

# **ATHLETIC HANDBOOK**

## **BUSHNELL-PRAIRIE CITY SCHOOL DISTRICT #170**

### **Statement of Philosophy**

We believe that interscholastic athletics are an integral part of the total curriculum of Bushnell-Prairie City High School and Bushnell-Prairie City Junior High. It is our goal to develop and conduct an athletic program that is consistent with the philosophy of education of Bushnell-Prairie City School District #170. It is believed that in order to have a sound, well-rounded athletic program the following statements must be part of our overall philosophy:

- Athletics must be for all students who are physically able to participate.
- Athletics must be educational and must
  - contain desirable learning experiences,
  - fit harmoniously in the overall educational program,
  - be controlled by the established local and state authorities, and
  - have leadership by certified personnel as sanctioned by I.H.S.A and I.E.S.A
- Athletics should promote
  - improvement of health and happiness,
  - development of physical skills,
  - emotional skills development,
  - showing of social competence,
  - displaying of high moral values,
  - encouragement of a sense of cooperation,
  - expression of spirit of competition,
  - development of self-control,
  - understanding of democratic processes, and
  - realization of the values of group goals.
- Judgment on the ability of an athlete should be based on what the participant can do, not who he/she is socially, ethnically or economically.
- Junior high athletic program should always be instructional with the emphasis on fun, physical development, skills, social experience and good sportsmanship.
- Varsity athletic program will be treated as a competitive event. The goal of the varsity program is to field the most competitive team possible.
- Students may not participate in more than one sport at a time.

### **Responsibilities of Participants**

The privilege of participation in our athletic program is extended to students, providing they are willing to assume certain responsibilities. The athlete's greatest responsibility is to be a credit to yourself, your parents, your school, and your community. Therefore, the following is required:

- Display high standards of acceptable social behavior. Failure to do so will result in discipline from the head coach.
- Display outstanding sportsmanship.
  - Pay proper respect to our flag.

- Pay proper respect to your opponent.
  - Pay proper respect to your game officials.
  - Pay proper respect to your coaches and teammates.
- Athletes should remember that they are students first and athletes second.

### **Guidelines for Eligibility**

Bushnell-Prairie City is a member of the Illinois Elementary Association.

Bushnell-Prairie City and the BWP Cooperative are members of the Illinois High School as well as the Prairieland Conference. In order to represent Bushnell-Prairie City and/or the BWP Cooperative in any interscholastic competition, a student must:

- Meet all eligibility rules of the I.H.S.A & I.E.S.A as well as those of the cooperative (see Academic Eligibility Policy). All students must pass all course work in order participate in extracurricular activities. (NO PASS, NO PLAY)
- Turn in a physical examination card to the coach or office
- Meet the requirements for insurance (purchase or signed waiver)
- Have the student handbook signature card signed by parent or guardian and athlete before competing
- Sign the drug testing consent/authorization form before competing

A student may not participate nor practice until both insurance and physical requirements are met. No player will be allowed to ride the bus to games without the medical release form.

### **Duration of Athletic Policies**

- The guidelines included in this athletic policy are *in effect year round*.
- Violations will be tabulated in each category for the “career” of the student-athlete. The student athlete will have two careers: one in grades 6 through 8, and one in 9 through 12. After completing the 8<sup>th</sup> grade year, the student-athlete will, as with their GPA, begin a new “athletic career” with zero violations.
- A student in each cooperative participating school is considered an athlete from the point in his/her career in which he/she first became a participant, and continues until that career segment ends.
- When a violation occurs while a student athlete is not in a season, the consequences will be administered during their next active participation. For the consequences to be served, a student-athlete must successfully complete the season in which the consequences are served.
- If a violation occurs during the student athlete’s 6-8 career segment, the student athlete will serve the consequences for his/her actions during his/her next active participation. These consequences could carry over to his/her 9-12 career, after which the student athlete would be considered to have zero violations for that career segment.

