Athletic Code

The co-curricular programs of Arlington Public Schools are considered one phase of the total educational program of the schools. The opportunity to participate in interscholastic athletic programs is a privilege granted to 7th - 12th grade students of the district. Students in these voluntary programs are expected to conform to School Board Policy and specific conduct standards established by the principals, coaches, and advisors. As participants, you are faced with choices. If the choices you make interfere, impede, or hinder your performance or affect the performance of the team, you may forfeit the privilege to participate. A student who is found to be in violation of any rule is subject to corrective action as is specified in this code. This policy applies on or off campus, twenty-four (24) hours a day from the first day of turnout to the conclusion of the end-of-season banquet.

Eligibility for Participation

1. A student's parents/guardians must be residents of the Arlington Public Schools or meet the requirements of the District transfer guidelines.
2. Insurance coverage must be obtained through the school or a waiver must be submitted indicating the family has sufficient coverage.
3. The student must purchase an ASB card.
4. A current physical examination form and parent/guardian permission form must be on file with the school Athletics Office.
5. A student must conform to all Washington Interscholastic Activities Association (WIAA) rules and regulations.
6. A student must be enrolled within the first fifteen (15) school days in a semester and meet minimum academic standards.
7. The student must pay the District activity fee and any fees/fines owed to the district, prior to the first contest.

Academic Standards - High School

In order to be eligible to participate, a student must have passed all of his/her classes in the immediately-preceeding semester; have earned at least 2.5 credits (WIAA standards); and must be currently passing all classes.

1. Students must be passing every class.
   Fall Sports - A student with one or more F's will be ineligible through the fourth (4th) Saturday in September.
2. Grade checks will be done every week.
3. Grade checks will be completed on Mondays*. Ineligibility runs from Tuesday - Monday.
   *Fall Sports - Grade checks will begin on the first Monday in October. From then on, grade checks will be on Mondays throughout the regular and post season.
   *Winter and Spring Sports - Grade checks will begin immediately once the team roster has been affirmed, and continue in accordance with the weekly schedule. A student with a failing grade at the end of 1st semester will be ineligible for the remainder of winter season.
4. Any student who does not meet minimum academic standards (has one or more F's) will be placed on "academic probation", during which time he/she may practice but cannot participate in games, meets, or matches.
5. If a student brings a note from the teacher indicating that he/she is passing, he/she is eligible for competition.
6. A student deemed as "Not on Track" for his/her "High School and Beyond Plan" will be declared ineligible.

Academic Standards - Middle School

In order to be eligible to participate in middle school athletics, a student must have passed all of his/her classes in the immediately-preceding quarter, and must be currently passing all classes.

1. Students with one or more F's from the preceding quarter will be ineligible for the first week of competition. Following the first week of competition, regular grade check criteria will be followed.
2. Grade checks will be done every Monday. A student receiving one or more F's on the grade check will be on academic probation for that current week. He/She will continue to be ineligible until he/she brings a signed note from the teacher(s) indicating that he/she is passing and that he/she is eligible for competition.

Remember, each student is responsible for his/her own eligibility! If you are in doubt, or have a question, ASK!
General Regulations

1. No student may quit one sport and turn out for another after the season has begun without the mutual consent of the coaches and the Athletic Director.

2. Students must travel to and from contests away from their home school in transportation provided by the school district. The only exceptions permitted are:
   A. Injury to a participant which would require alternate transportation.
   B. Prior signed arrangements between the student’s parent/guardian and the Principal/Athletic Director or designee for the student to ride with their parent/guardian.

3. Completion of the activity season is required in order for the student to be eligible for letter or other team or individual awards. (Exception: injury which limits participation.)

4. A student who has been injured and has had medical treatment cannot participate until a signed release from the doctor is presented to the Athletics Secretary (MS) or Athletics Trainer (HS). The release form will be kept on file in the Athletic Office.

5. Any display of unsportsmanlike conduct toward an opponent or official, or use of profanity, obscene or vulgar language or gesture, during practice or contests will result in counseling and/or disciplinary action by the Head Coach or Advisor. Violations may invite suspension/expulsion from the team.

6. School-owned equipment checked out to a participant in any co-curricular activity is his/her responsibility. The loss or misuse or equipment will be the financial obligation of the participant. Student will not be allowed to continue competition or receive awards until this obligation is fulfilled.

7. All students are required to be neat, clean, and well-groomed and will adhere to any grooming or dress code policy established by the school and/or Coach/Advisor.

8. A student is expected to attend all scheduled practices, meetings, contests, and performances, whether or not school is in session. If it is found necessary to miss such, prior arrangements must be made with the Coach/Advisor. Violations may invite suspension/expulsion from the team.

9. As a student, you are expected to be present in all scheduled classes in order to be eligible for practice or contests on that day. Prior arrangements must be made with the Head Coach for any variation. Any unexcused absence (or skip) warrants automatic suspension from that day’s co-curricular participation.

