

**JOHNSON COUNTY CENTRAL**

**ACTIVITIES HANDBOOK**



**“HOME OF THE THUNDERBIRDS”**

**2019-2020**

**JOHNSON COUNTY CENTRAL  
MIDDLE AND HIGH SCHOOL  
ACTIVITIES HANDBOOK  
2019-2020  
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**Acknowledgement of Receipt Form**

**Request for Record Release for Academic All-State**

## **Section 1 Extracurricular Programs**

Students are encouraged to participate in those activities and organizations which meet their needs and interests. These activities give the student additional opportunities to develop skills in leadership and cooperation with other people. All students interested in participating in the activities program should contact the sponsors of the activity or the Activities Director. Extracurricular programs enrich the curriculum of the school by making available a wide variety of activities in which a student can participate. Johnson County Central Public Schools will adhere to the rules and regulations set forth in Title IX guidelines on sex discrimination as well as other pertinent rules and regulations.

Golf	Cross Country	Football	Volleyball
Basketball	Wrestling	Track	Cheerleader
Bowling	Quiz Bowl	One Act Plays	FFA
Academic Decathlon	Band	Speech	School Plays
Choir	FBLA	Dances	Soccer
Jazz Band	Musical Plays	Student Council	Art Club

## **Section 2 Activity Philosophy**

Activities are considered an integral part of the school's program of education which provide experiences that will help students physically, mentally and emotionally. The element of competition and winning, though it exists, is controlled to the point it does not determine the nature or success of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society. Student/athletes are stimulated to want to win and excel, but the principles of good sportsmanship prevail at all times to enhance the educational values of contests. We believe that participation in activities, both as a player and as a student spectator, is an integral part of the students' educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the team, to the student body, to the community and to the students themselves. In their play and their conduct, students are representing all of these groups. Such experiences contribute to the knowledge, skill and emotional patterns that they possess, thereby making them better people and citizens.

### Safety

The District's philosophy is also to maintain an activities program which recognizes the importance of the safety of the participants. To participate in athletics, the student/athlete must have on file in the Athletic Director's office the following:

- A. Completed physical form
- B. Parental consent to participate
- C. Parent confirmation of insurance coverage

To ensure safety, participants are required to become fully familiar with the dangers and safety measures established for the activity in which they participate, to adhere to all safety instructions for the activity in which they participate, and to exercise common-sense. In addition, the District requires that activity team members travel to and from out-of-town events as a unit. Any exceptions to this rule must be approved by both the parents and the coach/sponsor and should be done in writing prior to the departure to the event. The note should be given to the Principal. If a parent wishes to take their student with them after an event the parent has to sign out the student from the sponsor/coach. Only those people involved with the activity will be allowed to travel in the school vehicle.

### Warning for Participants and Parents

The purpose of this warning is to bring your attention to the existence of potential dangers associated with athletic injuries. Participation in any intramural or athletic activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis or death. Even with appropriate coaching, appropriate safety instruction, appropriate protective equipment and strict observance of the rules, injuries are still a possibility.

### **Section 3: Activity Code of Conduct**

This activity code of conduct is supplemental to the Johnson County Central Public Schools student code of conduct which is in Article 8 of the Student Handbook and any action taken hereunder may be in addition to any action under the student code of conduct said policy.

### Grounds for Extracurricular Discipline

The grounds for suspension from practices, participation in interscholastic competition, or other participation in extracurricular activities and competitions are set forth below. In becoming familiar with the conduct rules for extracurricular activities, participants need to remember that they are not only representing themselves, but also, their school and community in all of their actions. Special conduct rules exist for the reasons that:

Participants in Activities Assume Responsibility for Leadership and are Representatives of Our School: Participants in extracurricular activities assume a leadership role. The student body, the community and other communities judge our school on the students' conduct and attitudes, and how they contribute to our school spirit and community image. The students' performance and devotion to high ideals make their school and community proud.

Activities are a Privilege: Extracurricular activities have an important place in the educational program of Johnson County Central Public Schools. It is a privilege for the students who choose to participate. Students who participate and are accepted into the program are expected to demonstrate cooperation, patience, pride, character, self respect, self-discipline, teamwork, sportsmanship, and respect for authority. It is the belief that accepting responsibility for one's actions are a part of that philosophy.

It shall be the policy of Johnson County Central Public Schools the following guidelines shall be followed in determining student suspension from extracurricular activities.

The following conduct shall constitute grounds for suspension from practices, participation in interscholastic competition, or other participation in co-curricular activities and competitions, when such conduct occurs on school grounds or during an educational function, or event off school grounds, or in a school vehicle, or at any time during the school year, and also includes the time frame which begins with the official starting day of the fall co-curricular activity season as established by the NSAA and extends to the last day of the spring co-curricular activity season as established by the NSAA, whether or not the student is a participant in an activity at the time of such conduct.