### **Athletic Training Rules**

Athletes are leaders in their school and community. They are expected to set a good example in regard to conduct, personal grooming, and dress appropriate to time and place. Their actions and appearance reflect upon their parents, school, athletic program, community, and themselves.

Training is a year-round proposition. Candidates for any team in the cooperative are expected to adhere to the following requirements before, during, and after the season, as well as during the summer months. Athletic pride and the desire to maintain good health choices make following these rules an easy task for athletes.

The coaching staff, administration and board of education developed this Athletic Handbook. To be considered in violation of this handbook, a student athlete must be personally observed, or admit to guilt to a violation (forthright clause).

The student athlete in violation of training rules will not dress in the team uniform, but will be there on the sidelines in street clothes. This can carry over into the following sports season. Penalties will be carried into the following season, which he/she participates and will be calculated on a weighted percentage. Students must complete the season in good standing in the sport during which the consequences are being served in order for the consequences to count.

Scheduled contests for calculation of consequence means scheduled season games, plus guaranteed games of tournaments, plus the first game of the State series. As such an athlete found in violation later in the season could possibly lose the opportunity to play for the remainder of the season.

### **Student Athlete Concussions and Head Injuries**

A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game will be removed from participation or competition at that time. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

### **Participation Fee**

Bushnell-Prairie City CUSD #170 has adopted athletic participation fees as follows: \$30 per individual sport up to maximum of \$90 per individual student with a maximum per family of \$180. The participation fee for the current sport

must be paid at the beginning of the season. Athletes will not be given a uniform or allowed to participate in contests until the participation fee has been paid.

### **Drugs, Alcohol, and Tobacco**

Student athletes who drink alcohol, use tobacco, use e-cigarettes, or vape or are guilty of use, sale, distribution, or possession of alcohol, illegal drugs, drug paraphernalia, or are on the premises where you know underage drinking is taking place, will incur the following.

NOTE: Failure to complete any aspect of this policy will result in an automatic suspension from any athletic activity until he/she satisfies the above requirements.

#### **First Offense**

- Have a conference with the head coach.
- Complete added conditioning at coach's discretion.
- Miss 40% of scheduled contests rounded to nearest whole #.
- The athlete must agree to enter into and maintain eligibility in an evaluation program at a recognized institution for the purpose of determining the extent of their substance problem. All costs associated with the evaluation, including counseling and /or substance treatment programs, will be the responsibility of the athlete. Neither cooperative District shall assume financial responsibility for the evaluation, diagnosis, or treatment.
- The athlete and parents/legal guardian must agree to have the athlete tested at each subsequent testing date for one calendar year at the expense of the athlete or parent/legal guardian.

#### **Second Offense**

- Be dismissed from the squad immediately. Will be denied participation in any sport for one calendar year from the date of the infraction.
- Must re-enter into an evaluation program, and then following treatment, may appeal this action to the Athletic Council to regain eligibility in athletics.

#### **Third Offense**

- This would also include a situation that would involve two or more sport seasons. Once a total of three is reached, the athlete will no longer be able to participate in cooperative athletics outlined in this policy.

### **Citizenship Clause**

Students who are charged or arrested for any major traffic, conservation, or criminal code violation including, but not limited to, a felony, theft, battery, assault, vandalism, gang activity or any other violation that involves the potential of serious harm to persons or property will result in the following:

1. The student will be suspended from all extracurricular activities from one contest/activity to one calendar year depending upon the severity of the violation determined by the Athletic Council.
2. The Athletic Council may add any supplementary suspension to a sport unit suspension of a drug or alcohol violation based upon the severity of the drug or alcohol offense.

**NOTE:** Opting to take informal supervision or any other form of probation to avoid a criminal record will be considered for this policy as an admission of guilt.

### **Missed Practice**

This means missing practice without contacting your coach before the practice.

#### **First Offense**

- 5 minutes running at the conclusion of practice for 5 practice days.

