

Chesnee High School



Student Athlete Handbook

*≈Our mission is to provide **total** commitment, in an **exceptional** educational environment by maintaining the **highest** standards for all students while simultaneously protecting and nurturing them to succeed, to enable students to become socially responsible citizens, and to prepare them to **excel** globally in **college and careers**.≈*

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I. Introductions

A. To the Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic activities. Spartanburg School District Two believes that participation in sports and other interscholastic activities offers a wealth of opportunities and experiences which will assist students in personal growth and development. Along with life lessons, interscholastic athletics exist to teach good habits of health, teamwork, sportsmanship and dedication to a common goal.

We think that a properly controlled, well-organized interscholastic activity program meets a student's needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and that furthers each student's educational maturity.

A student who elects to participate in the interscholastic program is voluntarily making a choice of self-discipline. These are the reasons we place such stress on good training habits. **Failure to comply with the rules of training and conduct will result in exclusion from participation.** This concept of self-discipline is tempered by our responsibility to recognize the rights of the individual within the objectives of the team or activity. There is no place in high school interscholastic competition for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our students to compromise with mediocrity. **Participation in interscholastic athletics is a privilege and not a right. Athletes participating for District 2 teams are role models for others in and around our community and therefore are a direct reflection of the school district at large.**

When your son/daughter enlists in one of our interscholastic programs, he/she will receive a commitment from our staff for the following:

- (1) To provide adequate equipment and facilities
- (2) To provide as well-trained coaches as possible
- (3) To provide full schedules with qualified officials as directed by South Carolina High School League

It is the role of the Department of Athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this publication for students and parents.

B. To the Student Participant

Being a member of a District Two interscholastic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great competitive tradition is not built overnight; it takes hard work from many people over many years. As a member of an interscholastic team, you will be faced with the task of maintaining an already successful tradition or the task of establishing a successful tradition.

It is not easy to build a great tradition in interscholastic competition in either athletics or academic activities. When you represent your school, we assume that you not only understand our goals and traditions, but you also are willing to assume the responsibilities that go with them. It is our hope that the contributions you make will be satisfying accomplishments for you and your family.

1. **Responsibilities to Yourself:** The most important of these responsibilities is to broaden your strength of character. You owe it to yourself to get the greatest possible benefits from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as sports, prepare you for your life as an adult.
2. **Responsibilities to Your School:** In addition to yourself, another responsibility that you assume as a participant is to your school. Your school cannot build or maintain a position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in interscholastic competition to the maximum of your ability, you are contributing to the reputation of your school. You will be expected to remain in good standing on your team by following rules established by each coach. Showing respect for others and conducting yourself so not to disrupt meetings or practice is non-negotiable. You assume a leadership role if you are on an interscholastic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the local community and other communities judge our school by your conduct and attitudes, both in and out of school. Because of your leadership role, you can contribute greatly to school spirit and community pride. Make your school and your community proud of your faithful exemplification of these ideals.
3. **Responsibilities to Others:** As a team member, you bear a heavy responsibility to your home. You should never give your family anything to be ashamed of. When you know in your heart that you have lived up to all of the training rules that you have practiced to the best of your ability every day and that you have played the game “all out”, you can maintain your self-respect. Your family can be justly proud of you and your effort.

Also remember that younger students are watching you and they will imitate you in many ways: **Do not do anything to let them down. Always set good examples for them.**

II. Interscholastic Competition Philosophy

A. Statement of Philosophy

The District Two Interscholastic Activity Program should provide a variety of experiences to aid in the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The Interscholastic Activity Program shall be conducted in accordance with existing Board of Trustees policies, rules and regulations. While the Board of Trustees takes great pride in winning, it does not condone “winning at any cost.”

It discourages any and all pressures, which might tend to neglect good sportsmanship and/or good mental health. At all times, an interscholastic activity program must be conducted in such a way as to justify it as an educational activity.

B. Athletic Goals and Objectives

The main goal of the student participant is to become a more effective citizen in a democratic society. The student participant shall learn the following objectives:

1. **To work with others** – In a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires. **All athletes are expected to attend required meetings and practices unless you have prior approval to be excused directly from the coach or school administration.**
2. **To be successful** – Our society is very competitive. We do not always win, but we succeed when we continually strive to do our best. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
3. **To develop sportsmanship** – To accept any defeat like a true sportsman involves knowing we have done our best. We must learn to treat others the way we would have the treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
4. **To improve** – Continual improvement is essential to good citizenship. As a participant, you must establish goals and you must continually try to reach those goals. Try to better yourself in the skills involved and those characteristics set forth as being desirable in your chosen activity.
5. **To enjoy participation** – It is necessary for students to enjoy participation, to acknowledge all of the personal rewards to be derived from participation, and to give sufficiently of themselves in order to preserve and improve the program.