1. Willfully disobeying any reasonable written or oral request of a school staff member, or the voicing of disrespect to those in authority.
2. Use of violence, force, coercion, threat, intimidation, or similar conduct in a manner that constitutes a substantial interference with school purposes.
3. Sexual assault or attempting to sexually assault any person.
4. Willfully causing or attempting to cause substantial damage to property, stealing or attempting to steal property of substantial value, or repeated damage or theft involving property.
5. Causing or attempting to cause personal injury to a school employee, to a school volunteer, to any student, or to any other person.
6. Threatening or intimidating any student for the purpose of, or with the intent of, obtaining money or anything of value from such student.
7. Knowingly possessing, handling, or transmitting any object or material that is ordinarily or generally considered a weapon.
8. Engaging in the selling, using, possessing or dispensing of alcoholic beverages, tobacco, narcotics, drugs, controlled substance, inhalant or being under the influence of any of the above; or possession of drug paraphernalia.
9. Engaging in the selling, using, possessing, or dispensing of an imitation controlled substance as defined in Nebraska state statutes, or material represented to be alcoholic beverages, narcotics, drugs, controlled substance or inhalant. Also engaging in the selling, using, possessing, or dispensing of an imitation or look-alike cigarettes – such as electronic cigarettes, vaping and juuling.
10. Truancy or failure to attend assigned classes or assigned activities.
11. Tardiness to school, assigned classes or assigned activities.
12. The use of language, written or oral, or conduct, including gestures, which is profane or abusive to students or staff members. Profane or abusive language or conduct includes, but is not limited to, that which is commonly understood and intended to be derogatory toward a group or individual based upon race, gender, national origin, or religion.
13. Public indecency as defined in Nebraska statutes, except that this subdivision shall apply only to students at least twelve (12) years of age but less than nineteen (19) years of age.
14. Repeated violation of any of the rules adopted by the School District or the school.

15. Engaging in any unlawful activity as determined by the United States or the State of Nebraska.
16. Dressing in a manner wherein such dress is dangerous to the student's health and safety or to the health and safety of others or is distracting or indecent to the extent that it interferes with the learning and educational process.
17. Willfully violating the behavioral expectations for those students riding in Johnson County Central Public Schools vehicles.
18. The knowing and intentional possession, use, or transmission of a firearm or other dangerous weapon.
19. The knowing and intentional use of force in causing, or attempting to cause, personal injury to a school employee, school volunteer, or student, except if caused by accident, self-defense, or on the reasonable belief that the force used was necessary to protect some other person and the extent of force used was reasonably believed to be necessary.
20. Failure to report for the activity at the beginning of each season; reporting for one activity may count as reporting on time if there is a change in activity within the season approved by the coach or the supervisor.
21. Failure to participate in regularly scheduled classes without an excuse approved by an administrator on the day of an athletic/activity event.
22. Failure to attend all scheduled practices and meetings. If circumstances arise to prevent the participant's attendance, the validity of the reason will be determined by the coach or supervisor. Every reasonable effort should be made to notify the coach or supervisor prior to all missed practices or meetings.
23. All other reasonable rules or regulations adopted by the coach or supervisor of a co-curricular activity shall be followed, provided that participants shall be advised by the coach or supervisor of such rules and regulations by written handouts or posting on bulletin boards prior to the beginning of the season.
24. Failure to comply with any rule established by the Nebraska School Activities Association, including, but not limited to, the rules relating to eligibility.

A description of possible disciplinary actions pertaining to items “8” and “9” above shall be provided in an Activities Handbook, which shall be approved annually by the Board of Education upon administrative recommendations.

Students may be suspended by the Principal or his/her designee from practices or participation in interscholastic competition or participation in co-curricular activities for violation of rules and standards of behavior adopted by the Johnson County Central Public Schools Board of Education or the administrative staff of the school.

The following procedures shall be followed with regard to suspension:

1. The party considering the suspension shall make a reasonable investigation of the facts and circumstances. In addition, suspension shall be made only after a determination that the suspension is necessary to help any student, to further school purposes, or to prevent an interference with school purpose.