#### **Second Offense**

- Conference with the head coach
- 15 minutes running at the conclusion of practice for 5 practice days
- Miss 20% of scheduled contests

#### **Third Offense**

- Dismissed from the squad immediately.

### **Curfew**

Sunday through Thursday – 10:30 p.m.; Friday and Saturday – 12:30 a.m.; Night before a game or match – 10:00 p.m.

*NOTE: If accompanied by parents/legal guardian, this does not apply. If event requires more time, it should be arranged with the coach ahead of time.*

#### **First Offense**

- Conference with the head coach

#### **Second Offense**

- Benched in street clothes for the next event and 15 minutes of running for five (5) days.

#### **Third Offense**

- Dismissed from the squad immediately.

### **Quitting the Team**

If an athlete decides to drop a sport, he/she will be expected to handle it as if they were terminating an employment. If this is not done in an acceptable manner, the athlete should realize that they are in danger of being refused the

opportunity to participate in athletics for the remainder of that school year. The following procedure must be adhered to when terminating participation:

**Step One**

- By dropping a sport, the athlete forfeits the opportunity to win any awards.

**Step Two**

- See both his/her coaches and the head coach of that sport and explain the reason for deciding that they will no longer participate.
- Return any equipment that has been checked out.
- Ask the head coach of the sport being dropped for permission to participate in additional sports in the school – providing there is interest in further participation.

**Flagrant Disregard of Discipline or Disrespect**

Any act of harassment, outright insubordination or disrespect to coaches/staff/others, or any act deemed a safety situation as defined by each District's Code of Conduct will result in immediate dismissal from the team and suspension from all athletic activities for one calendar year from the date of suspension.

If the student-athlete wishes to participate in any additional sports, he will be expected to meet before the Athletic Council to explain his/her behavior and apply for reinstatement to the athletic program. The Athletic Council will make the final decision. Every head coach in each sport has the right and responsibility to discipline and/or drop a member from the squad for any flagrant violation of conduct not mentioned previously.

**Serious Discipline or Disrespect**

Acts such as, but not limited to serious judgment errors, deliberate unsportsmanlike conduct, disregard for the rights of others may result in the following:

1. Suspension from the team for the rest of the season.
2. Suspension of attendance privileges for home athletic events for the remainder of the season.
3. Suspension from the use of any athletic equipment [other than in PE class] for the remainder of the season.

**Grooming**

Jewelry is not to be worn during athletic contests. Hair is to be kept out of the eyes to avoid interference with competition.

**Forthright Clause**

An athlete who is in violation of this athletic handbook has the opportunity to come forward and admit guilt for the offense, and thus a 10% reduction in the number of contests suspended will occur.

- The athlete will be given only until the beginning of the next school day, or 24 hours if school is not in session, to come forth with this admission of guilt.
- This forthright clause is applicable one time only for any offense during an athlete's athletic career in the cooperative.
- If an athletic department member personally witnesses a violation, the forthright clause is invalid.

### **Due Process: Athletic Council**

Any athlete may request to meet with the Athletic Council by submitting a request to the Building Principal and Athletic Director. The Council reserves the right to meet concerning any athletic code violation. Due to extenuating circumstances, the Athletic Council reserves the right to recommend a student athlete for expulsion for a first offense violation for the use, possession, or sale of alcohol, drugs, drug paraphernalia, or look-alike drugs.

- The Athletic Council shall consist of the following people:
  - Building principals-both districts,
  - Athletic directors-both districts,
  - Head coach of each sport at the student's building level,
  - Coach to which the incident pertains
- The Athletic Council will rule on any situation not covered specifically in this handbook and allow the student-athlete an opportunity to receive due process in his/her situation.
- If a question arises concerning interpretation or enforcement of any portion of this policy, please contact the Athletic Director to set up an appointment to clarify the situation, or to schedule a meeting with the Athletic Council.

