

# **MVHS ACTIVITIES**



# **HANDBOOK 2021-2022**

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# Mountain View High School

## Student Athletic/Activities Handbook

### I. INTRODUCTION:

#### A. To the Parent

This activity handbook is presented to you because your son or daughter has indicated a desire to participate in interscholastic activities at Mountain View High School, and you have expressed your willingness to permit him or her to participate. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports and activities provides a wealth of opportunities and experiences which assist students in personal growth and adjustments.

We, who are concerned with the educational development of boys and girls through activities, believe that a properly controlled, well-organized activities program meets with students' needs for self-expression and mental, social, emotional, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each students' educational experience.

A student who chooses to participate in activities is voluntarily making a choice of self-discipline and self-denial. These are the times when we place such stress on good training habits. Failure to comply with the rules of training and the conduct code of Mountain View High School could result in exclusion from the activity. This concept of self-denial and self-discipline is tempered by our responsibility to recognize the right of the individual within the objectives of the team. We are striving for excellence and do not want our students to compromise with mediocrity.

Participation in extracurricular or co-curricular activities is a privilege, not a right. A minimum requirement of all students for participation is good citizenship. Students are expected to abide by all school and team rules, policies, and regulations set up the team/activity, school district and the Wyoming High School Activity Association and to comply with all state and federal laws.

When your son or daughter enlists in one of our sports or activity programs, he or she commits our school district to certain responsibilities and obligations which include:

1. To provide adequate equipment and facilities.
2. To provide well-trained coaches and sponsors.
3. To provide equalized contests with registered officials.

Likewise, we feel that you have committed yourself to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of activities.

#### B. To the student participant:

Being a member of Mountain View activities is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain responsibilities that must be maintained. A great activities tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic activity at Mountain View High School, you have inherited a wonderful tradition, a tradition you are challenged to uphold. Each of you will be asked to help build on this tradition which is to win with honor. We desire to win, but only with honor to our athletes, our schools, and our community. Such a tradition is worth the best efforts of all concerned.

It will not be easy to contribute to such an activity tradition; however, when you wear the colors of Mountain View, we assume you not only understand our traditions, but are willing to assume the

responsibilities that go with them.

#### RESPONSIBILITY TO YOURSELF:

The most important responsibility you assume is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your school experiences. Your academic studies and your participation in extra-curricular activities as well as sports, prepare you for your life as an adult.

#### RESPONSIBILITY TO YOUR SCHOOL:

Another responsibility you assume as an activity participant is to your school. MVHS cannot maintain its position as an outstanding school unless you do your best to represent it well in whatever activity you choose to engage. By participating in athletics/activities to the maximum of your ability, you are contributing to the reputation of your school. You assume leadership roles when you are on a team or in an activity. You are on stage with the spotlight on you. **The student body, the community, and other communities judge our school by your conduct and attitude both on and off the field.** Because of this leadership role, you can contribute greatly to school spirit and community pride. Make the communities of Mountain View, Fort Bridger, Robertson, Milburne, Lone Tree, and the surrounding areas proud of your school because of your faithful exemplification of these ideals.

#### RESPONSIBILITY TO OTHERS:

When you know in your heart that you have lived up to all the training rules, that you have practiced to the best of your ability every day, and that you have played the game “all out”, you can keep your self-respect, and your family can be justly proud of you. The younger students in the school district are watching you. You are their role models, and they will copy you in many ways. This is an awesome responsibility. Do not do anything to let them down. Be a good example for them.

## II. PHILOSOPHY OF ACTIVITIES:

Mountain View High School believes that successful activity traditions are not built overnight. To develop these traditions, it takes the hard work and dedicated work of many people pulling together over many years. We believe that competitive activities programs are an integral part of the overall educational programs in the district.

Participation in extra-curricular and co-curricular activities can have a very positive effect on the students of the school district. Thus, it becomes important that participants and coaches/sponsors a like, must be made aware of the philosophy, opportunities, policies, and procedures they will be expected to follow while being a member of activity programs at Mountain View High School.

In competition, one goal is winning. However, winning does not always mean winning the game on the scoreboard. We desire to win, but only with honor to our athletes, our school and our community. How we play, maintaining a positive attitude, and developing one’s self-image are the most important goals of activities. The most important portion of competition is “doing what is right.” The value of giving your best and rising above adversity will benefit student participants in future pursuits.

## III. STATEMENT OF PURPOSE:

The purpose of the high school activities programs are:

- To improve the image of high school activities.
- To strive for excellence which will result in success on and off the playing field.
- To provide opportunities that will allow the program to serve as an environment where students will learn to cope with real problems and handle situations similar to those encountered in the “real” world. This environment should provide adequate and natural opportunities for:
  1. Physical, mental, emotional, and social growth and development.
  2. Acquisition and development of special skills in activities.
  3. Team play with the development of such commitments as loyalty, cooperation, fair play, and other desirable social traits.
  4. Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship.
  5. A focus of interests in activity programs for the student body, the faculty and the community that will generate a feeling of unity and pride.
  6. Provision for worthy use of leisure time in later life, as a participant or a spectator.

**IV. ATHLETIC ACTIVITIES:**

FALL SEASON: Cheerleading, Football, Volleyball, Boys’ and Girls’ Cross Country

WINTER SEASON: Cheerleading, Boys’ Basketball, Girls’ Basketball, Wrestling, Boys’ and Girls’ Indoor track

SPRING SEASON: Boys’ and Girls’ Track, Boys’ and Girls’ Soccer

**V. CO-CURRICULAR OR CLUB ACTIVITIES:**

Academic Challenge	Pep Band
Art Underground	National Honor Society
Band	SHARC
Choir	Student Council
FBLA	Yearbook
FCCLA	
FFA	
Jazz Band	

**VI. STUDENTS’ CODE OF CONDUCT:**

All participants of activities shall abide by a Code of Conduct which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the participant, the team, or the school will not be tolerated. The community, school, administrators, coaches, and sponsors feel strongly that high standards of conduct and citizenship are essential in maintaining a strong program of activities.

As a member of the Mountain View High School activities programs, you are expected to understand that the **participating student:**

- A. Understands that the drinking of alcoholic beverages, use of tobacco, and use of controlled substances will not occur at any time or place while participating in extra-curricular and co-curricular activities and time

between activities.

- B. Will refrain from using profanity.
- C. Realizes that officials do not lose games, but are there for the purpose of insuring that both teams receive a fair deal --- for this they deserve courteous respect.
- D. Plans his or her time so that sufficient energy is devoted to studies to insure grades which represent the student's true ability. The student is subject to the school and state's eligibility policies.
- E. Maintains a good attendance record and is not being truant from classes. The student is subject to the school's attendance policy.
- F. Will not have un-excused absences from practices, games, or meetings.
- G. Works for the betterment of the school and what is right and good for the fellow student.
- H. Obeys the specific training and practice rules of each coach or sponsor.
- I. Directly represents the community, school and coaches/sponsors and conducts himself or herself properly when traveling.
- J. Cares for all equipment as though it were his or her own personal property.
- K. Will not employ illegal tactics to gain an undeserved advantage.
- L. Dresses neatly and is well-groomed at all times.
- M. Does not let employment interfere with practices, games or meetings.
- N. Appreciates that coaches, sponsors, and administrators have the best interest of the participant in mind as they play and conduct activity programs.
- O. Appreciates the importance of proper rest, diet and exercise.
- P. Realizes that activities are an extension of our classrooms and appropriate behavior is expected.
- Q. Understands that once a person enrolls in an activity, he or she has the obligation to the other participants and their sponsors to be there and do his or her best throughout the entire season or activity.
- R. Understands, that all equipment that is checked out to the participant will be returned after the season's end, in good condition, as indicated by the coach or sponsor. All items not returned will result in one of the following consequences: assessment of fine for the missing or damaged equipment, holding of transcripts until the matter is cleared up, or taking the participant to small claims court.
- S. Complies with the standards of this code of conduct or be subject to disciplinary action, which may include dismissal by the coach or sponsor.