6. **To develop desirable personal health habits** – In order to be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

III. Governance

A. The Board of Trustees

The Board of Trustees is the governing body for Spartanburg District Two. Its responsibilities include:

1. Interpreting the educational needs of the community.
2. Developing policies in accordance with federal and state mandates and in accordance with the educational needs of the people of District Two.
3. Approving means by which professional staff may make these policies effective.
4. Providing the interscholastic athletic program as a value to the community.

B. The Region

Chesnee High School is a voluntary member of the South Carolina High School League **Region II AAA**. The Region was established for the purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort. Region membership facilitates the arranging of schedules, equalizing competition, conducting Region meets/tournaments/playoffs, and determining Region championships. The Region provides each school the opportunity for competition without excessive travel and with schools of similar size. Membership requires abiding by Region schedules, rules and regulations.

C. The South Carolina High School League

All schools are voluntary members of the South Carolina High School League and compete only with member schools or out of state schools that are approved by the South Carolina High School League. As a member school system, the secondary schools of District Two agree to abide by and enforce all rules and regulations set forth by the South Carolina High School League.

The primary role of the South Carolina High School League is to maintain rules and regulations that ensure equity in competition for the students and a balance with other educational programs. The South Carolina High School League solicits input and is responsive to requests for modification from member schools, appointed committees, and coaches' associations.

IV. Requirements for Participation

A. Physical Examination

A yearly physical examination is required. The physical must be completed by a medical doctor and submitted to the coach prior to participation. The physical must be taken on or after April 1st and this physical will cover all sports from April 1st through the next school year. The form will be kept on file in the high school athletic trainer's office.

B. Risk of Participation

All athletes and parent(s)/guardian(s) must realize the risk of serious injury which may be a result of athletic participation. District Two requires Risk of Participation Forms be signed by both the athlete and parent(s)/guardian(s).

C. Emergency Medical Authorization

Each athlete's parent(s)/guardian(s) shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s)/guardian(s) are not available. The form will be kept available by the athletic department for use as needed.

D. Concussion Policy

District Two and Chesnee High School are affiliated with Greenville Health Systems and we follow the policy set by that entity.

Concussions, a type of traumatic brain injury, are serious and potential life-threatening injuries. Continued research has revealed the extent of the injury may be felt, not only in the short term, but years later if not properly identified and treated. In an attempt to maintain the safety and well-being of our student-athletes, we have a policy to identify and manage student-athletes that may suffer a concussion. This policy was developed using recommendations established by the National Athletic Training Association and the 4th international Conference on Concussion in Sport, along with research from the University of North Carolina at Chapel Hill and the University of Pittsburgh.

Definition

Concussions will be defined as a temporary impairment of mental functions, such as, but not limited to, memory, balance, and vision, which results from a direct or indirect injury to the brain. Terminology regarding concussions will no longer include severity (mild, moderate, severe) or the use of slang ("bell rung", "seeing stars", "dinged"). It is important to note that no two concussions are identical and treatment will be determined on a case by case basis to meet the needs of the patient. *For the full policy and management protocols, please see school website.*

Education and Risk Acknowledgment

1. All student-athletes and parents must read the CDC Concussion Fact Sheet and sign the Student-Athlete/Parent Concussion Statement acknowledging that:
 - a. They have read and understand the CDC Concussion Fact Sheet
 - b. They accept responsibility for reporting all injuries and illnesses of themselves and others to the school medical staff and/or school personnel, including signs and symptoms of concussion.
2. All coaches (head coaches and assistant coaches) must sign the Coaches Concussion Statement acknowledging that:
 - a. They have taken and passed the NFHS *Concussion in Sport* Course
 - b. Will encourage student-athletes to report any suspected injuries and illnesses to the medical staff and/or school personnel, including signs and symptoms of concussion.
 - c. Have read and understood the concussion policy.
3. The medical staff must acknowledge that they have read and understand the concussion policy.
4. Head coaches of each respective sport will be required to direct the signing and collection of the aforementioned documents from their staffs and student-athletes. Head coaches will also be responsible for making certain that all required student-athletes have completed the required baseline neurocognitive and balance screening. Student-athletes will not be eligible for participation until their documentation has been received and baseline screening completed.

