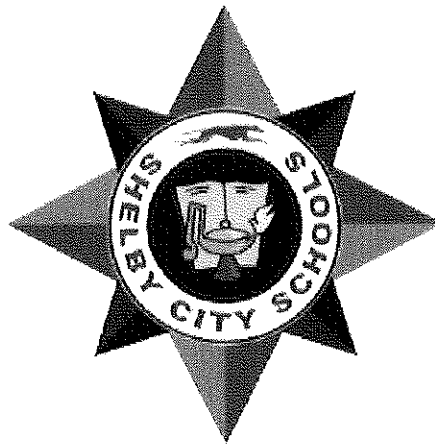


SHELBY CITY SCHOOLS



EXTRACURRICULAR ACTIVITIES HANDBOOK *2023-2024*

Revised June 2023

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HANDBOOK CONSENT INFORMATION

When signing the online agreement form, you will be giving your consent to the following:

Parent/Guardian Permission to Participate in Athletics

I give my permission for my child to participate in interscholastic athletics at Shelby High/Middle School. I understand the school district will make every effort to supervise my child during activities, practices, and contests so that he/she may participate without being injured, but acknowledge that injuries including serious and permanent ones, and even death, are a possibility in interscholastic athletics. Understanding the risk involved, I consent to have my child participate in athletic department programs and waive and forever release the Board of Education of the Shelby City School District, its officials, agents, and employees from all liability for wrongful death, bodily injury, or property damage that may result to my child during or as a result of interscholastic athletics. WARNING: THIS IS A RELEASE, READ CAREFULLY PRIOR TO SIGNING.

Student Risk of Injury in Athletics

I acknowledge that I have been properly advised, cautioned, and warned by the administration and/or coaching staff of the Shelby City School District that by participating in interscholastic athletics, my child may be exposed to the risk of serious injury. This could include but is not limited to sprains, fractures, ligament, and/or cartilage damage which could result in temporary or permanent, partial or complete, impairment of limbs, brain damage, paralysis, or even death.

Consent to Perform Urinalysis for Drugs/Alcohol Testing

As a parent or guardian of a student enrolled in the Shelby City School District, I have read and understand the District's Extracurricular Handbook as well as the Shelby City School Drug Testing Policy, which applies to high school student-athletes, extracurricular participants, and student drivers. Because my child participates in high school interscholastic athletic activities and extracurricular activities, and/or is a student driver, I hereby voluntarily consent on behalf of my student that in order for him/her to participate in such activities, my student will submit to drug/alcohol urine testing. We agree to be subject to the terms of the "Drug Testing Policy" provisions contained in the Extracurricular Handbook ("Handbook") and Board Policy. We accept the method of obtaining urine samples, testing and analysis of such specimens, and all other aspects outlined in the Handbook. We further agree and consent to the disclosure of the sampling, testing, and results as provided within the Handbook and Board Policy.

I also understand that while my child cannot be compelled to produce a specimen, the giving of a specimen when requested by the District is a condition of my child's continuing to participate in interscholastic athletic activities, extracurricular activities, and/or drive and park on campus. I understand that if a test of my child's specimen reveals an unexplained presence of a drug or alcohol, the District may withdraw the privilege of participating in these activities. I understand that a refusal to submit to a test will have the same consequence as if my child had tested positive. I authorize the officers, employees, and agents of the District to communicate and share

information with each other regarding my child's drug test results both orally and in writing. I understand that these results will also be available to me upon request.

SECTION 1- CODE OF CONDUCT FOR STUDENTS PARTICIPATING IN EXTRACURRICULAR ACTIVITIES

The Shelby School System recognizes that the period of adolescence is a difficult time of change, growth, both physical and mental, decision-making, experimentation, and confusion. Great demands are placed on our youngsters while influences and pressures are constantly present.

The ability to participate in extracurricular activities, including interscholastic athletics is a privilege and not a right. The coaches, activity advisors, and administration of the Shelby City Schools believe certain standards of behavior are important in the development of a sound extracurricular program. Students who voluntarily participate in extracurricular activities are expected to accept the responsibilities that accompany this privilege, including regulating his/her personal life in ways that make him/her a worthy representative of Shelby Schools. Failure to comply with these expectations may jeopardize a student's entire extracurricular career.

In addition, all students who participate in extracurricular activities at any time must comply with this code of conduct all twelve months of the year, in any season, and in all locations.

1. PARTICIPATION IN EXTRACURRICULAR ACTIVITIES IS A PRIVILEGE NOT A RIGHT.

A student participating in extracurricular activities is expected to conduct him/herself in a manner that reflects good citizenship and brings honor to him/herself, one's family, one's school, and one's community, both in the classroom, on and off the performance stage or athletic field, as a member of a school club, during and out of season. In keeping with this philosophy, any student involved in any activity that will bring discredit to our school, community, or any team may be suspended or removed from extracurricular activities. Students may also be suspended or removed from extracurricular activities for violations of the Student Code of Conduct or the supplemental training rules for the particular activity in which they participate.

2. NO SELLING OR DISTRIBUTION OF DRUGS OR ALCOHOL

A student shall not sell, transmit, or distribute alcoholic beverages or look-alikes, illegal drugs, controlled substances (including steroids), or narcotics. School personnel must have documented evidence and/or criminal charges must be filed relative to the violation of this rule.

3. NO POSSESSION, PURCHASE, OR USE OF TOBACCO, ALCOHOL, OR NON-PRESCRIBED DRUGS

Students shall not possess, use, handle, transmit, or conceal alcoholic beverages, look-alikes, tobacco or tobacco products (including any type of electronic cigarettes or similar device), narcotics or any drug, look-alike drugs, or substance thought to be a drug.