2. Prior to commencement of the suspension, the student shall be given oral or written notice of the charges against the student. The student shall be advised of what the student is accused of having done, the basis of the accusation, and an explanation of the evidence the authorities have.
3. The student shall be afforded the opportunity to explain his/her version of the facts to the person issuing the suspension.
4. Within twenty-four (24) hours or such additional time as is reasonably necessary following suspension, the Principal or his/her designee shall send a written statement to the student, student's parents, or guardian describing the student's conduct, misconduct or violation of the rule or standard, the reason for the action taken, and the right to a hearing upon request on the specified charges.
5. An opportunity shall be afforded the student, parents, or guardian of the student to confer with regard to the matter with the principal or administrator issuing the suspension.
6. If the student or student's parents/guardian are not satisfied with the determination, an informal hearing may be requested before the Superintendent. A form or a request for hearing must be signed by such parties and delivered to the Superintendent in person or by registered or certified mail. This request must be received by the building Principal within five (5) days of receiving notice of suspension.
7. If a hearing is requested, it shall be held within ten (10) days of the request and a notice of the time and place of the hearing will be given to the participants, and parents or guardian within five (5) days of receiving the request. The notice shall contain an outline of the alleged infraction. There shall be no stay of the penalty imposed pending an appeal.
8. Upon conclusion of the hearing, a written decision will be rendered within five (5) school days. The statement of finding of fact and decision will be mailed to the participant, parents or guardian. A record of the hearing shall be kept by the school.
9. Nothing contained in this regulation shall prevent the participant, parents, guardian or representative from discussing and settling the matter with the appropriate school personnel at any stage provided herein.

### Extracurricular Drug Testing Program

The school district supports and values student participation in extracurricular activities and school functions, but such participation in such activities and functions is a privilege and not a right. Students in all extracurricular activities in grades 9-12 shall be subject to mandatory random drug testing for the presence of alcohol, illegal drugs and/or tobacco products. The purpose of this policy is as follow:

- 1) The school district recognizes that students who use illegal drugs, alcohol and/or tobacco products pose a threat to the health and safety of themselves, other students, teachers, administrators, and other persons;
- 2) To undermine the effects of peer pressure by providing legitimate reason for students to refuse use of illegal drugs, alcohol and/or tobacco products;
- 3) The school district seeks to deter the use of illegal and prohibited drugs, alcohol and/or tobacco products among students;
- 4) To encourage students who use illegal drugs, alcohol and/or tobacco products to participate in appropriate treatment programs.

Drug testing Coordinator: The Drug Testing Coordinator shall be the superintendent of schools or his or her designee unless otherwise indicated.

Drugs: Any substance considered illegal by Nebraska Statute, i.e., Uniform Controlled Substances Act, section 28-401 et seq., or which is controlled by the Food and Drug Administration unless prescribed to the student by any licensed medical practitioner authorized to prescribe controlled substances. For purposes of this policy, drugs shall include the illegal use of alcohol and tobacco products.

Extracurricular Activities: Any activity that meets the guidelines of an extracurricular activity at Johnson County Central Public Schools, which shall include the following:

Basketball	Jazz Band	Cheerleading	Cross Country
Speech	Football	Quiz Bowl	Academic Decathlon
Wrestling	One Act Plays	School Plays	Musical Plays
Track	Band	Choir	Volleyball
Soccer	Golf	Bowling	Dances
FFA	FBLA	Student Council	Art Club

And any other activity not specifically mentioned and governed under the guidelines set by the Nebraska Schools Activities Association.

School Calendar Year: Is the first scheduled practice of our fall sport as established by the NSAA calendar through the completion of our last NSAA activity at the end of the school year.

Participants: Any student and his/her parents/guardians must sign a consent form to participate in extracurricular activities at the beginning of each school year. The consent form is attached to this policy. Fall student athletes and students not participating in a fall activity and their parents must submit a signed copy of the policy to the high school office within 5 school days of the first day of school. Failure to do so will result in the student not being able to participate in activities for the entire school year. Students new to Johnson County Central must sign and submit within



five school days before participating in extracurricular activities. Students shall remain in the selection pool for an entire school year.

**Withdrawal:** Students who have a consent form on file remain eligible for drug tests by the school district and throughout the remainder of the school year or until the student files a “Withdrawal of Student from Activity” form signed by the student and his/her parents/guardians. Upon withdrawal, the student shall not be eligible to participate in any activity or attend any non-academic school functions for 1 calendar year. A student who files a “Withdrawal of Student from Activity” form after selected for a random drug test but before submitting to the test or after testing positive shall be ineligible to participate in any extracurricular activities or attend any non-academic school function for one calendar year from the date the “Withdrawal of Student from Activity” form is received by the Drug Testing Coordinator.

**Testing Procedures – Student Selection:** All students who participate in extracurricular activities that submit a consent form will be included in a master list and will be subject to random drug/alcohol/tobacco screening. The master list shall be submitted to the company employed by the district or to the person trained and certified to conduct the testing. Using an unbiased electronic selection system, students will be randomly chosen to take a test. Testing will be unannounced and randomly spread throughout the year. Random drug testing for drugs/alcohol/tobacco products may be performed at any time.

