

The Wood River Three

1. Do right.
2. Do your best.
3. Treat others the way you want to be treated.

PARTICIPATION IS A PRIVILEGE NOT A RIGHT

**WOOD RIVER HIGH SCHOOL
ATHLETIC-ACTIVITY DEPARTMENT RULES OF TRAINING AND CONDUCT**

The purpose and objectives of Wood River High School's Athletic and Activity Department and its interscholastic athletic or activities program are the development and maintenance of individual health and vigor, perfection of playing skills, enjoyment of competitive play, development of sportsmanship and citizenship, and contribution to school and community spirit and morale. This Student and Parent/Guardian Agreement and Understanding of Athletic and Activity Department Rules of Training and Conduct adds to and supplements existing Blaine County School District Policies. In the event of any conflict between this agreement and Blaine County School District Policies, the Blaine County School District Policies will prevail.

Those students who participate in the interscholastic athletic or activities program commit themselves to the following personal goals: a primary focus on academic development and attendance; avoidance of any action which would bring embarrassment or disrepute to themselves or their team; development of desirable personal health standards (which includes the abstinence from tobacco of any kind, alcoholic beverages, and illegal drugs and substances); development of skills; and the growth of a competitive philosophy which includes sportsmanship and a consistent awareness of school and community pride.

The players on each team will be governed, at the minimum, by the following Athletic and Activities Department rules. Each head coach may establish additional, individual rules for their specific activity such as curfew on overnight stays, attendance at practice sessions, personal conduct, and personal appearance.

These rules are in effect from the moment a student and parent sign the document through their graduation date from WRHS. These rules are also in effect year-round, when school is in or out of session including Summer, Holidays, Spring Breaks, weekends and legal holidays. Students involved in athletics and activities and their parents or guardians will re-sign the athletic and activity department rules of training and conduct each school year.

I. CONDUCT/BEHAVIOR

Please be advised that successive infractions lead to additional or longer consequences. Successive infractions do not need to be for similar or identical infractions. A successive infraction would be ANY violation of the rules of training and conduct.

A. INAPPROPRIATE CONDUCT

As stated in Paragraph Two, athletes are expected to maintain a level of conduct which does not discredit themselves or their teams. Violations of this standard would include, but are not limited to, *Bullying, Lying to School Officials, Cheating/Plagiarism, Sexual Harassment, Inappropriate Physical Conduct, Vandalism, Abuse of Social Media and Theft*. The minimum penalty for a first offense of behavior which is inappropriate for or unbecoming an athlete is a one contest suspension. The penalty for first offenses which are deemed severe and for succeeding infractions shall be determined by the Athletic and Activities Director, with the minimum penalty for a second offense being a one week (minimum one contest) suspension.

B. DANGEROUS/CRIMINAL BEHAVIOR

This would include, but is not limited to, Fighting, the Sounding of False Fire Alarms, the Possession of Dangerous Materials or Weapons, and any criminal activity. The penalty for dangerous/criminal behavior will be assessed according to the guidelines listed in section V.

C. HAZING

Athletes at Wood River High School commit to supporting, encouraging, and mentoring each other in their efforts to achieve individual and team goals. Engaging in or encouraging hazing is strictly prohibited. Hazing occurs when any person knowingly requires the performance of any act by a student, or the acquiescence to any act performed by or upon a student, for the purpose of induction into, admission into, initiation into, affiliation with, or maintaining membership in, any group, organization, society, club or team, or any action or statement which harasses, embarrasses, threatens, humiliates, or intimidates another student.

Athletes who engage or organize in any form of hazing, or who do not report acts of hazing which they witness, may be subject to one or more of the following disciplinary actions: expulsion from school, suspension from school, loss of privileges; athletic/activity suspension up to one calendar year which would include any summer activities. Hazing incidents may also be referred to appropriate law enforcement agencies. Hazing which occurs via social media is also a violation of the rules of training and conduct. It should be noted that consent is not a defense for any form of hazing.

D. SOCIAL MEDIA

Given their affiliation with Wood River High School, students' social media use reflects on Wood River High School, Blaine County Schools and our community. The use of social media is meant to help build our brand and identity, promote our school, students and teams as well as to build networks and connections.

Social media use which causes a substantial disruption to Wood River High School, the athletics and activities department and on the morale and success of the team is prohibited. Examples of specifically prohibited use include but are not limited to:

- Sexually explicit, profane, lewd, indecent or defamatory language.
- Derogatory language regarding school personnel or other students.
- Comments or images designed to harass or bully students or school personnel.
- Nude, sexually-oriented, or indecent photos or images as well as altered pictures.

