

**Fairbanks North Star Borough School District**

**2014-2015**

**ACTIVITIES  
HANDBOOK  
FOR  
Middle School  
Students**

520 Fifth Avenue  
Fairbanks, Alaska 99701  
(907) 452-2000

## MIDDLE/ JR. HIGH SCHOOL ACTIVITIES

### Sportsmanship Creed

All contests are played under the authority of the Alaska School Activities Association (ASAA). ASAA rules provide for fair play and good sportsmanship among athletes and coaches. Since booing and jeering do not support anyone, we hope you will be positive in supporting your favorite team. As athletes, we ask that spectators promote the ideals of good sportsmanship by applauding fair play and showing respect for all participants and officials.

## MIDDLE/ JUNIOR HIGH SCHOOLS

### **Ben Eielson Jr. /Sr. High School (7-12)**

Principal: Mario Gatto  
Asst. Principal: Barbara Wiley  
Activities Coordinators: Kelly Growden  
372-3110

### **Effie Kokrine Charter School (7-12)**

Josh Snot, Head Teacher  
TBA, Athletic Director  
474-0958

### **North Pole Middle School (6-8)**

Principal: Rich Smith  
Asst. Principal: KC Bodily  
488-2271

### **Randy Smith Middle School (7-8)**

Principal: Dave Dershin  
Asst. Principal: TBA  
458-7600

### **Ryan Middle School (7-8)**

Principal: Heather Stewart  
Asst. Principal: Petra Timmons  
452-4751

### **Tanana Middle School (7-8)**

Principal: Greg Platt  
Asst. Principal: Kathy Beebe  
452-8145

## NON-DISCRIMINATION NOTICE

The Fairbanks North Star Borough School District does not discriminate on the basis of race, color, religion, sex, age, national origin, disability, marital status, pregnancy, sexual orientation, gender identity or veteran status.

The Fairbanks North Star Borough School District does not discriminate on the basis of sex in violation of Title IX of the Education Amendments of 1972 in the educational programs or activities which it operates.

The Fairbanks North Star Borough School District does not discriminate on the basis of disability in violation of Section 504 of the Rehabilitation Act of 1973. This includes admission or access to, or treatment or employment in its programs, services, and activities.

Individuals requiring further information should contact the designated compliance director:

Ms. Elizabeth (Bett) Schaffhauser  
Employment and Educational Opportunity Director  
520 Fifth Avenue  
4th Floor, Suite A, Room 410  
Fairbanks, Alaska 99701  
(907) 452-2000 ext. 11466  
Fax (907) 452-3172  
[bett.schaffhauser@k12northstar.org](mailto:bett.schaffhauser@k12northstar.org)

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## INTRODUCTION

The Fairbanks North Star Borough School District provides for co-curricular and extracurricular activities as an integral part of the total secondary school educational program. The opportunity to participate in a wide variety of activities is extended to all students who achieve the district's academic and social standards.

Research has shown that students who participate in activities tend to have higher grade point averages, better attendance records, and fewer discipline problems during the time they are participating. Research has also shown there is a high correlation between participation in extracurricular activities and success later in life.

It is important to remember that **participation in activities is a privilege and not a protected right.** When taking part in activities you are representing yourself, your family, your school, and the Fairbanks North Star Borough School District. You must, therefore, act responsibly, display good sportsmanship, and abide by the rules and regulations set forth in this handbook.

This Junior High/Middle School Student Activities Handbook has been approved as part of the Administrative Regulations under School Board Policy 955.

## PHILOSOPHY

The purpose of the Fairbanks North Star Borough School District is to provide an equal educational opportunity for each student to become a productive member of a diverse and changing society and to reach his or her full potential.

Co-curricular and extracurricular activities shall be an integral part of the total middle-level educational program. The purpose of these activity programs is to enhance the development of knowledge, skills, and emotional patterns which characterize responsible citizens. Emphasis shall be upon teaching "through" activities in addition to teaching the "skills" of activities.

Activities shall be tailored to the physical, mental, emotional and social maturity levels of the youths participating in them and shall be for the benefit of those youths. These programs should promote positive attitudes through active participation, individual improvement, and healthy competition. Each program should encourage efficient problem-solving and decision-making skills.

Leadership, recreation, fine arts, academics, and athletic activities shall attempt to reach the entire student body giving students the opportunities to participate in whatever areas they choose.

All students are encouraged to participate in co-curricular and extracurricular activities. Many of these programs do not limit the number of participants but there are some extracurricular activities that do limit the number of participants. Those students who try out for an activity but do not make the team are encouraged to seek other opportunities provided in the Fairbanks community.

Participation in activities is a privilege granted to students who meet the minimum standards of eligibility adopted by the Fairbanks North Star Borough School District and those additional standards established by each school for its own students.