\*\*\* **Individual coaches and sponsors will determine the consequences for misuse of the Student Code of Conduct. Each coach or sponsor will inform the participant of the consequences of breaking the Code of Conduct. Each coach should inform student participants in writing of additional rules and procedures. This document should be signed and returned by each participant and his or her parents/guardians.**

## **VII. PARENT/COACH COMMUNICATIONS:**

Mountain View High School is very pleased that your son or daughter has chosen to participate in Mountain View activities. We will do all that we can to provide a positive experience for all involved. Possibly, the most important ingredient to achieve the outcomes we desire is to insure that lines of communication are developed to allow for free and easy resolution of questions before they become conflicts. As a parent, you have the right to know what the expectations are that are being placed upon your son or daughter. This section of the handbook is designed to spell out all levels of communication so that parents, coaches, sponsors and participants are aware of the steps they have available in resolving anything they think is or might become an issue.

Both the parent and the coach/sponsor share a commitment to bring out the best in the student participant. The most beneficial environment in which a young person can improve occurs when the parent and the coach establish a partnership based on understanding the responsibilities of each. The parent has the right to expect clear communications from the coach or sponsor. Likewise, the coach or sponsor will best function with prompt and sincere notice of family concerns. The student participant will benefit from the unified relationship of the parent and coach.

### **A. Communication you should expect from your child's coach or sponsor:**

1. Philosophy of the coach or sponsor.
2. Expectations the coach or sponsor has for your child.
3. Extracurricular participation policy and eligibility requirements.
4. Locations and times of all practices and contests.
5. Changes in schedules or practices.
6. Team requirements, i.e.; fees, special equipment, off-season conditioning.
7. Participant codes of conduct and discipline that results in the denial of your child's participation.
8. Requirements to earn a letter.
9. Procedure if your child should be injured during participation.
10. Repercussions for lost, damaged or outstanding equipment at the end of the season.

### **B. Communication coaches and sponsors should expect from parents.**

1. Express concerns directly to the coach or sponsor.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach or sponsor's philosophy or expectations.
4. Injuries to student participants.
5. Student violations of the district's activity handbook.

### **C. Appropriate concerns to discuss with the coach or sponsor:**

While involved in the activity programs at MVHS, your child will experience some of the most rewarding moments of his or her life. There will always be moments when events do not go the way the parent or student would prefer. At those times, timely and respectful discussion with the coach or sponsor would most likely bring about a clear understanding of each person's position and a positive resolution of differences.

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior, including violations of the district's activity handbook.

### **D. Inappropriate issues to discuss with the coach or sponsor:**

It is very difficult to accept that your child is not playing as much as you had hoped. Coaches and sponsors are

professionals. They make decisions based on what they believe to be the best for all of the students involved. As you can see from the above list, concerns can be and should be discussed. However, other issues such as the following must be left to the discretion of the coach or sponsor. Please do not treat your child as your trophy. Each is his or her own person. Help him or her by being a good role model.

The following list is some things that will NOT be discussed with parents.

- Playing time of other athletes besides your own
- Team strategy
- Play calling.
- Matters concerning other students/athletes.
- Practice format

#### **E. Procedure to follow to discuss a concern with a coach or sponsor:**

There are situations that may require a conference between the coach/sponsor and the parent. These are to be encouraged. It is important that both parties have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a positive resolution to the issue of concern:

1. Call to set up an appointment. School hours are between 8:00 a.m. and 3:20 p.m.
2. MVHS's phone number is 782-6340.
3. If the coach cannot be reached within 24 hours please call the Activities Director at 782-6340. He will make an appointment with the appropriate coach for you.
4. If the parent-coach/sponsor meeting did not reach a satisfactory resolution, call to make an appointment with the Activities Director. The parents, coach/sponsor, and Activities Director will discuss the concern. A final resolution will be made.
5. **Please do not confront a coach or sponsor before or after a contest or practice. These can be emotional times for both the parent and the coach/sponsor. Meetings of this nature do not promote resolutions and can exacerbate the issue.**

#### **F. Chain of Command - Governing Mode of Communication**

We, as the activity department, ask that you observe the following chain of command when pursuing any concern you may have regarding activity programs:

1. Assistant Coach (If the concern is with an assistant coach)
2. Head Coach
3. Activity Director
4. Building Principal
5. Superintendent
6. Board of Trustees

The solution for misunderstanding, concern, and questioning is communications between those involved! Gossip, backbiting, put-down, and all negative approaches to a problem will do nothing but make it more difficult to solve! Let's have participants, parents, coaches and administrators of Mountain View working together in an atmosphere of mutual trust fostered by open communication.

## VIII. UINTA COUNTY SCHOOL DISTRICT #4 TRAINING & DISCIPLINE RULES:

Great activities programs are developed through hard work, good attitudes, good training and a lot of heart and desire. Our success will depend greatly on you as an individual in keeping the rules and guidelines set up by Mountain View High School. As a participant, you will be expected to make many sacrifices. Listed below are the training and discipline rules used at Mountain View High School. ***All participants and parents/ guardians will be required to sign a Pledge of Conduct in order to participate in activities at Mountain View High School. When signing the Pledge of Conduct,***

***Students participating agree to abide by the MVHS Activity Handbook from the signing date until the end of the current school year. There will be no “grace” period between activities. Student participants will be expected to uphold the rules of the Student Activity Handbook throughout the year.***

### Minor Offenses:

- Curfew
  - Dress Code
  - Classroom Problems
  - Abusive Language
  - Misconduct on Trips
  - Unexcused Absences
  - Infractions of the Student Code of Conduct
  - Any other infractions deemed minor by building administration or the activities director.
- Minor disciplinary action will be handled by the head coach or sponsor.**

### Major Offenses:

- Use or possession of illegal drugs
- Use or possession of synthetic or imitation controlled substances
- Use or possession of alcohol
- Use or possession of all tobacco & nicotine products e-cigarettes and vapes
- Abuse of prescription drugs
- Abuse of over-the-counter-drugs
- Criminal Conduct (excluding minor traffic violations)
- Vandalism
- Hazing
- Any other infractions deemed major by building administration or the activities director.