Management of Concussions

1. The management of a concussion begins with pre-season baseline screening.
 - a. Screening will involve a graded symptom checklist (GSC) and sideline assessment tool (SCAT3) alone with computerized neurocognitive (e.g. ImpACT) and balance (e.g. BESS) assessments.
 - b. Student-athletes to be tested include: students entering the 9th and 11th grades, transfer students, and student-athletes who suffered a concussion in the previous year.
 - c. All testing must be completed before a student-athlete is eligible for participation.
 - d. The following sports are considered at-risk and require baseline testing: baseball, basketball (boys and girls), cheerleading, football, lacrosse (boys and girls), soccer (boys and girls), softball, track and field (field events only), volleyball, and wrestling.
 - i. Student-athletes who are not baseline tested will have their post-concussion testing scores compared to currently available normative data.

- e. The medical staff will be responsible for conducting and documenting baseline screening results.
2. Any student-athlete who presents with concussion signs and/or symptoms should be removed from play immediately.
 - a. If a team physician or athletic trainer is present, the student-athlete should be referred to that individual for a thorough concussion evaluation.
 - b. No student-athlete suspected to have suffered a concussion will return to play on the same day. Student-athletes will only be permitted to return to activity if a team physician or athletic trainer determines that no concussion has occurred and return to play is safe.
 - c. If the team physician or athletic trainer is not present, the head coach will be responsible for removing the student-athlete from activity and notifying the student-athlete's parent(s)/guardian and school athletic trainer.
 - d. All student-athletes must have their parent(s)/guardian notified if a concussion is suspected.
 - i. Student-athletes with a suspected concussion are only to be released to the direct care of their parent(s)/guardian unless emergency transportation is necessary.
 - ii. Instructions regarding the home care of a concussion should always be given to parent(s)/guardians before the student-athlete is released. These instructions should be given verbally and written with any questions addressed.
3. Following the diagnosis of a concussion, the athletic trainer will coordinate with the treating physician to determine a concussion management plan. Only MDs or Dos who have training in the management of concussions can direct the management plan.
 - a. Cognitive rest is necessary during the early treatment of concussion and should be included in the concussion management plan.
 - i. Activities that worsen symptoms (e.g. school work or computer use) should be withheld until deemed appropriate by the medical staff.
 - b. Concussion management plans will consist of appropriate post-concussion evaluation, which may include balance and neurocognitive assessments, and a graduated return to play progression.
4. The graduated return to play (RTP) progression can begin once the student-athlete has been symptom free for 24 hours or through the direction of the treating physician.
 - a. The graduated RTP protocol consists of 5 stages conducted in the presence of an ATC.
 - b. Signs and symptoms should be assessed before, during, and after each stage is conducted.
 - c. Each stage must be separated by at least 24 hours.
 - d. If a student-athlete becomes symptomatic during the prescribed activity, the test should be stopped immediately. The student-athlete can begin at the previous stage after remaining asymptomatic for 24 hours.
 - e. The graduated RTP progression can be found at the end of the policy.

- f. Student-athletes must be cleared by the treating physician to progress to the contact stages of the graduated RTP protocol.
 - i. Repeat balance and neurocognitive testing will be considered by the treating physician before advancement.
5. Student-athletes diagnosed with a concussion will not be permitted to return to full unrestricted activity until all of the following conditions have been met:
 - a. The student-athlete no longer presents with signs and/or symptoms of concussion
 - b. The student-athlete completes the graduated RTP progression while remaining asymptomatic
 - c. The student-athlete obtains a written medical release from a physician (MD or DO) trained in concussion management
 - i. The written medical release must be documented on a concussion-specific return to participation form

***Please note: Concussion management is a widely studied topic and advancements in treatment occur frequently. This policy will be updated as needed to stay current with the latest research and methodology.

E. Insurance

Athletic Coverage is an 80% coinsurance plan which means that it will cover 80% of the portion that the parent's insurance does not cover. For example, if the parent has health insurance coverage of 70/30, this plan will pay 80% of the 30% uncovered. The parents will have to file first with their insurance and submit the actual bills and the Explanation of Benefits (EOB) from their insurance that shows the uncovered portion, generally referred to as "Patient Liability".

F. Parental Acknowledgment of the Athletic Policies

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics. Each parent(s)/guardian(s) shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school system. The signed document will be filed in the athletic office.

