Loraine ISD

Athletic Policies

**Mission statement:**

**Success will be determined by the young men and women that leave Loraine ISD, and enter in to society as productive, motivated, and successful individuals.**

Loraine ISD is committed to Athletic excellence as part of a more important emphasis on Academic excellence. The term student-athlete is used for a reason, and student will always come first. Winning is important, but is not the key goal in any athletic program. Winning will be encouraged, emphasized, and driven toward. However, it will never be the only determining factor in the success of our athletic program.

Interscholastic athletics promotes the growth and enhancements of traits that will ensure success in future leaders in society (that we groom here at Loraine ISD). Athletics also plays a huge role in the image of the community and the school district, there as, students will learn to serve as ambassadors in their community, teams and organizations. We will strive to compete at the highest level every day, win, and be successful in all areas of our athletic careers.

Loraine Independent School District provides the students with the opportunity to participate in an interscholastic athletic program. The district believes that participation in this athletic program will allow students to grow and learn key values: Work Ethic, Dedication, Conformity, Team Work, Self-Respect, and Respect for others.

This code of conduct is to ensure the promotion and execution of the qualities that the athletic program strives to instill in our young athletes. It should serve as a road map to success of each student-athlete in life.

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**Participation & Expectations:**

**Participation in this program is voluntary, and requires certain additional rules, and policies to ensure the highest level of competitiveness.** Athletes will be expected to conduct themselves above the level of the average students. The coaching staff, and athletic director hold the authority to suspend, exclude or revoke this privilege whenever/wherever athletic program, team, LISD rules and policies are violated; whether it be a first or last offense.

Coaches, Directors, Sponsors, understand that not everyone is cut out to compete in Athletic activities. However, student-athletes & parents/guardians must understand that **athletics and Athletic activity programs are not a “revolving door” to be entered and exited at the whim of student-athletes**. Therefore, student athletes are expected to remain in the athletic program/period for the entire year; and will participate for the entire school year.

**All athletes are expected to be in a competitive sport in each semester**, including XC/Track. Students not involved in a major sport in the fall will be expected to participate in XC to remain in the athletic period (does not include actual competition). **All athletes are expected to participate in Track and Field (does not include actual competition) in the spring.**

**It must be stressed that any student who chooses to enter this program and his /her parent/guardian must be committed at all times, both in and out of school, in or out of season. This means the expectations of the athletic program and LISD are in effect for as long as the student is enrolled in the Loraine Athletic Program.**

**All athletes present are expected to attend, travel, and participate in all organized team activities.** If a student is ill/injured he/she is still required to dress and travel with the team, if at all possible. **Athletes that are ill/injured are encouraged to continue to participate on a limited basis during their time under doctor’s care; unless it puts the athlete at increased health risk**. (If they cannot participate they need to be in attendance, if they cannot attend they need to notify the head coach).

**General Expectation of Athletes**

Athletes will be expected to:

* Maintain a positive academic standing at all times.
* Respect his/her self, and represent his/her family in a positive manner
* Demonstrate the value derived from competition & the Athletic program – **(especially to younger Bulldogs who are watching their example)**
* **Represent Loraine ISD, and the Athletic Program in a positive manner at all times**
  + **Be present, and accountable**
  + **Be alert and attentive in the classroom**
  + **Be on time, respectful, and diligent in academic process**
  + **Dress appropriately and demonstrate the principles instilled in you by LISD and your family**

### **Expectation of Athletes: (Athletics/Competition)**

* Be Present, On-time, and engaged in all practices and competitions
* Compete at the highest levels of competition **– Not matter the ODDS! – NEVER QUIT!**
* Work with teammates and establish a culture of leadership
* Conform & Adhere to the rules and regulation of each sport/team
* Dedicate themselves to improvement of athletic performance & achievement
* Respect the team, teammates, and team rules above themselves
* **Respect the decisions of coaches, officials, and administrators (even when they disagree)**

# Conduct:

Loraine will be noted for clean, tough competition. Self-control will be used and emphasized at all times. It is the goal of the athletic program to lead well-mannered, trustworthy, diligent young men and women. Therefore, LISD athletes are expected to maintain a level of composure and conduct befitting such individuals.

