

MOUNT SI HIGH SCHOOL



ATHLETIC HANDBOOK with ATHLETIC & ACTIVITY CODE

2020-2021

ATHLETIC HANDBOOK with ATHLETIC & ACTIVITY CODE

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Dear Student/Parent/Guardian:

At Mount Si High School, students have the opportunity to participate in a variety of individual and team interscholastic athletics. It is recognized that a well-organized and high-quality athletic program is an important factor in the morale of a school's student body and an important phase of good community relations. The Snoqualmie Valley School District and the community it serves takes great pride in the success and achievements of the Mount Si High School clubs, teams and students.

We ask that students and their parents/guardians review this handbook and Athletic & Activity Code and discuss the information together. Please sign and return the last page to your coach to show acceptance and understanding of the Athletic Handbook and Athletic & Activity Code.

The policies in this handbook have been developed in accordance with the WIAA (Washington Interscholastic Athletic Association) and with the Snoqualmie Valley School District. These policies have been designed with student safety and wellbeing in mind, as well as the overall fair management of a successful extracurricular program at the high school level.

Welcome to Wildcat Nation!

Chris Hill

MSHS Director of Athletics & Activities

Goals for Snoqualmie Valley School District Athletics

The goals of Mount Si High School Athletics and Activities Programs are to support academic achievement, to promote the physical, social, and cultural development of the whole student, and to develop character through athletic competition.

Team

1. Develop organizational criteria that will aid the coach in optimum program management.
2. Establish maximum, effective squad/team sizes based on facilities, equipment and coach availability.
3. Develop competitive goals that are consistent with the accomplishments desired.

Participant

1. Develop physical skills and satisfy their interest in competition.
2. Develop physical vigor and desirable health habits that are life-long in nature.
3. Develop qualities of good citizenship and sportsmanship as students represent Mount Si High School to their peers, staff and community, home and away.
4. Develop social competence through interdependence with teammates, coaches, officials, and athletes from other schools.
5. Develop valuable personal qualities of responsibility, leadership, discipline, and perseverance.

Student Body and School

1. Enhance the growth of students through educational athletics.
2. Develop unity and school morale through the athletic program.
3. Maintain a program that develops a reputation of pride and discipline.
4. Maintain a program broad in scope, which offers activities that are interesting and beneficial to the greatest number of students.

Parents and Community

1. Recognize that control of/and responsibility for the athletic programs rest with school personnel.
2. Value the athletic program in creating community unity and pride.
3. Encourage commitment in support of athletics from fellow parents and the community.
4. Choose to publicly support the team and each individual team member
5. Serve as a good role model for students, athletes, and fans
6. Appreciate the educational opportunity that your child is receiving in the athletic program.
This includes the enormous time and effort provided by the coach.

Note

All interscholastic athletic programs including cheer, dance, and clubs shall be conducted in accordance with the rules and regulations of the Snoqualmie Valley School District, KingCo League, Washington Interscholastic Activities Association, & the National Federation of State High School Associations.

MOUNT SI HIGH SCHOOL ATHLETICS & ACTIVITIES CODE

Athletic Eligibility

(see www.wiaa.com for more detailed information)

All student-athletes must be eligible under the rules of the Washington Interscholastic Activities Association (WIAA), Snoqualmie Valley School District and Mount Si High School to participate in an interscholastic contest.

Only student-athletes who are currently eligible to participate in a practice or contest may appear in their team uniform on the team bench, sideline, court, field or deck during the contest. A student-athlete must be currently eligible to participate in a contest in order to participate in the pre-event warm-up.

The Athletic Department at Mount Si High School, a member school of the KingCo League and WIAA, monitors the eligibility of each student carefully. Failure to comply with the regulations can render an individual ineligible, which may negatively affect the student, the team, and the school. There are established consequences for schools with re-occurring eligibility violations, including probation from competition for the individual and/or the school program.

Season Limitation

After entering or being eligible to enter the seventh grade, a student shall have six (6) consecutive years of interscholastic eligibility. If the seventh or eighth grade is repeated, and such repetition is based upon documented academic deficiencies by the school principal, the repeated year shall not count against the student's six (6) interscholastic competitive years. After entering or being eligible to enter the ninth grade, a student shall have four (4) consecutive years of interscholastic eligibility.

Age Limits for High School

Students shall be under 20 years of age on September 1 for the fall sports season; on December 1 for the winter sports season; on March 1 for the spring sports season.

Concurrent Participation

A student shall not compete concurrently in more than one (1) interscholastic sport per season. The exception shall be for the students participating in the high school "B" classification or schools that compete in an alternate season.

Non-School Participation

A student may participate on community or club level teams during the WIAA school year. A student may not be given special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.

Full-Time Student Status

Students must be enrolled full-time. Under WIAA Article 18.7.1 seniors who are on track to graduate may initially enroll in one less class than the minimum number of classes required for other students.

Member Schools

A student must be a regular member of the school he/she represents in order to participate in athletics.

Residency Requirement

In order to be eligible to participate and/or represent a member school in an interscholastic contest, the student of that school must be residing within the boundaries of that school district and designated attendance area of the high school.

Transfers

After registering with and/or attending a middle level or high school, students changing enrollment from one school district to another school district, or from one high school to another high school within a multiple high school district, or from private school to public school (without a change of residency) shall be considered a transfer student. A required WIAA New Student Packet needs to be completed.