G. Scholastic Eligibility

In order to participate in an interscholastic activity, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

1. Student entering the 9th grade must have been promoted from their middle school.
2. The following pertain to all other students:
 - a. Overall passing average

- b. See attachment

H. Other South Carolina High School League Eligibility Rules

1. A student who turns 19 prior to July 1 cannot participate the following year.
2. Once a student enters the 9th grade, he/she will have four successive years in which to participate provided he/she does not exceed the age requirement. This is referred to as the "8 semester rule" in the South Carolina High School League Constitution and By-Laws.
3. Transfer students must comply with South Carolina High School League transfer rule. If you are a transfer student, immediately contact your coach so that he/she can determine if you are in compliance with the transfer rule.

V. Athletic Codes of Conduct

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department and school. The community, school administrators, and the coaching staff believe strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of the student is our major consideration and transcends any other consideration. All students shall abide by a code of ethics, which will earn them honor, and respect that participation and competition in the interscholastic activity program affords. Any conduct, which results in dishonor to the athlete, the team, the school, or the community, will not be tolerated.

A. Ethics Rule

Acts of unacceptable conduct, such as, but not limited to, disruption of school, theft, vandalism disrespect, or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate coach, the athletic director, and the principal shall meet and determine the penalty according to the degree of the infraction. The penalty may range from extra work and/or suspension to forfeiture of athletic participation.

B. Training Rules and Regulations

We cannot compromise participation in interscholastic activities with substance abuse. The student-athlete who uses tobacco, alcohol, illegal drugs, or any type of mood altering substance found in legal over-the-counter products, jeopardizes team morale, team reputation, and team success and does physical harm to himself/herself. Students have to decide for themselves whether or not they want to participate in our interscholastic program. **If you wish to participate, you must make a commitment. A big part of this commitment is following a simple set of training rules which the school system believes to be fair.**

1. **Use of Tobacco** – Research emphasizes that the use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young competitors, and any deviation from accepted training rules marks one as unwilling to pay the price of competition and commitment. If one squad member breaks the rule, the whole team’s reputation is damaged. **This rule means no use of tobacco all year, in or out of season.**
2. **Use of Alcoholic Beverages** – There is no way to justify a competitor’s use of alcoholic beverages, even though social pressure may be hard to resist. **This rule means no use of alcoholic beverages all year, in or out of season.**
3. **Use of Illegal Drugs or Mood-Altering Substances** – Simply stated, drug abuse will not be tolerated. The use or misuse of drugs or chemicals is a social problem. Students with a strong sense of purpose have no need for mood modifiers. **This rule for drugs/chemical abuse is in effect all year, in or out of season.**

C. Penalties for Violation of Training Rules

1. **Tobacco Violations:**

1st offense: Forfeiture of playing in 20% of the scheduled regular season contests and all-pre-season scrimmages and tournaments. Student must attend a counseling program run by an agency designated by the district.

2nd offense: Athlete will be suspended from the team for the remainder of the season.

3rd offense: Athlete is suspended for the remainder of the current season and the sports season after that.

4th offense: Exclusion from all athletic activities for the remainder of their high school career.

2. **Drugs/Alcohol Violations:**

1st offense: Forfeiture of playing in 20% of the scheduled regular season contests and all-pre-season scrimmages and tournaments. Student must attend a drug/alcohol program run by an agency designated by the district.

2nd offense: Athlete is suspended from the team for the season.

3rd offense: Athlete is suspended for the remainder of the season and sports season after that.

4th offense: Exclusion from all athletic activities for the remainder of their high school career.

3. Appeal:

The student found in violation for a 4th offense has the right to an appeal after one calendar year from the determination of guilt. The appeal for reinstatement is contingent upon substantial proof of rehabilitation and will be made to the principal, athletic director, and the head coach.

4. Arrests, Probation, Investigations:

An athlete arrested, under investigation, on probation, etc., will be suspended from competition until cleared by the principal (excluding minor violations such as traffic).

5. Suspended Athletes:

Suspended athletes will not be allowed to sit on the bench or be in a designated team area during the games they are suspended, nor will they be allowed to travel with the team if the game they are suspended from is an away game.

6. Medical Situations:

Athletes that are deemed medically unfit to participate fully in the sport may be removed from the athletic team until they are ruled fit to participate completely in the sport by a licensed medical physician.

D. Individual Coaches Rules

Coaches will establish rules and regulations with the approval of the athletic director for their respective sports. These rules, as pertaining to a particular activity, must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will be in writing and shall be administered by the coach. Copies of all team rules are on file in the athletic office.