**Reasonable Suspicion Testing:** In addition to random drug/alcohol/tobacco testing, a student is subject to drug/alcohol/tobacco testing at any time when the Drug Testing Coordinator determines there is individualized reasonable suspicion based upon articulable facts to believe that the student has used drugs, alcohol and/or tobacco products. The Drug Testing Coordinator will notify the student and take the necessary steps to schedule a test as soon as practicable.

**Type of Test:** The school district reserves the right to utilize either breath, saliva or urine test for drug/alcohol/tobacco testing procedures.

**Collection Site:** The Drug Testing Coordinator will designate the collection site(s) at Johnson County Central high school where individuals may provide specimens.

**Collection Procedures:** The superintendent will select a Drug Program Administrator (DPA). The DPA shall randomly select the students subject to drug/alcohol/tobacco testing from the master list. The DPA will maintain and follow generally accepted industry standards for collecting, maintaining, shipping, and accessing all specimens. The DPA will seek to obtain the sample in a manner designed to insure accurate testing protocols while minimizing intrusion into a student’s privacy. The DPA and the school district will provide a copy of the collection procedures upon request.

**Notification of Test Results:** Johnson County Central High School will utilize a Medical Review Officer (MRO) to review all laboratory-reported positive tests. The role of the MRO is critical to protecting the interest of the students. The MRO serves a critical role in determining whether the use of a substance identified by the sample analysis is from illicit use or a legitimate medical use. The MRO will demonstrate his/her knowledge by being certified by an MRO Accreditation

body. The parent or the guardian will be contacted by the MRO or his/her assistant. The MRO will report results of verified positives and/or warrant health and safety issues to the student and to the designated school representative through the DPA.

In the case of a positive result because of prescription medication, the MRO will confirm that a prescription was written for the student, which matches the metabolite found to be positive. If the prescription is used legitimately, the MRO will deem the student medically qualified.

Any student who is alleged to have violated this section, shall have available as an affirmative defense, through clear and convincing evidence, that their use of a controlled substance was prescribed by a licensed medical practitioner who is familiar with the individual's medical history and assigned duties.

After the final review, the Medical Review Officer will advise Johnson County Central Public Schools of the final results of the drug screen test.

**Request for a Retest:** A split specimen will be collected for all testing methods, with the exception of alcohol testing. A positive alcohol test will be confirmed with an EBT device. A student's parent/guardian may request that the split specimen be tested at a second nationally certified laboratory from a list provided by the MRO. The request for the test must be submitted in writing to the MRO (with a copy sent to the Drug Testing Coordinator) within 72 hours of being notified of the final testing result. The student and his or her parent/guardian must pay the associated costs for an additional test in advance. The cost will be reimbursed if the result of the split sample test is negative. The student will remain subject to the consequences of this policy during the retesting procedure.

**Consequences for Testing Positive:** Whenever the test results indicate the presence of drugs, alcohol and/or tobacco, the Drug Testing Coordinator and/or administration will notify the student, parent/guardians, sponsor/coach and other appropriate school personal. The consequences shall follow the Johnson County Central Activity Handbook under the Activity Code of Conduct. The students will also be required to have a follow-up drug testing, a minimum of once a month, for the remainder of the school year.

**Refusal to Test:** A student who refuses to submit to a drug test authorized under this policy, or fails or refuses to comply with any other provision of this policy, shall not be eligible to participate in any activities covered under this policy including all meetings, practices, performances and competitions for one calendar year.

**Tampering:** Tampering is the use of any agent or technique which is designed to avoid detection of a drug and/or compromise the integrity of a drug test and is prohibited. This includes providing false urine samples (for example, urine substitution), contaminating the urine sample with chemicals or chemical products, the use of diuretics to dilute urine samples, and the use of masking. If it has been determined that a student tampered with a drug test, the student shall be deemed to have refused to test.

The use of any such agent or technique shall be treated as a refusal to test for drugs, alcohol and/or tobacco prohibited by the Policy and shall be subject to the penalties set forth in this policy.

**Maintenance of Records:** All results of drug testing shall be confidential. Procedures for maintaining confidentiality will be developed by the school district and the testing organization. The Drug Testing Coordinator shall maintain records of positive tests in a secure location. This information will not be available to anyone other than appropriate school personnel and parents. This information will be destroyed upon the student's graduation. Under no circumstances will this information become a part of the student's permanent file, nor will it be sent to another school when the student moves to another district or transfers to another school.

**Severability:** If any portion of this policy is deemed to be contrary to the law of the state of Nebraska or the United States by judicial decision or an act of Congress, then only such portion or provision directly deemed to be unconstitutional shall be stricken, and the remainder of the policy shall remain in full force.