It should be noted that the use of social media to defend oneself but that at the same time causes a substantial disruption is also prohibited.

The penalty for inappropriate social media use shall be assessed according to the guidelines listed in section V as well as completion of the NFHS Social Media Course.

E. BULLYING, INTIMIDATION AND HARASSMENT

Harassment, intimidation, or bullying” means any gesture or any written, verbal, or physical acts or threats against another student that:

1. A reasonable person, under the circumstances, should know their behavior will have the following unwanted effect(s):
 - a. Harming a student.
 - b. Damaging a student's property.
 - c. Placing a student in reasonable fear of harm to his or her person.
 - d. Placing a student in reasonable fear of damage to his or her property.
2. Is sufficiently severe, persistent, or pervasive that it creates an intimidating, threatening or abusive educational environment for a student.

Bullying may be further defined as inflicting, through act(s), physical hurt or psychological distress on one or more students. It is further defined as unwanted written, verbal, or physical behavior, including any threatening, insulting, intimidating, or dehumanizing gesture, by an adult or student, that is severe, persistent or pervasive enough to create an intimidating, hostile, or offensive educational environment; cause discomfort or humiliation; or unreasonably interfere with the individual's school performance or participation in school related activities.

The definition of harassment is identical to bullying, with one addition. Harassment constitutes conduct which, relates to an individual's sex, race, color, national origin, sexual orientation, age, religious beliefs, ethnic background, or disability.

An act of harassment, intimidation or bullying may also be committed through the use of various communication tools, e.g., a land line phone, wireless telephone/electronic device, or through the

use of data or computer software that is accessed through a computer, computer system, or computer network.

PROHIBITED BEHAVIOR

The district expects students to conduct themselves in a manner in keeping with their levels of development, maturity, and demonstrated capabilities with a proper regard for the rights and welfare of others.

Students attending district schools are prohibited from engaging in the following behaviors:

1. Physical abuse against a student, e.g., hitting, pushing, tripping, kicking, blocking, or restraining another's movement; sexual misconduct; causing damage to another's clothing or possessions; and taking another's belongings.
2. Verbal and non-verbal abuse against a student, e.g., name calling, threatening, sexual misconduct, taunting, malicious teasing, or making rude gestures.
3. Psychological abuse against a student, e.g., spreading harmful or inappropriate rumors regarding another, drawing inappropriate pictures or writing inappropriate statements regarding another, intentionally excluding another from groups or activities, and stalking.
4. Cyberbullying, e.g., using any electronic communication device to convey a message in any format (audio or video, text, graphics, photographs, or any combination thereof) that intimidates, harasses, or is otherwise intended to harm another individual.
5. Conduct based on a student's actual or perceived race, color, national origin, sex, gender identity or expression, sexual orientation, physical or mental disability, religion, physical appearance and characteristic, or socio-economic status; or a student's association with a person or group with one or more of these actual or perceived characteristics.
6. Conspiring with another individual to commit any act of harassment, intimidation, or bullying against another student; or perpetuating such conduct by spreading hurtful or demeaning material created by another person (e.g., forwarding offensive e-mails or text messages).
7. Retaliatory actions against another for reporting an act of harassment, intimidation, or bullying.

The discipline rules related to harassment, intimidation, and bullying apply when a student is (1) on school grounds before, during, or after school hours; or at any other time when the school is being used by a school group; (2) off school grounds at any school activity, function or event; or (3) traveling to or from school or a school activity, function, or event or; (4) when there is adverse impact on the educational environment.

School employees will also be held accountable for harassing, intimidating, or bullying behavior directed toward staff members, volunteers, parents/guardians, or students.

II. UNEXCUSED ABSENCE AT SCHEDULED ATHLETIC AND ACTIVITY COMPETITIONS

Any absence from scheduled athletic or activity competitions shall be prearranged and approved by the particular coach. Extenuating circumstances will be reviewed by the Athletic and Activity Director. The penalty for a first offense may include suspension from one athletic or activity contest. For any succeeding offense during that season, the penalty may be expulsion from the team for the remainder of the season.

III. PARTICIPATION ON DAYS OF CLASS ABSENCE

A student's participation in athletic or activity practices or contests on days of partial or complete absence from school must be cleared through the Athletic and Activity Director's office in advance. A student-athlete must obtain clearance to participate if he or she has an absence of more than one academic period on the day of practice or competition (ex. funeral, family event, Dr. appointment with note, school related trip or event).