VI. Basic Interscholastic Participation Policies

A. Participation

A student may participate in only one sport per season unless two coaches/sponsors agree to the student's competing in both activities and priorities are set to settle conflicts before the season. When a student wishes to compete in more than one sport during a season, coaches are encouraged to cooperate with the student so this may happen. Sometimes, however, fulfilling the requirements of both sports may not be possible.

B. Dropping or Transferring Sports

1. Quitting is an intolerable habit to acquire. A quitter may lose the privilege of participating in the interscholastic program.
2. If a student quits a sport, that student cannot begin a new sport until the entire season of the sport in which he/she is currently involved is completed.

C. Equipment

School equipment issued to the student/athlete is the student's responsibility. Loss of any equipment is the athlete's financial obligation, and failing to meet the obligation can result in the denial of participation in our program. **A student will not be allowed to tryout or participate in a sport until all school-issued equipment has been turned in or replaced at student expense.**

D. College Recruitment Policy

In the event that a student athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of the contact as soon as possible. College recruitment information is available in the athletic office or counseling office.

E. Conflicts in Extracurricular Activities

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

1. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.
2. When a conflict does arise, the sponsors/coaches will work out a solution so that the student does not get caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:
 - The relative importance of each event to the school.
 - The importance of each event to the student.
 - The relative contribution the student can make.
 - How long each event has been scheduled.
 - The opinion of the parents.

F. Attendance

Students marked absent over half of the school day will not be able to play in a contest or practice on that date. (There may be extenuating circumstances that would allow the student to participate if absent, but this would be up to the discretion of the Principal/Athletic Director) Students absent from school on the day prior to a non-school day will be eligible to participate the day after the absence.

G. In-School and Out-of-School Suspension

Students will not be allowed to participate until they have served their suspension. There will be no adjustments made to suspension days to allow a student to participate in any activities.

Penalties for In-School and Out-of-School Suspensions will be determined by the Coach, Athletic Director, and Principal.

The Chesnee High School Principal, Athletic Director and Coaches have agreed that students receiving ISS or OSS will not be allowed to participate in any activities on the days they are serving the suspension. In addition, a student athlete in season will sit out their next scheduled game or match. Subsequent violations that result in ISS/OSS will also merit one game suspension.

Student athletes repeatedly violating school or athletic policies resulting in multiple suspensions (ISS/OSS) may face dismissal from the team/sports program.

H. Release from Class

It is the responsibility of the student to see his/her teacher(s) the day before they are to be released to participate in an interscholastic activity. All work shall be made up at the convenience of the teacher.

I. Squad Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the interscholastic program while at our school, we encourage coaches to keep as many students as they can without compromising the integrity of their program. Time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any particular activity. Choosing the members of athletic squads is the responsibility of the coaches of those squads.

J. Reporting of Injury

All injuries that occur while participating in athletics should be reported immediately to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be

necessary to have an injury report form completed. Once a physician treats a student, the athlete must obtain written permission from the doctor to return to the activity.

VII. Suspension/Appeals Procedure

The following regulations shall be observed in the administration of the interscholastic athletic program:

A. General

1. Each coach may develop rules for his/her team. These rules must be on file in the athletic director's office. Students are to be notified in writing by the coach of both general rules and the teams' specific rules.
2. The team's coach must administer reasonable disciplinary action for violation of these rules including suspension from the activity for a temporary period or removal from the team altogether.
3. Violation of these rules may result immediately in disciplinary actions, suspension or removal from the team by the coach. In these violations, the coach must follow the procedures as outlined in B and C below.
4. Violation of the coach's specific rules may result in suspension from the team only; however, before denying participation in the activity, the coach will communicate with parents, discuss the situation with the student and administer other appropriate disciplinary action.

B. Temporary Denial/Permanent Denial of Participation

1. Temporary denial is defined as any suspension less than a permanent denial of participation.
2. When a coach denies participation of a student in an activity group, the student must be informed of the intended action. It is then the responsibility of the coach to discuss the situation with the student and then determine whether or not to deny the student participation.

C. Permanent Denial of Participation

1. If a student is to be permanently denied participation in an activity, the coach shall notify the student after discussing the situation with the athletic director.

Attachment for Academic Eligibility

To be eligible in the first semester, a student must pass a minimum of five Carnegie units applicable toward a high school diploma during the previous year. At least two units must have been passed during the second semester or summer school.