As a transfer student, there may be restrictions on athletic eligibility. The student shall be restricted to junior varsity competition in those sports in which he/she participated the previous year at the school, community or club levels. After one year, he/she may regain varsity eligibility as Mount Si High School is then established as the "home" school. In order to be eligible for varsity competition, transferring students must meet the residency requirements or transferring student requirements and/or appeal through the Athletic Director to the WIAA for "hardship". (see WIAA Section 18)

Running Start Athletes

Running Start students are considered "regular members" of a school if they are living in that school's attendance area. Eligibility is at the public school of residence where the student accesses the Running Start program. Running Start athletes are subject to the same WIAA and Snoqualmie Valley School District eligibility standards, rules and grade checks as other student-athletes. Running Start students, who participate in club sport programs at the post-secondary institution they attend, forfeit their interscholastic eligibility for the corresponding WIAA sanctioned sport. Running Start students must be enrolled full-time to be eligible for high school athletics and complete the WIAA Required Running Start Contract once they make the team. This form MUST be turned in by the first contest.

Home-Based Education Athletes

Home school students are considered "regular members" of a school if they are living in that school's attendance area. Home school athletes are subject to the same WIAA and Snoqualmie Valley School District eligibility standards, rules and grade checks as other student-athletes. A home school student becomes a member of the school by registering with the school district as a home school student. Home school students must be enrolled full-time and complete the WIAA Required Contract once they make the team. This form MUST be turned in by the first contest.

Alternative Education Athletes

Alternative education programs are academic learning opportunities that fall outside of the traditional schoolhouse format. These programs include, but are not limited to, Alternative Schools (ex., Two Rivers in Snoqualmie Valley School District), Parent Partnership, Certified Educational Clinics, Home Link, Virtual Academies, Online Schools, Contract Based Education, etc. Alternative education students are considered "regular members" of a school if they are living in that school's attendance area. WIAA Alternative education contracts have to be completed and athletes are subject to the same WIAA and Snoqualmie Valley School District eligibility standards, rules and regulations as other student-athletes. Full-time enrollment is required.

Private School Students

A full-time student in a private school or a certified educational clinic student may participate on the interscholastic teams of his/her resident public school if the student resides within the service area of that public school and if the interscholastic activity is unavailable to the student in the private school. Students attending private schools may participate with Snoqualmie Valley School District teams provided they comply with Mount Si High School, Snoqualmie Valley School District and WIAA eligibility rules regulations.

False Information

The use of student-athletes who are ineligible according to either WIAA or Snoqualmie Valley School District rules may result in the forfeiture of contests in which the participant took part, except in situations in which it has been determined that the participant/parent/guardian provided the school with false information which caused the school to declare the student eligible (e.g., false address). In such case, the participant will be declared ineligible for varsity level interscholastic competition for a period of one calendar year from the date of the decision and official notification.

Amateur Status

A student-athlete who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student-athlete is one who engages in athletics for the physical, mental, social, and educational benefits derived there from, and to whom athletics is an avocation, and not a source of financial reward. In order to maintain amateur standing in that sport under WIAA jurisdiction, the student-athlete may not:

1. Accept merchandise or in-kind gifts of more than **\$500** in fair market value per sport during any one calendar year August 1 through July 31. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf course, etc., do not count toward this **\$500** limit. Defined games of chance are exempt from this rule.
2. Accept cash awards in that sport.
3. Enter competition under a false name.
4. Accept payment of expense allowances over the actual and necessary expenses for the athletic trip (NOTE: Entry fees are not considered a reimbursable expense.)
5. Sign or have ever signed a contract to play professional athletics in that sport.
6. Play or have ever played in a competition or against any professional team or individual in that sport.
7. By sport receive or have ever received, directly or indirectly, a salary or any other form of financial assistance (including scholarships, educational grants---in--aid, or any of his/her expenses for reporting to or visiting a professional team) from a professional sports organization.

Hardship Cases

The WIAA District Eligibility Committee, the Executive Director, and the WIAA Executive Board are given the authority to make specific exceptions to those student eligibility regulations contained in Article 18 of the WIAA Handbook, provided such exceptions are based upon hardship conditions which are deemed to have contributed in a significant way to non-compliance with specific regulation(s) which may be appealed. Please contact the Athletic Director or designee if you feel there is a hardship case.

Any waiver of student eligibility regulations shall be based upon extenuating circumstances, beyond the control of the student's, or where applicable, their parents' or legal guardian's control, which are deemed to have significantly influenced or contributed to the cause of the student's non-compliance with the eligibility regulation(s) involved. Students who receive eligibility waivers from WIAA will also be eligible under Snoqualmie Valley School District Policy.

Eligibility Checklist for Student Athletes

All statements must be answered yes.

- I am enrolled as a full-time student taking 7 classes in 7 period class schedule for athletic eligibility.
- I received passing grades in all of my classes the previous semester, with a 2.0 minimum GPA.
- I have not changed schools without a corresponding move of my entire family unit.
- I reside with my family unit in this school district and service attendance area.
- I have not been enrolled in high school for more than 8 semesters.
- I did not turn 20 years of age before the start of each sports season.
- I am an amateur in the sports in which I compete interscholastically, and I have not accepted cash or any award, equipment or prize valued greater than \$500 per sport.
- I have not been recruited to this school.
- I have had a physical exam within the past 24 months on file at this school.
- If a Running Start student, I have a contract with my school administrator on file.
- If a home school student, I have registered with the school district as a home school student.
- If a transfer student, I have no conditions of ineligibility at my previous school

Athletic Registration Process

Students are required to meet eligibility standards in the areas of grades, attendance, behavior, medical, residency, WIAA standards, and more. Prior to the start of the sport season, athletes must register online to determine eligibility for each sport played. Athletes also provide a brief medical history and medical approvals to be treated in the case of emergency. The athletic department reviews each registration for eligibility and informs coaches of cleared athletes before the first practice/tryout. Only cleared athletes may participate. Contact and medical information are kept confidential and only shared with appropriate personnel in accordance with FERPA laws.