10. A student will not use, consume, possess, transmit, or sell alcoholic beverages, drugs, narcotics, steroids, or any form of tobacco. (Exceptions to the above: a doctor’s prescribed medication.)

11. Students will not associate with others possessing or consuming alcoholic beverages, illegal drugs, or taking part in illegal activities.

Violations of #10 and #11 above

Penalties are cumulative over grades 7 and 8, and then grades 9-12. In accordance with the WIAA Handbook 18.22.2 “Penalties for Violation of RCW 69.41.020-69.41.050 (Legend Drugs) and RCW 69.50 (Uniform Controlled Substances Act)”, the following consequences will be administered:

Drugs and/or Alcohol

Level I
If a student removes themselves as soon as is possible (10 minute guideline) from a situation in which drugs/alcohol are present, and self-reports this to their coach at the next available opportunity, they will not be subject to disciplinary action.

Level II
Taking responsibility for actions at the time of, or before, the initial administrative contact.

Level III
In presence or possession of drugs/alcohol.

If a student realizes that he/she has a drug/alcohol problem and seeks counseling/drug alcohol treatment, and self-reports that to their coach, prior to a drug/alcohol incident, he/she will not be subject to disciplinary action. However, if the student is subsequently, after self-reporting, involved in an incident, disciplinary action will be followed.
1st Violation:
Upon the first violation, a student will be immediately ineligible for interscholastic competition for one (1) calendar year, including extra-curricular activities and clubs. If the student agrees to enter a drug/alcohol assessment and complies with the recommendations of the assessment, the consequence will be as follows:

*If the student meets Level II above, they will be suspended from competition for fourteen (14) calendar days and two contests from the date of the suspension.
*If the student meets Level III above, they will be suspended from competition for twenty-one (21) calendar days and three contests from the date of the suspension.
*Days left over at the end of the current sports season will carry into the next sports season in which the student participates to completion of that season. Practices before contests begin will not count as calendar days due to suspensions.
*Students suspended from competitions may participate in practice.

2nd Violation:
A student who again violates the drug/alcohol policy will be ineligible for interscholastic competition, including extra-curricular activities and clubs, for a period of one (1) calendar year from the date of the second violation.

3rd Violation:
A participant who violates the drug/alcohol policy for a third time will be permanently ineligible for interscholastic competition, including extra-curricular activities and clubs.

Tobacco

1st Violation:
The first time a student is found to be using or in possession of tobacco, the student is suspended from athletic activities, including extra-curricular activities and clubs, for a period of seven (7) calendar days and one contest. In addition, the student is required to meet with a school counselor to discuss the impact of tobacco and its use, prior to returning to the activity.

2nd Violation:
The second time a student is found to be using or in possession of tobacco, the student is suspended from athletic activities, including extra-curricular activities and clubs, for a period of twenty-one (21) calendar days and three contests. In addition, the student is required to meet again with a school counselor to discuss the impact of tobacco and its use, prior to returning to the activity. This suspension will run into the next athletic season in which the student participates to completion of that season.

3rd Violation:
If a student is found to be using or in possession of tobacco for a third time, the student is suspended from athletic activities, including extra-curricular activities and clubs, for a period of one (1) calendar year from the date of the third violation.

Procedures For Instituting Penalties
Whenever the corrective action might necessitate suspension, the Coach will adhere to the following procedures:

1. Report the incident immediately to the Athletic Director.
2. The Athletic Director will then notify the parent/guardian personally and make reasonable effort to hold a conference, which will include the Athletic Director, Coach, parent/guardian, and student.

Due process provides all students with the opportunity to appeal any imposed sanction. If the student chooses to appeal, the written request must be received, by the Athletic Office within three (3) business days of the imposed sanction. The appeal committee will consist of the Athletic Director, Assistant Principal, and at least one (1) Head Coach, unrelated to the current sports season.

Parents/Guardians:
Our athletic programs are a part of our overall school program. State law and School District policy prohibit the interference with, and the abuse, insult or intimidation of any teacher, coach, administrator, official, or student while involved in the educational process. Such behavior cannot be tolerated! You are expected to model, promote, and support the code of good sportsmanship at all contests or events. Violations may invoke a ban from all contests.
Parent/Guardian Sportsmanship Expectations

The objectives of Arlington Public Schools as related to students are:
To assist our students to reach their full potential as students, athletes, and citizens.
To teach core values of hard work, discipline, and integrity through competition.
Develop fundamental skills for lifelong learning.

**Parent/Guardian Objective**

To be a positive role model for my child to become a successful adult. In victory I will be gracious, humble, and thankful. In defeat, I will be strong, honest, and accepting.

**This means, as a parent/guardian I will:**
Make sure my child knows I love them in the thrill of victory or the agony of defeat.
Let the coaches coach - my role is to support, encourage, and motivate progress on a daily basis.
Teach my child to enjoy the game, the thrill of competition, and the fulfillment and satisfaction of having done their very best.
Realize this is my child’s athletic experience, not my own.
Not compare and contrast the skills, courage or attitude of my child with that of their teammates or opponents in a negative manner.

