or student generated)
 - No tests or quizzes.
 - Homework load based on symptoms. There should be no due dates on homework assignment. This allows students to work at pace that does not exacerbate symptoms and reduces their anxiety about completing the assignments. May students have heightened anxiety during concussion recovery and due dates exacerbate this.
 - Allow to leave class 5 minutes early to avoid noisy, crowded hallways between class changes.
 - No physical activity including gym/recess or participation in athletics.

- If this phase becomes prolonged and/or the student is unable to tolerate the school environment or do any work for even short periods of time, a tutor can be helpful (either in school or at home) to implement oral learning at a pace that does not worsen symptoms. A tutor can also help students organize their work and plan how they will spend their limited time studying (i.e. which assignment should I do first, second, third, etc.), as many students are unable to do this basic “executive function” task during concussion recovery.

Phase 3: Full-Day Attendance with Accommodations:

- **Symptoms Severity:** In this phase, the student’s symptoms are decreased in both number and severity. They may have intervals during the day when they are symptom-free. Symptoms may still be exacerbating by certain activities.
- **Treatment:** As the student improved, gradually increase demands on the brain by increasing the amount, length of time, and difficulty of academic requirements, as long as this does not worsen symptoms.
- **Interventions examples:**
 - Continue to prioritize assignments, tests and projects; limit student to one test per day with extra time to complete tests to allow for breaks as needed based on symptom severity
 - Continue to prioritize in-class learning; minimize overall workload
 - Gradually increase amount of homework.
 - Reported symptoms should be addressed by specific accommodations; Accommodations are reduced or eliminated as symptoms resolve.
 - No physical activity unless specifically prescribed by the student’s physician or healthcare provider. If the student has not resolved their symptoms after 4-6 weeks, health care providers will often prescribe light aerobic activity at a pace and duration below that which triggers symptoms. This “sub-symptom threshold exercise training” has been shown to facilitate concussion recovery. The student can do that school in place of their regular PE class, by walking, riding a stationary bike, or jogging. No contact sports are allowed until student is completely symptom-free with full days at school and no accommodations, and has received written clearance from a licensed health care professional.

Phase 4: Full-Day Attendance without Accommodations:

- **Symptom Severity:** In this phase, the student may report no symptoms or may experience mild symptoms intermittent.
- **Treatment:** accommodations are removed when student can participate fully in academic work at school and at home without triggering symptoms.
- **Intervention Examples:**
 - Construct a reasonable step-wise plan to complete missed academic work; an extended period of time is recommended in order to minimize stress
 - Physical activates as specified by student’s physician.

Phase 5: Full School and Extracurricular Involvement:

- **Symptom Severity:** no symptoms are present. Student is consistently tolerating full school days and typical academic load without triggering any symptoms.
- **Treatment:** No accommodations are needed.
- **Interventions:**
 - Before returning to physical education and/or sports, the student should receive written clearance and complete a step-wise return-to-play progression as indicated by the licensed healthcare professional.

Return-To-Play Protocol

Baseline: Back to School First

- Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has the green-light from their health care provider to begin the return to play process.

Step 1: Light Aerobic Activity

- Begin with light aerobic activity only to increase an athlete's heart rate <70%. This means about 5-15 minutes on exercise bike, walking, or light jogging. No weight lifting at this point.
- If symptom free for next 24 hours, then move to next step.
- If symptoms return, then continue to rest.

Step 2: Moderate Activity/Sports Specific Exercise

- Continue with activities to increase an athlete's heart rate <80% with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, and moderate intensity weight-lifting (less time and/or less weight from their typical routine).
- If symptom free for next 24 hours, then move to next step.
- If symptoms return, then return to previous step.

Step 3: Heavy, Non-Contact Training Drills

- Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, and regular weightlifting routine, non-contact sport-specific drill (in 3 planes of movement).
- If symptom free for next 24 hours, then move to next step.
- If symptoms return, then return to previous step.

Step 4: Practice and Full contact

- May return to practice and full contact (if appropriate for the sport) in controlled practice.
- If symptom free for next 24 hours, then return to play.
- If symptoms return, then return to previous step.

References:

1. National Athletic Trainers' Association Position Statement on Sport Concussion.
2. Youth Sports Concussion Safety Act.
3. IHSA website.
4. Sports Concussion institute website.
5. Center for Disease Control and Prevention website.

**RECEIPT FROM PARIS COOPERATIVE HIGH SCHOOL
EXTRACURRICULAR POLICY**

I received and read the copy of the Paris Cooperative High School Extracurricular Policy and agree to abide by the terms, academic and otherwise, stated herein. I understand that the rules contained in the Extracurricular Policy apply to me (student).

By signing this consent, student and parents acknowledge the school's authority to randomly test students involved in extracurricular activities and agree to comply.

In addition, the student and parents consent to the IHSA's random steroid and performance enhancing substance testing protocol.

I understand that my eligibility is conditional on my acknowledgement of receipt and reading of this Extracurricular Policy, and is validated by my signature below.

Extracurricular Activity: _____

SIGNED _____
(Participant)

DATE _____

It is strongly recommended that parents/guardians demonstrate proper sportsmanship during all activities, and act as a positive example for their children.

SIGNED _____
(Parent/Guardian)

DATE _____

INSURANCE WAIVER

The undersigned parent of _____ does hereby waive on behalf of said student and the undersigned the right to participate in the group insurance program offered to students of Paris Cooperative High School. In waiving this right to participate in the group insurance program, we understand that Paris Cooperative High School will not have any insurance coverage for hospital and medical expenses incurred by the above mentioned student as a result of his/her participation in interscholastic athletics.

We also understand and agree that Paris Cooperative High School has no responsibility for any such medical and hospital expenses incurred by the student as a result of his/her participation in interscholastic athletics unless the medical or hospital expense is incurred as a result of negligence on the part of the school.

Finally, we hereby acknowledge receipt of the Parent and Athlete Concussion Policy and Procedure Information that is a part of the Paris Cooperative High School Extracurricular Code.

Extracurricular Activity

Student Signature

Parent Signature

Date