Fees

A participation fee per sport of \$200 is required along with purchasing an annual ASB card. Fees are due after you make the team but before the first contest. Plus, all past due fines must be paid before competing in the first contest. Financial assistance is available for those who qualify for free and reduced lunch status.

Family Cap: The 3rd sport is free for a student playing multiple sports within a school year. The fourth sport and beyond is free for a family with multiple siblings participating in athletics within a school year.

Academic Eligibility

Student-athletes must have passed all classes with a 2.0 GPA in the previous semester in order to be eligible for competition the succeeding semester. The following grade monitoring system is used:

Initial Grade Check

The first-grade check will be conducted at the beginning of each season as follows using recorded grades, from an official transcript or report card:

- **Fall Sports:** Second semester grades from the previous school year per (final semester/trimester grades from 8th grade for incoming freshmen)
- **Winter Sports:** Second semester grades from the previous school year (final semester/trimester grades from 8th grade for incoming freshmen)
- **Spring Sports:** First semester grades.

Students will be placed on **academic suspension** at the start of the season when, in the previous grading period, a student's GPA is less than 2.0 and/or a student finished with a failing grade. Note: unless otherwise stipulated, "N" and "U" grades will be considered failing and computed as such. During the suspension period an athlete may practice with the team but not participate in contests. Only players who are currently eligible to participate may appear in the team uniform on the team bench, sideline or court during the contest. (WIAA 18.3) Jamborees are not considered contests; however, ineligible students may not participate in them. (WIAA 17.27)

- Students with a GPA below 2.0 and/or one F in the previous semester are ineligible for competition through the first 3 weeks of the season.
- Students with more than one F in the previous semester are ineligible for competition through the fourth Saturday in September OR the first 5 weeks of the succeeding semester. (WIAA 18.7.6) * (see exception below) *
- At the end of the first suspension period, if the student-athlete is passing all classes with a minimum 2.00 GPA, they will be allowed to participate, while maintaining weekly grade checks.
- If grades are still deficient the student will be placed on a second probationary period.
- If, at the end of the second consecutive probationary period, a student continues to be deficient in academic requirements, they may be released from the team at the discretion of the coach in consultation with the Athletic Director.

Important – Winter and Spring seasons are exceptions: Winter: 1st semester suspension period expired. Spring: 2nd semester suspension period over before season starts. Note: If a winter student athlete also turned out for a fall sport and served a suspension period during the fall sport season, they will not serve a second suspension. However, to be eligible the student athlete must be maintaining a 2.0 GPA and no failing grades.

Ongoing Grade Checks

Ongoing academic eligibility checks for all student-athletes will occur every two weeks throughout the season. Student athletes who are not passing all classes or fall below the required 2.00 GPA during the season are given one week to meet academic standards before being placed on academic suspension for 1 week, student can practice but can NOT compete regardless if the grade changes. Once a student is placed on academic suspension, they will be subject to weekly grade checks for the remainder of the season.

Cheer and Dance

Cheer and Dance are held to the same academic standards. Since they practice and perform year long, monthly grade checks will occur. Student athletes who are not passing all classes or fall below the required 2.00 GPA are given one week to meet academic standards before being placed on academic suspension for 1 week. During academic suspension student can practice but can NOT perform regardless if the grade changes.

Online Coursework Expectations

Students in online classes are subject to the same grading intervals as students in regular classes and must also be on pace to complete the coursework throughout the term. Students behind the pacing guidelines of an online course will be ineligible in that class and placed on academic probation per the guidelines listed above.

Running Start, Home School, and Alternative Education Athlete Grade Expectations

These student-athletes are subject to the same academic eligibility standards and grade check intervals described above. Running Start and home-schooled students are also required to complete the required WIAA contracts prior to the first competition. These students are required to submit grades at the above-mentioned intervals. Ineligible students will be placed on academic probation per the guidelines listed above.

Schedule change

If a student is academically misplaced in a course and unable to meet the demands of the coursework, a teacher may recommend that a student change courses. If a student is granted a schedule change due to a lack of aptitude, the student may request a schedule change without penalty.

Attendance Requirements

The student shall be enrolled and in regular attendance within the first fifteen (15) school days of a semester in order to participate in interscholastic contests during that semester. An enrolled student who receives semester grades will be considered to have been in attendance for that semester unless he/she is withdrawn from school.

The student-athlete is expected to be in daily attendance in ALL of his/her scheduled classes, on time and prepared to participate in the learning activities in a positive manner. ***If a student-athlete is not in attendance in all his/her classes, he/she cannot participate in practice or an event that afternoon or evening.*** The only exceptions to this rule are: school related and approved absences (field trips), medical, dental, family emergencies, or legal appointments when appropriate; and written verification of the appointment from the provider has been submitted to the attendance office upon their return. Any other emergencies or absences must be approved by the Athletic Director or School Administration on a case-by-case basis.

It is also the expectation that student-athletes will attend all practices and contests as defined/established by the coach. Team morale is enhanced by each athlete's commitment to the program through attendance and the safety of skill progression is ensured. If attendance becomes an issue and impacts the team in any manner, a coach may impose discipline up to and including dismissal from the team.

Non-School Participation

During any sport season after joining a school squad, a student- athlete may not participate on college and/or professional teams in that sport.

Student-athletes are not to be given special arrangements on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals. Any decision, on a one-time or recurring basis, is at the sole discretion of the coach.