## 

## **Program Expectations**

Athletes are expected to compete, and practice to the best of their ability. Coaches will understand the difference in athletic ability, but there can be no difference in the level of effort expected from every athlete.

The utmost respect will be shown at all times for Coaches, Athletes, Opponents, and Officials.

Disciplinary action will be mandatory for any athlete that is guilty of unsportsmanlike conduct, technical fouls, ejections and other penalties that will hurt the image &/or public perception of the school district and the athletic program. Removal from athletic program may occur with repeated offenses.

## **Policy & Procedures**

Athletes will follow all school Policies, Procedures and Team rules at all times, including dress code.

These policies may require stricter guidelines for athletics at the discretion of the head coach/athletic director, based on team rules established by the Head Coach of each sport.

## 

## **Academic/School/Class**

Athletes are expected to attend all classes each school day unless unavoidable circumstances arise.

Athletes are expected to be role models each day at school, there is always someone who looks up to our athletes and we need to conduct ourselves as positive influences to those we have influence over.

Disciplinary action will NOT be limited to the office of referral.

Discipline will be administered in athletics for referral to the office.

Athletes may be removed for recurring referrals to the office.

### 

### **Academic Probation**

Student athletes are required to be in constant “good standing” with the school district; Students are expected to maintain eligibility at all times.

* If a student loses eligibility and does not gain it back at the end of the 3-week probationary period
  + He/she may be placed in “mandatory” remediation until eligibility is regained.
    - This will consist of a mandatory 30-minute tutorial period scheduled by the head coach for all athletes that are academically at risk.
  + If eligibility is not regained at the end of the subsequent 6-week period, the athlete may be deemed “at risk” academically
    - removed from the athletic period entirely; for academic remediation.
  + Will enter the Buy-Back program to regain eligibility in Athletic activities

### **Athletic Probation**

Student athletes sent to DAEP, OSS, ISS, or other out of school disciplinary programs will be disciplined by the athletic program, and possibly suspended indefinitely. Readmission to the athletic program will be at the discretion of the athletic director, head coach, principal. Student-Athletes serving a suspension of any kind are not allowed to participate or be on site for any Athletic contests, until their suspension period is over.

#### 

# Attendance

Students are expected to attend all scheduled classes, meetings, practices and athletic competitions, unless unavoidable circumstances arise. Coaches **MUST** be notified prior to the practice, meeting, or contest of absence. Athletes **will** notify **Head Coach** as soon as possible, **personally,** unless impossible. Disciplinary action may follow the absence if circumstances, encourage.

**All appointments to doctors, dentists, etc… need to be scheduled outside scheduled athletic times, if at all possible**.

#### Participation on day of Absence:

Students are encouraged to be in attendance, especially on competition/contest days for at least 4 class periods.

If student cannot be in attendance on the day of school sponsored activity documentation is to be submitted to Head Coach, Athletic Director & LISD Administrator Director for approval.

If student needs to leave school for any reason on the day of a school sponsored activity written/verbal/electronic communication is required to the Head Coach, Athletic Director & LISD Administrator prior to returning for competition. Determined by the best interest of the student & team a necessary plan of action will be approved by the Head Coach, Athletic Director & LISD Administrator.

Students who fail to appear for practice or competitions without notification of Head Coach will be subject to discipline based on team rules established by head coach; and may receive a suspension from competition. Suspension from games and contest will be based upon circumstances for absence.

#### 

#### Day Prior/Day After Game:

Attendance is required for all athletes the day prior to and the day following any athletic practice or event regardless of the time the student-athletes returned home, unless medically necessary.

Medical documentation needs to be presented to Head Coach, Athletic Director & LISD Administrator following the absence to ensure the student athletes are not penalized for missed school & practice time.