According to the Blaine County School Policy, if a student is serving an out-of-school suspension he/she/they may not attend any school function for any reason. This applies to athletic or activity contests (home and away) as well as practices. A student may participate in a competitive event on the day following a suspension. However, many coaches have a team policy that may prohibit an athlete from participating in an athletic or activity competition after missing practice.

IV. TRAVEL

A. TRANSPORTATION:

All athletes shall travel to and from athletic or activity events held outside of the Wood River Valley using school-sponsored transportation. The Wood River Valley is defined as North of the blinking light located at the intersection of Highway 75 and Highway 20 and South of Galena Summit. Athletes may return from athletic or activity events with a parent and or legal guardian with the permission of the particular coach. A parent and or legal guardian must be physically present to sign the responsibility of student-athlete away from the coach. A parent and or legal guardian may transport only their child to and from events outside of the Wood River Valley. Extenuating circumstances will be handled by the Athletic and Activity Director. Parents should contact the Athletic and Activity Director and Head Coach well in advance of the event if there are any questions. If permission is granted by the Head Coach, students traveling within the Wood River Valley may provide their own transportation.

1. If the parent or legal guardian fills out and completes the Athletic and Activity Release form, in advance of travel, an emergency contact may provide transportation to or from an event. The student must provide the WRHS office with the Athletic and Activity Release form as well as printed documentation that the person providing the ride is a legal guardian within our Skyward system.

B. DRESS CODE:

All students will adhere to Wood River High School Dress Code while attending and traveling to and from all school sponsored events. Changing clothes on the bus, parking lot, or any other public space is prohibited. If a locker room is not available the Head Coach will make arrangements with the Activities and Athletic Director in advance.

C. OVERNIGHT STAYS:

All students will be held to the same code of conduct as explained in this document and Wood River High School student manual while attending extracurricular functions that require overnight stays. Violations of any of these rules may result in a student's immediate suspension. Parents or legal guardians may be asked to travel to the event at their own expense to assume responsibility of the student.

Students have the right to ask for increased privacy when they fill out the Overnight Field Trip Permission Form.

A student cancelling a hotel/overnight stay may be required to pay for their stay if the window for cancellation has passed.

V. SMOKING, CHEWING TOBACCO, VAPING, ALCOHOLIC BEVERAGES, ILLEGAL DRUGS, CONTROLLED SUBSTANCES, AND/OR PARAPHERNALIA.

The possession or use of tobacco of any kind, alcoholic beverages, and/or the possession or use of illegal drugs or controlled substances or paraphernalia shall not be permitted for any athlete; regardless of age. This prohibition includes the sale, purchase, possession, consumption, distribution, and/or participation in a plan to sell, purchase, possess, consume, and/or distribute alcoholic beverages and/or tobacco, illegal drugs or controlled substances, and/or paraphernalia, social hosting and/or any of the above mentioned items.

Policy 540 says: Students are prohibited from the use, possession, sale, distribution, delivery, transportation, or being under the influence of alcohol, tobacco products, illegal drugs, and any other illegal substances. Students participating in IHSAA sponsored events or school sponsored extracurricular activities or holding a position of school leadership who are found to be involved in any such activity at any time, whether or not school is in session, and whether on or off school grounds, will be penalized as outlined in District Policy 551, the bylaws of the student organization, the Student Code of Conduct, and the expectations published in the individual school's student/parent handbook.

Penalty for Violations:

1. *Voluntary Disclosure*: Any student who voluntarily discloses using or being under the influence of any illegal inhalant, alcohol, or controlled mood-altering chemical, or abused chemical substance, or tobacco use before he or she is reasonably suspected to be in violation of the law, shall be provided anonymity to the extent that disclosure is held confidential on a faculty/coach "need to know" basis, that notification is provided to parents, the legal guardian or child's

custodian, and that available counseling may be suggested by the District. Voluntary disclosure will not be abused.

a. Reasonable Suspicion without self-disclosure: Once a student is reasonably suspected to be in violation of this policy prior to previous voluntary disclosure, school administrators shall immediately initiate the procedures herein.

1. First Offense while attending Grades 9-12:

Suspension from participation in any school sponsored extracurricular activity or athletics competition for a period of 14 consecutive school calendar days. School calendar days are defined as Monday through Saturday beginning the first day of practice and/or school (whichever is earlier) and ending the last day of Spring Competition or last day of school (whichever is earlier). Suspensions may carry over to the following activity season when students are involved in year long activities or participating in multiple activities.