## ACTIVITY OFFERINGS

Student activity offerings at each junior high/middle school may vary depending on student interests, facilities, budget, and availability of qualified sponsors. **Activities may include but are not limited to the following:**

Band	Interest Clubs	Student Newspaper
Basketball	Intramurals	Track & Field
Cheerleading	Math Counts	Volleyball
Choir	Orchestra	Wrestling
X-C Running	Rifle Club	Wrestling Boosters
X-C Skiing	Ropbotics	Yearbook
Drama Club	Student Council	
Honor Society		

## ELIGIBILITY

### ACADEMIC

*School Board Policy 955.21*

#### **Academic Standards for School-Sponsored Student Groups in Middle School/Junior High and High School**

##### Middle School Eligibility

*To be eligible for participation in a school-sponsored student group that prepares students for ASA A sanctioned groups in high school, a student in grades 7 and 8, and 6<sup>th</sup> graders in middle school, must have a 2.0 (C) grade point average with no more than one F at the end of the most recent grading period.*

*Students in grades 7 and 8, and 6<sup>th</sup> graders in middle school, not meeting this eligibility requirement shall have a ten-school day probationary period at the beginning of the sport season they participate in, during which they must meet the eligibility guidelines as outlined in Administrative Regulation 955.21.*

*This policy, as well as this handbook, also covers sixth grade students who are enrolled at North Pole Middle School.*

##### Eligibility (Administrative Regulation 955.21)

All entering seventh, eighth, and ninth graders, plus sixth graders attending middle school, are automatically eligible for the first quarter.

All students new to the district are eligible to participate in activities if they meet requirements. Subsequent eligibility will be determined after the end of a quarter or semester.

Continuing students become eligible or ineligible immediately upon verification of grades by the principal after the end of a quarter or semester. Verification of grades by the principal must take place according to an annual administrative memo that provides dates for eligibility determination.

##### Probationary Period

During the probationary period, a student may try out and practice, but may not wear the team uniform, sit with the team during team games, compete, or travel.

A **middle school or junior high student** will have a ten (10)-student-day probationary period at the beginning of the sport season he or she participates in to earn grades meeting the eligibility requirements in the quarter classes in which he/she is enrolled.

A **middle school student** who is on probation must have grades checked every two weeks for the remainder of the activity season or until he or she has regained eligibility at the end of the grading period. If at any time the student's grades fall below the academic eligibility requirements, the student will be removed from the team for the remainder of that activity or season and will not be able to practice.

##### Timeline for Eligibility

The determining grade is the last grade given at the end of the quarter and the last grade recorded on the student's transcript at the end of each semester. An "Incomplete" will count as an "F" until changed. The student's Grade Point Average (GPA) will be determined as defined in School Board Policy 974.1

##### Music (Band, Voice String)

The first week of the school year grading criteria (i.e., School Board Policy 974) will be written for music, listing those school programs that will count as part of the student's classroom grade. Only those performances specified in the school district curriculum will be waived for not following the academic standards required in School Board Policy 955.21.

### CHARTER SCHOOL STUDENTS

Charter school students may participate in school sponsored activities/athletics at their home school. These students must meet the same FNSB School District eligibility rules and those rules of the home school.

### FNSBSD B.E.S.T. PROGRAM

Students enrolling in the FNSBSD B.E.S.T. Correspondence Program (home school and online) will be required to provide proof of physical residence to determine their home attendance area school for activities' purposes.

Secondary (7<sup>th</sup> through 12<sup>th</sup> grade) students in the B.E.S.T. Program will only be allowed to participate in activities at their home attendance area school. Students enrolled full time in the B.E.S.T. program must finish all courses within the semester they are started. All courses taken through the B.E.S.T. program will count toward eligibility

### AGE

Seventh graders who are fourteen years of age and older and eighth graders who are fifteen years of age and older will be ineligible for participation at the junior high/ middle level. August 1 will be considered the cut-off day each year for age consideration. Any student retained in the seventh or eighth grade is ineligible to play any sports in the repeated grade.

There will be **no exceptions** to this policy for athletics at the junior high/middle school level.

### ATTENDANCE

***This policy and administrative regulation is under review. Until such time as new language is adopted, the following language will remain in effect.***

*School Board Policy 955.22*

*Student Attendance Requirements for School-Sponsored Student Groups*

*Students who are absent from school which includes out-of-school suspension any time during the day of a school-sponsored student group activity shall not be allowed to participate in any meeting, practice or competition of that group that day unless the absence is approved in advance by the principal.*

*Students assigned to in-school suspension as a disciplinary consequence shall not be allowed to participate in any meeting, practice, or competition of that group that day. In order to be eligible for a weekend or holiday activity, students must be present the entire day prior to the weekend or holiday.*

Extenuating circumstances, such as medical emergencies and unavoidable situations, will be handled on a case-by-case basis by the building principal.

**HOMELESS CHILDREN AND YOUTH:** (Refer to Board Policy 1027, McKinney-Vento Homeless Assistance Act, Subtitle VII-B and the Alaska School Activities Association Bylaws Article 12, Section 9)

No policy or administrative regulation of the Fairbanks North Star Borough School District shall act as a barrier to the enrollment, attendance, or success in school of homeless children and youths to include eligibility for participation in interscholastic activities based on the Transfer/Residency Rule. For further information, please contact the Homeless Liaison for the school district.