Coaches, sponsors and administrators recognize the importance of stringent rules regarding drug, alcohol, and tobacco abuse. As a member of athletic teams, clubs, and organizations at Mountain View High School, all participants are expected to abstain from the use of illegal drugs, alcohol, and tobacco. Participants are also expected to abstain from the abuse of prescription drugs or over-the-counter-drugs. Students participating in team activities in the summer (team camps, State FFA, National FCCLA are examples) are bound by this policy during the time they are involved in those activities. Students violating this policy during that time will begin their suspension at the beginning of the next school year. Each member of a team, club, or organization will be expected to sign a Pledge of Conduct which prohibits the use of illegal drugs, alcohol, or tobacco. ***Once the Pledge of Conduct is signed by the student participant and parent/guardian, it pertains to all extracurricular and co-curricular activities that the student is involved in for the remainder of the year.***

Uinta County School District #4 has adopted an Activity Participant Drug Test Policy, Policy JFCH. It states that

“any student participating in a competitive interscholastic program in grades 7-12 sponsored by Uinta County School District #4 and sanctioned by the Wyoming High School Activity Association will be subject to random drug testing. Each participant wishing to participate in any competitive interscholastic program and the student’s custodial parent or guardian shall consent to drug testing pursuant to the District’s drug testing policy, Policy JFCH. No student will be allowed to participate in any competitive interscholastic program absent such consent being validly executed prior to participation in the program”.

For the purposes of this policy regarding suspension of school days; a school day is defined as is a day where school is scheduled to be in session on the adopted district calendar, and students are actually in attendance. In the case of a discrepancy, school or district administration will make the final determination of a school day.

#### CONSEQUENCES FOR A POSITIVE DRUG TEST:

1<sup>st</sup> Offense: Whenever an activity participant’s test results indicate the presence of illegal substances (“positive test”), the district’s drug testing policy will be enforced. The student will be immediately suspended from any extra-curricular activities for thirty (30) school days. However, if the student and parent(s) agree to participate in a district approved drug treatment/counseling program, and agree to on-demand urinalysis testing (UA testing) for the student for one calendar year from the date of the positive test, then the student will be allowed to request the suspension be reduced to ten (10) school days. The student and parent(s) will be allowed to request an appeal before the District Drug Testing Committee (DDTC), pending a second drug test (hair follicle or other appropriate test) at their own expense. Upon a negative retest, the district will provide reimbursement for the cost of the test and the student will be reinstated immediately for participation in extra-curricular activities. If a retest is positive, indicating the presence of illegal substance, the stipulation set forth by the district’s drug testing policy will remain in place.

2<sup>nd</sup> Offense: A third positive result (other than a retest) will result in suspension from activity participation for one (1) year from the date of the test. Activity participants will have an opportunity to appeal the one year suspension to a district activity discipline appeals committee for a possible reduced suspension.

The district activity discipline appeals committee will be made up of a secondary principal, activities director, an administrator at-large, UCSD #4 board member, and an at-large activity director/coach.

The student will have ten (10) school days to submit an appeal in writing to the high school activities director. The district activity discipline appeals committee will meet within ten (10) days of receipt of the appeal to hear circumstances that may merit reducing the activity participant’s suspension to less than one year. Both student and their parent/guardian must attend the appeal before the district activity discipline appeals committee. The appeals committee will make a final decision on the activity status of the student in writing within five (5) days of the in-person appeal. The decision of the appeals committee will be binding. Failure to submit appeals paperwork within the 10-school day timeline will result in the assigned one year suspension from activities.

Any additional positive results (other than a retest) will result in suspension from activity participation for one (1) year from the date of the test. Student will have an opportunity to appeal the one-year suspension to the district activity discipline appeals committee as described above.

3<sup>rd</sup> Offense: A second positive result (other than a retest) will result in suspension from activity participation for one (1) year from the date of the test. Student may volunteer to submit to on-demand drug testing and continue to follow district activity guidelines.

## CONSEQUENCES FOR INFRACTIONS OF MAJOR OFFENSES EXCLUDING DRUG AND ALHOHOL ABUSE:

1<sup>st</sup> Offense: Whenever it is determined that an activity participant is in violation of any major offense of the district activity code, the district's activity code will be enforced. The student will be immediately suspended from any extra-curricular activities for thirty (30) school days. However, if a student and parent(s) agree to participate in a district approved community service project, the student will be allowed to request the suspension be reduced to ten (10) school days.

2<sup>nd</sup> Offense: A second violation of any major offense according to the district's activity code will result in the student being immediately removed from extra-curricular activities FOR ONE CALENDER YEAR FROM THE DATE OF THE SUSPENSION. The student may appeal the one-year suspension to the district activity discipline appeals committee.

The activity discipline appeals committee will be made up of a secondary principal, activities director, an administrator at large, UCSD #4 board member, and an unaffiliated activity director/coach.

The student's appeal must be in writing and must be received by the MVHS Activities Director within ten (10) school days of the student's suspension from activities. The activity discipline appeals committee will listen to any special circumstances that may merit reducing the activity participant's suspension to less than one year within ten (10) school days of receipt of the appeal. Both student and their parent/guardian must attend the appeal before the activity discipline appeals committee. The activity discipline appeals committee will make a final decision on the activity status of the student in writing within five (5) days of the in-person appeal. The decision of the activity discipline appeals committee will be binding. Failure to submit appeals paperwork within the 10-school day timeline will result in the assigned one year suspension from activities. The student will be required to petition for permission to participate in activities after the full term of the suspension has been met.

3<sup>rd</sup> Offense: A third (or any additional) violation(s) of any major offense according to the district's activity code will result in the student being immediately removed from extra-curricular activities FOR ONE CALENDAR YEAR FROM THE DATE OF THE SUSPENSION. The student may appeal the one-year suspension to the activity discipline appeals committee as described above under 2<sup>nd</sup> offense. The decision of the activity discipline appeals committee will be binding.

## CONSEQUENCES FOR INFRACTIONS OF ALCOHOL, TOBACCO, NICOTINE, VAPES OR E-CIGARETTES OF ANYTYPE, PRESCRIPTION DRUG ABUSE, OVER-THE-COUNTER DRUG ABUSE, AND OTHER SUBSTANCE ABUSE:

1<sup>st</sup> Offense: Whenever an activity participant is determined to be in violation of the district's activity code's alcohol, tobacco, prescription drug abuse, over-the counter-drug abuse, or synthetic or imitation controlled substance (UCSD #4 Policy JICG) portion of this handbook, the district's activity code will be enforced. The student will be immediately suspended from any extra-curricular activities for thirty (30) school days. However, if a student or parent(s) agree to a district approved alcohol or drug treatment/counseling program and agree to on-demand testing for one calendar year, the student will be allowed to request the suspension be reduced to ten (10) school days.

2<sup>nd</sup> Offense: A second violation of the district's activity code's procedures on alcohol, prescription drug abuse, or over-the counter-drug abuse, or synthetic or imitation controlled substance will result in the student being immediately suspended from all activity participation FOR ONE CALENDER YEAR FROM THE DATE OF THE SUSPENSION. The student may appeal the one-year suspension to the activity discipline appeals committee as described under the major offenses section above.

3<sup>rd</sup> Offense: A third (or any additional) violation(s) of any major offense according to the district's activity code will result in the student being immediately removed from extra-curricular activities FOR ONE CALENDAR YEAR FROM THE DATE OF THE SUSPENSION. The student may appeal the one-year suspension to the activity discipline appeals committee as described above under 2<sup>nd</sup> offense. The decision of the district activity discipline appeals committee will be binding.