##### Penalties for missing school the day after or day prior to a game will be as follows:

#### **1st offense**

**Suspension for 1 quarter of game/competition**

**Any make-up/leveling activities in accordance with pre-approved team rules.**

#### 

#### **2nd offense**

**Suspension for 1 half of game or 2 sets(VB)**

**Any make-up/leveling activities in accordance with pre-approved team rules.**

#### **3rd offense**

**Suspension for 1 game/match(VB)**

**Any make-up/leveling activities in accordance with pre-approved team rules.**

#### **Additional Offenses**

**Suspension for 1 game/match(VB)**

**Any make-up/leveling activities in accordance with pre-approved team rules.**

**ALSO MAY CAUSE FORFEITURE OF THE REMAINDER OF CURRENT SPORTS SEASON!**

**Disregard for attendance may lead to dismissal from Athletic program.**

## **Beginning**

Students are expected to begin all sports on the date set by the UIL, School District, Head Coach, & Athletic Director. There will be no “cooling off” or “grace” period, once a student athlete has put on the uniform of the day, and participated they are in. Choosing to leave/quit will require immediate entrance in to the buy-in/buy-back program for reinstatement; all requirements therein shall be completed prior to competition.

Coaches & the Athletic Director have the authority & discretion to deny reinstatement of any athlete into the athletic program if they consider this detrimental to the sport, team, or program.

## **Unforeseeable Events**

Students are expected to begin all sports on the date set by the UIL, School District, Head Coach, & Athletic Director. Students are expected to be present, on-time and engaged on the 1st scheduled days of all sports. In the event of circumstances students can play sports, join teams after the beginning of the 1st scheduled practice day; with approval of head coach & athletic director. This will also apply to missing games, practices or other contests **– must notify Head Coach as soon as possible. Head Coaches will determine excused/unexcused absences from practices with approval from Athletic Director.**

## **LISD Event Conflicts:**

In the case of conflicts between LISD events in different locations coaches, directors, sponsors will work together to accommodate the student to participate in all activities to the extent possible.

Competition will always take precedence over practices & clinics.

LISD sponsored events will always take precedence over outside organization events, practices, competitions; consequences for absence or tardiness to sponsored activities will be subject to disciplinary action by the head coach, and/or athletic director.

#### Misconduct:

Students who act, dress, misrepresent LISD in anyway will be subject to disciplinary action. This action will be taken in consultation with the principal, head coach, and athletic director; and may include suspension or expulsion from teams, organizations and Athletic activities in general.

#### Unforeseeable issues:

In the instance of extenuating circumstances, students may change travel arrangements. Head Coach, Athletic Director, Parent/Guardians will work in conjunction to determine the most appropriate course of action.

# Illness/Injury

### Notices/Doctor’s Documentation

All documentation and notices need to be turned in to the head coach, athletic director, and principal’s office. This documentation allows coaches and staff to appropriately appraise the current status of athletes, their level of competition allowed, and helps planning for competition, practices and meetings. **We need our athletes competing and practicing if possible, if not we need to know their status, rehab assignments, and precautions that need to be taken and these documents will give us this information.**

### Athletic Injuries

### **Athletes injured during athletic/Athletic events, activities, competitions, practices will have access to the athletic training staff & doctors at Lubbock Sports Medicine Clinic in Lubbock.**

### **It is not mandatory that athletes use this facility for treatment/rehab; however, it is strongly encouraged.**

### **This organization will efficiently and fluidly communicate with coaches and staff to keep athletic department up to date on all athletes and their current status.**

### **It allows the athletic department to “stay in the loop” about athletes, injuries, rehab, and return to play protocols.**

#### Participation While Injured/ILL

* All athletes present are expected to attend, travel, and participate in all organized team activities.
* If a student is ill/injured he/she is still required to dress and travel with the team, if at all possible.
* Athletes that are ill/injured are encouraged to continue to participate on a limited basis during their time under doctor’s care
  + - Unless it puts the athlete at increased health risk.