Drugs include but are not limited to:

steroids	stimulants	narcotics
hallucinogenic	marijuana	non-prescribed medications

For the purposes of this Code of Conduct, the term “drug” includes over-the-counter medication or prescription medication, controlled substance(s); and illegal substance(s). Prescription or over-the-counter drug use must be within the limits of a valid prescription and/or manufacturer's guidelines.

A positive test under the Shelby City Schools Drug Testing Policy (See Section II below) constitutes a violation of this rule.

4. PROHIBITED ATTENDANCE AT GATHERINGS OR PARTIES WITH ALCOHOL AND/OR DRUGS

Students will not attend gatherings or parties where the consumption of illegal drugs or the illegal consumption of alcohol (i.e., underage drinking) is taking place. Students must make a conscientious and timely effort to leave any such party or gathering immediately.

Remaining as a bystander at such gatherings or parties constitutes a violation of this rule.

5. DISCIPLINARY ACTION IN SCHOOL

Students involved in Student Code of Conduct violations/disciplinary action in the classroom or school-related activities during the current season may be subject to denial of participation for an equal length of time. If a coach or activity advisor's additional Supplemental rules are violated, the specified penalty will be followed.

6. ATTENDANCE DAY OF A CONTEST

Students must be in school at least the second half of the school day in order to participate in extracurricular activities scheduled on that date. Activities are defined, but not limited to, practice, contests, meetings, etc. which take place after the school day is completed. The one-half day is determined by the attendance office. Exceptions can be granted by the Principal, Assistant Principal, Activity Advisor, or Athletic Director.

Rules 7 & 8 are Applicable Only to Student-Athletes:

7. ALL STUDENT-ATHLETES MUST ABIDE BY THE RULES PUT FORTH BY THE OHSAA.

8. COMMITMENT TO PARTICIPATE

A student-athlete who quits a sport after the official start of the respective sports season (as defined by the OHSAA) or after “athletic cuts” or if removed from the team for rules violations will be unable to participate in any sports program until the sport he/she quit has completed its season, forfeit any awards for that sport’s season, and return all issued equipment, uniforms, etc. Being unable to participate as a result of quitting or being removed from a team includes but is not limited to any conditioning, open gyms, weight room use, practices, scrimmages, games, etc. that is in preparation for another athletic program and/or as a member of another in-season program. However, a variance of this rule may be granted with the agreement of all involved coaches and the Athletic Director.

9. SUPPLEMENTAL PARTICIPATION/TRAINING RULES

Supplemental participation/training rules are those rules that a head coach or activity advisor may implement for his/her program. These rules are beyond those set forth in this code of conduct. Supplemental rules may vary from team to team and activity to activity and only apply to the program of the coach/advisor that implements them during the specified season. Copies of any such Supplemental rules will be distributed to each student. Supplemental rules shall not deal with tobacco, alcohol, or drugs.

SECTION 2- SHELBY CITY SCHOOLS DRUG TESTING POLICY

OVERVIEW

The Shelby City School District Board of Education Drug Testing Policy was developed in an effort to deter Shelby students in grades 7-12 from using and abusing alcohol and prescription and illegal drugs. This policy reflects the Shelby City School District Board of Education and the community’s strong commitment to establishing a drug and alcohol-free school program.

The Board has selected all: (1) interscholastic student-athletes; (2) students who are issued a permit to drive and park on District property; and (3) students who participate in extracurricular activities to be subject to this Policy.

In addition, any student whose parent voluntarily consents to have them tested under this Policy (or opts in) will be included in the testing pool. This policy applies to all students listed above in grades 7-12.

PURPOSE OF POLICY

1. To continue to provide a healthy and safe environment to all students.
2. To prevent the negative impact illegal drugs, alcohol, and tobacco have on the learning centers of the brain and allow students to achieve their full academic potential.
3. To encourage students to remain drug-free and provide a legitimate reason for students to refuse drugs and alcohol.
4. To provide solutions for students who violate the drug-free policy.

EFFECT OF POLICY

This Policy is not intended to affect or restrict Shelby City School District's authority to perform tests to determine the use of prohibited substances upon individualized "reasonable suspicion" for any student, regardless of whether they participate in an extracurricular activity or park on District property. Drug, alcohol, or tobacco possession and/or use in violation of the Student Code of Conduct (i.e., discovered without the use of random drug testing) shall be subject to discipline under the Student Code of Conduct.

No student will be suspended or expelled from school as a result of any certified "positive" test conducted by his/her school under this program. No student will be penalized academically for testing positive for banned substances. The results of a drug test will not be documented in any student's academic record. Information regarding the results of drug tests will not be disclosed to criminal or juvenile authorities without legal compulsion by a valid and binding subpoena or another legal process, which the Shelby City School District will not solicit.

CONSENT

All students and parents/guardians/custodians must sign the "Informed Consent Agreement" form for drug testing in order to be eligible and/or participate in interscholastic athletics, district-supported extracurricular activities, and/or driving to school and parking on school property.

If the student is age 18 or older, only the student must give consent for testing. This Policy also applies to all students involved in an activity in "club" or "pilot" status.

DEFINITIONS

For the purposes of this policy, these terms are defined as follows:

1. ALCOHOL

Any liquor, wine, beer or other substance/beverage as defined in the Ohio Revised Code § 4301.01. The term “alcoholic beverage” includes any liquid or substance which contains alcohol in any proportion or percentage. The term “alcoholic beverage” does not include a substance used for medical purposes in accordance with directions for use provided in a prescription or by the manufacturer and in accordance with school district policy and rules related to the use of prescription and non-prescription drugs, provided the substance is a) authorized by a medical prescription from a licensed physician and kept in the original container, which shall state the student’s name and directions for use or b) an over-the-counter medicine.