**PHYSICALS:** (Refer to Board Policy 955.24)

Any student in junior high/middle school, who participates in athletic activities including tryouts, both interscholastic and intramural, must have a physical examination and a signed parent consent form on file prior to participating.

The physical must be performed by an M.D., a D.O., A.N.P. or a P.A. under supervision of an M.D. or a D.O.

### **CONCUSSIONS**

The State of Alaska requires school districts to work with ASAA to develop and publish guidelines and other information to educate coaches, student athletes, and parents regarding the nature and risks of concussions.

In addition, each district shall annually provide to a student and his or her parent or guardian (if student is under 18 years of age), written information on the nature and risks of concussions. (Student and parent information is available through your school's Activities Coordinator or on the FNSBSD website at [www.k12northstar.org](http://www.k12northstar.org).)

A student may not participate in school activities unless the student and parent or guardian of a student who is under 18 years of age has signed a verification of receipt of the required information.

A student who is suspected of having sustained a concussion during a practice or a game shall be immediately removed from the practice or game. Close observation of the athlete should continue for a few hours. No athlete will return to play (RTP) on the same day he or she sustains a concussion.

A student who has been removed from participation in a practice or a game for suspicion of a concussion may not

return to play until the student has been evaluated and cleared for participation by a certified athletic trainer or by a qualified person who verifies in writing or electronically, that he or she is currently trained in the evaluation and management of concussions. (See page 10 for Return to Play Protocol)

## **RULES OF CONDUCT**

### **STUDENT**

A student enrolled in the Fairbanks North Star Borough School District is subject to School Board policies and school rules. As participation in activities is a privilege and not a protected right, students may lose their privilege of participation when they are found in violation of School Board policies up to and including removal from participation in extracurricular or co-curricular activities. By state law, the school district and law enforcement agencies collaborate in sharing information regarding minor or juvenile violations.

#### ***Pursuant to Board Policy 1042.1 Subject to School***

***Authority...student misconduct which occurs off school property or outside the school day may be subject to school disciplinary action provided that the misconduct is shown to be related to school order...***

For the purpose of activities, "school order" is affected when students participating in activities exhibit undesirable behavior, resulting in negative impact on their peers as well as the entire school community.

#### ***School Board Policy 1049 Alcohol and Other Unauthorized Substance Violations***

*It is the intent of the Fairbanks North Star Borough School District to maintain a drug-free and alcohol-free school environment so learning can take place; to educate students so they are aware of the issues and problems related to the use of drugs and substances; to identify students who have substance abuse problems; to refer students for treatment services which are beyond the scope of the schools; and to work with parents and community agencies in solving the problems related to substance abuse.*

When a student is found to be in violation of School Board Policy 1049, which prohibits the possession, distribution, and/or use of drugs or alcohol, the following additional consequences will apply to students participating in activities:

1st offense - suspension from all co-curricular and extracurricular activities for fifteen (15) school days and required to obtain an assessment and comply with assessment recommendations.

Non-compliance with assessment recommendations will result in suspension from all co-curricular and extracurricular activities for forty-five (45) school days.

2nd offense - suspension from all co-curricular and extracurricular activities for forty-five (45) school days.

Subsequent violations will result in additional suspension for all co-curricular and extracurricular activities for forty-five (45) school days and may result in removal from extracurricular or co-curricular activities.

*School Board Policy 1048.6 **Criminal Offenses***

*Any violation of federal, state, or local criminal laws, statutes, or ordinances by students when under school authority is prohibited. Students violating criminal laws may receive disciplinary sanctions and local law enforcement may be notified.*

A student found in violation of School Board policy 1048.6, which prohibits criminal action on school property or at school sponsored activities, will immediately be precluded from participating in any school-sponsored activity for forty-five (45) school days effective the day of administrative discipline and may result in removal from extracurricular or co-curricular activities.

*School Board Policy 1048.1 **Hazing***

*There will be no hazing of students by anyone in any way. Hazing means a behavior or pattern of behavior directed at one or more specific individuals which persecutes, harasses, humiliates, degrades, or endangers the physical safety of an individual.*

*School Board Policy 1042.4 **Initiations***

*All forms of initiations by school or nonschool groups are prohibited unless prior approval has been obtained from the building principal. An initiation is a ceremony, ritual, test or activity with which a group admits a new member.*

*In obtaining prior approval, the following rules apply:*

- *The group proposing the initiation must have an adult sponsor.*
- *The group or sponsor must submit a written request to the principal with details of the proposed initiation activity at least three weeks prior to the activity.*
- *The principal has the authority to amend, change, or put conditions on the proposed initiation activity prior to granting approval.*
- *No initiation that meets the definition of hazing shall be approved under any circumstances.*
- *Approval must be applied for annually or, in any event, before any subsequent initiation.*

Students who commit any other behavior that displays poor citizenship in the judgment of the building principal whether it occurs on or off school property, whether it occurs during the school day, and whether a student is involved in activities at the time of the offense may also lose their privilege to participate.