### Supplemental Insurance

### **Loraine ISD offers supplemental insurance for athletic injuries & accidents, all athletes who are injured during an athletic event, practice, competition etc., will have access to this supplemental policy. Unfortunately, this does not replace the need for each athlete to have their own medical insurance coverage. This supplemental policy will only cover what your primary insurer does not.**

# Equipment

### Uniforms:

### **Uniform is defined as any school issued athletic gear, including but not limited to: Jerseys, Pants, Shorts, Daily Work out gear, Travel Attire, Socks, Shoes, Cleats, Braces, Bags.**

### **Uniforms will be provided by LISD for each athlete.**

### **Uniforms will be worn only at appropriate time, place, and kept neat and clean. Uniforms will only be worn during practice, games, and tournaments;**

### **unless the head coach or athletic director deem necessary.**

### **(Damaged/Lost Equipment) Athletes who damage, lose, or destroy uniforms (outside of competition) will be assessed a fee equal to the cost of replacement of the uniform.**

* (Personal Equipment) Equipment owned by the student athlete or student athlete’s family is solely the responsibility of the student athlete; LISD will not be responsible for any loss or damage that occurs to student’s personal equipment.
* (return of equipment) All equipment issued by LISD for athletic use will be returned at the end of the season or end of the school year, as directed by the athletic director or the head coach.

# **Buy-in & Buy-back programs:**

**Buy-In Program**

Students that begin a sport after the 1st scheduled practice day will enter into the Buy-In program.

(Does not apply to students not enrolled in LISD on 1st practice day).

* Students will be required to complete mandatory conditioning to regain “level status” with their team.
  + These conditioning activities will be agreed upon by the Head Coach and Athletic director
    - Minimum requirement of 1 mile per hour of missed practice (1hr missed = 1mi of makeup conditioning).
* Athletes will also be required to do leveling activities for missing competition/games
  + agreed upon by the Head Coach & Athletic director with a
    - Minimum requirement of 5 miles or equivalent and a maximum of 10 miles per missed competition/game/contest.

Students will be required to adhere to any additional requirements set forth by the Head Coach, and agreed to by the Athletic Director. **Student Athletes will be required to complete** ALL **requirements of the buy-in/buy-back prior to competing in any competition/game/tournament.**

All buy-in/buy back requirements may be waived at the discretion of the head coach, with approval from the athletic director. Student athletes under Academic Probation and/or Athletic Probation will be required to enter the buy-in/buy-back program, to regain “level” status with their team**. Refusal to complete leveling activities will require immediate removal from the Athletic Program.**

**Buy-Back Program**

#### Quitting-Readmission

Students, who choose to quit a sport, are prohibited from participating competing in another sport until the season of the 1st sport is completed.

**Unless approval from the head coach of each sport, and the athletic director is granted.**

* Athletes who choose to quit a sport, will enter into the buy-in/buy-back program
* There will be no “cooling off” or “grace” period
  + Once a student athlete has put on the uniform of the day, and participated they are in.
* Choosing to leave/quit will require immediate entrance in to the buy-in/buy-back program for reinstatement
* All requirements set forth by the Coaches of each sport and the Athletic director shall be completed prior to competition.

#### Program requirements

Athletes will be required to run no less than 50 miles to regain “level” status with their team.

Athletes may be required to run a maximum of 100 miles to regain “level status with their team, depending on the number of activities/time missed, or the circumstances of their exit from athletics.

Coaches may add requirements to this process as they see fit, with the approval of the Athletic Director.

### Illegal Substances Policy

### **Certain behaviors will not be tolerated by LISD, the athletic program, and Athletic events. Failure to refrain from these behaviors will receive punitive measures from the athletic staff, principal, and/or coordinators for each activity.**

### Illegal & Synthetic Drugs

Violations may be through local drug testing, law enforcement, and/or self-admittance by the student athlete. Each violation will receive and escalating scale of punitive measure to ensure the athletes refrain from using illegal drugs.