2. ATHLETE

Any person participating in the Shelby High School or Shelby Middle School athletic programs and/or contests under the control and jurisdiction of the Shelby City Schools and/or the Ohio High School Athletic Association (OHSAA). This policy also includes cheerleaders. The athletic program includes, but is not limited to, Baseball, Basketball, Cross Country, Golf, Swimming/Diving, Tennis, Track & Field, Cheerleading, Football, Softball, Soccer, Volleyball, and Wrestling.

3. DRUG ASSESSMENT AND COUNSELING

A District-approved program designed to assess the degree of dependence of a student on mood-altering chemicals or other illegal substances. As part of drug assessment and counseling, a student may be required to complete an education component designed to teach the harmful nature of the mood-altering chemicals and any follow-up counseling and/or treatment deemed necessary by the assessing agency. The District will not approve any program not certified by the Ohio Department of Health or the Ohio Department of Alcohol and Drug Addiction Services.

The costs of any such chemical assessment, educational component, counseling and/or treatment shall be the responsibility of the student and/or his/her parent/guardian/custodian.

4. EXTRACURRICULAR

Any out-of-class pursuits, club, group, team, or activity sponsored by the Shelby City School that does not involve a curriculum or have a grade associated with participation. The Board will typically issue a supplemental contract to an advisor, supervisor, or coach for extracurricular activities. Such activities include, but are not limited to the following: Student Council, E-Sports, Interact, Academic Challenge/Quiz Team, and Whippet Theater.

5. ILLEGAL/ILLICIT DRUGS

Any controlled substance (as defined by the Ohio Revised Code § 3710.01). The term “drug” as used within this policy includes over-the-counter medication or prescription medication, controlled substance(s), and illegal substance(s). Prescription or

over-the-counter drug use must be within the limits of a valid prescription and/or manufacturer's guidelines. The District may also test for nicotine and steroids.

6. **RANDOM SELECTION**

A system of selecting students for drug and alcohol testing in which each student shall have a fair and equitable chance of selection each time selections are made.

7. **SELF-REFERRAL**

Self-referral is deemed an act of the student seeking help. A self-referral, to the principal, athletic/activities director, and/or head coach/school activity advisor, is not to be used as a means of avoiding the consequences of a Policy violation. Policy violations already reported or pending violations cannot be "self-referred." Students may self-refer only once during their school career. A student cannot be self-referred if police intervention has taken place.

- a) A student may seek assistance from a District approved program for drug/alcohol problems. The Superintendent or designee will establish the necessary criteria for sanctioning of drug/alcohol programs.
- b) Self-referrals will be considered for first violations, however, no reduction of season or activity will be assessed if the student agrees to follow the student drug assessment and counseling procedure.
- c) Parent/guardian-referral may be treated as a self-referral.
- d) If the student fails to complete the drug assessment and counseling, the penalty will be enforced in full.
- e) Each self-referral will be evaluated and approved by the school administration. Approval will be based on the participants' past history and disciplinary records.

8. **STUDENT DRIVER**

Students who drive to school and apply for a permit to park on school property.

TYPES OF TESTING AND SELECTION FOR TESTING

1. **RANDOM TESTING**

At the beginning of each season and/or school year, all student-athletes, students participating in extracurricular activities, and student drivers parking seeking a permit to park on school property are required to provide the head coach or advisor/instructor the "Informed Consent Agreement" for drug testing completed by their parents/guardians/custodians (or student if age 18 or older). The completion of this form is a requirement for participation/parking permit.

Once such a form is received, the student shall be placed into the pool for random drug testing. Random testing may be done throughout the season and/or school year.

Upon selection, the student will be directed to report to the Board approved drug testing

facility. The collection (and retesting, if necessary) of all samples shall be governed by the standard operating procedures of the Board approved drug testing facility.

- A. Random Selection of Students: The drug testing company will utilize a random number generator to select students for testing. Students may be tested more than once per season and/or school year.
- B. Scheduling Random Testing: Random testing will be unannounced. The drug testing dates and times will be selected by the principal/designee. The frequency and percentage of students tested each time will be determined by the principal/designee.

The principal/designee will make all final decisions regarding any drug testing issues within his/her building.

2. "OPT-IN" STUDENT DRUG TESTING PROGRAM

Parents/Guardians/Custodians that do not have students involved in athletics, extra-curricular activities, and/or parking on school property may elect to have their students participate in the drug-testing program at the expense of the District. Interested parents/guardians/custodians should contact their building principal for additional information.

DRUGS FOR WHICH STUDENTS MAY BE TESTED

LSD, Alcohol, Marijuana, Amphetamines, Methadone, Anabolic Steroids, Methaqualone, Barbiturates, Nicotine (Tobacco), Benzodiazepines, Opiates, Cocaine, Propoxyphene (Darvon), or any controlled substance (as defined by the Ohio Revised Code § 3710.01). This definition also includes all prescribed and over-the-counter drugs being used in any way other than for medical purposes in accordance with the directions for use provided for in the prescription or by the manufacturer.

REFUSAL TO TEST

Refusal to submit to a random test and/or failure to provide an acceptable sample will constitute a violation of the drug testing policy and will be treated as a positive test result. If a student is unable to provide a urine sample, they will be given no more than 40 ounces of liquid to drink. The student must remain in the testing area. The student will be given no more than three (3) hours to produce a sample. The district also has the option to use an alternative method (hair, mouth swabs, etc) to collect a sample. Refusing to submit a sample through an alternative method will constitute a refusal to test.