### **Academic Eligibility**

The Cooperative requires the following academic eligibility requirements for participation in extracurricular activities: passing work in all credit hours of schoolwork per eligibility period. Passing work shall be defined as work of such a grade that if on any given date a student should transfer to another school, passing grades for the courses would immediately be certified on the student athlete's transcript to the transfer school. Suspension for grade ineligibility is in effect from Monday through Sunday of the following week. After three weeks of ineligibility the student may be asked by the coach to resign from the team. Only students who are currently eligible to participate in an interscholastic athletic contest shall appear at the contest in the uniform of their school. (IHSA 3.141)

### **Attendance/Absence from School**

A student must be in school attendance by 11:00 a.m. on the day of an athletic or extracurricular event. The student must be in attendance for the entire second half of that day. A prearranged absence (such as doctor appointments) can be excused.

### **Transportation**

Student athletes are required to use school transportation to athletic contests and are encouraged to use school transportation to return to school from athletic contests. On those occasions when parents request that their son or daughter ride home with them, the following guidelines will be in effect:

1. The student athlete can only ride home with the parent. Special permission can be given only by the building principal.
2. Parents must sign their children out on the coach's sign out sheet.

### **Sportsmanship Code**

B-PC will be working to improve sportsmanship throughout our athletic seasons. The values learned in athletic competition are ones that last a lifetime. The positive actions by a coach, athlete, parent or spectator at an event can influence how our school district is perceived in our community and the communities of those we meet on the field of play.

Unfortunately, in the past, we have had problems with sportsmanship from our fans. Therefore, we will be working to improve sportsmanship by establishing a sportsmanship code. Fans are encouraged to come and support their team. The following will not be tolerated:

1. Criticizing coach
2. Criticizing players
3. Singling out players through negative comments
4. Coaching from the stands
5. Constant negative criticism of officials
6. Using vulgar or obscene language

The following is encouraged:

1. Positive support of the team
2. Encouraging players
3. Encouraging fair play and sportsmanship

Failure to comply with our sportsmanship code could result in being suspended or banned from athletic contests. We are asking for your support in promoting good sportsmanship for the good of our programs and our athletes. To show our sincerity in improving sportsmanship, we are requiring each parent to sign a commitment. This must be signed and returned before your athlete can participate in any scheduled extracurricular contest.

### **Conferencing with the Coaches**

We welcome conferences with our coaching staff. There are certain areas of coaching that are the coach's prerogative and are not subject to conferencing. Those areas not subject to conferencing include:

1. Coaching strategies
2. Substitutions
3. Playing time

Coaches are willing to meet and discuss:

1. Academic concerns
2. Player improvement
3. Sportsmanship

Athletes are encouraged to see the coach first if there is a problem. If a student athlete is not able to resolve an issue, please adhere to the following when scheduling a conference with a coach:

1. Conferences will not be held on game day, especially after a game.
2. Appointments must be scheduled through the office.
3. When scheduling an appointment, please state the reason for the conference.
4. Conferences will be done individually, not as a group.

### **Athletic Awards**

B-PC High School honors athletic achievement with two types of awards: numerals and varsity letters. Each athlete at B-PC will be awarded (upon earning) one set of numerals and one varsity letter. After the participant earns his/her first letter, only inserts will be awarded. Numerals are earned by underclassmen who meet the outlined criteria while a varsity letter is earned by meeting the criteria for achievement with other types of awards such as trophies, certificates, etc.

All awards are earned according to certain criteria regarding each sport activity.

Participant must be in attendance at awards banquets, or awards assemblies as they pertain to individual programs, unless special arrangements have been made with the coach in advance. Participants must finish the season in good standing.

### **The Spartan/Lady Spartan Athlete Award (High School)**

The purpose of the award is to recognize the seniors who have committed themselves to Bushnell-Prairie City High School athletics in the Spartan spirit. This award is given annually to any senior who has participated in, and finished in good standing, 12 out of 12 sport seasons during their high school career.