#### **1st offense**

**90 School day Suspension from athletics.**

* + - Minimum of 100 miles buy back. (may be additional leveling required by athletic director/head coach)
    - Will be required to forfeit the remainder of eligibility for the current sport.
      * The student may participate in practices during the suspension period.
      * Student will forfeit any awards and accolades for current sport.
    - Will be drug tested at every available test date for remainder of athletic career.
    - Student & Parent must complete drug counseling at the family’s expense prior to return to Athletic Program.
      * Must provide documentation to the Athletic Department and Superintendent that program has been completed.

#### 

#### **2nd offense**

**Indefinite suspension/removal from all Athletic activities.**

* + - The student **may not** participate in practices during the suspension period.

#### 

### Alcohol/Tobacco/Tobacco Products

#### 

#### **1st offense**

**15 School day Mandatory Suspension from athletics.**

**Minimum of 50 miles buy back (may be additional leveling required by athletic director/head coach).**

May be required forfeit the remainder of eligibility for the current sport.

#### 

#### **2nd offense**

**30 School day Mandatory Suspension from athletics.**

**Minimum of 100 miles buy back (additional leveling may be required by athletic director/head coach)**

Will forfeit the remainder of eligibility for current sport.

#### 

#### **3rd offense**

**Indefinite removal from all Athletic activities.**

Buy Back to be determined by Coaches & Athletic Director.

Readmission to athletic program is not guaranteed.

### Appeals/False Test/False Accusation

This process may be appealed by parents/guardians and athletes in the event of false accusations, or “false” positive testing. Athletes will be required to prove their innocence by taking/re-taking the drug test. Students may still be required to complete some disciplinary buy back if they are found innocent, but were present for the use of prohibited substances.

# Lettering Policy

Athletes may receive one major award from the school district during their High School athletic career. In order to letter in a sport, an athlete must be a varsity competitor and satisfy the following requirements on a sport-by-sport basis. Letters are determined by contribution to the teams each athletes represents; athletes are expected to be major contributors to earn their letters. All athletes are eligible for varsity letters, regardless of age.

**No athlete that has quit/been removed from a sport within the last 365 days will receive a letter jacket for that year.**

**No athlete that has been suspended under the substance abuse policy will be eligible to letter for that year.**

2 varsity letters are required to receive a letter jacket. (2 Letters in 1 sport or 2 letters in multiple sports)

Ex. If a student meets the qualifying criteria for a sport, in 2 categories they receive a letter jacket.

If as student meets the qualifying criteria in multiple sports at least once, they receive a letter jacket.

#### XC

9th Grade (Top 10 Individuals district meet, Regional &/or State Qualifier Score any Point total @ Regional Meet)

10th Grade (Top 15 Individuals District meet, Regional &/or State Qualifier Score any Point total @ Regional Meet)

11th Grade (Top 20 Individuals District meet, Regional &/or State Qualifier Score any Point total @ Regional Meet)

12th Grade (Top 30 Individuals District meet, Regional &/or State Qualifier Score any Point total @ Regional Meet)

#### Volleyball

9th Grade (All State Team, All Region Team, 1st team All District or Superlative &/or 40 sets/matches) {60% of available PT}

10th Grade (1st or 2nd Team All District or Superlative &/or 16 varsity quarters) {40% of available PT}

11th Grade (10 varsity quarters) {25% of available PT}

12th Grade (4 Varsity quarters Varsity Team member) {10% of available PT}

#### Football

9th Grade (All State Team, All Region Team, 1st team All District or Superlative &/or 24 varsity quarters) {60% of available PT}

10th Grade (1st or 2nd Team All District or Superlative &/or 16 varsity quarters) {40% of available PT}

11th Grade (10 varsity quarters) {25% of available PT}

12th Grade (4 Varsity quarters Varsity Team member) {10% of available PT}

#### Basketball

9th Grade (All State Team, All Region Team, 1st team All District or Superlative &/or 60 varsity quarters) {60% of available PT}