Students shall not compete in the official uniform of the school at non-school events.

Travel Rules

1. All students **MUST** travel to athletic events/contests in transportation provided by the district when it is supplied. Student participants will remain with their team/squad/club and under the supervision of their coach when attending any event/contest. *Students who miss arranged school/team transportation may result in a loss of playing time.
2. The Snoqualmie Valley School District only provides one-way buses for student participants to away events/contests and we rely on parent/guardians to transport the students back home. At this time, the only exception to this is football and track where two-way buses are provided due to equipment requirements.
3. When extenuating circumstances arise, a student may travel with his/her own parent instead of using District-supplied transportation **ONLY** if the parent has prior Administrator approval, transports his/her student participant in his/her own vehicle.
4. Under **NO** circumstance may students drive themselves to out-of-district events/contests. This will result in ineligibility.
5. In some situations, the district does not provide transportation to and from events/contests that take place within the Snoqualmie Valley School District. (ex, practice at nearby Freshman Campus, golf courses or pools). If the District is not providing transportation to and from the event/contest, transportation is the sole responsibility of the parent/guardian. However, students may drive themselves within the Snoqualmie Valley School District boundaries **ONLY** with prior advisor/coach approval.
6. Misconduct of any sort while traveling to and from and while at an away event/contest will be dealt with according to the ***“Athletics and Activities Code of Conduct”*** and Snoqualmie Valley School District policies and procedures.

Standards for Letter Awards

In all cases, the judgment of the head coach/advisor will be the deciding factor in determining who will become “candidate eligible” to be awarded a letter; however, basic guidelines or general standards include:

1. Complete the season unless injured or excused by coach/advisor for special reasons.
2. Follow the extracurricular code
3. Demonstrate regular attendance at all turnouts/meetings
4. Be a student in good academic standing
5. Turn in all equipment and/or pay all fines and obligation

Physical Exam

Prior to the first practice for participation in interscholastic athletics, a student shall undergo a thorough medical examination and be approved for middle school and/or high school interscholastic competition by a medical authority licensed to perform a physical examination. The physical examination shall be valid for twenty-four (24) consecutive months and **MUST** be valid the entire sports season. Physicals completed in 8th grade and filed with a Snoqualmie Valley School District middle school roll-up to the high school and are valid for 9th grade

athletics.

Those licensed to perform physicals include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.

Injury Protocol and Athletic Trainer Policies

If a student sustains an injury or illness or is currently in treatment for an injury/illness, deemed serious enough by school personnel to require medical care from a licensed healthcare provider, a student may not return to conditioning, practice sessions, or competition without a signed clearance from a licensed healthcare provider. See the Athletic Trainer for a physician referral form before seeing a physician.

Please note all concussion/head injuries require medical care from a licensed healthcare provider – see below. Students will not be allowed to begin participating until they have completed the return to play protocol and are cleared by the athletic trainer.

Injury Policies and Procedures

1. All injured athletes must check in with the athletic trainer. If an athlete is unable to practice one day, they must check in the following day. They cannot return to practice until cleared by the athletic trainer.
2. All injured athletes must report to the athletic training room immediately after school or an hour before their practice begins if it is a late practice.
3. All athletes receiving taping or treatment must sign in when entering the athletic training room.
4. All athletes will be treated on a first come, first served basis. However, priority will be given to those athletes who are able to practice that day.
5. Injured athletes must come to practice prepared to compete that day. If it is determined an athlete is unable to compete that day, alternative conditioning and drills will be specifically designed for each athlete based upon their injury. Alternative conditioning and drills will be the athletes practice for the day. Those athletes unwilling to complete these drills will be referred to the coaching staff for appropriate discipline.
6. Missing a treatment or rehabilitation session is considered the same as missing a practice. Those athletes missing treatments/rehabilitation will be referred to the coaching staff for appropriate discipline.
7. All athletes that see a physician must have a signed clearance before returning to play. Please see the athletic trainer for a physician referral form before seeing a physician.
8. All athletes who receive treatment will be recorded in the treatment log book with the date, time checked in and time checked out so coaches may check the log to see if their athlete was doing the appropriate rehabilitation at the appropriate time

Student Concussions

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 functions. 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:

- Headaches
- “Pressure in head”
- Change in sleep patterns
- Amnesia

- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Confusion
- Concentration or memory problems (forgetting games/plays)
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- Drowsiness
- More emotional

Signs observed by teammates, parents and coaches include:

- Vacant facial expression
- Forgets plays
- Moves clumsily or displays incoordination
- Slurred speech
- Can’t recall events **prior** to hit
- Seizures or convulsions
- Loses consciousness
- Confused about assignment
- Is unsure of game, score, or opponent
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events **after** hit
- Any change in typical behavior or personality
- Appears dazed

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

Athletes with the signs and symptoms of a 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.

Parents must report if their student has suffered a concussion or serious injury outside of school.

Any athlete even suspected of sustaining a concussion or head injury shall be removed from play immediately. An athlete who has been removed from play may not return to play (practice, conditioning, competitions, etc.) until the athlete is evaluated by a licensed health care provider **trained** in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

More information on Concussions can be found at:

- <http://www.wiaa.com/subcontent.aspx?SecID=623>
- <http://www.cdc.gov/headsup/youthsports/index.html>

Sudden Cardiac Arrest – Information

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 and is 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 projective (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 age of 40.

How to present 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 a brief seizure - i.e. activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to an automated external 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 911, begin CPR, use an AED as soon as possible!