RESULTS OF A POSITIVE TEST

In the event of a positive result, the specimen will be reviewed by a certified Medical Review Officer (MRO) at the drug testing facility for verification. Positive tests will be reported to the

District by the testing facility. The following procedures will be followed:

1. The Superintendent or the Principal will obtain the result of the tests from the testing agency.
2. The Superintendent or Principal will immediately notify parents, student(s), the advisor, supervisor, or coach. Due to student confidentiality laws, the only information revealed to the advisor, supervisor, or coach will be that the Policy was violated. No information regarding the substance discovered by the test will be disclosed by the district. *Parents should be notified first.
3. Once the parent/guardian/custodian is notified, the student will then be informed of the positive results. The principal/designee will then provide written notification to the parent/guardian/custodian via U.S. mail.
4. The MRO will review all "non-negatives" or suspected adulterations.
5. The MRO is responsible for determining whether any of the prescribed medications resulted in a positive drug screen.
6. If the parent/guardian/custodian or student wishes to contest the results, the drug testing facility will arrange for a retest of the specimen to be submitted to either the same laboratory or a different laboratory (if requested by the parent/guardian/custodian) approved by the principal/designee. The parent/guardian/custodian or student must pay for this expense. Such a request must be made to the principal/designee in writing within five (5) school days from the first notification of the positive test results.

Note: Consequences for violations of the Drug Testing Policy are immediate, unless specified otherwise in this policy, and cannot be delayed due to the contesting of drug testing results.

CONSEQUENCES OF A POSITIVE TEST RESULT

1. Upon the first positive test, the student will lose any leadership position or lead position on the team, squad, or activity roster for at least the remainder of the current season but no more than one calendar year. If there are any additional positive tests, the student will lose any leadership positions for the remainder of their Shelby City Schools career.

2. FOR STUDENT-ATHLETES:

Nicotine only:

- Denial of participation for 20% of contests. This will carry over to the next season if there are fewer than 20% of contests remaining.
- 10 hours of community service. You will have 90 days to complete this requirement.
- Completion of counseling session by a licensed drug/alcohol/nicotine counselor This must be completed before the student can participate in a contest.
- Participation in every drug test for one calendar year.

- Meet with a school administrator, coach, and parent.

All other drugs and alcohol:

- a) **FIRST INFRACTION:** The student-athlete will be denied the right to participate in athletics and/or cheerleading for the remainder (100%) of his/her remaining high school career.

Any student-athlete in violation of this Policy who agrees to participate in drug assessment and counseling at his/her own (or at his/her parents') expense, may have the penalty outlined above reduced to 30% of the current sport/season. In such cases, the student-athlete will be denied participation during the current season, with any remaining percentage of the denial of participation applied to the next season of his/her participation if needed.

- b) **SECOND INFRACTION:** For a second infraction of this Policy, the student-athlete will be denied the right to participate in athletics and/or cheerleading for the remainder (100%) of his/her remaining Shelby City Schools career.

Any student-athlete in violation of this Policy a second time, who agrees to participate in drug assessment and counseling at his/her own (or at his/her parents') expense, may have the penalty reduced to one (1) calendar year. The calendar year begins from the date of notification of the infraction. *The athlete forfeits all season awards and may be removed from the roster/team should any portion of the season remain and/or the post-season banquet has not occurred. The athlete will not be able to participate in post-season ceremonies, including team or league banquets.*

- c) In order to continue to be part of the team, the student-athlete must continue to follow all rules during a period of removal. The student will continue to practice with the team and sit with the team during contests. However, the student-athlete may not wear a team uniform during the period of denied participation. Per OHSA regulations, scrimmages are not considered to be contests and will not be counted in the percentage of games missed.

- d) Any student-athlete who has had a positive drug test or violated Extracurricular Code of Conduct Rule 3, and elects to participate in drug assessment and counseling, will be subject to testing by the District's selected testing vendor upon reinstatement for one calendar year.

3. FOR ALL OTHER EXTRACURRICULAR ACTIVITIES:

Nicotine only:

- Denial of participation for 14 calendar days.

- 10 hours of community service. You will have 90 days to complete this requirement.
- Completion of counseling session by a licensed drug/alcohol/nicotine counselor This must be completed before the student can participate in the group/performance.
- Participation in every drug test for one calendar year.
- Meet with a school administrator, coach, and parent.

All other drugs and alcohol:

a) FIRST INFRACTION: The student will be denied participation for 30 calendar days of all extracurricular activities, with any remaining days of the denial of participation applied to the next season of participation if needed. A student who agrees to participate in drug assessment and counseling at his/her own (or at his/her parents') expense, may have this penalty reduced by 50%.

b) SECOND INFRACTION: The student will be denied participation in extracurricular activities for one (1) calendar year. The calendar year begins from the date of notification of the infraction.

The student must participate in an approved drug assessment and counseling at his/her own (or at his/her parents') expense during the denial of participation period in order to be eligible to participate after (1) calendar year.

Note: In order to continue to be part of the club/group, the student must continue to follow all rules during a period of removal. The student may not attend club meetings, may not participate in performances or contests, and may not participate in any off campus trips or special events.

4. FOR DRIVERS:

Nicotine only:

- Denial of driving privileges for 10 school days.
- 10 hours of community service. You will have 90 days to complete this requirement.
- Completion of counseling session by a licensed drug/alcohol/nicotine counselor This must be completed before the student can drive to school.
- Participation in every drug test for one calendar year.
- Meet with a school administrator, coach, and parent.