Coaches and sponsors may have additional rules of conduct for their individual teams and organizations with prior approval of the building principal. These rules cannot

supersede or nullify School Board policy or regulations. For example, a student ejected from a contest for fighting will face suspension from school as noted in the district's discipline policies.

**NOTE:** Students are ineligible for participation in any student activity while suspended (in or out of school) or expelled from school. This ineligibility status shall begin on the day of the recommended administrative action and shall continue through the end of the last day of the discipline imposed.

**SPORTSMANSHIP**

A sportsman is one who engages in sports in a fair and generous fashion. Unsportsmanlike conduct, then, would be conduct that is prejudicial to the fair and generous acceptance of the rules of the activity, the officials, the opponents, and the policies of the schools and the coach. Actions which bring discredit upon the school, activity, officials, rules, or opponents may be considered unsportsmanlike. This type of conduct is not always specifically covered by a rule, but is usually related to an unwillingness to accept that an attitude of fairness and generosity is required if an activity is to be consistent with a purpose for which it was conceived. The taking of unfair advantage, willful or malicious disrespect, demeaning gestures and excessive complaining can be considered examples of unsportsmanlike conduct. Whenever the reasonable and just application of the rules is not successful in controlling the demeanor of the participants or those associated with their participation, the application of an unsportsmanlike penalty is both warranted and justified.

Any student or coach who is ejected from a contest will not be eligible to participate in the next contest. Additional penalties may be imposed by the school district.

**SPONSORS**

Sponsors are expected to be role models for the students they supervise and are subject to School Board policy and district rules in reference to expected conduct governing employees, including rules covering tobacco, alcohol, and illegal drugs. Sponsors will enforce the student disciplinary rules of the district and the rules of conduct pertaining to student activities. While traveling, sponsors are responsible for the conduct and safety of students and will be in direct supervision of students at all times. Sponsors will establish and enforce reasonable curfews for students.

Any coach ejected from a contest will not be eligible to participate in the next contest. Additional penalties may be imposed by the school district.

## **PARTICIPATION INFORMATION**

### **TITLE IX**

The Fairbanks North Star Borough School District does not discriminate on the basis of race, color, religion, national origin, sex, disability, age, marital status, pregnancy, sexual orientation, or gender identity in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Ms. Bett Schaffhauser, Employment and Educational Opportunity Director, 520 Fifth Avenue, Fairbanks, Alaska 99701. She may be contacted at 452-2000, extension 11466 or via email at [bett.schaffhauser@k12northstar.org](mailto:bett.schaffhauser@k12northstar.org).

### **EQUIPMENT AND UNIFORMS**

Students are responsible for returning all equipment and/or uniforms issued to them or they shall pay for replacement. If equipment is neither returned, replaced, nor paid for, no further equipment shall be issued.

Team uniforms for junior high/middle school basketball and volleyball are required to have a number on both the front and the back. There shall be no names/nicknames on the shirts.

### **MIDDLE/ JUNIOR. HIGH SCHOOL TRAVEL**

Junior high/middle school students will not travel beyond Delta, on the Richardson Highway, nor beyond Healy, on the Parks Highway, to participate in extracurricular activities. Exceptions because of extenuating circumstances may be considered by the superintendent for School Board approval.

### **SUMMER TRAVEL**

There will be no school-sponsored travel during summer vacation without prior approval of the School Board.

### **WINTER TRAVEL**

The following administrative regulation is effective during the winter travel period (October 1 through April 1): Call the National Weather Service at 452-3553 if you have question about the current temperature.

Middle/junior high school students traveling by ground transportation during the winter period must have the following in their possession: winter hat, winter coat, gloves, boots, snow pants, and winter sleeping bag. When ground transportation other than commercial contracted carriers is used, the sponsor shall have a cell phone available for emergency calls.

When the temperature falls between -30 degrees and -39 degrees F., junior high/middle school principals should use discretion in canceling activities. In making the decision, consider the necessity of the activity and ice fog conditions. Principals must agree upon whether to cancel competitive

activities. If agreement cannot be reached, then the assistant superintendent will make the decision.

At -40 degrees F. and below, activities that require bussing are to be canceled.

### **CHAPERONES FOR ACTIVITY TRAVEL**

On all district sponsored activity travel there shall be at least one same gender chaperone for each gender of students on the trip, and the chaperone must be at least 21 years of age. An adequate number of same gender chaperones shall accompany students in order to maintain safety and discipline.

A chaperone should be a staff member from the sponsoring school and not staff from another school in the district.

### **STUDENT TRAVEL “RULES OF THE ROAD”**

Fairbanks North Star Borough School District students are expected to conduct themselves with honor and integrity at all times while traveling within or outside of the school district. Students should consider themselves ambassadors for their families, school, and community. Travel rules are established for the benefit of participating students, coaches, and chaperones.