Cardiac 3-Minute Drill

1. **RECOGNIZE Sudden Cardiac Arrest:** collapsed and unresponsive, abnormal breathing, seizure-like
2. **CALL 911:** Call for help and for an AED
3. **CPR:** Begin chest compressions, Push hard/push fast (100 per minute)
4. **AED:** Use an AED as soon as possible
5. **CONTINUE CARE:** Continue CPR and AED until EMS arrives

Out-Of-Season Regulations

School sponsorship, practice and/or participation in a given sport must be restricted to the WIAA designated season for that sport. Out-of-season for all high school sports shall be from August 1st until the first day of the specific sport season and from the final day of the state tournament for that sport until the conclusion of the final spring sport state tournament. Participants in a school-sponsored sport may not attend camps or clinics in that sport after July 31st if the participant’s coach is a clinician/organizer of the camp or clinic. (See WIAA Section 17)

Open Gym

Schools may conduct open athletic facilities (gym, pools, field, and track) in the off-season if the following conditions are met (WIAA Section 17):

- The program is part of the School District organized recreational or activity program.
- Activities are open and advertised to all members of the student body.
- Only members of the student body may participate (no neighboring schools or feeder school students).
- Students have a choice of activities.
- No coaching or drilling of the athletes attending in specific sport skills occurs.
- Supervision can be by any individual approved by the School District.
- Participation in open gym cannot be a requirement or condition of participation on a school team.
- All participants must fill out the appropriate release form prior to participating. (see athletic office)

Equipment

School equipment checked out by the student-athlete is the student's responsibility. The student-athlete is expected to keep and return it clean and in good condition. Student-athletes will be responsible for lost school equipment assigned to them and a fee assessed. Coaches are not permitted to issue uniforms and equipment to student-athletes outside of the school year sports season. An exception is made for football helmets and pads only. Helmets and pads must be checked out to the student-athlete by the coach and returned to the coach at the end of the camp. It is expected that it will be reissued to the same student for the upcoming season.

Dress Code

All athletes will dress in school-issued uniforms for all contests. Dress for practices will be consistent with contests; students must wear the same style of clothing they would wear in a contest (i.e. tank top, jersey, t-shirt, etc.).

NCAA Collegiate Athletic & Scholarship Eligibility

Students desiring to practice and compete during their freshman year at a NCAA Division I or Division II college must satisfy the requirements of the NCAA. Students wishing to receive financial aid from a Division I or II college must also satisfy the requirements of the NCAA.

A student's eligibility for practice, competition, and financial aid in their freshman year at a Division I or II college must be certified by the NCAA Eligibility Center. It is important to see a Mount Si High School guidance counselor as soon as possible to allow time for processing the required information. For specific information please check the NCAA Eligibility Center website www.eligibilitycenter.org.

Weather Closure Guidelines

In the event of school closure or any early dismissal due to a weather event or facilities problem, it is assumed that all activities are cancelled. However, in an instance where circumstances are such that a club advisor or coach might propose moving forward with a meeting, practice, event, or contest – those exceptions should first be proposed to the Athletic Director and/or the Principal. If the Athletic Director is supportive of the exception, he or she will contact the superintendent to discuss a possible exception to the cancellation. In the event that the superintendent is not available to discuss and approve or deny the proposed exception, the athletic director will communicate the proposal to the designated assistant superintendent.

Spectator Guidelines

The WIAA spectator guidelines are published in the hope that high school athletics will be kept in the proper spirit of competition. It is in the best interest of the student-athlete for all fans to abide by these guidelines. Your cooperation is appreciated.

- Remember that the game is for the student-athletes. They are here because they want to play, compete and enjoy the experience. Your sportsmanship will enhance this educational experience.
- Refrain from distracting the student-athletes during play.
- Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and good will.
- Treat the officials with respect before, during and after the contest. We cannot play the game without officials, as they are an integral part of the game, and they should be recognized as impartial arbitrators.
- Display good conduct. Even though you paid for your admittance, the management has the authority to remove any spectator who does not conduct himself/herself respectfully. Abusive or inappropriate language is prohibited.
- Recognize the fact that, as a spectator, you represent the school and the student-athlete you are identified with.
- Respect, cooperate, and respond enthusiastically to cheerleaders.
- Spectators are to remain off the playing surface **at all times**.

Conduct for Student Participants in Athletics and Activities

The opportunity to participate in athletics and activities representing your school is a privilege. Due to the public nature of high school programs, students who choose to participate are expected to conduct themselves at all times in a manner that will reflect positively on the high standards and ideals of the school, community and Snoqualmie Valley School District.

Students who commit unlawful acts or engage in delinquent behavior are subject to disciplinary action up to and including **extracurricular disqualification**. All Snoqualmie Valley School District students are expected to adhere to all Snoqualmie Valley School District policies as explained in each school's *Student Handbook*, *Athletic Handbook* and *Athletic and Activities Code*. In addition to these general rules, coaches/advisors may establish other team/squad/club expectations specific to their programs.

The following rules apply to all students participating in interscholastic activities. These rules will apply to all student-athletes, cheer, dance, and club members, at all times throughout the school year, including in season, out of season, and between seasons. The school year is defined as beginning with fall tryouts through the last day of school and will include any school- sponsored summer activities or any private activity/camp that disrupts or impacts the school team/squad/club or the school educational process.