#### Overnight Trips:

Any time a student travels with a team or group representing Mountain View High School, he or she is expected to represent the district in a way that will bring pride and distinction to the school. All student participants are expected to follow the rules and procedures established in this handbook, including major and minor offenses. He or she is also expected to follow any additional rules or procedures that have been established by individual coaches and programs. The following are expected from all student participants:

1. No boys or girls are to be in each other's rooms unless supervised by the sponsor or coach.
2. Students are expected to dress properly (this will be determined by each program and coach).
3. Students are expected to respect and treat busses, motel rooms, and the opponents' schools as if they were their own. The student is responsible for any damage incurred while on a district sponsored trip.
4. The district will provide three meals for each night spent on a trip, but can only provide one meal on the first day.

#### Post Season Infractions (Culminating Events):

This category includes minor and major offenses as indicated above. However, it is not limited to these categories. Should the offense be considered serious enough, it could mean possible removal from the team immediately. If the incident occurs out of town, the parents/guardians may be contacted to pick up their child. If the infraction includes breaking the law, the proper authorities will be called and the parents informed accordingly. Contact with the Activity Director and/or the Building Principal should be made before any action is taken.

**\*\*\*\* The listed training and discipline rules are guidelines for all coaches and sponsors to follow; however, each individual coach or sponsor may choose to make individual team rules more stringent. Thus the consequences for infractions will be handled by each coach or sponsor and may be more severe than those listed above.**

### IX. UNSPORTSMANLIKE CONDUCT:

It is very important that all people involved in activities provided by Mountain View High School promote good sportsmanship and promote the good in activities. This includes the athletes or participants, the coaches and sponsors, the cheerleaders, the student body, and the spectators. It is vital that all involved promote a positive atmosphere at all activity endeavors.

#### Coaches

It is the responsibility of all coaches/sponsors to promote good sportsmanship at all activity events. Coaches are the most important influence towards a strong positive atmosphere at all activities. Coaches/sponsors at MVHS will adhere to the Coaches' Code of Conduct when promoting good sportsmanship. Coaches who are ejected from games because of unsportsmanlike conduct shall be subject to suspension according to the WHSAA Handbook.

## **Players**

The responsibility of the players for sportsmanship is second in importance only to the coach or sponsor. Because players are admired and respected, they exert a great deal of influence over the actions and behaviors of spectators. Desirable behavior for players would be as follows.

- A. Treat opponents with the respect that is due them as guests and fellow human beings.
- B. Shake hands with opponents or wish them good luck before and after the contest, when possible.
- C. Exercise self-control at all times, accepting decisions and abiding by them.
- D. Respect the officials' judgment and interpretations of the rules. Never argue or make gestures indicating dislike for a decision.
- E. Do not communicate with the officials regarding the clarification of a ruling.

- \*\* Any player who has been disqualified from an activity, game, contest, or tournament for committing an unsportsmanlike act shall be disqualified for the remainder of that game, contest or tournament. In addition, the player will be ineligible for the next six (6) consecutive school days, exclusive of vacations or open weeks, at any level — freshman, sophomore, junior varsity, or varsity. The player who has been disqualified must miss at least one contest, but no more than two contests, at the level in which the penalty was administered as well as all other contest at any level until the suspension has been served. Unsportsmanlike acts either prior to, or following a contest will result in a similar penalty. Any player made ineligible will have to complete the WHSAA Good Standing Buy Back Program before the athlete will be able to return to full eligibility.
- \*\* Should a participant be ejected from more than one contest during any one school year, that participant's suspension, as described in Rule 3.5.2 (WHSAA Handbook), shall be doubled for each additional ejections (Rule 3.5.3).
- \*\* Unsportsmanlike conduct by coaches, the student body, and/or spectators may also cause the offending school to be warned and/or placed on probation for the first offense. The second offense may cause probation and/or suspension for a one year period. (Rule 3.4.5).
- \*\* Any player who physically assaults a referee or other official in connection with an association contest shall immediately become ineligible from further interscholastic competition. It shall be the responsibility of the tournament manager or principal of the school hosting the event to notify the WHSAA commissioner as soon as possible. The official involved must report the incident to the WHSAA office within three days of its occurrence. Additionally, any player who assaults any referee, coach or athlete will be subject to school discipline including suspension from school.
- \*\* The Coach, the Activity Director, and the Principal of the student involved is responsible for keeping that student from further interscholastic participation pending a ruling by the WHSAA commissioner. The commissioner shall have the power to suspend the violating participant from further interscholastic competition for a period not to exceed one calendar year from the same calendar week of the infraction. Should an infraction occur during a culminating event, the commissioner may withhold the student from the entire corresponding event in the succeeding school year (Rule 3.5.7).

In the event of a discrepancy between this handbook and the WHSAA handbook governing all Wyoming High School Activities, the WHSAA handbook will be used.

## **Cheerleaders**

Cheerleaders must play a vital role in promoting good sporting attitudes. Desirable behavior for cheerleaders would be as follows:

- A. Stimulate and control crowd response.
- B. Choose the right cheers at the right time.
- C. Be certain that words used in a cheer do not inflame an audience.
- D. Avoid using bells, horns, or noisemakers.
- E. Use gestures that are synchronized, pleasing to watch, and easy to follow.
- F. Divert the crowds' attention by starting a popular yell if booing develops.
- G. Do not conduct a cheer at the same time as the visiting cheerleading squad.
- H. Cheer for your team.

### **Students**

Students' habits and reactions as spectators determine a quality of sportsmanship which reflects upon the reputation of the school. Profane and abusive language and obnoxious behavior have no place at an athletic event. Desirable behavior of the student body would be as follows:

- A. Know and demonstrate good sportsmanship.
- B. Respect and cooperate with the cheerleaders.
- C. Respect the property of the school and the authority of the school officials.
- D. Show respect for an injured player: do not heckle or jeer the opposing team.
- E. Remember athletic contests and mood altering substances to not mix.
- F. Cheer for your team.

### **Spectators**

Spectators and fan support are an important part of school activities; however, it is also very important that spectators promote good sportsmanship while attending events both at home and on the road.

- \*\* Inappropriate behavior by spectators during school activities will not be tolerated. If a spectator continues to act inappropriately then he or she will be given an "Unsportsmanlike Citation". Continuous inappropriate behavior by the spectator will result in the following consequences

#### **Unsportsmanlike Citation**

- |                          |   |
|--------------------------|---|
| 1 <sup>st</sup> Offense: | Verbal warning  |
| 2 <sup>nd</sup> Offense: | Asked to leave activity   |
| 3 <sup>rd</sup> Offense: | Immediate meeting with Activity Director and/or Building Principal.<br>Possible loss of privilege of attending future activities. |

- \*\* **All citations will be kept on file for documentation purposes.**

Use of flash cameras is not allowed in the actual playing area during contests (Rule 4. 2. 1).

Artificial noisemakers such as air horns and cowbells are not allowed in the gymnasiums (Rule 4.3.1).

Bands are not allowed to play during live ball situations or during free throws or serves during indoor sports events (Rule 4.3.2).