10th Grade (1st or 2nd Team All District or Superlative &/or 40 varsity quarters) {40% of available PT}

11th Grade (30 varsity quarters) {25% of available PT}

12th Grade (10 Varsity quarters Varsity Team member) {10% of available PT}

#### Track

9th Grade (State or Regional Qualifier, any point total at Area meet, 4 points at District Meet, 10 points cumulative)

10th Grade (State, Regional or Area Qualifier, 2 points at district, 6 points cumulative)

11th Grade (Area Qualifier, 1 Point district, 4 points cumulative)

12th Grade (Area/District Competitor Varsity Team)

#### Golf

9th Grade (District Champion/Runner-up (team or individual)

10th Grade (Regional Qualifier) (individual or team)

11th Grade (3-year continuous competitor)

#### Cheerleading

11th Grade (3-year continuous competitor)

Concussion Management Policy

The following policy has been developed by **Loraine** ISD in conjunction with the concussion management oversight team to fulfill the requirements of HB 2038. (Natasha’s Law) The goal of this policy is to assist parents, faculty, and students in understanding the dangers of a concussion and outline the steps to returning to play following a concussion. It also serves as a reference for the evaluation methods and management protocols of any student-athlete who suffers a concussion while involved in athletics within **Loraine** ISD.

# Loraine ISD CONCUSSION OVERSIGHT TEAM

Loraine ISD will form a concussion oversight team as required by HB 2038. The concussion oversight team will consist of the following members:

1. Superintendent
2. Physician of Student/Parent’s choosing

**Loraine** ISD, at the discretion of the superintendent, may adopt the UIL Medical Advisory Committee as the Concussion Oversight Team. The superintendent or superintendent’s designee (cannot be a coach) will serve as the Concussion Oversight Team Administrator and be responsible for the implementation and documentation required for this policy.

### BACKGROUND

Medical management and understanding of sports-related concussions is evolving. Loraine ISD has established this policy to provide education about concussions for athletic department staff, faculty, parents and students. This policy outlines procedures for staff to follow in managing concussions as it pertains to return to play issues after a concussion.

Loraine ISD seeks to provide a safe return to play procedure for all athletes after a concussion. In order to effectively and consistently manage these injuries, procedures have been developed to aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day, including academic assistance, and are fully recovered prior to returning to activity.

### PARENT CONSENT

Each year prior to participation in practice or competition, the student and student’s parent or guardian or another person with legal authority to make medical decisions for the student, much sign a consent acknowledging the risk of a concussion and the Loraine ISD concussion management policy. The UIL will develop this form.

### DEFINITION AND COMMON SIGNS AND SYMPTOMS

A concussion is an injury caused by traumatic force or impact that causes a complex pathophysiological process affecting the brain which may include temporary or prolonged altered brain function resulting in physical, cognitive, and/or emotional symptoms or altered sleep patterns. It may or may not involve loss of consciousness.

Signs and symptoms of a concussion may include:

Headache Nausea Vomiting Balance Problems Dizziness Fatigue Trouble falling asleep Sleeping more than usual Sleeping less than usual Drowsiness Sensitivity to light Sensitivity to noise Irritability Sadness Nervousness Feeling emotional Numbness or tingling Feeling slowed down Feeling mentally foggy Difficulty concentrating Difficulty remembering Visual Problems

### RESPONSE TO SUSPECTED CONCUSSION

1. The student shall be removed from practice or competition immediately if one of the following persons believes the student might have sustained a concussion.
2. Coach
3. Physician
4. Licensed Health Care Professional
5. The student’s parent or guardian or another person with legal authority to make medical decisions for the student.
6. The student will not be allowed to return to practice or competition that day, will require a physician’s clearance, and must meet the requirement of this policy before returning to activity.
7. The student’s parent or guardian or another person with legal authority to make medical decisions for the student will be notified by a coach or athletic trainer that a suspected concussion has occurred.
8. Referral to an emergency medical center will be made if the student:
9. has a witnessed loss of consciousness?
10. has a declining mental and/or physical functioning?
11. has any signs of an associated injury to head and/or neck?
12. The student should not be left alone, serially monitored and may only be released to a parent or guardian or another person with legal authority to make medical decisions for the student.
13. It the parent or guardian or another person with legal authority to make medical decisions for the student chooses so they always have the right to seek emergency medical care.