1. Students are expected to demonstrate conduct on and off the campus consistent with District policies, building rules, and team/squad/club expectations in addition to adhering to school and community laws and show respect for others and their property.
2. Any student on suspension/expulsion from school will not be permitted to participate in or attend any extracurricular activities.
3. Students who voluntarily choose to be members of teams/squads/clubs are expected to:
 - Be courteous to visiting participants, supervisors, fans, and officials.
 - Respect the integrity and judgment of officials and accept their decisions without demonstrative protest.
 - Participate to the best of their ability.
 - Be modest when successful and gracious in defeat.
 - Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
4. All students who participate in extracurricular programs of the Snoqualmie Valley School District will comply with all rules and regulations as outlined in the school's student handbook, and Snoqualmie Valley School District Policies. All students will submit to the reasonable discipline of the school authority or school designee.
5. Students engaging in, attempting, or conspiring to engage in inappropriate conduct as listed below are subject to corrective action or sanctions. Such actions or sanctions include extracurricular and/or school discipline, activities/athletic probation, activities/athletic and/or school suspension, activities/athletic disqualification and/or school expulsion. Examples include the following:
 - Disruptive conduct
 - Disobedience of reasonable instructions from school authorities
 - Refusal to identify oneself
 - Unauthorized absence from turnout or contest
 - Cheating
 - Conviction of or admission to any criminal act as defined by law
 - Use of alcohol, tobacco and other mood-altering substances capable of or intended, purported, or presumed to be capable of altering a student's mood, perception, behavior, or judgment, other than properly used over-the-counter pain relievers and medications prescribed by a physician for an individual student and used at school in accordance with district procedures regarding dispensing

medications. Nor shall the student possess, use, sell, or transmit paraphernalia associated with the ingestion or concealment of such drugs, alcohol, tobacco, or other such substances.

- Possession, use, sharing, sale, transfer, or being under the influence of alcohol, drugs, or any other controlled substances, or possession of drug related paraphernalia is harmful, illegal and strictly prohibited on or about the school grounds, on student transportation, and at all school-sponsored activities, on or off school campus. Students who are in a group of students one or more of whom is in possession of drugs, alcohol, or any other controlled substance, are also violating the drug/alcohol policy.
- Immoral conduct; vulgarity or profanity
- Destruction or defacing property
- Extortion
- Harassment, intimidation or bullying - means any intentionally written message or image—including those that are electronically transmitted—verbal, or physical act, including but not limited to one shown to be motivated by race, color, religion, ancestry, national origin, gender, sexual orientation including gender expression or identity, or mental or physical disability, or other distinguishing characteristics, when an act:
 - Physically harms a student or damages the student's property.
 - Has the effect of substantially interfering with a student's education.
 - Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment
 - Has the effect of substantially disrupting the orderly operation of the school. Policy No. 3207
- Assault on another student or employee.
- Possession or use of any dangerous weapons, substances, or objects
- Violation of any rule listed in the school's student handbook or in in Snoqualmie Valley School District Policy.

Academic Integrity

Students are expected to adhere to the academic integrity policy as outlined in the student handbook.

Violations of the academic integrity policy include plagiarism; distribution/sharing of class assignments or test information; unauthorized collaboration; collusion; cheating; and technology malpractice (see student handbook for definitions). Final determination of whether a violation occurred will be made by the athletic director/activities coordinator, in conjunction with the building administration and teacher, considering the student's intent and the individual circumstances of the situation.

- **First Violation of Academic Integrity**
Athletic/activity suspension for one calendar week.
- **Second Violation of Academic Integrity**
Athletic/activity suspension for the remainder of the season or four weeks, whichever is longer.
- **Third Violation of Academic Integrity**
Athletic/activity suspension for one calendar year.

Alcoholic Beverages, Drugs, and Chemical Substances

Any student attending and/or remaining at an event where it is reasonably known that consumption of any of the below mentioned substances by a minor(s) occurs will also be subject to these rules. It is the responsibility of the student to remove himself/herself **immediately**, beyond all reasonable doubt and proximity, from the situation. A student who makes a willful choice to remain at such an event is in violation of the following rule:

Snoqualmie Valley School District Policy 2121

In the Snoqualmie Valley School District, we believe we have an important responsibility to our students to take the necessary steps to prevent the use of alcohol, tobacco and other mood-altering substances capable of or intended, purported, or presumed to be capable of altering a student's mood, perception, behavior, or judgment, other than properly used over-the-counter pain relievers and medications prescribed by a physician for an individual student and used at school in accordance with district procedures regarding dispensing medications. Nor shall the student possess, use, sell, or transmit paraphernalia associated with the ingestion

or concealment of such drugs, alcohol, tobacco, or other such substances. Further, we believe that the use and abuse of mood-altering substances, including alcohol, tobacco, and other drugs, interferes with the learning, health and safety of all students. Possession, use, sharing, sale, transfer, or being under the influence of alcohol, drugs, or any other controlled substances, or possession of drug related paraphernalia is harmful, illegal and strictly prohibited on or about the school grounds, on student transportation, and at all school-sponsored activities, on or off school campus. Students who are in a group of students one or more of whom is in possession of drugs, alcohol, or any other controlled substance, are also violating the drug/alcohol policy.