Bands are allowed at regional and state culminating events (Rule 4.3.3).

Unusual noise at any activity that is created by fans or participants that would interfere with the competition or the enjoyment of the fans is prohibited (4.3.4).

## **X. DISCIPLINE OF PARTICIPANTS:**

### Selection of Teams

In some activities we are forced to hold try-outs and select those athletes that have a higher level of skills. We do this because of space, time, and coaching personnel, since we have determined that we can only give quality educational experiences in the sport to a certain number. The coaches or sponsors will have the final say in who makes the team and who does not.

### Expectations

Each participant will be expected to be at all practices. Each head coach or sponsor will determine the number of absences he or she will allow in their activity.

Participation in activities is a privilege and not a right. For those young men and women who have been retained for further participation on a squad, their rights of continued membership have to be established. Rules and regulations regarding their expected conduct — made from a base of fairness to the individual and the team — must be made very clear to them. When this is fully understood, their privileges of continued participation in the activity will be protected as long as they function within the rules.

## **XI. POLICIES AND REGULATIONS:**

Uinta County School District #4 is a member of the WHSAA which is a voluntary organization of public and parochial schools of Wyoming organized for the purpose of promoting and regulating the competition between schools in what is generally known as extra-curricular activities.

Mountain View High School is subject to and governed in part by the rules and regulations for extra-curricular activities of the WHSAA, which rules and regulations are incorporated into and made a part of this policy by this reference. These rules and regulations include, but are not limited to such subjects as eligibility, entry fees, awards, seasons, practices, summer activities, out-of-state contests, statewide contests, physical examinations, participation on non-high school teams in non-high school competition, all-star competition, amateur rules, assumed names, prohibited activities, playing rules, equal opportunity for participation, and sports and activities sponsored by the WHSAA.

These rules and regulations are available for inspection and review in the office of the school's Activity Director. WHSAA has a due process appeal procedure for alleged violations of their rules and regulations which will be followed by Uinta County School District #4. Refer to WHSAA Handbook, page 10.

Uinta County School District #4 supports and follows the rules and regulations set up by the WHSAA; however, we also believe that we need to strengthen some areas in order for students to participate in activities at Mountain View High School and Mountain View Middle School.

## **XII. WHSAA RULES OF ELIGIBILITY**

The following rules of eligibility apply to boys and girls in all activities. Specific rules for various activities may be found in sections of the WHSAA Handbook to which they apply. The rules of eligibility have been developed

gradually over a period of years. They were born of necessity to protect the welfare of youth and to ensure that inter-scholastic activities provide experiences of educational value to participants.

These eligibility rules are minimum requirements and members may establish any additional rules as they see fit. Except for the eligibility rules in regard to age and to the number of semesters in high school, the WHSAA Board of Control has the authority to set aside any eligibility rule when, in its opinion, the rule fails to accomplish the purpose for which it is intended. Furthermore, the Board has this same authority in cases which a rule causes undue hardship.

A student may be eligible for participation in WHSAA sanctioned activities only when he or she meets all of the following requirements:

In the event of a discrepancy between this handbook and the WHSAA handbook governing all Wyoming High School Activities, the WHSAA handbook will be used.

### **Academic Load**

- A. In order to be eligible for any level of interscholastic competition, a student must be currently enrolled and must have been enrolled in school the immediate preceding semester and received passing grades during that semester in subjects that earn a minimum of 4.0 credits or the equivalent per year towards graduation (Rule 6.2.1)
- B. A student must be enrolled in not less than 20 class hours per week (Rule 6.2.2)
- C. A student must be passing in **FIVE** solid subjects at the time of the contest (Rule 6.2.3)
- D. A student shall not be permitted to make up work after the close of the semester (this includes summer school) for the purpose of becoming eligible. A “condition” or “incomplete” shall count as a failure (Rule 6.2.50)
- E. The scholastic record at the end of the semester shall be final and deficiencies may not be made up in any manner. Deficiencies, including incompletes, conditions, and failures for the previous semester may not be made up during a subsequent semester, summer session, night school, correspondence, or tutoring for qualifying purposes (Rule 6.2.51)
- F. Students ineligible because of scholastic deficiencies shall not be eligible until in attendance during the first regularly scheduled class of the new semester following the end of the semester for which they were ineligible provided they have met requirements (Rule 6.2.60)
- G. The eligibility or ineligibility of a student continues until the start of the next semester at which time the immediate preceding semester grades become applicable (Rule 6.2.61)
- H. A student who is suspended or expelled from high school during a semester and who does not finish the semester is ineligible during all of his or her next semester since his or her record for the previous semester is incomplete (Rule 6.2.7)
- I. A student must meet all eligibility requirements as outlined in the Uinta County School District #4 Activity Handbook

\*\*\*\* A solid subject is defined as a class that meets for the entire semester and for which ½ Carnegie Unit is granted.

### **Age**

A student becomes ineligible for any further participation in high school activities when he or she reaches his or her

twentieth birthday.

### **All-Star Competition**

A student shall not, during his or her high school career, have competed on any all-star team unless such contest is sanctioned by the WHSAA Board of Control.

### **Amateur Standing**

A student shall be an amateur; one who has not knowingly used and is not now using his or her knowledge of athletics or athletic skill for gain as a participant in athletic contests, and he or she shall not have played on any team on which there is one or more paid players.

### **College or University Teams**

A student may not have participated with any college or university team or in any college or university activity with the exception of music and forensic activities during the summer months.

### **Practice Rule**

A player must participate in a minimum of the required number of practice session of at least one (1) practice session per day on as many different days for the respective sport prior to the first day of his or her competition. A day shall count as no more than one (1) practice. No practice is permitted on any Sunday. No practices can be counted before a participant has a current physical. The contest cannot be considered as a practice. Three (3) days of practice are required for golf and nine (9) days of practice for each remaining sport. For football the first three (3) must be without contact for each participant. A participant becomes eligible once he or she has practiced the required number of days. A contest in which an ineligible participant participates in shall be forfeited as per WHSAA Rules 1.4.0 and 5.07.

Following the guidelines of WHSAA Rule 7.7.12, the first three (3) days of football practice for each participant are designed as a conditioning period. During the first two days, players may wear helmets, mouth pieces, football shoes, and shorts or sweat suits with no contact allowed. On the third day, players may wear shoulder pads and jerseys and contact football sleds and dummies with no contact with other players.

### **Guardianship**

Under no circumstances will the taking out of guardianship papers or the interpretation of moving to live with relatives or guardians to establish residence be permissible. Legal guardians should be legal guardians before the student moves, and should move with him or her for the purpose of establishing residence in the new district.

### **High School Student**

A student shall be regularly enrolled in the ninth, tenth, eleventh, or twelfth grades, carrying no less than twenty class hours of work per week.

### **Independent Teams**

A student shall not participate with an independent athletic team while a member of any high school athletic squad. During the off-season an athlete may participate on an independent team.

### **Number of Semester of Participation**

A student shall not be eligible for more than four fall and four spring semesters, for a total of eight semesters. The semesters will be counted consecutively after the student enters the ninth grade. In no case may a pupil participate in a fifth fall or fifth spring or any ninth semester.