As an alternative, student suspension may be reduced by seven consecutive school calendar days if the parent or legal guardian and student agree to adhere to the procedures outlined in BCSD Policy 551 for Offense #1.

2. Second Offense while attending Grades 9-12:

Suspension from participation in any school sponsored extracurricular activity or athletics competition for a period of 28 consecutive school calendar days. School calendar days are defined as Monday through Saturday beginning the first day of practice and/or school (whichever is earlier) and ending the last day of Spring Competition or last day of school (whichever is earlier). Suspensions may carry over to the following activity season when students are involved in year long activities or participating in multiple activities.

As an alternative, student suspension may be reduced to fourteen consecutive school calendar days if the parent or legal guardian and student agree to adhere to the procedures outlined in BCSD Policy 551 for Offense #2.

SUCCESSIVE INFRACTIONS:

Succeeding Infractions past Second Offense while attending Grades 9-12:

The penalty for each succeeding infraction of these rules shall be determined by the Athletic and Activities Director and Wood River High School Administration. Penalties may result in expulsion of up to 365 consecutive school calendar days from participation in activities and/or athletics. Suspensions may carry over to the following activity or athletic season when students are involved in year long activities or participating in multiple activities.

VI. EQUIPMENT AND/OR UNIFORMS

Unauthorized possession of equipment and/or uniforms is prohibited. Students in possession of unauthorized equipment or uniforms must return items immediately to their Head Coach. Students may be

assessed a late fee of \$25.00 for non-returned uniform items or equipment returns. The return deadline for returning school issued equipment and/or uniform will be determined by the return date set by coaching staff or two weeks upon completion of the activity season whichever is earlier. Students may be billed for all unreturned items at replacement cost as well as a late fee and administrative fee. Students who are not cleared at the end of a season may not be allowed to participate in another sport until their equipment obligations have been satisfied. Students risk not receiving their diplomas until all monies owed to Wood River High School have been received by Wood River High School.

VII. PHYSICAL EXAMS (IHSAA Rule 13)

13-1 Students are required to undergo a physical examination and have it, along with an Interim Questionnaire, on file with the school prior to their first practice in any IHSAA sponsored sport, cheerleading, or dance activity. The Idaho Health Examination and Consent Form and Interim Questionnaire are available online at idhsaa.org.

13-2 Physical exams must be taken and on file with the school prior to the first day of practice in the 9th and 11th grades. Any physical taken before May 1 of the 8th grade year will not be accepted.

13-3 Physicals are required in the 9th and 11th grade year. Students who have a physical in their 10th grade year must have another for the 11th grade. Students will not be required to take an additional physical examination during the 10th and 12th grades unless:

1. The physician recommends the student have an additional examination.
2. The parents request an examination in the Interim Questionnaire.
3. Affirmative answers on 1-10 of the Interim Questionnaire indicate a possible need for a repeat physical examination.
4. A student has transferred to Idaho from another state.

13-4 Physical exams must be conducted by a licensed physician, physician's assistant or nurse practitioner.

13-5 The Interim Questionnaire must be completed each year of participation by the parents/guardians of the athlete. The form must be on file in the administrator's office prior to the first day of practice.

FORMS

Physical Exam and Consent Form

<http://idhsaa.org/manage/articlefiles/99-Physical%20Exam%20and%20Consent%20Form.pdf>

Interim Health Questionnaire

<http://idhsaa.org/manage/articlefiles/99-Interim%20Questionnaire.pdf>

VIII. INDIVIDUAL ELIGIBILITY (IHSAA Rule 8)

<http://idhsaa.org/manage/articlefiles/56-RULE%208.pdf>

8-1 ACADEMIC To be academically eligible for athletics or activities, a student must be enrolled full-time in his/her school, on target to graduate based on State Board of Education graduation requirements, and have received passing grades and earned credits in the required number of courses during the previous reporting period. Equivalency is determined by the following: criteria:

- 3 classes attempted must pass all three
- 4 classes attempted must pass at least three
- 5 classes attempted must pass at least four
- 6 classes attempted must pass at least five
- 7 classes attempted must pass at least five
- 8 classes attempted must pass at least six

a. Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place as developed by the local school district. This plan must include monitoring, additional assistance, time provided for assistance, and an appropriate timeline. (The number of students with an academic improvement plan will be reported on the Eligibility Verification Report). At WRHS this means having a PASS class on their schedule or alternative plan made in advance with the Activities and Athletics Director.

b. Being “on target to graduate by State Board of Education requirements” means: a student not having the necessary number of credits to graduate with their class through the normal school day program, must have a graduation plan that provides for receiving a diploma by the end of the summer following their senior year in order to be eligible for activity participation. (The number of students with a graduation plan will be reported on the Eligibility Verification Report.) c. Schools may adopt stricter academic eligibility policies.