Because the use of alcohol, tobacco, and other mood-altering substances by children and adolescents is harmful and, in most cases, illegal, we will not condone their use. We support abstinence from all mood-altering substances for all adolescents and children so that they can reach their full intellectual, emotional, social, and physical potential. Additionally, we recognize that students suffering from untreated substance abuse and dependency impair the educational environment by serving as a conduit of substances into the school population and by rationalizing substance consumption to other impressionable children and adolescents. All school personnel will enforce the prohibition of alcohol, tobacco, and other mood-altering substances. Violations of the district alcohol, tobacco and other substance abuse policy will be considered cumulative; therefore, any infractions will be carried over from primary to secondary levels. Prevention and Intervention services and other resources are available through community agencies and consultation with school staff. Policy 2121

The following sanctions will apply to any student in violation of policy 2121. (If sale or distribution is involved please see additional information below on sanctions):

Violation	1st Violation	2nd Violation	3rd Violation
Drug, Alcohol <i>In-Season or Out-of-Season</i>	60 participation day suspension or end of season, whichever is longer, with carry over to next sports season. A student who seeks an assessment for his/her drug/alcohol use shall be given the opportunity to reduce the suspension to 20 participation days. After 10 participation days, a student may practice with the team/squad/club; after 20 participation days, the student may compete. The student must follow through with all recommendations of the assessing agency.	Athletic/activity disqualification for a period of no less than one (1) calendar year from the date of the second violation.	A student who violates this policy for a third time during his/her high school career shall be placed on permanent athletic/activity disqualification.
Sale of Drug, Alcohol <i>In-Season or Out-of-Season</i>	Enhanced penalty: Student's athletic/activity disqualification for a period of no less than one (1) calendar year from the date of the violation.	Permanent athletic/activity disqualification.	N/A

Tobacco/ Vaping	Athletic/activity suspension for a period of no less than one (1) week. The student's attendance at a tobacco cessation class or district directed tobacco cessation curriculum will be a mandatory condition of the student's return.	Athletic/activity suspension for a period of no less than ten (10) weeks. If less than ten weeks remain in the current season, the suspension will carry over to the next competitive season in which s/he competes. Must successfully complete a mutually agreed upon nicotine treatment program	Permanent athletic/activity disqualification.
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THE ATHLETE *MUST COMPLETE THE ATHLETIC SEASON DURING THE SUSPENSION OR THE BALANCE OF THE SUSPENSION WILL BE CARRIED OVER TO THE NEXT SEASON.*

Sale of Drugs, Alcohol and Chemical Substances: *In-Season and Out-of-Season*

The penalty for the selling of alcoholic beverages, drugs or chemical substances by any student will result in an **enhanced penalty**, e.g. a first time infraction involving such conduct will result in the student's **athletic/activity disqualification** for a period of no less than one (1) calendar year from the date of the violation, a second-time infraction involving this conduct during his/her high school career will result in permanent **athletic/activity disqualification**.

Prohibition of Hazing and Bullying

Snoqualmie Valley School District is committed to a safe and civil educational environment for all students, employees, parents/legal guardians, volunteers and patrons that is free from harassment, intimidation or bullying. "Harassment, intimidation or bullying" means any intentionally written message or image—including those that are electronically transmitted via social media—verbal, or physical act, including but not limited to one shown to be motivated by race, color, religion, ancestry, national origin, gender, sexual orientation including gender expression or identity, or mental or physical disability, or other distinguishing characteristics, when an act:

- Physically harms a student or damages the student's property.
- Has the effect of substantially interfering with a student's education.
- Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment.
- Has the effect of substantially disrupting the orderly operation of the school.

Nothing in this section requires the affected student to actually possess a characteristic that is a basis for the harassment, intimidation, or bullying.

Students found in violation of district Harassment, Intimidation and Bullying (including hazing) regulations will be subject to discipline ranging from a conference with the athletic director/activities coordinator to athletic/activity disqualification.

Procedures and Due Process for Athletic and Activity Discipline

Definitions for Discipline

Athletic/Activity Probation (Non-Academic)

Athletic/activity probation is a period during which a student remains a part of the team/squad/club while s/he

is given an opportunity to correct the deficiencies in a time prescribed by the head coach or advisor and athletic director. During athletic/activity probation, students will continue to participate in turnouts (practices) but will not participate in competitions.

Athletic/Activity Suspension

Athletic/activity suspension is a period during which a student is removed entirely from all team/squad/club activities for a specified number of days. The duration may be extended beyond the current season. A student who is suspended may not practice, compete, sit on the bench or attend any other team/squad/club events during the period of suspension.

Athletic/Activity Disqualification

Athletic disqualification is the complete removal of the student from athletics, activities, and clubs.

1. Athletic/Activity Discipline and Athletic/Activity Probation

When **athletic/activity discipline** is imposed, the coach/advisor will:

- Meet with the student to discuss the reason(s) for **athletic/activity discipline**.
- Document the athletic/activity discipline if it may lead to **athletic/activity probation** or more severe sanctions.
- When **athletic/activity probation** is imposed, the coach/advisor will:
 - Meet with the athletic director/activities coordinator or designee to review the reason(s) for **athletic/activity probation** and secure approval.
 - Inform the student of the deficiencies, how the student is to correct them and the number of days of athletic/activity probation/discipline, and, follow up with notification to the parent/guardian.

Upon completion of the probationary period, and if the deficiency is corrected, the student is removed from athletic/activity probation; if the deficiency is not corrected, the athletic/activity probationary period is extended or the student is recommended for **athletic/activity suspension** and/or **athletic/activity disqualification**.

2. Athletic/Activity Suspension, Athletic/Activity Disqualification

Prior to **athletic/activity suspension** or **athletic/activity disqualification** of any student, a conference will be conducted with the student as follows:

- The Principal/Designee will present to the student an oral and/or written notice of alleged misconduct and violation(s) of school district rules; the evidence of school district rules; the evidence in support of the allegations; and the corrective action or sanction to be recommended.
- The student will be provided the opportunity to present an explanation.
- When **athletic/activity suspension** or **athletic/activity disqualification** has been imposed, the student will be notified verbally of the action taken. Promptly thereafter, written notice will be sent by mail to the student and his/her parent/guardian containing the following information:
 - The action taken
 - The reason for disciplinary action, and,
 - The grievance procedure.