1. All school and school district policies are in effect for the duration of the trip as covered in the Student Activities Handbook.
2. Students are expected to follow all directions given by coaches, sponsors, and chaperones.
3. Disrespectful, destructive, or any behavior considered being detrimental to the program or which brings disfavor upon the school or the school district shall not be tolerated. This behavior shall include but is not be limited to:
  - a. Alcohol or drug use;
  - b. Public displays of affection or sexual contact of any kind;
  - c. Any unsanctioned initiations or hazing;
  - d. Vandalism or trashing of rooms or other property;
  - e. Shoplifting or other illegal actions.
4. Coaches or sponsors shall establish curfew hours while on the road for the benefit of the team. The curfew time is not negotiable.
5. Only those students assigned to a room may be in that room after curfew.
6. Students are not allowed in rooms occupied by persons not affiliated with the team or the school they represent.
7. Students are not allowed in rooms assigned to persons of the opposite sex.
8. People not associated with the team or the school shall not be allowed in team rooms.
9. Students on trips may not leave the team unless accompanied by a parent or guardian and written



permission has been given to, and explicit agreement has been given by, the coach or sponsor.

10. Students are expected to adhere to all school and team rules and attend all team functions.
11. When in public on road trips, students shall be in groups of three (3) or more.
12. When in a hotel and outside your assigned room, students shall be in groups of two (2) or more.
13. While on school sponsored trips, students are expected to dress appropriately and to follow the school dress code.
14. Coaches will address the code of conduct to be adhered to on busses or public transportation.
15. Teams will clean up their areas prior to leaving any competition site.
16. Students shall demonstrate good sportsmanship at all times.
17. Additional rules may apply and shall be covered by the coach or sponsor prior to departure or before certain activities.

Should any FNSBSD student break any of these rules one of the following consequences may be taken:

1. The student may be withdrawn from the competition;
2. The student may be sent home immediately at his/her parent's expense;
3. The student may be suspended from the program for a length of time to be determined by the coach and/or the administration depending on the severity of the infraction;
4. The student may be dismissed from the program;
5. The student may be subject to further consequences above and beyond those listed here, to be determined by the school administration or the Superintendent.

#### **RELEASE OF STUDENTS TO NON PARENTS ON SCHOOL TRIPS**

During a school-sponsored trip, a student may be released to an immediate family member (grandparent, sibling, aunt, uncle) who is at least 25 years of age under the following conditions:

- Two weeks prior to travel the parent or guardian must submit in writing a request to the principal stating to whom they wish the student be released to and the purpose for the release. The submitted request must contain the third party's physical home address and pertinent phone numbers.
- The head coach or sponsor will be responsible for checking the adult's identification prior to releasing the student.
- Students will only be released to the family member at the conclusion of the student activity, not during the activity or between scheduled events. Upon release, at the conclusion of the activity, the coach is no longer

responsible for the student for the remainder of the trip. If the student is traveling back to Fairbanks with the team or group, it is the relative's responsibility to make sure the student arrives at the team or group's departing location in a timely manner for the trip home.

#### **TRANSPORTATION IN PRIVATE VEHICLES**

School Board Policy 762 "forbids the transportation of students by employees in private vehicles for school purposes without prior authorization of the Superintendent". Parent requests to transport students other than their own children on district sponsored activity trips presents a liability exposure for the school district that is even greater than what Policy 762 was intended to mitigate. In the unfortunate event of an accident, the parent would face significant liability exposure as well. Thus, students are expected to travel to school-sponsored activities by the transportation provided by the school unless otherwise approved by the school administration.

The district contracts with various community organizations in a sponsorship agreement known as "outsourced sports". The above school district policy applies to out-sourced sports, although the coach may not technically be an employee of the district. Sponsors of district activities, including out-sourced sports, are not allowed to facilitate or coordinate parent transportation efforts.

Below are the guidelines for district sponsored activity team travel, including outsourced sports:

- Coaches are responsible for the health and welfare of students under their sponsorship 24 hours a day while on out of district travel;
- Coaches are not allowed to transfer this responsibility;
- If required by the coach, students are expected to travel to school sponsored-events within the district on transportation provided by the school;
- For school-sponsored events outside the district, students are expected to travel on transportation provided by the school;
- Agencies coordinating out-sourced sports must also provide appropriate transportation for out of district travel;
- Coaches may release students only to their parents on district sponsored activity travel.



**PARENT/ COACH/ SPONSOR  
COMMUNICATION**

**Parent/Coach Relationship**

The school district is pleased when students choose to participate in a FNSBSD sport or activity. Please be assured that the district will do all that is possible to provide a positive experience for the student. Possibly the most important ingredient to achieve this outcome is to insure that the lines of communication are developed to allow free and easy resolution of questions before they become issues. The following guidelines are intended to spell out all levels of communications so that parents, coaches, sponsors, and athletes/participants are aware of the available avenues to answer questions or resolve issues.