### **Physical Examinations, Parent Consent Forms, and Proof of Insurance**

In accordance with the regulations of the WHSAA, one physical examination is required for participation in the full year's activity program. **This physical exam must be on file in the athletic office prior to any participation in practice or competitions. No practice days may be counted until the physical is on file in the athletic office.** The earliest acceptable date for a current physical examination is May 1. Medical doctors, osteopaths, physician's assistants who are operating in a program approved and licensed by the Wyoming State Board of Medical Examiners, Licensed Advanced Practitioners of Nursing with a specialty area of School Nurse Practitioner, Family Nurse Practitioner, Pediatric Nurse Practitioner or College Health Nurse, and Chiropractors are eligible to give physicals for the purpose of high school eligibility. In addition and unless the Wyoming State Board of Medicine denies the authority, any licensed health care provider whose state licensing board has verified that its practitioners are qualified and trained to give physical exams covering all the exam areas set forth on the recommended Physical Exam Form, which is attached to and made a part of the WHSAA Handbook (APPENDIX A), shall be eligible to give physicals for the purpose of high school eligibility

The physical form has a medical release form attached to the bottom and this also needs to be completed in order to participate. The completed physical form and all parent consent forms must be on file in the high school or middle school offices prior to checking out any equipment and/or participating in any organized practice or games. The completed form is forwarded to the principal and recorded in the activity director's secretary's office to become part of the student's health record. **There is no exception to this rule.**

Physicals for an academic school year are accepted only on or after May 1<sup>st</sup> and will cover all athletics until the end of the following academic year. Physicals are not required, but are recommended, for summer camps.

Activities that require yearly physical examinations include basketball, cross country, cheer, football, track, volleyball, soccer, wrestling, swimming, and golf.

Proof of insurance is required for all athletic events at UCSD #4 including football, cross country, volleyball, basketball, wrestling, track & field, and cheerleading and must be on file in the activity office on or before the first practice. Athletes that do not have proof of insurance cannot participate in practice nor count those practices toward the minimum practice requirement for participation in a contest.

### **Residence**

A student must have been in residence at the school he or she represents for at least one calendar year unless he or she is:

- A. A student entering the ninth grade for the first time.
- B. A student moving from a three year junior high school to the tenth grade of a senior high school within the same community.
- C. A student transferring into a school due to a move on the part of his or her parents.
- D. A student assigned to a foster home by court order.
- E. A student from a school which is discontinued or consolidated.

- F. A pupil returning home from a correctional institution may be eligible after ten days at the request of the principal.
- G. A student in attendance in a member school who is a foreign exchange student may be declared eligible under the hardship rule. (Foreign student eligibility is limited to one year only and not renewable.)
- H. Students who transfer and do not meet all requirements for the WHSAA Handbook shall be ineligible for 365 pupil days upon the enrollment at Mountain View High School.

**Transfer or Change of Schools**

A pupil transferring from one school to another without a corresponding change of residence on the part of a parent, shall be in residence one calendar year before becoming eligible to represent the new school in any activity. Before a pupil who transfers is eligible to participate, whether moving with or without his or her parents, the principal must submit an “Athletic Transfer Slip” in duplication to the WHSAA office. (All information included on the slip must have been verified in writing.)

**Transfer students and rural pupils**

The high school which the rural pupil elects for his or her first high school attendance shall be considered his or her choice. If for any reason the student wishes to attend another school, he or she must be in attendance at the second high school for 365 days before he or she is eligible for participation.

**Undue Influence**

The use of undue influence by any person or persons to secure or to retain one or both parents or guardians of a pupil as residents, may cause the pupil to be ineligible for high school participation in activities for a period subject to the determination of the WHSAA Board of Control, and the school shall be subject to disciplinary action. **Any student who deliberately falsifies information for eligibility purposes will lose one year’s eligibility.**

**Dual Participation**

A pupil may not participate in two sports at the same time however, during a season when one sport is over, a student may switch to another sport which runs concurrently. Cheerleading is not covered by the Dual Participation Rule.

**XIII. MOUNTAIN VIEW HIGH SCHOOL RULES OF ELIGIBILITY**

**Participation and Attendance**

Coaches, sponsors, and administrators recognize the importance of participation in regularly scheduled classes, not only during the week, but on days before and prior to scheduled *practices or* activities. Activity participants are expected to attend **all** regularly scheduled classes on days when *practices or activities* are scheduled. They are also expected to attend regularly scheduled classes on days prior to scheduled activities. ***If student participants are not in regular attendance at school they will not be allowed to participate in practice or the events being held that day.*** However, circumstances sometimes arise that make it impossible to attend all or part of the classes prior to and on the days of scheduled *practice or* events. When this occurs, all attempts should be made to give prior notice to the head coach/sponsor, the activity director, or the building principal. ***The final decision as to the eligibility of student participants lies with the coach/sponsor, activity director or building principal.***

**Parental Acknowledgment of Activity Policies**

Upon entering the high school or middle school, the student trying out for an activity will be presented with this

handbook containing all of the information needed for participating in Mountain View activities. All appropriate forms must be signed by the student and the parent and returned to the coach or sponsor in recognition of reading and understanding the policies of the activities department. Furthermore, signing the acknowledgment indicates a willingness of both the student and parents to abide by the rules and regulations set forth in this handbook.

## **ELIGIBILITY RULES AND PROCEDURES**

**Uinta County School District #4 and Mountain View High School recognize the importance of maintaining a standard of academic success. Being a member of an athletic team, extra-curricular organization, club, or any other activity offered by the high school is recognized as a privilege not a right. Therefore, students participating in all activities at Mountain View High School will be held to the following eligibility rules:**

- A. General rules to eligibility of participants will be those adopted by the Wyoming High School Activity Association as contained in the current official handbook of the WHSAA. In addition, students at Mountain View High School must maintain a 2.00 GPA from the previous grading period, unless higher standards are required under an activity constitution set by the head coach or sponsor of that activity. Furthermore, students at Mountain View High School are also required to maintain good attendance, good behavior, and show respect towards school personnel, other students, and school property.
- B. Eligibility will cover all high school activities that are sponsored or sanctioned by the WHSAA and Mountain View High School. Activities included under the eligibility rules include all athletic activities, interscholastic competition, performances, and workshops or conventions associated with such activities. Activities such as interschool music, pep band, pathways field trips, state and regional events for school organizations, field trips for classes, and any other activity trips outside the district are governed by the eligibility rules.
- C. Students who are currently ineligible cannot represent Mountain View High School.
- D. Eligibility will be determined in the following manner:
  - 1. All students' grades will be checked the first Tuesday following a midterm or the end of the quarter to determine eligibility.
  - 2. At this time if a student has less than a 2.00 GPA or has two (2) F's, he or she will become ineligible from all activities until the next check period. If the student has below a 2.0 GPA, but does not have a D or F he or she would be eligible.
  - 3. At this point the student's eligibility will be checked on a weekly basis (each Tuesday) and he or she will remain ineligible until he or she meets the eligibility criteria.
  - 4. At each check point, which is mid-term of each quarter or the end of each quarter, Students who do not meet the eligibility criteria will become ineligible at 8:00 am on the Tuesday following the check date.
  - 5. Students that meet eligibility requirements at each check point are deemed eligible until the next check point. (mid -term and end of each quarter)
  - 6. Ineligible students may be asked to attend tutoring sessions after school by the head coach, AD, or building principal.
- E. Ineligible students may be allowed to practice and/or rehearse in activities with the permission of the coach or sponsor during the period of ineligibility. The student should be fully aware, however, that his or her practices are a privilege, not a right, and can be taken away by the coach, sponsor or administration.
- F. Students involved in activities at Mountain View High School are expected to represent the school in the most positive manner possible at all times. Students who misbehave, skip school, show disrespect towards school personnel, other students, and school property may be placed ineligible for one week at a time or for the entire activity depending on the severity of the action. This will be determined by the coach, sponsor, and administration.