All other drugs and alcohol:

a) FIRST INFRACTION: The student will be denied 30 school days of driving/parking privileges. A student who agrees to participate in drug

assessment and counseling at his/her own (or at his/her parents') expense, may have this penalty reduced by 50%.

b) **SECOND INFRACTION:** The student will be denied driving/parking privileges for 90 school days.

5. THIRD INFRACTIONS FOR ALL STUDENTS FOR NON-NICOTINE OFFENSES:

The student will be permanently denied participation in athletics, extracurricular activities, and/or driving/parking privileges.

If the student agrees to follow the drug assessment and counseling program, he/she must submit to the athletic/activities director or principal or his/her designee evidence of:

- a) Successful participation, as determined by the principal or his/her designee/ athletic/activities director, of the drug assessment and counseling program; and
- b) An ongoing commitment to non-drug/alcohol use.

Any positive drug test will result in additional testing of the student by the District's selected testing vendor upon the student's reinstatement.

Violations are cumulative throughout the student's school career. (Grades 7-12)

- Exception 1: If an infraction of Rule 3 or 4 is the first infraction by a student in grades 9-12 who has had one (1) previous middle school infraction of Rule 3 or 4, the first infraction consequence will be enforced.
- Exception 2: If an infraction of Rule 3 or 4 is the first infraction by a student in grades 9-12 who has had two (2) previous middle school infractions of Rule 3 or 4, the second infraction consequence will be enforced.
- Exception 3: A middle school athlete that is removed from extracurricular participation for an infraction of Rule 3 or 4 will be able to return to extracurricular participation upon entering high school provided any required reinstatement program is completed. However, when in high school, the first infraction of Rule 3 or 4 will result in a third infraction consequence.

SECTION 3- PENALTIES FOR EXTRACURRICULAR CODE OF CONDUCT INFRACTIONS

1. **Penalties for infractions of the Extracurricular Code of Conduct Rule #1** may include but are not limited to:

- a. Removal from a team, club, or activity for the remainder of the season or for a temporary period.

- b. Denial of participation in tryouts, open gyms, fitness programs, practices, competitions, and contests.
 - c. Denial of participation for the remainder of the student's high school career.
- 2. **Penalty for Extracurricular Code of Conduct Rule #2 infraction:** Immediate denial of participation for the student's high school career.
- 3. **Penalty for Extracurricular Code of Conduct Rule #3 infraction:** Penalties will reflect those outlined within the "Consequences for a Positive Test Result" section of the foregoing Drug Testing Policy.
- 4. **Penalty for Extracurricular Code of Conduct Rule #4 infraction:**
 - 1st offense- denied participation for 30% of the season

NOTE- Successive violations of Rule #3 and/or #4- A successive violation is defined as an offense of Rule #3 or Rule #4 that follows having a prior violation (or violations) of Rule #3 or Rule #4. For the purposes of imposing penalties for successive violations of Rule #3 and/or #4, violations of either rule will be considered both equivalent and interchangeable. Therefore, in the event of a successive violation of Rule #3 and/or #4 the penalty imposed will be consistent with a second or third offense under Rule #3.

In order to continue to be part of the team, the student-athlete must continue to follow all rules during a period of removal. The student will continue to practice with the team and sit with the team during contests. However, the student-athlete may not wear a team uniform during the period of denied participation. Per OHSA regulations, scrimmages are not considered to be contests and will not be counted in the percentage of games missed.

SECTION 4- REVIEW OF CODE OF CONDUCT VIOLATIONS

In the event that a student is in violation of the Extracurricular Code of Conduct, the Principal, Coach, or Activity Advisor will be notified. An informal meeting with the student will be held with the principal or his/her designee and the student will be permitted to respond to the alleged rules infraction.

At the conclusion of the meeting, the Principal, Coach, or Activity Advisor will make a determination with respect to the penalty to be imposed for the rules infraction and will communicate that to the student and his/her parents.

While there is no right to appeal a suspension or removal from an extracurricular activity, the student may request, in writing, that either the Principal (in the case of athletics) or Superintendent (in the case of all other activities) review the penalty imposed. The

decision of the Principal or Superintendent with respect to the review of the suspension or removal shall be considered final.

SECTION 5 MISCELLANEOUS INFORMATION

1. ACADEMIC ELIGIBILITY FOR ATHLETES:

Shelby High School and Shelby Middle School offer its students, both boys and girls, the opportunity to observe and participate in sports. Shelby is a member of the Mid Ohio Athletic Conference as well as a member of the Ohio High School Athletic Association, and as such, must abide by the academic eligibility rules and bylaws set forth by these organizations. In order to be academically eligible to participate in athletics, each student must meet Shelby City Schools and OHSAA Eligibility Requirements. These requirements are found on the OHSAA website, www.ohsaa.org/eligibility, in the guidance office and/or in the athletic office. Furthermore, all questions and/or decisions concerning academic eligibility must be directed to the principal.

Per OHSAA rules, students who are academically ineligible may not participate in any contest and/or scrimmage during the period of ineligibility. However, if granted permission, ineligible athletes may continue to practice and attend contests with a team prior to and after the current grading period interim report, provided a student's interim grades are such that they meet the OHSAA academic eligibility standards. Should an athlete's interim report fail to meet the OHSAA academic eligibility standards, the student will be denied participation for the remainder of the current grading period.

2. HAZING

Hazing is defined by the Ohio Revised Code as "doing any act or coercing another, including the victim, to do any act of initiation into any student or other organization or any act to continue or reinstate membership in or affiliation with any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person, including coercing another to consume alcohol or a drug of abuse, as defined in section 3719.011 of the Revised Code." Hazing is illegal and will not be tolerated by the Shelby City Schools. Suspected cases of hazing will be investigated by the appropriate law enforcement personnel. Punishments for hazing may include extracurricular and school discipline.