**Parents/Guardians and Sportsmanship**

You are a fan and spectator - that is your role - play it well.
You are not the coach - so don’t coach.
You are not an official - so don’t referee.
Cheer for our team - not against the opponent.
Be loud, be proud, and be positive with comments made to our coaches, players, and/or opponents.
Support our Civility Policy at all events by using appropriate language and manners at all times (APS Policy 4299/4299P).

**Parent/Coach Communication**

Both parenting and coaching are extremely difficult and rewarding vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child’s program.

**Communication expected from your child’s coach:**
Philosophy of the coach and program.
Expectations the coach has for your child as well as all the players on the squad.
Locations and times of all practices and contests.
Team requirements (e.g.: fees, special equipment, off-season conditioning).
Procedures should your child be injured during participation.
Discipline that results in the denial of your child’s participation.

**Issues not appropriate for parents/guardians to discuss with coaches:**
Playing time
Team strategy
Play calling
Other athletes
Coach’s skill and knowledge of the game

**If you have a concern to discuss with a coach, please follow this procedure:**
Your son or daughter should first talk with the coach about his/her concerns.
Call or email the coach at school to set up an appointment. Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meeting at these times is usually not productive for either party.

**If a coach cannot be reached after a reasonable time, contact the Athletic Office to arrange an appointment.**

**What can a parent do if the meeting with the coach did not provide a satisfactory resolution?**
If, in meeting with the coach, the issue is not resolved, we can schedule a meeting with the parent/guardian, student, Coach and the Athletic Director.

**Consequences**

The Arlington Public School Board of Directors supports efforts to bring about a positive learning climate in the schools. It is the policy of Arlington Public Schools to promote mutual respect, civility and orderly conduct among district employees, parents/guardians, students and the public or they will be directed to leave the school or school district property promptly by the Superintendent or designee pursuant to the Arlington Public Schools Policy 4229/4229P.
Activity Fee

Arlington Public Schools collects an activity fee for each sport a student joins.

*Haller and Post Middle School students must pay their fee before the first interscholastic turnout.
*Arlington High School students must pay their fee after the student makes the team and before the first interscholastic contest.

Fee waiver - To be eligible to have your activity fee waived, parents/guardians must provide a copy of the current school year approval letter from Arlington Public School Child Nutrition Department stating your free/reduced status. **For fall sport athletes** this process must be renewed in August of the current school year. For your convenience this form is available on our website at www.asd.wednet.edu.

**Activity fee:**

- **Haller and Post Middle School** - $50.00 for each sport. If you are a four-season athlete, your fourth season is free.
- **Arlington High School** - $100.00 for each sport. If you are a three-season athlete, your third season is free.

*Interested in sponsoring an athlete? Please contact the schools’ Athletic Secretary.

**Refunds will be provided under the following conditions:**

- Student quits due to illness or injury prior to the first interscholastic contest.
- Student quits due to family moving prior to the first interscholastic contest.
- Student does not make the team roster.

No refunds will be approved for students who are dropped for athletic code violations or who quit after the first interscholastic contest.

If you have any questions or concerns, please contact your schools athletic department:

- Haller Middle School  360-618-6400
- Post Middle School  360-618-6450
- Arlington High School  360-618-6300
Concussion Information Sheet
Adapted from the CDC and the 3rd International Conference on Concussion in Sports

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 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:

- Headaches
- "Pressure in head"
- "Don't feel right"
- Nausea or vomiting
- Neck pain
- Blurred, double, or fuzzy vision
- Balance problems or dizziness
- Sensitivity to light
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Irritability
- Change in sleep patterns
- Amnesia
- Nervousness or anxiety
- Sadness
- Fatigue or low energy
- Repeating the same question/comment
- Confusion
- More emotional
- Concentration or memory problems (forgetting game plays)

Signs observed by teammates, parents, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- 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
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?
Athletes with the signs and symptoms of concussion will 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 an adolescent or teenage athlete will often under report symptoms of injuries, and concussions are not different. As a result, education of administrators, coaches, parents and athletes is the key for student safety.

If you think your child has suffered a concussion.
Any student even suspected of suffering a concussion will be removed from the game or practice immediately. No student 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 student should continue for several hours. The "Zackery Lystedt Law" in Washington requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and "...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion, and received written clearance to return to play from that health care provider".

What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?
- Medical Doctors (MD), Doctor of Osteopathy (DO), Physicians Assistant (PA), Advanced Registered Nurse Practitioner (ARNP), Licensed Certified Athletic Trainers (AT/L)

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 to to:  www.cdc.gov/ConcussionInYouthSports
**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

*SCA is also the leading cause of sudden death in young athletes during sports*

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called “commotio cordis”).

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasing). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

*Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!*