**JOHNSON COUNTY CENTRAL PUBLIC SCHOOLS  
CONSENT TO PERFORM RANDOM DRUG TESTING  
2019-2020 SCHOOL YEAR**

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

As a student and parent/guardian:

- 1) We understand and agree that participation in extracurricular activities is a privilege that may be withdrawn for violations of the Extracurricular Drug Testing Policy.
- 2) We have read the Extracurricular Drug Testing Policy and understand the responsibilities and consequences as an activity participant if the student violates the policy.
- 3) We understand that when students participate in any extracurricular activity they will be subjected to random drug testing, and if they refuse, will not be allowed to practice or participate in any extracurricular activity or attend non-academic school functions. We have read this consent statement and agree to its terms.
- 4) We understand this is binding while a student is enrolled in Johnson County Central Public Schools.

**CONSENT TO PERFORM DRUG TESTING**

We hereby consent to allow the student named on this form to undergo drug testing for the presence of drugs, alcohol and/or tobacco products in accordance with the extracurricular Drug Testing Program adopted by the Board of Education. We understand that any samples will be sent only to a qualified laboratory for actual testing. We hereby give our consent to the medical vendor selected by the school board, their Medical Review Office (MRO), laboratory, doctors, employees, or agents, together with any clinic, hospital, or laboratory designated by the selected medical vendor to perform testing for the detection of drugs and to release the results of those tests as provided in the policy. We understand these results will be forwarded to school district officials and will also be made available to us. We agree to sign any necessary releases if requested to do so.

We understand that consent pursuant to this Consent to Perform Random Drug Testing will be effective for all extracurricular activities in which this student might participate in the school year.

We hereby release the Johnson County Central Public Schools Board of Education and its employees from any legal responsibility or liability for the release of such information and records, pursuant to the policy.

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

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**JOHNSON COUNTY CENTRAL PUBLIC SCHOOLS  
WITHDRAWAL OF STUDENT FROM ACTIVITY  
2019-2020 SCHOOL YEAR**

I understand that by signing this form I am rescinding my permission for random drug screening and no longer wish to participate in any extracurricular activity. I further understand that I am forfeiting my privilege to participate in athletics and/or extracurricular activities for one calendar year.

I hereby rescind my consent to the administration of the drug screening and forfeit all participation in extracurricular activities for one calendar year.

Student's Printed Name: \_\_\_\_\_

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

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

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

### Extracurricular Activities Training Rules

1. Use or possession of alcohol, illegal drugs, or tobacco of any kind while involved in extracurricular activities will not be tolerated. Use or possession may be determined by any of the following means:

- a. Observance by the coaching staff, teachers or administration;
- b. Charged by the police or other public official;
- c. The word of a law enforcement officer.

2. a. First offense—use or possession of alcohol, illegal drugs, or tobacco of any kind may result in suspension from all extracurricular activities for a period of 30 calendar days that school is in session. If the offense occurs during the last 30 days of the school year the penalty may carry into the next school year. A student may be afforded the option of enrolling in a drug or alcohol education program at parental expense in exchange for a reduced suspension from activities. Such a program must be approved by the administration ahead of time. A first offense will also preclude the student from being nominated during that school year for local, conference, regional, state, or national honors related to extracurricular activities (i.e., all-conference, all-state, or outstanding local athlete or musician). This clause does not extend to honors that are earned through competition (i.e., qualifying for State Track Meet or State Speech Contest) that the student may be eligible to compete for.

b. Second offense—use or possession of alcohol, illegal drugs, or tobacco of any kind at any time during the remainder of the student's junior high/high school career in Johnson County Central Public Schools may result in suspension from all extracurricular activities for a period of 90 calendar days that school is in session. If the offense occurs during the last 90 days of the school year the penalty may carry into the next school year. A second offense of this policy by a student may preclude the student from being nominated for the remainder of the junior high/high school career for local, regional, state or national honors as identified above.

c. Third offense—use or possession of alcohol, illegal drugs, or tobacco of any kind at any time during the remainder of the student's junior high/high school career in Johnson County Central Public Schools may result in suspension from all extracurricular activities for the remainder of the student's enrollment in Johnson County Central Public Schools.

3. Any student convicted of a felony will be denied participation in extracurricular activities for the duration of legal penalties, including but not limited to incarceration or probation. A student charged with a felony or high misdemeanor may be denied participation in activities at the discretion of the administration.

4. Any penalty for the above offenses will only take place after a reasonable attempt has been made by school personnel to meet with the student and his/her parent or guardian. The administration shall be involved in such meetings and disciplinary actions.

### Suspensions from Extracurricular Activities

Students may be suspended by the Principal or the Principal's designee from practices or participation in interscholastic competition or participation in extracurricular activities for

violation of rules and standards of behavior adopted by the Johnson County Central Public Schools Board of Education or the administrative staff of the school. Due process rights will be provided to the student as stated in the Student-Parent Handbook.