### **Bushnell Prairie City District #170, Drug Testing Program**

#### **Mission Statement**

Recognizing that observed and suspected use of alcohol and illicit drugs by Cooperative students is increasing, a program of deterrence will be instituted as a proactive approach to a truly drug free school. Likewise, through participation in athletics and the Illinois High School Association and the Illinois Elementary School Association state series, students using illegal drugs pose a threat to their own health and safety as well as to that of other students. The purpose of this program is threefold: (1) to provide for the health and safety of all student athletes; (2) to undermine the effects of peer pressure by providing a legitimate

reason for student athletes to refuse to use illegal drugs; and (3) to encourage student athletes who use drugs to participate in drug treatment programs. The policy is non-punitive. It is designed to create a safe, drug free environment for student athletes and to assist them in getting help when needed.

For the purpose of this program, the phrase “student athlete” will be referred to as student participant and shall include all sponsored individuals or teams that compete against other individuals or teams on an interscholastic basis. This program shall include, but not be limited to, all athletic teams at athletic cooperative schools, the cheerleader squads, speech teams, and all scholastic bowl participants.

#### Definitions

Student Participant – all students to whom this program applies by virtue of trying out for or joining a team.

Sport Season – fall, winter, and spring seasons begin on the first day of practice allowed by the I.H.S.A./I.E.S.A. and end when the team has completed its season. This policy will be in effect 24 hours a day, 7 days a week.

Calendar Year – a 12-month period from the date of occurrence.

Illegal drugs – all alcoholic liquor (as defined in 235 ILCS 5/1 – 3.05). all controlled substances under the Controlled Substance Act (720 ILCS 570/100T0682) except when prescribed by a licensed physician, and cannabis under the Cannabis Control Act (720 ILCS 550/IT05580/19).

#### Drug Education Program

All programs concerned with adhere to the following policy. Coaches will be responsible to report to the athletic director concerning the implementation of these policies.

- Every sport season must have a preseason meeting with parents and student participants to cover expectations of the coach and the student participant. Drug enforcement policy and regulations will be covered and a contract will be signed at this meeting or prior to the beginning of the current sports season.
- Every participating program is required to have a minimum of one drug education meeting per season.

#### Consent for Student Participants

Each student wishing to participate in any interscholastic program, as outlined by this policy, and the student participant’s custodial parent or legal guardian shall consent in writing to drug testing pursuant to the drug testing policy. Written consent shall be on the form attached to this handbook. No student participant shall be allowed to participate in any interscholastic program without such consent.

### Selection of Student Participants

All student participants will be awarded a number and will be randomly selected on a lottery basis. Any student selected will have his/her number placed back into the pool after each test and will be eligible for the next random sampling. A minimum of 5% of the testing pool will be selected per testing date. A minimum of 8 dates will be scheduled throughout the school year and will not follow any recognizable pattern. Any student participant, who refuses to submit to a urine screen test, once selected, will be considered in violation of this policy and will be subject to the actions specified in this policy for "violations".

### Testing Pattern

All testing will be done at the high school or the junior high during the school day. All dates will be confidential. Only the building principal and the testing company will know the dates. Representatives from a board-approved lab will complete testing. The school will not be involved in the collection of handling of any samples but will serve only in a supervisory capacity, selecting and identifying students, reporting results to parents, and providing intervention for those who test positive. The testing area will be quarantined.

### Limited Access to Results

Personnel administering testing or those contracted to perform lab urine tests will be authorized to report results only to the building principal. All drug test results are considered confidential information and will be handled accordingly.

### Non-Punitive Nature of Policy

No student shall be penalized academically for testing positive for illegal drugs. The results of drug tests pursuant to this policy will not be documented in any student's academic records. Information regarding the results of drug tests will not be disclosed to criminal or juvenile authorities absent legal compulsion by valid and binding subpoena or other legal process, which the District shall not solicit. In the event of service of any such subpoena or legal process, the student's custodial parent or legal guardian will be notified in writing in a language that they understand at least 72 hours before response is made by the District.