3. SPECTATOR BEHAVIOR GUIDELINES

The Shelby City Schools expects all spectators to demonstrate good sportsmanship and respect to game officials, opposing players and fans, and to our coaches, fans, and athletes. According to

Board of Education Policy (KGB), no person on District property may assault, strike, threaten, menace or use improper, indecent or obscene language toward a teacher, instructor, other District employees or students. This prohibition is extended to all athletic officials, coaches and athletes in the District and all visiting teams. Whoever violates the above policy and building regulations will be asked to leave the property by whoever is in charge. Spectators who are asked to leave the property will also have a minimum suspension of attendance at all athletic activities (middle school and high school) until completion of two (2) games (1 game in football) played at the level of suspension. Additional penalties could also be levied.

The Ohio High School Athletic Association

Serving member schools, coaches, student-athletes and contest officials since 1907

OHSAA Mission

To serve our member schools and enrich interscholastic opportunities for students.



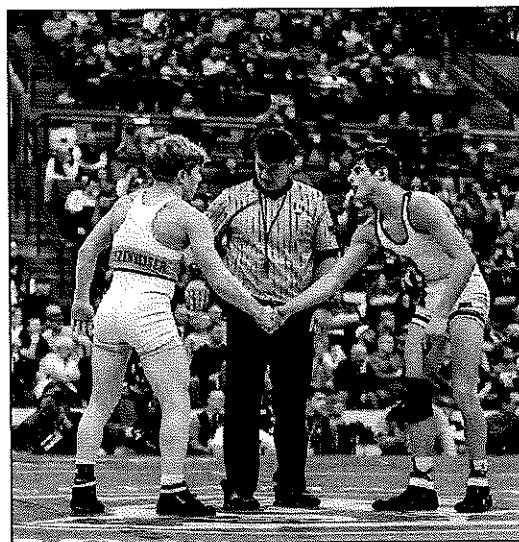
Respect THE GAME

*Act with Dignity
Speak with Courtesy
Play with Pride*

Preparing students not for the next level of sports, but for the next level of life.



National
Federation
of State High
School
Associations



The OHSAA Believes That:

- Participation in interscholastic athletics programs is a privilege, not a right.
- Participation in interscholastic athletics programs complements a student's school experience and teaches lifelong lessons of hard work, teamwork and self-discipline.
- Participation in interscholastic athletics programs promotes citizenship and sporting behavior, instills a sense of community and promotes a lifetime appreciation for sports and healthy lifestyles.
- All students, regardless of ethnicity, race or gender, should have an equal opportunity to participate in interscholastic athletics programs.
- Sporting and ethical behavior are expectations in interscholastic athletics by all participants, coaches, administrators, officials and spectators.
- Coaches, administrators and contest officials should serve as positive role models who are critical to a student's development and success.
- In order to minimize health and safety risks and maintain ethical standards, it is mandatory that interscholastic athletics participants are free from use of anabolic steroids or other performance-enhancing drugs.
- All rules, regulations and facilities for and supervision of interscholastic athletics programs should ensure maximum protection of the health, safety and well-being of each participant.
- Limitations should be placed upon the length of sport seasons and the number of interscholastic contests played by participants.
- Students should engage in a well-rounded experience that encourages participation in a multitude of extracurricular activities.

- All attempts should be made to accommodate students with disabilities in interscholastic athletics programs.
- Compliance with all school, OHSAA and state regulations along with contest playing rules is essential for everyone involved in interscholastic athletics programs.
- Student academic achievement and success take priority over athletics achievement and success.
- The success of a team is more important than individual awards.
- Interscholastic athletics programs exist to prepare students for the next level of life, not the next level of sports.
- Participation in interscholastic athletics programs can be a once-in-a-lifetime opportunity and create memories that will last forever.

Fan Fair Play Code

- I will remember that young people play sports for THEIR enjoyment.
- I will have realistic expectations and will understand that doing one's best is just as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
- I will respect the official's decisions and will encourage others do the same.
- I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
- I will encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will show respect for my team's opponents because I realize there would be no game without them.
- I will not use bad language and will not harass athletes, coaches, officials or other spectators.
- I will always show good sportsmanship. Young people learn by example.



www.OHSAA.org



@OHSAASports



[Facebook.com/OHSAASports](https://www.facebook.com/OHSAASports)



Your Role In Interscholastic Athletics

PARENTS

Communicating With Your Children

- Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun.
- Try not to relive your athletic life through your child in a way that creates pressure. You were frightened, backed off at times and were not always heroic. Athletic children need their parents, so do not withdraw. There is a thinking, feeling, sensitive, free spirit in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to maximum enjoyment.
- Don't compete with the coach. If children receive mixed messages from different authority figures, they may become disenchanted.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coach. Then you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under the coach's leadership.
- Remember that children tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before overreacting.
- Make a point of understanding courage and the fact that it is relative. Some of us climb mountains and are afraid to fly. Some of us will fly but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear and discomfort.