Attendance and Academics:

The administration has discussed ways to solidify our rules concerning student eligibility for practices and games if school is missed. Following are the guidelines that will be followed for all activities immediately:

1. If a student comes to school, then leaves school during the day because of illness that student will not be allowed to take part in practices, contests, or performances for the remainder of that day and evening.
2. If a student stays at home at the beginning of the day because of illness the student must be in school by the beginning of 5<sup>th</sup> period to be eligible to take part in practices, contests, or performances for the remainder of that day and evening.
3. Any student who misses the entire day or the last part of the day because of illness will not be allowed to be in attendance at practices, contests, or performances for the remainder of that day and evening. Students in this situation will be asked to go home if they were to show up at practices, contests, or performances, whether they are a part of the activity or not.
4. If a student misses part of the school day because of an appointment the student will be expected to be in school as much as possible in order to be eligible for practices, contests, or performances for the remainder of that day and evening. In most cases students should not expect to miss the entire day for an appointment and still expect to be eligible for participation. Each situation, however, will be handled on a case by case basis. The administration will expect a note from a doctor and/or communication from the parent/guardian before eligibility for practices, contests, or performances on that day or evening will be granted.
5. To be eligible for extra-curricular activities a student must be currently a full-time student.

**Section 4 "Team Selection" and "Playing Time":**

"Team selection" and "playing time" decisions are the responsibility of the individual coach or sponsor of the activity. Consistent, however, with the purposes of the activities program, the coaches and sponsors shall follow the established guidelines for team selection and playing time decisions, along with such other guidelines as each individual coach and sponsor may develop which are not inconsistent with these established guidelines:

1. School Representative. Student participants must demonstrate that they can and will represent themselves and their school in a manner which reflects the development of high ideals and appropriate values, which shall include good citizenship in the school and in the community.

2. Success. Student participants must demonstrate that they can make the activity program more successful, both from a standpoint of competitive success and success in promoting a positive school spirit. Characteristics for purposes of this criteria include the student's: (1) talent or skill, (2) desire to improve the student's own skills or talents as well as those of others in the activity, and (3) attitude of respect towards teammates, the coach, the school, and the community.

### **Section 5 Academic Eligibility**

Any junior high or high school student failing one (1) class during a two week grading period will be ineligible to participate in any extracurricular activity during the following two week grading period. However, each failing grade will be re-evaluated at the end of the first week and if the student's grades are all passing, he or she will become eligible the following week to participate in extracurricular activities.

To represent a high school in interscholastic competition, a student must abide by eligibility rules of the Nebraska School Activities Association.

All school work to be missed because of extracurricular activity participation must be made up or arrangements to make up approved prior to departure. The coaching staff or activity sponsor shall have the authority to establish any other rules which will aid in the administration of their sport or activity during the season with the approval of the Principal and Athletic Director.

### **Section 6 Lettering Format**

Many of our participants receive awards throughout the activity season. At the end of the school year an Athletic Banquet will be held to recognize students/athletes who have achieved excellence during the school year. One of the most valued awards is the "letter". Individual coaches/sponsors will set the standards for lettering in their respective activity, and will convey the requirements to their students at the beginning of the activity.

### **Section 7 Student Fees Policy**

This policy is addressed in the Middle and High School Student-Parent Handbook.

### **Section 8 Student Activity Fee**

An activity fee will be required of all middle school and high school students who participate in any extra-curricular activities. The purpose of this fee is to provide support for extra-curricular activities. Cost for the Student Activity Fee is \$25 per high school student and \$25 per middle school student. No family will be required to pay for more than two students. Once the oldest two students have fulfilled this obligation all other students in the family will also be covered.

One benefit to the student in paying the Student Activity Fee is that they will be issued an activity card which will provide them with free admission to most athletic contests and other programs sponsored by the school. Activities that would not be covered by the activity card would be conference and state sponsored activities held at Johnson County Central, or activities run by a specific group (i.e. Prom, Booster Club tournaments, etc.). Students will receive a temporary card early in the school year, and then will receive a permanent card with their picture on it. Activity cards will need to be presented at each game or activity for free admittance. There will be a fee to replace lost or destroyed cards.



Activity cards for elementary students will be available at a cost of \$15 per student. Middle school and high school students will not be eligible to participate in extra-curricular activities, with the exception of practices, until the Student Activity Fee is paid.

The Student Activity Fee is eligible for a fee waiver for any student who qualifies for free and reduced lunch. However, a written request must be filed with the school on forms provided by the school. These forms will be available in each of the offices.