**Communications Parents May Expect From Coaches or Activity Sponsors**

1. Philosophy of the coach/sponsor;
2. Expectations the coach/sponsor has for your son or daughter;
3. Location and times of all activities, practices and contests, and out-of-town travel itineraries;
4. Team/activity requirements;
5. Participant's code of conduct and consequences for not following those guidelines;
6. Procedures to follow should your son or daughter become injured during participation;
7. Communication concerning your athlete's role on the team and how he or she fits into the future of the program.

**Communications Coaches/Sponsors Expect From Parents**

1. Concerns expressed directly to the coach/sponsor first;
2. Advance notification of any schedule conflicts as soon as possible in advance;
3. Specific concerns in regards to a coach's or sponsor's philosophy and/or expectations.

As students become involved with various sports and activities at their school, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go according to their wishes. At these times, discussion with coaches and sponsors may be the quickest and most effective way to clear up the issue and avoid any misunderstanding.

**Appropriate Concerns For Parents To Discuss With Coaches or Sponsors**

1. Your son's or daughter's health and welfare;
2. Ways to help your son or daughter improve;
3. Concerns about your son's or daughter's behavior.

At times it may be difficult to accept the fact your son or daughter is not playing as much as you or he or she would like. Coaches make judgment decisions based on what they believe are best for the team and all involved. The school district recognizes the coach's authority and discretion to make the following decisions.

**Decisions Made by Coaches**

1. Team selection;
2. Playing time;
3. Team strategy;
4. Play calling;
5. Matters concerning other students/athletes

**The Best Way to Discuss a Concern With a Coach/Sponsor**

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

1. Your son or daughter should first talk with the coach or sponsor about his or her concerns;
2. Call the school to set up an appointment with the coach or sponsor;
3. If a coach or sponsor cannot be reached after a reasonable time, call your school's assistant principal who will arrange an appointment for you;
4. Please do not approach a coach or sponsor before, during, or after a contest or practice. Coaches and sponsors have pre- and post- event responsibilities including student supervision. Meetings at these times usually do not work well for the coach or sponsor, the parent, or the student, and often further exacerbate the concern.

**The Next Step: What Can a Parent do if the Meeting with the Coach/Sponsor did not Provide a Satisfactory Resolution?**

1. Call and set up an appointment with the assistant principal of the school and the coach to discuss the situation;
2. At this meeting, the appropriate next step can be determined as necessary.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you may have regarding your son's or your daughter's experience in a FNSBSD sport or activity. Try to resolve your question at the lowest level possible.

1. Begin with your student's coach or sponsor, followed only if necessary by:
2. The head coach (if applicable),
3. The school's assistant principal,
4. The principal,
5. The executive director of Human Resources for the FNSBSD.

Since research indicates that a student involved in extracurricular and co-curricular activities has a greater chance for success during adulthood, these programs have been established and are encouraged. Many of the character traits

required to be a successful participant and team member are exactly those that promote a successful life after high school.

## MISCELLANEOUS INFORMATION

### FUNDRAISING

All fundraising activities must be approved by the building principal and activities coordinator PRIOR to implementation and must be in conformity with School Board policy, administrative regulations, and Alaska statute.

### AWARDS

Criteria for the earning of student recognition, awards and certificates will be determined jointly by the sponsor and school administration and will be made known to the student before the activity begins.

### ATHLETIC TEAM SELECTION

The Fairbanks North Star Borough School District allows for a cut policy in junior high/middle school sport areas. Criteria for selecting a team are determined by the coach of each sport. This criterion is issued each season, in writing if requested, for each student trying out for a team.

Only schools with a student enrollment of less than 150 students will be allowed to play 7<sup>th</sup> graders up to the 8<sup>th</sup> grade team under the following guidelines:

1. An 8<sup>th</sup> grade team has less than 10 players.
2. 7<sup>th</sup> graders playing up cannot play more than 6 quarters in basketball. This does not apply to volleyball.
3. Tournament play: 7<sup>th</sup> graders may only play on one team, either 7<sup>th</sup> or 8<sup>th</sup> grade, during tournament play.
4. Combined 7<sup>th</sup> and 8<sup>th</sup> grade teams will compete at the 8<sup>th</sup> grade level only.
5. FNSBSD schools with less than 10 players may appeal to the conference for a waiver to be included under the above rules.

Sixth grade students attending North Pole Middle School are allowed to participate on JV and 7<sup>th</sup> grade competitive teams.

### INSURANCE

Students participating in school-sponsored interscholastic sports or intramural sports are covered by an insurance policy purchased by the district.

- The insurance is a secondary payer that takes effect after any other coverage has paid.
- Claim forms must be filed within 90 days of the first medical treatment.
- There is a deductible. The policy provides coverage for scheduled fees and includes "usual and customary" restrictions.