- G. Any student who feels he or she has not received due process regarding eligibility can appeal to an Eligibility Committee made up of the coach or sponsor, the activity director, and the school principal.

#### **XIV. PRACTICE**

- A. Coaches are not to plan practice during any teachers' orientation or workshop activities unless arrangements are made with the building principal.
- B. Practice times will be set by individual coaches. It may be necessary to have morning practice due to lack of gym space.
- C. Practice on Sundays is prohibited.
- D. Coaches and sponsors are to remain in the building until all students on the team have left the building. **Do not under any circumstances leave students unattended in the building.**
- E. Coaches and sponsors are to adhere to the practice schedule. They should begin and end practices as regularly scheduled unless unforeseen circumstances occur and the schedule must be changed at which time players will be notified as soon as possible.

#### **XV. TRANSPORTATION**

##### **Transportation to and from activities or events**

All participants who participate in out-of-town activity events are expected to travel to and from the events on school-provided transportation in order to participate in the event. However, circumstances may arise that do not allow a student to ride the school-provided transportation. When this occurs, parents or guardians are to submit an advance written request to receive permission for a change in this procedure.

These requests are to be submitted to the AD prior to the activity. No student will be released to anyone except parents or legal guardians unless advance written notice is filed in the activity office at the high school prior to the activity.

If a student misses the bus and drives or is driven by someone else to the event, he or she will not be allowed to participate in that event.

Parents and guardians may request permission to transport their child to an event; however, the decision to allow this to happen lies with the building administrator (building principal and activity director). Students will only be allowed to be transported by persons that have been given permission by parents or legal guardians. Advance written permission requests must be on file in the activity office. Permission to be transported by anyone other than parents or legal guardians must be submitted prior to the activity.

Parents and guardians may request permission to transport their child from an event. Coaches and sponsors must have written permission (all requests should be made in advance when possible) and will not release any student to anyone other than parents or legal guardians unless advanced written requests are on file in the activity director's office. Permission for anyone other than parents or legal guardians must be on file in the activity office prior to the activity.

Students may not leave during an event site (including motels, restaurants, etc.), unless he or she leaves with his or her parents or legal guardians.

This procedure is to provide a means to help families when circumstances arise that precludes a student from traveling to or from an activity on school-provided transportation. This procedure is to help families, but the intent is not to allow students to be transported by just anyone. Only responsible adults should be considered when requests for alternative transportation are submitted.

The final decision for approval of request for alternative transportation lies with the building administrators (the building principal and the activity director).

## **XVI. ANTI - HAZING POLICY**

Uinta County School District #4 understands that there is no place in the school system for hazing of any kind. It also understands the importance of being pro-active and working to prevent hazing before it happens. Hazing of students and staff members of the district will not be tolerated.

### **Definition of Hazing**

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity, or organization. Hazing includes but is not limited to:

- A. Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities.
- B. Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- C. Any activity involving actions of sexual nature or the simulation of actions of a sexual nature.
- D. Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, and intimidating environment for the student.
- E. Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.

### **Procedures for reporting Incidents of Hazing**

- A. It is the belief of Uinta County School District #4 that all students, parents, and sponsors/coaches should have a method of reporting incidents of hazing without the fear of repercussions from within the team, club, organization or activity.
- B. Students, parents, and sponsors/coaches should follow the following steps when reporting incidents of hazing:
  - 1. The first contact should be made through the building principal or the building counselor. Students, parents, and sponsors/coaches should feel at ease discussing potential problems with people removed from the activity programs.
  - 2. The Activity Director should be contacted when the building principal or building counselor is not available.
  - 3. Sponsors/coaches should be contacted for minor incidents which can be handled within the team,

- club, organization or activity.
4. Confidentiality is vital in the success of preventing repercussions for reporting incidents of hazing.

### **Communicating Anti-Hazing Policy to Personnel and Students**

- A. All Uinta County School District #4 activity personnel will be informed about the activity anti-hazing policy in the following manner:
  1. Each activity sponsor/coach will be given a written copy of the anti-hazing policy.
  2. Each activity sponsor/coach will be informed of the importance of the anti-hazing policy by the Activity Director of the school district.
- B. All students participating in any activity at Uinta County School District #4 will be informed of the anti-hazing policy in the following manner:
  1. Activity sponsors/coaches will discuss the anti-hazing policy with each team club, group or organization that he or she is responsible for.
  2. All students will be given a written copy of the anti-hazing policy, which will be taken home to share with parents or guardians.
  3. The anti-hazing policy will include a declaration of agreement and understanding to be signed by both the student(s), parent(s), and guardian(s).
  4. This declaration of agreement and understanding will be returned to the coach before students are allowed to participate in the activity.
  5. Upon receipt of the declaration of agreement and understanding, the sponsor/coach will turn the agreement into the high school or middle school office where it will be kept for further reference.

## **XVII. CONCUSSION PROTOCOL**

### **Rule 2.4.6 CONCUSSIONS from WHSAA**

Any student who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest or practice and shall not return to play until cleared by an appropriate health care professional.

### **SIGNS AND SYMPTOMS OF A CONCUSSION**

**WHAT IS A CONCUSSION?** A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### **WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

#### **Signs Observed by Parents or Guardians**

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent

- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes  
Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### **Symptoms Reported by Athlete**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

### **HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

### **WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?**

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

## **XVIII. ELECTRONIC USAGE POLICY**

Coaches and sponsors at Mountain View High School recognize the importance of appropriate use of electronic and recording devices by the students that participate in activities while attending MVHS. Therefore, in accordance with Policy JFD, have adopted the following procedures for student participants of all activities at MVHS:

### Acceptable Uses:

Use of electronic recording devices to facilitate specific instructional and administrative services is permitted based on established policies and practices. Such uses include, but are not limited to, district publications, athletic programs, theatrical productions and use for school and student safety. Specific district venues or events may have additional guidelines for use of electronic devices. It is the responsibility of the instructor/sponsor/coach to notify attendees of any restrictions that may apply, e.g., Athletics, Recreational sports, etc.

### Expectation of Privacy

Taking photos or making audio or video recordings without permission in ANY context in which the person has reasonable expectation of privacy such as private offices, restrooms, changing rooms, labs, classrooms, and conference rooms is prohibited. In such areas, written permission must be granted by all persons being photographed or recorded. Only persons authorized to photograph or record in private areas for specific purposes will be allowed to do so. These persons might include media or yearbook photojournalists.