To be eligible during the second semester, the student must meet one of the following conditions:

1. If the student met first semester eligibility requirements, then he or she must pass the equivalent of four $\frac{1}{2}$ units during the first semester.
2. If the student did not meet first semester eligibility requirements, then he or she must pass the equivalent of five $\frac{1}{2}$ units during the first semester.

*NOTE: In most cases on a traditional or AB block schedule, the following example would apply:

- If eligible first semester, must pass four subjects.
- If not eligible first semester, must pass five subjects.
- In a 4x4 block schedule where units or $\frac{1}{2}$ units are granted at the end of the first semester, the following will apply:
 - If eligible first semester, must earn 2 units.
 - If not eligible first semester, must earn 2 $\frac{1}{2}$ units.

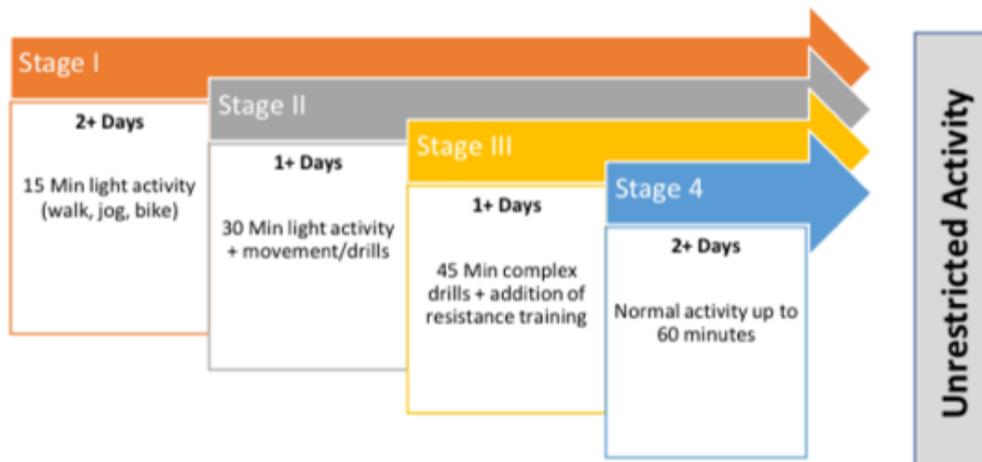
COVID Positive Return to Play

Return to Play (RTP) after Covid-19 Infection / Positive Covid-19 Test

Starting Return to Play

- No physical activity while symptomatic.
- No physical activity until cleared for sports by a medical provider.
- Must be symptom free at least 7 days prior to initiating return to play activity.
- If at ANY point during return to play an athlete experiences cardiac symptoms, physical activity should be stopped. The athlete should return to the clearing physician for evaluation and referral to cardiology before resuming physical activity.

Return to Play Progression



Recommendations based on published guidelines:

1. Elliott N, et al. Graduated return to play guidance following Covid-19 infection. BJSM (2020).
2. NCAA and AMSSM. Cardiac Considerations for College Student-Athletes during the Covid-19 Pandemic. (2020).

ATHLETIC RESPONSIBILITY ACKNOWLEDGMENT

Athlete's Name: _____ **Year:** _____

Prior to participating in any practice or tryout sessions for any interscholastic sport, each athlete must:

1. Successfully pass a physical examination by a registered physician and the copy of such examination must be on file in the office of the Athletic Director. One current physical examination per year is sufficient for all sports during that school year.
2. Return to his/her coach the Athletic Responsibility Acknowledgement Form properly signed.
3. Properly fill out and return to the coach the Emergency Medical Form.

As a District Two student athlete participating voluntarily in interscholastic athletics, I pledge that:

1. I will abide by the District Two School System's student code of conduct, the school's Athletic Handbook, the coaches team rules, and the rules of the SCHSL.
2. I will conduct myself in an exemplary social manner at all times
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol, or narcotics. If I do use any of these substances, am in possession of such substances, or am suspended from school for use or possession of these substances, I will be subject to disciplinary actions as outlined in the athletic handbook.
5. I acknowledge that I have been properly advised, cautioned, and warned by administrative and coaching personnel of the District Two School System that I am exposing myself to the risk of injury, including but not limited to, risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
6. I, along with my parents, certify that I have read and understand all of the District Two School System's Athletic Policies in the athletic handbook and in order to be eligible for participation, I must comply with all requirements listed.

Student' Signature: _____ **Date:** _____

Parent's Signature: _____ **Date:** _____