### **Section 9 Concussion Awareness**

The Nebraska Unicameral has found that concussions are one of the “most commonly reported injuries in children and adolescents who participate in sports and recreational activities and that the risk of catastrophic injury or death is significant when a concussion or brain injury is not properly evaluated and managed.”

The School District will:

- Require all coaches and trainers to complete one of the following on-line courses on how to recognize the symptoms of a concussion or brain injury and how to seek proper medical treatment for a concussion or brain injury.
  - Heads UP Concussions in Youth Sports
  - Concussion in Sports – What You Need to Know
  - Sports Safety International
  - ConcussionWise
  - ACTive tmAthletic Concussion Training for Coaches; and
- On an annual basis provide concussion and brain injury information to students and their parents or guardians prior to such students initiating practice or competition. This information will include:
  - The signs and symptoms of a concussion;
  - The risks posed by sustaining a concussion; and
  - The actions a student should take in response to sustaining a concussion, including the notification of his or her coaches.

A student who participates on a school athletic team must be removed from a practice or game when he/she is reasonably suspected of having sustained a concussion or brain injury in such practice or game after observation by a coach or a licensed health care professional who is professionally affiliated with or contracted by the school. The student will not be permitted to participate in any school supervised team athletic activities involving physical exertion, including practices or games, until the student:

- Has been evaluated by a licensed health care professional;
- Has received written and signed clearance to resume participation in athletic activities from the licensed health care professional; and
- Has submitted the written and signed clearance to resume participation in athletic activities to the school accompanied by written permission to resume participation from the student’s parent or guardian.

If a student is reasonably suspected after observation of having sustained a concussion or brain injury and is removed from an athletic activity, the parent or guardian of the student will be notified by the school of:

- The date and approximate time of the injury suffered by the student,
- The signs and symptoms of a concussion or brain injury that were observed, and
- Any actions taken to treat the student.

The school district will not provide for the presence of a licensed health care professional at any practice or game. School official shall deem the signature of an individual who represents that he/she is a licensed health care professional on a written clearance to resume participation that is provided to the school to be conclusive and reliable evidence that the individual who signed the clearance is a licensed health care professional. The school will not take any additional or independent steps to verify the individual’s qualifications.

### **A Parent’s Guide to Concussion in Sports**

#### **What is a concussion?**

A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness (“knocked out”) to suffer a concussion.

#### **Concussion Facts**

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl’s lacrosse, girl’s soccer, boy’s lacrosse, wrestling and girl’s basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize. What are the signs and symptoms of a concussion?

#### **SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES**

- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can’t recall events prior to hit

#### **SYMPTOMS REPORTED BY ATHLETE**

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “Feel Right”

### **What should I do if I think my child has had a concussion?**

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing:

### **When in doubt, sit them out!**

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child’s physician and explain what has happened and follow your physician’s instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

### **When can an athlete return to play following a concussion?**

After suffering a concussion, no athlete should return to play or practice on that same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices. The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

*Step 1: Light exercise, including walking or riding an exercise bike. No weightlifting.*

*Step 2: Running in the gym or on the field. No helmet or other equipment.*

*Step 3: Non-contact training drills in full equipment. Weight-training can begin.*

*Step 4: Full contact practice or training.*

*Step 5: Game play.*

If symptoms occur at any step, the athlete should cease activity and be reevaluated by their health care provider.

### **How can a concussion affect schoolwork?**

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization.

In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

### **What can I do?**

- Both you and your child should learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

### **Other Frequently Asked Questions:**

#### **Why is it so important that an athlete not return to play until they have completely recovered from a concussion?**

Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

#### **Is a “CAT scan” or MRI needed to diagnose a concussion?**

Diagnostic testing, which includes CT (“CAT”) and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete's story of the injury and the health care provider's physical examination.

#### **What is the best treatment to help my child recover more quickly from a concussion?**

The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of

a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

**How long do the symptoms of a concussion usually last?**

The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

**How many concussions can an athlete have before he or she should stop playing sports?**

There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

**I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?**

The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics.

In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases. Obviously, the average high school athlete does not come close to suffering the total number or shear force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion.

### **Concussion Management: Return to Learn**

While Nebraska law requires a specified Return to Play protocol, equally important in the academic setting is a Return to Activity policy. “Bridging the Gap from Concussion to the Classroom: Return to Learn” was developed to provide guidance to assist Nebraska school districts in developing a concussion management policy, including the provision of appropriate classroom adjustments for concussed students facing learning challenges.