A picture or recording taken in an inappropriate situation is also not acceptable to be published. In other words, a picture or recording taken under prohibited conditions is also prohibited from being published. This includes pictures taken off district property and brought to the District for distribution. Transmission on the Internet constitutes publication. Additionally, all images transmitted are subject to all applicable policies and laws, including copyright, as is any other digital document. The use of electronic devices to transmit or record images or conversations without explicit permission and acknowledgment of all parties is prohibited. Exceptions for law enforcement purposes may be granted. Any other exceptions must comply with applicable policies and laws and be approved by the Superintendent or designee.

### Cell Phones:

While participating in any activity at MVHS or while traveling with a Mountain View athletic team, activity group, or club; student participants are to follow the procedures of cell phone usage dictated by the MVHS Student Handbook and policy JFD Student Use of Electronic and Recording Devices.

If attending an overnight activity, all cell phones will be collected by the coach or sponsor and returned to the student the next morning. Coaches and sponsors are not responsible for charging cell phones. Coaches and sponsors may collect cell phones from students at any time on a school sponsored activity or trip.

### Violations:

Violation of this policy may result in the following: access privileges being revoked or suspended, and student may be subject to appropriate legal action. In addition, as a student, any violation of this policy may be considered willful disobedience and defiance of the authority of school personnel and may result in disciplinary action to include suspension or expulsion as determined by district administration.

# MOUNTAIN VIEW HIGH

# SCHOOL ACTIVITY HANDBOOK

Please review the MVHS ACTIVITY HANDBOOK at the District website: [www.uinta4.com](http://www.uinta4.com)

Select Mountain View High School, Information, Activity Handbook

If you would like a paper copy of the handbook please stop by the high school activity office



Please sign and return the pages attached after you have read through the activity handbook

## **MOUNTAIN VIEW HIGH SCHOOL ATHLETICS AND ACTIVITIES**

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### **Acknowledgment of Liability**

We, the parents and participants, understand that even if all safety rules of any activity are followed, there is still a chance of injury. These injuries range from bruises and sprains to paralysis or even death in some cases. As parents and participants, we acknowledge the fact that minor and major injuries can and do occur in sports and activities.

We, the parents and participant, understand that injuries occur in activities, and knowing this, we feel the advantages of participating outweigh the chance of injury. We accept responsibly for the costs incurred if my child is

injured and medical care is needed. We also understand that we must provide medical insurance for our son or daughter as a precursor for them to participate in sports or activities.

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**Acknowledgment of Signs and Symptoms of a Concussion and UCSD #4 Concussion Protocol**

We, the parents and participants, have read and understand the signs and symptoms of a concussion, and accept that concussions can and do occur in high school sports. We also understand and accept the protocol that UCSD #4 coaches and administrators will follow regarding concussions in sports. We acknowledge that only an appropriate health care provider, approved by UCSD #4, can sign off for an athlete to return to play from a concussion injury.

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**Anti-Hazing Pledge**

We, the parents and participants, have read and understand the Activity Anti-Hazing Policy for Uinta County School District #4. We fully understand the meanings and actions herein. We do hereby agree to observe and follow the procedures and guidelines laid down in this policy. It is also understood that if such policies and procedures are violated that severe consequences may occur including removal from the team, club, organization or activity, or criminal action may be instigated.

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**Pledge of Conduct**

As a member of the Mountain View High School athletic teams, extra-curricular activities, co-curricular activities, clubs or any other organization representing Mountain View High School, I do hereby pledge to remain drug, alcohol, and tobacco free during and between all extracurricular and co-curricular activities throughout the school year. Along with staying drug, alcohol and tobacco free, I pledge to do what is right and to always be a model citizen in my school and community.

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**Activity Pledge**

We have read the activity policies for Mountain View High School. We fully understand the meanings and actions implied in the activity handbook. We do hereby agree to observe and follow the policies and rules stated in the Activity Policy Handbook. Furthermore, if such policies and rules are violated, we are aware of the procedures and consequences that will be imposed.

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**I/We understand and fully agree to the above pledges and Acknowledgment of Liability. I/We agree to the consequences if these pledges are broken.**

\_\_\_\_\_  
**Participant Signature**

\_\_\_\_\_  
**Date**

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

\_\_\_\_\_  
**Date**

**Please write the activity/activities for which you have signed this letter of acknowledgment of safety and injuries in the spaces provide below. Indicate all activities that your son or daughter plans to participate in during the current school year. Include both extra-curricular and co-curricular activities.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**STUDENT ACTIVITY PARTICIPANT DRUG TESTING  
INFORMED CONSENT AGREEMENT**

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

**As a student and parent:**

We understand and agree that participation in competitive interscholastic programs is a privilege that may be withdrawn for violations of the Drug Testing Policy.

We have read the Drug Testing Policy and thoroughly understand the responsibilities and consequences as an Activity Participant in Uinta County School District No. Four.

We understand and realize that there is a risk of injury in participating in competitive interscholastic programs.

We understand that when students participate in any competitive interscholastic program, they will be subjected to random urine drug testing or hair follicle testing, and if they refuse, will not be allowed to practice or participate in any competitive interscholastic programs. We have read the consent statement and agree to its terms.

We understand that if a coach/sponsor has reasonable suspicion that a participant is using a controlled substance, the coach/sponsor must report the information to the Coordinator of Activities or designee. If the Coordinator of Activities or designee determines a drug test should be administered, parents will be contacted prior to the actual testing. If the drug test is refused, the student will not be allowed to practice or participate in any competitive interscholastic programs.

We understand this is binding while a student is enrolled in Uinta County School District No. Four.

**CONSENT TO PERFORM DRUG TESTING**

We hereby consent to allow the student named on this form to undergo urinalysis or hair follicle testing for the presence of illicit drugs or banned substances in accordance with the Policy and Procedure for Random Drug Testing of Uinta County School District 4 Students Participating in Competitive Interscholastic Programs, as approved by the Uinta County School District No. Four School Board. Uinta County School District No. Four, Mountain View, WY 82939

We understand that the collection process will be overseen by the District Drug Testing Committee (DDTC).

We understand that any urine samples will be sent only to a certified medical laboratory for *second* testing, and that the samples will be coded to provide confidentiality.

We hereby consent to the medical vendor selected by the Uinta County School District No. Four, Board of Trustees, their laboratory, doctors, employees, or agents, together with any clinic, hospital, or laboratory designated by the selected medical vendor to perform urinalysis or hair follicle testing for the detection of illicit drugs or banned substances.

We further give permission to the medical vendor selected by the Uinta County School District No. Four, Board of Trustees, its doctors, employees, or agents to release all results of these tests to the Medical Review Officer (MRO) working with the medical vendor. We understand these results will be forwarded to the Superintendent or designee and will also be made available to us.

We understand that in order for a child to receive any medication, including any over the counter medications, parents or guardians are required to complete the Request for Administration of Medication form, as provided in

Policy JHCD-1-E. The Request for Medication Form must mention the specific medication and the length of time of administration.

We understand that consent pursuant to this Informed Consent Agreement will be effective for all competitive interscholastic programs in which this Activity Participant might participate during the current school year.

We hereby release the Uinta County School District No. Four, Board of Trustees 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

Adoption Date: May 8, 2007  
Revised: September 14, 2010