Communicating With The Coach

Communication You Should Expect From Your Child's Coach:

- Philosophy of the coach
- Expectations for your child as well as all players on the squad
- Locations and times of all practices and contests
- Team requirements (fees, equipment, off-season conditioning)
- Procedures for injuries
- Discipline that results in your child's denial to participate

Communication Coaches Expect From Parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and/or expectations

Appropriate Concerns To Discuss With Coaches:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Issues Not Appropriate To Discuss With Coaches:

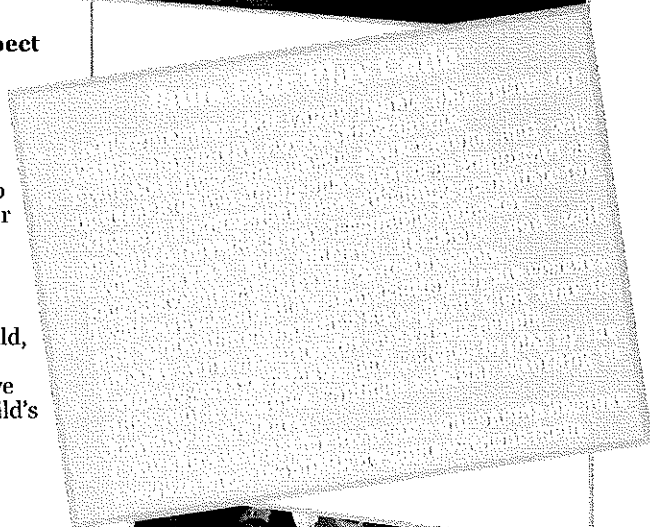
- Team strategy
- Play calling
- Other student-athletes

Appropriate Procedure For Discussing Concerns With Coaches:

- Call to set up an appointment with the coach (contact the athletic administrator to set up the meeting if unable to reach the coach)
- Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved and do not promote resolution)

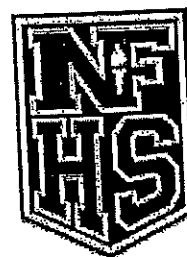
What If The Meeting With The Coach Did Not Provide A Satisfactory Resolution:

- Call to set up an appointment with the athletic administrator or activities director
- Determine the appropriate next step at this meeting



Respect
THE
GAME





A Message from the Shelby Athletic Department and the NFHS/OHSAA

Whether you are a player, coach, parent or spectator, there are a few guidelines to keep in mind which promote the best interests of middle school and high school sports. The Shelby Athletic Department, its coaching staff, the National Federation of State High School Associations and the Ohio High School Athletic Association believe that school sports are vital to Ohio's youth. Additionally, several other beliefs create a foundation for all our sponsored sports programs. These beliefs include but are not limited to the following:

1. Participation is a privilege
2. Promotes citizenship and sportsmanship
3. Instill a sense of community pride
4. Prepare individuals for the next level of life
5. Teach individuals to act appropriately out of concern not anger
6. Serve as an extension of the classroom
 - a. Higher grade point averages
 - b. Lower dropout rates
 - c. Fewer discipline problems
7. Provide valuable lifelong lessons for practical situations
 - a. Teamwork
 - b. Personal sacrifice
 - c. Leadership
 - d. Self confidence
 - e. Respect for others
 - f. Strategic thinking
 - g. Skills to handle competitive situations

Furthermore, participants are reminded that certain guidelines govern coaching decisions and that specific behaviors are expected of them.

1. Participation is voluntary
2. Participation demands a healthy lifestyle
3. Loyalty to school, community and team over self
4. There is an emphasis on competition
5. Team decisions are based on the best interests of all participants, not the narrow interests of an individual player, parent, a specific coach and/or non-school groups.

Regardless of your role in this year's sports season, please assist all students to maintain the proper perspective in their journeys through all educational and extracurricular experiences.

(Excerpts taken from the National Federation of State High School Associations and the Ohio High School Athletic Association.)

Shelby High School Communication Guidelines

It is the expectation of all students, staff and parents to utilize effective communication skills. Effective communication is an essential 21st Century skill that must be taught to students and practiced by everyone. There are three main areas of focus to remember:

1. Always do what is in the best interest of students.
2. Always be professional.
3. Always follow the chain of command when problems or concerns arise.

It is extremely important to have a set process in place that allows dialogue and a procedure to address any concerns. Many times, concerns can be solved quickly by effectively communicating with the proper person. A good rule is that the concern should stay at the level at which it occurs unless there is some valid legal or ethical reason not to do so. Past practice has shown that concerns are addressed more efficiently and more quickly when concerns are addressed in this manner. If there is still a concern after an attempt to solve the problem at the lowest level, it is then appropriate to move to the next level.

It is also important to have communication expectations in place for all stakeholders:

- Communication parents and students should expect from the teacher/coach/advisor
 - Expectations the teacher/coach/advisor has for their students
 - Class/team/activity requirements
 - Care of any equipment issued (laptops, textbooks, sports equipment, etc.)
 - Class/team/activity rules or code of conduct
 - Requirements to earn any awards issued by the team/activity
 - Injury procedures
 - Locations and times of all practices/rehearsals/contests
 - Philosophy of teacher/coach/advisor
 - Timely feedback on the students' grades/abilities/progress
- Communication teachers/coaches/advisors should expect from parents
 - Concerns about the student should be expressed directly to the teacher/coach/advisor in a timely manner and at an appropriate time and place
 - Notification of any schedule conflicts should be communicated in advance
 - Specific concerns regarding the teacher's/coach's/advisor's philosophy and/or expectations should be expressed directly to that person
- Communication teachers/coaches/advisors should expect from students
 - Specific questions/concerns should be directed to the teacher/coach/advisor in a timely manner and at an appropriate time and place. This is especially important when a student is confused about content or curriculum in class
 - Questions on how the student can improve their skills
 - Any procedural questions should be addressed to the appropriate teacher/coach/advisor

- Appropriate concerns to discuss with your teacher/coach/advisor
 - The treatment of your child, mentally and physically
 - Ways to help your child improve their grade or performance
 - Concerns about your child's behavior
 - Setting individual goals for the student's participation in the class/team/activity
 - Future goals and potential courses to take
- Issues not appropriate to discuss with the teacher/coach/advisor
 - Personnel decisions and playing time
 - Team strategy and play calling
 - Content taught in the classrooms
 - Matters concerning other students or parents