After a concussion, among other effects, connections within the brain become stressed, resulting in the breaking of some connections between different brain areas and limiting the ability of the brain to process information efficiently and quickly. (Molfese 2013) These changes can lead to a set of symptoms affecting the student’s cognitive, physical, emotional and sleep functions, which may result in reduced ability to do tasks at home, at school, or work. During this time, returning to play or full-time academics before symptoms have cleared can result in **prolonged recovery time or risk of further injury**. Ignoring the symptoms and trying to “tough it out” often makes symptoms worse!

### **Concussion Management: Recommended Best Practice for Nebraska Schools**

Once a concussion has been diagnosed by a healthcare professional, managing the concussion is best accomplished by creating a support system for the student/athlete. **Communication and collaboration** among parents, school personnel, coaches and athletic trainers, and healthcare providers in overseeing both the return to academics and return to play progressions is essential for the recovery process. Teamwork is required to adjust the treatment and management of the concussion. **Best practice indicates that the student should return to school with a RELEASE OF INFORMATION SIGNED BY THE PARENTS that allows for two-way communication between school personnel and the healthcare provider.** (McAvoy, 2012)

Symptoms of concussion often create learning difficulties for students. Immediately after diagnosis of a concussion, an individualized plan for learning adjustments should be initiated with a gradual, monitored return to full academics as symptoms clear. Typical classroom adjustments and accommodations may include:

- Reduce course workload
- Decrease homework
- Allow breaks during the day, i.e. rest in quiet area
- Allow additional time to complete assignments
- Provide instructor’s notes, outline or study guide for student
- Avoid over-stimulation (noise and light)
- Avoid testing or completion of major projects during recovery time when possible

**If a student athlete continues to receive academic adjustments due to the presence of any symptoms, they should be considered symptomatic and not be allowed to resume physical activity.**

## Report of Possible Concussion Injury

Athlete \_\_\_\_\_ Date of Injury \_\_\_\_\_ Sport \_\_\_\_\_

Home Phone \_\_\_\_\_ Parent/Guardian Name \_\_\_\_\_

Your son/daughter has sustained a head injury while participating in \_\_\_\_\_. In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms:

1. Headache (especially one that increases in intensity\*)
2. Nausea and vomiting\*
3. Difference in pupil size from right to left eye, dilated pupils\*
4. Mental confusion/behavior changes
5. Dizziness
6. Memory loss
7. Ringing in the ears
8. Changes in gait or balance
9. Blurry or double vision\*
10. Slurred speech\*
11. Noticeable changes in the level of consciousness (difficulty awakening or losing consciousness suddenly\*)
12. Seizure activity\*
13. Decreased or irregular pulse OR respiration\*

**\*Seek medical attention at the nearest emergency department**

The best guideline is to note symptoms that worsen and behaviors that seem to represent a change in your son/daughter. If you have any question or concern at all about the symptoms you are observing, contact your family physician for instructions or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlined below.

### **It is OK to:**

- use acetaminophen (Tylenol) for headaches
- use ice pack on head/neck as needed for comfort
- eat a light diet
- go to sleep
- rest

### **There is NO need to:**

- check eyes with a flashlight
- wake up every hour
- test reflexes
- stay in bed

### **Do NOT:**

- drink alcohol
- drive while symptomatic
- exercise or lift weights
- take ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory
- no strenuous activity: PE, sports, video games or texting

Please remind your child to check in with the school nurse prior to going to class on the first day he or she returns to school. Your child should also follow up with the Athletic trainer after school.

Recommendations provided to: \_\_\_\_\_ Phone: \_\_\_\_\_

Recommendations provided by: \_\_\_\_\_ Phone: \_\_\_\_\_

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



**RECEIPT OF 2019-2020 ACTIVITIES HANDBOOK  
OF JOHNSON COUNTY CENTRAL PUBLIC SCHOOLS**

This signed receipt acknowledges receipt of the 2019-2020 Activities Handbook of Johnson County Central Public Schools. This receipt acknowledges that it is understood that the handbook contains student conduct and discipline rules. The undersigned, as student, agrees to follow such conduct and discipline rules. This receipt also serves to acknowledge that it is understood that the District's policies of non-discrimination and equity, and that specific complaint and grievance procedures exist in the handbook which should be used to responding to harassment or discrimination.

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

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

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

\_\_\_\_\_  
Parent or Legal Guardian's Signature

Return to:

Mr. Rick Lester  
High School Principal

Mr. Rich Bacon  
Middle School Principal  
Activities Director

**REQUEST FOR RECORD RELEASE**

If eligible and nominated by my coach (es)/activity sponsors, please send the necessary information (official school transcript, grade point average, class rank or ACT score) to: Nebraska State Activities Association (NSAA), Lincoln Journal-Star or other award programs.

\_\_\_\_\_  
Student Signature

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

\_\_\_\_\_  
Date

Transcript, GPA, Class Rank or ACT score for: Academic All-State  
Nomination/Recognition