### RETURNING TO PRACTICE OR COMPETITION

A student removed from practice or competition under the suspicion of having a concussion may not be permitted to resume practice or competition until:

1. The student has been evaluated using, established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student’s parent or guardian or another person with legal authority to make medical decisions for the student.
2. The treating physician has provided a written statement indicating that, in the physician’s professional judgment, it is safe for the student to return to practice or competition.
3. The student has successfully completed each requirement of the return to play protocol.
4. The student and the student’s parent or guardian or another person with legal authority to make medical decisions for the student:
   1. Have acknowledged that the student has completed the requirements of the return to play protocol.
   2. Have provided the treating physician’s written release to the concussion oversight team administrator.
   3. Have signed the UIL Return to Play Form stating they
      1. Have been informed concerning and consents to the student participating in returning to play in accordance with the return to play protocol established by the concussion oversight team
      2. Understand the risks associated with the student returning to play and will comply with any ongoing requirements in the return to play protocol
      3. Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996, of the treating physician’s written statements under Subdivision (3) and, if any, the return to play recommendations of the treating physician
      4. Understands the immunity provisions under Section 38.159 of the Texas Education Code.

### ACADEMIC ACCOMODATIONS

It may be necessary for students with a concussion to have cognitive rest as well as physical rest in order to achieve maximum recovery in the shortest period of time. Cognitive rest may include not using cell phones, computers, video games, TV’s, and school modifications. ISD will work in conjunction with physician and staff recommendations to make the appropriate accommodations.

### RETURN TO PLAY PROTOCOL

In Accordance with latest research and recommendations the following return to play protocol will be used:

1. The student must be asymptomatic at rest and with normal activity (attending school) for 24 hours prior to initiating any physical activity and have a written release from a physician.
2. Each phase of this protocol will last 24 hours and the student must remain asymptomatic to progress to each additional phase.
   1. If the student becomes symptomatic during any phase the student may not progress to the next phase until they become asymptomatic again.
   2. If symptoms persist the student must be re- evaluated by a physician.
3. Light aerobic exercise, 5-10 minutes on exercise bike or light jog; no weight lifting or resistance training.
4. Moderate aerobic exercise, 15-20 minutes; may initiate light resistance exercise like resistance bands, wall squats, lunges, etc…
5. Sport specific **non-contact** drills in full uniform and weight training exercises
6. Full contact practice
7. Full game play without limitations

### SUBSEQUENT CONCUSSION

Any subsequent concussion requires further medical evaluation and strict adherence to the provisions of this policy with consideration for disqualification of a student with multiple concussions based on physician recommendations.

### EDUCATION

Loraine ISD will ensure that all appropriate staff is trained in accordance with HB2038.

***LORAINE SCHOOL***

***Drug Testing Policy***

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   (name of parent/guardian), am a parent/guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of student), a student enrolled in the Loraine Independent School District. My child intends to participate in one or more Athletic activities. My child and I understand that participation in Athletic activities is a privilege, not a right, and compliance with Loraine ISD’s drug test program is a condition to my child’s participation.

We have read and understand Loraine ISD’s policy (available online) for testing student urine samples for prohibited substances including without limitation the following: alcohol, amphetamines, barbiturates, benzodiazepines, cocaine metabolite, marijuana, methadone, opiates, phencyclidine, propoxyphene, hallucinogens, steroids, and all other illegal, addictive, or performance-enhancing drugs. We understand that all students in grades 6-12 who participate in Athletic activities will be subject to random drug testing during the school year. Urine samples will be taken under conditions that are no more intrusive to students than the conditions experienced in a public restroom. We understand that if a test of a child’s urine sample reveals the presence of a prohibited substance, Loraine ISD may take action against him/her up to and including termination of the child’s participation in Athletic activities.