- The policy covers treatment for up to one year from the date of injury.
- This is accident only insurance. It does not cover conditions, which are not the direct and independent result of a specific accident (i.e., stress fracture would not be covered).
- This insurance does not cover injuries received while participating in a sports camp/program held outside the ASAA calendar. These camps/programs are not part of the district's sanctioned program and are considered private programs.

Athletes are responsible for reporting injuries to coaches or sponsors. Coaches are responsible for providing claim forms to injured athletes. Parents/guardians are responsible for mailing the claim form to the insurance company. If you have questions about athletic insurance, call the Fairbanks North Star Borough Risk Manager at 459-1344.

### RIFLE TEAM PARTICIPATION

Students participating in rifle team or rifle club are subject to these additional requirements:

- All shooting activities must take place at a district-approved facility.
- Before any shooting activities take place, each team member and his or her parent/guardian must be provided with printed information about the potential effects of lead exposure and how to obtain blood lead level testing.
- In addition to following all district rules, all students and coaches or sponsors must follow all rules and comply with any conditions and requirements of the district-approved shooting range.

### REMINDERS

1. Athletes are responsible for reporting injuries to coaches/sponsors. Coaches are responsible for providing claim forms to injured athletes. Parents/guardians are responsible for mailing the claim form to the insurance company. If you have questions about athletic insurance, call the Fairbanks North Star Borough Risk Manager at 459-1344.
2. A student who is enrolled in the Fairbanks North Star Borough School District is subject to School Board policies, regulations, and school rules. Participation in activities is a privilege and not a protected right. Students may lose their privilege of participation up to and including removal from participation in extracurricular or co-curricular activities when they are found in violation of School Board policies during the season. By state law, the school district and law enforcement agencies collaborate in sharing information regarding minor or juvenile violations.
3. A sportsman is one who engages in sports in a fair and generous fashion. Unsportsmanlike conduct, then, would be conduct that is prejudicial to the fair and generous acceptance of the rules of the activity, the officials, the opponents, and the policies of the schools and the coach.

Actions which bring discredit upon the school, the activity, the officials, the rules or the opponents may be considered unsportsmanlike. Such conduct may result in

consequences recommended by the coach, sponsor, or principal.

**ACTIVITY CONSENT & EMERGENCY MEDICAL FORM**

The participating student and parent/guardian must sign a Fairbanks North Star Borough School District Activity Consent & Emergency Medical form. This form is available at your school or at the District Administration Center.



**Activity Consent &  
Emergency Medical Info. Form**

*for ASAA or Approved Interscholastic or Extracurricular Activities*

<b>Name of Activity</b>	<b>Student Name</b>
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**Parent/ Guardian Permission to Participate:**

I hereby give permission for the above-named student to engage in ASAA or Fairbanks North Star Borough School District approved interscholastic activities as a representative of his/her school. I also give my consent for this student to accompany the team or group as a member on its out-of-town trips. I understand that the local Board of Education through the Fairbanks North Star Borough carries insurance for accidental injuries sustained in intramural or interscholastic sports events.

**Parent/ Guardian Medical Consent:**

I hereby give my consent, in the event of injury or illness, for emergency medical treatment, hospitalization, or other medical treatment as may be necessary for the welfare of the above-named student, by a physician, qualified nurse, certified athletic trainer, and/or hospital during all periods of time in which the student is away from his/her legal residence as a member of an interscholastic activity team or group. Further, I hereby waive, on behalf of myself and the above-named student, any liability of the School District, its agents, or employees arising out of such medical treatment.

**Parent/ Guardian and Student Rule Awareness verification:**

I have read and understand the rules, regulations, policies, and responsibilities as stated in the district's appropriate Student Activities Handbook and the penalties for violation of them. I understand and accept these rules, regulations, policies, and accompanying penalties as conditions for participation.

**Parent/ Guardian and Student Risk Awareness Verification:**

I understand and acknowledge that organized secondary athletics involve the potential for injury, which is inherent in all sports. I acknowledge that even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

**Hazing Awareness Pledge:**

I promise not to be involved in any hazing/ harassment incident, no matter how minor it may seem. I understand that I may be suspended or expelled from the team and/or school for any incident as a result of my participation or being an idle witness.

<b>EMERGENCY MEDICAL AND CONSENT INFORMATION (PLEASE PRINT) Student Name</b>		Parent/ Guardian Name for above-listed student	
Mailing Address		Residence Address	
Parent/ Guardian Phone #s	Home Phone	Work Phone	Cell Phone
Emergency Contact if parent/ guardian is not available:	Name of Contact		Phone
Name of Student's Medical Doctor			Phone
Name of Student's Dentist			Phone
Name of Insurance Co.		Policy Number	
Any Medical Conditions?			
Any Medications?			
Any Allergies?			
<b>In case of any medical emergency, I authorize a school district employee to take my son/ daughter to the nearest medical facility for necessary treatment. We, the undersigned, acknowledge that we have read and understand all aspects of this form, including all the above parts and grant permission and consent as required.</b>			

*This form is under review. Until such time as another form is adopted, this form will remain in effect.*