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*This Athletic Handbook will be reviewed annually by head coaches with the Boys and Girls Varsity Clubs for the purpose of making revisions. All coaches will then review and suggest changes to the athletic director and principal(s) at or near the conclusion of each school year.*

# Bushnell-Prairie City Community Unit School District 170

August 16, 2016

Dear Parent/Guardian,

Please review, sign, and return the forms included in this packet in order to allow your son/daughter to participate in extra curricular activities at Bushnell-Prairie High School or Bushnell-Prairie City Junior High. If you have any questions or concerns, please contact me at [zaehringern@bpcschools.org](mailto:zaehringern@bpcschools.org) or via phone at (309) 772-2113.

Sincerely,

Nathan Zaehringer  
Athletic Director

## **Attached**

Handbook Acknowledgement  
**(Required)**

Medical Release Form for Consent to Treat Minors  
**(Required)**

Drug Testing Policy Consent/Authorization Form  
**(Required)**

Concussion Information Sheet  
**(Sign Off Sheet Required, JH Only)**

IHSA Concussion Information Sheet  
**(Acknowledgement and Consent Required, HS Only)**

Post-Concussion Consent Form  
**(Optional, Use Only After Concussion Incident)**

Insurance Statement and Liability Waiver  
**(Required)**

845 North Walnut Street  
Bushnell, IL 61422

(309) 772-9461  
[www.bpcschools.org](http://www.bpcschools.org)

**BUSHNELL-PRAIRIE CITY SCHOOL DISTRICT #170**  
**Handbook Acknowledgement**

I have received and read a copy of the Bushnell-Prairie City Athletic Handbook and understand the material therein.

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Student Name Printed

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Student Signature

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Date

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Parent Name Printed

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Parent/Guardian Signature

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Date

**BUSHNELL-PRAIRIE CITY SCHOOL DISTRICT #170**  
**MEDICAL RELEASE FORM FOR CONSENT TO TREAT MINORS**

**Student Information**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Year in School:      6      7      8      9      10      11      12

Date of Birth: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**Parent/Guardian Information**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

*My son/daughter/ward has my permission to practice and compete in the interscholastic program. By my signature below I/we hereby grant consent to any/all health care providers designated by Bushnell-Prairie City School District, to provide my child/ward with any necessary medical care as a result of any illness/injury.*

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**BUSHNELL-PRAIRIE CITY SCHOOL DISTRICT #170**  
**DRUG TESTING POLICY**  
**CONSENT/AUTHORIZATION FORM**

I wish to try out for and/or participate in school sponsored interscholastic activities. I have read the Board of Education's Interscholastic Drug Testing Policy for Student Participants, and I understand the Board of Education's Policy and Procedures and agree to follow said Policy and Procedures, including being subjected to drug testing, as a condition of participation on interscholastic athletic teams, on cheerleading squads, on speech teams, on scholastic bowl teams, in music competitions, and in performing arts events. I understand that if I disobey the rules, I will be excluded from the opportunity to participate in these activities as provided in the Board of Education's Policy and Procedures.

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Student Participant

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Date

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Parent/Legal Guardian Signature

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Date

**BUSHNELL-PRAIRIE CITY SCHOOL DISTRICT #170**  
**SPORTSMANSHIP PLEDGE**

I \_\_\_\_\_ am the  
parent/guardian of \_\_\_\_\_. I agree  
to adhere to improving good Sportsmanship at all athletic events by following the  
B-PC Sportsmanship Code.

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Parent/Legal Guardian Signature

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Date

## Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• "Pressure in head"</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• "Don't feel right"</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
|--|--|

### Signs observed by teammates, parents and coaches include:

- |  |
|--|
| <ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays in-coordination</li><li>• Answers questions slowly</li><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can't recall events prior to hit</li><li>• Can't recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul> |
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## Concussion Information Sheet

### 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 that 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 adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's 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 symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to-Play Policy of the IESA and 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 its 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's 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.cdc.gov/ConcussionInYouthSports/>

### **Student/Parent Consent and Acknowledgements**

By signing this form, we acknowledge we have been provided information regarding concussions.