**HAVING READ LORAINE ISD’S DRUG TESTING POLICY AND THIS CONSENT FORM, WE REPRESENT THAT WE HAVE THE AUTHORITY TO CONSENT TO THE DRUG TESTING OF THE CHILD AND WE HEREBY AUTHORIZE THE COLLECTION OF URINE SAMPLES FROM THE CHILD FOR THE PURPOSE OF TESTING OF PROHIBITED SUBSTANCES, THIS AUTHORIZATION INCLUDES, BUT IS NOT LIMITED TO, OUR TESTING ENTITY TO COLLECT URINE SAMPLES FROM THE CHILD FOR THE PURPOSE OF TESTING FOR THE PRESENCE OF DRUGS AND/OR ALCOHOL.**

We further authorize Loraine ISD and/or our outside testing entity, and their officers, employees, and agents to communicate the child’s drug test results both orally and in writing to each other, to us and the child’s other parent/guardian, and/or to Loraine ISD administrators and personnel responsible for administering the testing program and Athletic activities, and to communicate such test results at any Loraine ISD administrative or any other legal proceedings. I understand that the child’s drug test results shall not be maintained in the child’s education file and shall be destroyed when the child graduates from high school.  If the child graduates from a high school not part of Loraine ISD, then it shall be our responsibility to notify Loraine ISD of the child’s graduation so that the drug test results can be destroyed. We also understand that a no physician/patient relationship is established by the collection of urine samples by the designated, licensed medical facility, or third party administrator. We understand that, except as set forth above, all tests results shall be confidential and shall be disclosed only to the child, to me, and to the child’s other parent/guardian, and/or to designated district officials.

**WE HEREBY RELEASE AND HOLD HARMLESS LORAINE ISD AND OUR OUTSIDE TESTING ENTITY, AND THEIR BOARD OF TRUSTEES, EMPLOYEES, AGENTS, REPRESENTATIVES, AND MEDICAL STAFF MEMBERS FROM ANY AND ALL LIABILITY, CLAIMS, DAMAGES, AND COSTS THAT MAY ARISE FROM OR BE RELATED DIRECTLY OR INDIRECTLY TO A DRUG TEST.**

**THIS IS A LEGAL CONSENT AND RELEASE OF LIABILITY FORM. PLEASE READ THIS FORM CAREFULLY AND BE SURE YOUR QUESTIONS HAVE BEEN ANSWERED BEFORE SIGNING.**

**THIS CONSENT, RELEASE, AND HOLD HARMLESS AGREEMENT SHALL BE EFFECTIVE AS LONG AS THE CHILD IS ENROLLED WITHIN LORAINE ISD OR UNTIL WRITTEN NOTICE OF REVOCATION OF THE CONSENT IS GIVEN TO THE PRINCIPAL.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Parent/Guardian Signature        Date Athletic Activities/Clubs/etc.

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

Printed Name of Parent/Guardian               Student Signature

**Loraine Athletic Code Acknowledgement**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ acknowledge that I am agreeing in principle with the regulations and rules within the Loraine Athletic policy, and will abide by those rules.

I agree to abide by the terms of this policy, and understand that failure to do so could lead to disciplinary action from the Loraine Athletic staff including but not limited to: forfeiture of playing time, leveling (conditioning) activities, and suspensions from Athletic activities.

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

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

By signing this document, you and your student are acknowledging that you are in agreement with the rules and regulations set forth by the Loraine ISD athletic staff and that you & your athlete will comply with all rules and regulation of the Loraine Athletic program.

Refusing to sign this document will not release athletes & Athletic participants from adhering to the rules, guidelines, & policies of the Loraine ISD Athletic program.