3. Grievance Procedure

Any student-athlete, parent, or guardian who is aggrieved by any athletic discipline, probation, or disqualification has the right to an appeal, which will be heard within three (3) days of receiving a written request for an appeal. The athlete may not participate in athletic activities during the appeal process.

Appeal Committee will consist of:

- Principal or designee will chair the committee
- 2 coaches of different sports

- 1 coach of the athlete's sport (non-voting member)

At the hearing, the student-athlete, parent/guardian will be subject to questioning by the principal or his/her designee and will be entitled to present evidence and to question school personnel involved in the matter under grievance. The Appeal Committee will notify the student-athlete/parents of its decision in writing within 2 business days.

The **athletic discipline, probation, suspension or disqualification** will continue at the sole discretion of the principal, notwithstanding the implementation of the grievance procedure.

If the student athlete, parent/guardian's appeal is denied at the building level by the Appeal Committee, they may file an appeal to the superintendent or his/her designee. If the grievance is not resolved, the parents and student shall have the right to present a written grievance to the school board or disciplinary appeal council per SVSD Policy 3241.

Mt. Si High School Elevator Policy

- Students, staff and visitors with disabilities will receive elevator key cards the same day they request them, without charge.
- The school will post signage by each of the elevator doors explaining how to obtain elevator key cards for access to the elevators.
- The school will post this policy and procedure on the school's website, and in the school's student handbook.
- Students, staff and visitor access during school hours: The elevators in the school are available for students, staff and visitors who are unable to use the stairs. Students, staff and visitors needing the use of the elevator can check out an elevator key card from the principal's assistant or any staff member working in the school's main office. Students and staff needing long-term accommodations can arrange to check out an elevator key card on a long-term basis. Documentation to support a student's or staff member's request to check out an elevator key card may be required, where it is not readily apparent that the individual has a mobility impairment (e.g., a person who uses a wheelchair, cane, or other mobility devices, a person who is blind or visually impaired, etc.) and the school has a concern that there is a misrepresentation of need for an elevator key card. Once approved and provided, the elevator key card is intended for use by the approved student and staff member only. Elevator key cards are nontransferable.
- Elevator access after normal school hours: If the school is hosting an after school event or if a community organization has rented the school building for use after normal school hours, which requires access to the building's second or third floors, the school will unlock the elevators and allow unrestricted access to the elevators without the need for an elevator key card.
- Emergencies: If an emergency arises involving access to the elevators during normal school hours, please contact the school's main office at (425) 831- 8100. If an emergency arises involving access to the elevators after normal school hours, please call Sonitrol at (1-877-SONITROL).
- Any person with questions or concerns regarding this policy or access to the elevators at the school in general should contact the school's principal via email (see directory) or at (425) 831-8100.

Mt. Si High School Elevator Procedure

- Due to ongoing safety and security concerns, all the elevators at the school will require an elevator key card in order to facilitate unassisted entry, operation, and exit from the elevators during the school day.
- The school shall have a sufficient number of elevator key cards available for students, staff and visitors with disabilities whenever the building is in use. Please visit the main office to request an elevator key card. Elevator key cards will be issued to individuals and are intended to be used only by those in need. Elevator key cards are nontransferable.
- To ensure that the elevators are properly maintained and operate whenever needed, the school shall document with a written log that the elevators are functioning properly and have been inspected at least once a week by the school's security team. Any deficiencies related to elevators, including equipment malfunctions, shall be reported immediately to the Facilities Department.
- Deficiencies and/or malfunctions related to elevators are a priority and shall be addressed immediately. Whenever an elevator within the school is inoperable, the school shall have alternative measures in place to ensure that access to services, programs and activities is not interrupted. This may include moving services, programs and activities to another location within the building or may include transporting individuals in a different manner. Please notify the main office immediately at (425) 831-8100 if the elevator is not working.

Student/Parent Signature Page

The Snoqualmie Valley School District demands a very high standard of acceptable student behavior. By participating in interscholastic athletics, activities, and clubs, your son/daughter will be subject to the Athletic & Activity Code of Conduct during the calendar year, including in-season, out of season, and between seasons. The school year is defined as beginning with fall activities, such as tryouts, to the last day of school and will include any school-sponsored summer activities.

Please take the time to read and understand these sections, especially the consequences for being academically ineligible and the consequences for the use, transmission, possession of, and proximity to, alcoholic beverages, drugs, chemical substances, and/or tobacco.

You should also be aware that coaches and advisors are responsible for determining which students are to compete in a contest; there is no guarantee that a student will participate in a particular contest.

We hope you and your student have an enjoyable and rewarding experience in Snoqualmie Valley School District athletics, activities, and clubs.

Principal – John Belcher
Associate Principal – Greg Hart
Associate Principal – Vernie Newell
Assistant Principal – Sana Tariq
Assistant Principal – Brian Ferguson
Athletic Director/Activities Coordinator – Chris Hill

I have read the 2020-2021 *Athletic Handbook* and I am aware of the expectations, policies, and procedures. I agree to adhere to the *Athletics & Activities Code* while representing the Snoqualmie Valley School District. The *Athletics & Activities Code* includes, but is not limited to, conduct and behaviors involving social media; cyberbullying; academic integrity; use of alcoholic beverages, drugs, and chemical substances; sale of drugs, alcohol, and chemical substances; tobacco products; hazing and bullying; etc.

Sport: _____

Print Student Name: _____

Signature of Student: _____ Date: _____

Print Parent Name: _____

Signature of Parent: _____ Date: _____