#### **Student**

Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### **Parent or Legal Guardian**

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.



## IHSA Sports Medicine Acknowledgement & Consent Form

### Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

#### Symptoms may include one or more of the following:

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|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• "Pressure in head"</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• "Don't feel right"</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
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#### Signs observed by teammates, parents and coaches include:

- |   |
|---|
| <ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays incoordination</li><li>• Answers questions slowly</li><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can't recall events prior to hit</li><li>• Can't recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul> |
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## IHSA Sports Medicine Acknowledgement & Consent Form

### Concussion Information Sheet (Cont.)

#### 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 that 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 adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's 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 symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy 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 its 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 IHSA member 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's 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.cdc.gov/ConcussionInYouthSports/>



## IHSA Sports Medicine Acknowledgement & Consent Form

### IHSA Performance-Enhancing Substance Testing Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20PES%20policy%20final.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHLA%20Banned%20Drugs.pdf>

*insert Consent Language here (w/o signature lines)*

### IHSA Steroid Testing Policy Consent to Random Testing

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student's body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at [www.IHSA.org](http://www.IHSA.org). We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at  
<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHLA%20Banned%20Drugs.pdf>



## IHSA Sports Medicine Acknowledgement & Consent Form

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## IHSA Sports Medicine Acknowledgement & Consent Form

### Acknowledgement and Consent

#### Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions and the IHSA Performance-Enhancing Testing Policy. We also acknowledge that we are providing consent to be tested in accordance with the procedures outlined in the IHSA Performance-Enhancing Testing Policy.

#### STUDENT

Student Name (Print): \_\_\_\_\_ Grade (9-12) \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### PARENT or LEGAL GUARDIAN

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

#### Consent to Self Administer Asthma Medication

Illinois Public Act 098-0795 provides new directions for schools concerning the self-carry and self-administration of asthma medication by students. In order for students to carry and self-administer asthma medication, parents or guardians must provide schools with the following:

- Written authorization from a student's parents or guardians to allow the student to self-carry and self-administer the medication.
- The prescription label, which must contain the name of the asthma medication, the prescribed dosage, and the time at which or circumstances under which the asthma medication is to be administered.

A full copy of the law can be found at <http://www.ilga.gov/legislation/publicacts/98/PDF/098-0795.pdf>.



## 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 student's 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. And 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.

Student's Signature \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Parent/Guardian/s Signature \_\_\_\_\_

### For School Use only

Written statement is included with this consent from treating physician or athletic trainer working under the supervision of a physician that indicates, in the individual's professional judgement, it is safe for the student to return-to-play and return-to-learn.

Cleared for RTL

Date \_\_\_\_\_

Cleared for RTP

Date \_\_\_\_\_

**BUSHNELL-PRAIRIE CITY SCHOOL DISTRICT #170**  
**Insurance Statement and Liability Waiver**

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Student Name – Please Print

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Parent/Guardian Name – Please Print

I hereby state that my son/daughter/ward is covered by a health, accident, and hospitalization policy with \_\_\_\_\_ Insurance Company, Policy Number \_\_\_\_\_, which provides insurance coverage for my son/daughter for any injuries resulting from extra-curricular athletic activities, including but not limited to: football, basketball, baseball, track, softball, volleyball, intramurals, flag squad, and cheer/dance practices or games, whether or not under the direct supervision of professional school personnel. I assume responsibility for any injury and any expenses and medical costs that should arise from my son/daughter/ward being injured while participating in any of the above-mentioned activities.

I hereby release and fully discharge the Bushnell-Prairie City School District #170, its agents, employees, and officers, from any and all liability for injuries resulting from my son/daughter/ward participating in any of the above-mentioned activities.

I, the undersigned, have read this release and understand all its terms. I have executed it voluntarily and with full knowledge of its significance.

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Signature of Parent/Guardian

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Date

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Signature of Student

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Grade