There are situations that may require a conference between a parent/coach/advisor and the parent and student. We absolutely encourage all parties to sit down and try to resolve all concerns. We also want to see the student involved in these conferences. It is important for the student to learn how to effectively communicate their concern and to practice self-advocacy, or to speak up for themselves. It is also important for all parties to have a clear understanding of each other's position. It is suggested that the following procedures be used to help promote resolution of the issue:

- The party with the concern should contact the other stakeholders to set up a time and date for a meeting. This may be a parent calling a coach or a teacher calling a parent.
- All parties should stick to the facts as he/she understands them.
- All parties are encouraged to think about what he/she expects to accomplish as a result of the meeting.
- Meetings should not take place immediately after contest, practice or event. These are emotional times for everyone. Confrontations during these times do not promote resolution of the problem and often escalate it.
- All parties are encouraged to get all sides of the story and situation. All parties should use wisdom in what is said to others, especially before the meeting takes place. If not, the issue can often escalate unnecessarily and make resolution more difficult.

Social Media

Social media has created many new ways to communicate a message to others and we will continue to use social media to inform parents and the community about what is happening at SHS. Social media has also created a method to express an opinion before gathering all the pertinent information. Through a variety of methods, Shelby High School strives to teach students to be good "digital citizens" and to inform students and parents about both the positive and negative aspects of social media. Our goal is that students, staff and parents always use positive social media practices.

Adhering to these guidelines will help to increase communication, allow for conflicts to be resolved and more importantly, allow everyone to practice effective communication skills.

("Chain of Command Steps Necessary When Dealing with Complaints", Dr. Darrell G. Floyd, High School Today Magazine, November 2017)

Ohio's Return-to-Play Law: What a Parent/Guardian Needs to Know- Interscholastic Sports



Concussion Information Sheet

Parents and athletes are required to receive, sign and submit a concussion information sheet for each school year for each sport. This information sheet can be found at <http://www.odh.ohio.gov/concussion> under "Concussion Information Sheet" (*Interscholastic: Student Athlete Concussion Information Sheet*) section.

Signs and Symptoms

Coaches or referees must remove a student athlete if the athlete is exhibiting the signs and symptoms of a concussion during practice or a game. These include:

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
- Can't recall events before or after hit or fall.
- Any headache or "pressure" in head. (How badly it hurts does not matter.)
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion
- Does not "feel right."
- Trouble falling asleep.
- Sleeping more or less than usual.

Return to Play

The student athlete cannot return to play, practice or training on the same day that the player is removed. Under Ohio law ([ORC 3313.539](#) and [ORC 3707.511](#)), a physician must provide **WRITTEN** clearance for an athlete to return to play. Physicians (M.D. or D.O.) and Diplomates in either Chiropractic Neurology or Chiropractic Sports Medicine and Certified Chiropractic Sports Physicians who are listed in the American Chiropractic Board of Sports Physicians (ACBSP) Concussion Registry will be considered able to meet the recommended standards of care and are able to independently clear youth athletes to return to play. All other licensed health care professionals must work in coordination or consultation with a physician (M.D. or D.O.), as written in HB 143.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care professional to make an assessment or grant a clearance

****Ohio's return-to-play law came into effect on April 19th, 2013****

only if the professional is acting in accordance with one of the following, as applicable to the professional's authority to practice in this state:

- In consultation with a physician;
- Pursuant to the referral of a physician;
- In collaboration with a physician;
- Under the supervision of a physician.

It is important to review your school policy regarding what health care providers are authorized to clear an athlete to return-to-play.

Medical Clearance to Return to Play Form

For school sports that are members of the Ohio High School Athletic Association, there is an OHSAA sanctioned form available at: <https://ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf>

For youth sports organizations and schools that are not part of OHSAA, there is no specific form that must be filled out by a healthcare provider authorizing an athlete to return to play,, however, the Ohio Department of Health has made one available at: <http://www.odh.ohio.gov/concussion>. Please see above section on who can issue medical clearance to Return to Play.

For More Information

Ohio Department of Health - Ohio's Return to Play Law:

<http://www.odh.ohio.gov/concussion>

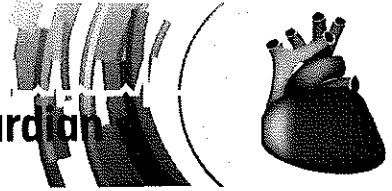
Centers for Disease Control and Prevention - Head's Up in Youth Sports:

<https://www.cdc.gov/headsup/youthsports/>

Centers for Disease Control and Prevention – Returning to School after a Concussion:

<https://www.cdc.gov/headsup/schools/index.html>

Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
 - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
 - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
 - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
 - 1) Structural heart disease. This may or may not be present from birth
 - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
 - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
 - o A blood relative who suddenly and unexpectedly dies before age 50
 - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
 - Chest pain/discomfort
 - Unexplained fainting/near fainting or dizziness
 - Unexplained tiredness, shortness of breath or difficulty breathing
 - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the Chain of Survival:
 - ❖ Link 1: Early recognition
 - Assess child for responsiveness. Does the child answer if you call his/her name?
 - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
 - ❖ Link 2: Early CPR
 - Begin CPR immediately
 - ❖ Link 3: Early defibrillation (which is the use of an AED)
 - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
 - If an AED is not available, continue CPR until EMS arrives
 - ❖ Link 4: Early advanced life support and cardiovascular care
 - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.