## **CONCUSSION RETURN TO PARTICIPATION PROTOCOL (RTP)**

### **Administrative Regulation 1062.4**

1. During the symptomatic periods, the student shall not engage in any physical or athletic activity. The student must have returned to full academic activity and received medical clearance prior to initiating the protocol for Return to Participating in Physical and Athletic Activity. All student athletes with a concussion must successfully complete the following RTP protocol before resuming full athletic activity.
2. Advancement through the protocol takes a minimum of six (6) days between steps one through six, with at least 24 hours between each step. However, the rate of progression through the steps in the protocol is meant to be individualized and therefore could take longer.
3. Factors indicative of a slower rate of return may include a younger student; history of previous concussions; the number, severity, and duration of concussion symptoms; and the concussions risk of the activities or sports to which the student will return. Physical or cognitive activity that provoked recurrence of concussive symptoms will delay recovery and increase the risk of future concussion. Therefore, if symptoms recur at any step, then physical activity should stop for 24 hours and resume at the previous step.
4. Protocol: The student begins at the baseline of no physical activity as long as the student experiences symptoms. The student could remain at this baseline for days or weeks. **When the student is able to participate in academic activities without modifications, is symptom free for 24 hours and cleared by a qualified health care provider, student may progress to Step 1.**

#### Step 1

- ❖ **Light aerobic activity increasing heart rate for 10-15 minutes** but not requiring cognitive attention or sustained concentration. Examples include: walking, swimming, and riding a stationary bike, but no resistance training.
- ❖ **If no symptoms**, then student may progress to Step 2 after 24 hours.
- ❖ **If symptoms recur**, cease physical activity for 24 hours.

#### Step 2

- ❖ **Light to moderate aerobic activity for 30 minutes with limited body and head movement.** Examples include jogging, more intense walking, swimming, riding a stationary bike, but no resistance training.
- ❖ **If no symptoms**, then student may progress to Step 3 after 24 hours.
- ❖ **If symptoms recur**, cease physical activity for 24 hours and resume at Step 1.

#### Step 3

- ❖ **Moderate to heavy aerobic activity for 30 minutes but no contact.** Examples include running, swimming, cycling, skating, Nordic skiing, but no resistance training.
- ❖ **If no symptoms**, then student may progress to Step 4 after 24 hours.
- ❖ **If symptoms recur**, cease physical activity for 24 hours and resume at Step 2.

#### Step 4

- ❖ **Heavy aerobic activity for 30 minutes which may be intense but no contact.** Examples include hard running, swimming, cycling, skating and, Nordic skiing.
- ❖ **Resistance Training** allowed (push-up, sit-up, weightlifting) for 15 minutes.
- ❖ **If no symptoms**, then student may progress to Step 5 after 24 hours.
- ❖ **If symptoms recur**, cease physical activity for 24 hours and resume at Step 3.

#### Step 5

- ❖ **Return to practice, non-contact limited participation** to routine, sport-specific drills.
- ❖ **If no symptoms**, then student may progress to Step 6 after 24 hours.
- ❖ **If symptoms recur**, cease physical activity for 24 hours and resume at Step 4.

#### Step 6

- ❖ **Return to full contact practice.**
- ❖ **If no symptoms**, then student may progress to Step 7 after 24 hours.
- ❖ **If symptoms recur**, cease physical activity for 24 hours and resume at Step 5.

#### Step 7

When a student completes the RTP protocol by returning to full contact practice without experiencing symptoms and is cleared by an athletic trainer, if available, or other qualified health care professional, student is medically eligible for competition. Student must meet ASAA eligibility criteria in order to return to competition (see School Board Policy and AR 955.21).

**NATIONAL COLLEGIATE ATHLETE ASSOCIATION (NCAA) INITIAL ELIGIBILITY  
OR  
NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (NAIA)**

**INITIAL ELIGIBILITY INFORMATION  
FOR  
NATIONAL COLLEGIATE ATHLETE ASSOCIATION (NCAA)  
&  
NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (NAIA)  
COLLEGES**

To be considered a qualifier at a Division I or Division II NCAA institution and be eligible for financial aid, practice, and competition during your first year, a student must graduate from high school and meet the current NCAA guidelines concerning CORE classes, GPA, and SAT and ACT score.

Student eligibility information can be found on the NCAA website [www.ncaa.org](http://www.ncaa.org), or at [www.eligibilitycenter.org](http://www.eligibilitycenter.org), or by calling (877) 262-1492.

Student athletes seeking to enter a **Division III NCAA school** should contact the school's athletic department directly for initial eligibility information

**Non-NCAA Institutions**

To find eligibility specifics for a **non-NCAA institution**, contact the National Association of Intercollegiate Athletics (NAIA) on the NAIA website [www.naia.org](http://www.naia.org), or at <http://www.playnaia.org>, or by calling (816) 595-8000.

**Coaches should direct students to their high school guidance counselor or to the NCAA or NAIA websites**