WRHS ELIGIBILITY POLICY

GRADE CHECKS

Students involved in IHSAA activities or athletics are subject to weekly grade checks during the activity season. A report will be delivered to the Varsity Head Coach of each activity each week listing students with a D or F. Coaches will notify students with D's or F's by presenting the student with a form showing the student's name, description of the class, class period and current grade.

Any student that has a D or F will go on Academic Probation until grades have improved to C- or better.

ACADEMIC PROBATION

Fall Sports: Grade checks start the second full week of school

Winter and Spring Sports: Grade checks start the first day of the athletic or activity season per IHSAA Calendar.

Academic probation is a means to make students more aware of their academic status and a chance to improve their grades before ineligibility checks begin.

Academic probation requires mandatory attendance at the weekly Activity and Athletic Study Hall.

Failure to attend the school's Activity and Athletic Study Hall will result in the student being ineligible the following week.

ACADEMIC INELIGIBILITY

Due to our transition to Grading For Learning, our eligibility process for the 2021-2022 school year is being revisited. These changes will be communicated to all coaches, students and parents before their first grade check. The mode of communication will be Planet HS messenger and Skyward.

8-2 AGE A student becomes ineligible for athletics or activity upon completion of the sport season in which he/she/they turns twenty (20) years of age.

8-6 ELIGIBILITY RULE WAIVER REQUEST The Board of Directors has the authority to waive an eligibility rule when, in the opinion of the Board, the rule fails to accomplish the purpose for which it is intended. An eligibility committee of the Board will consider each case after the committee receives an Eligibility Regulation Waiver form, which must be completed and submitted by the principal of the school the student will be attending. The request should include any hardship that has a bearing on the case.

8-9 FOREIGN EXCHANGE STUDENTS A foreign exchange student is a student who is under the auspices of and placed by a CSIET listed exchange program (see list Rule 8-9-4). Foreign exchange students may participate in the host high school athletic program provided the Foreign Exchange Student Transfer Form has been submitted and filed by the principal with IHSAA and approved by the Executive Director.

8-14 TRANSFERS

a. A student is eligible at the school the student enters for the first time at the beginning of the ninth grade. A student who changes from one school to another school thereafter is subject to the regulation under this transfer rule.

b. The IHSAA does not recognize transfers for athletic purposes. A student who changes schools for athletic purposes will be ineligible for interscholastic extracurricular activities for one year from the date of initial enrollment and attendance in the new school.

Transfer forms can be found at:

<http://www.idhsaa.org/rules/eligibility.aspx>

8-15 ALTERNATIVE HIGH SCHOOL ELIGIBILITY Students enrolled in and attending an alternative school program, who compete in IHSAA sponsored athletic programs, must comply with the IHSAA Individual Eligibility Rule. General guidelines for students attending alternative programs:

a. The student must comply with the eligibility requirements of the member school along with the eligibility requirements of the IHSAA.

b. insurance A student attending a cooperative alternative program of which his/her home school is a member would be eligible to participate in the school of his/her home (attendance) district.

c. A student wishing to compete for another member school of the cooperative alternative program must request a waiver of the transfer rule.

IX. PHYSICAL EXAMS (IHSAA Rule 13)

<http://idhsaa.org/manage/articlefiles/56-Rules%20and%20Regs.pdf>

X. ACTIVITY CARDS

All students participating in the following Idaho High School Activity Association (IHSAA) must purchase a Wood River High School (WRHS) Activity Card. IHSAA sanctioned or sponsored activities include Choir, Band, Debate, Drama, Orchestra, Cheerleading, Football, Cross Country, Volleyball, Soccer, Basketball, Wrestling, Baseball, Softball, Golf, , Swimming, Tennis and Track. Students enrolled in one semester of Speech to satisfy graduation requirements will not be required to purchase an activity card. Students enrolled in additional Speech classes to satisfy elective credits must purchase a Wood River High School Activity Card. Students must pay in full the WRHS Activity Card fee before issuance. It is strongly suggested students that are required to purchase a WRHS Activity Card purchase the activity card at the beginning of the school year to take full advantage of attending all WRHS regular season athletic events free of charge.

Students who have not paid their previous year's activity card fee may be deemed ineligible until all fees are paid.

XI. PHYSICAL EDUCATION CREDIT

Wood River High School requires two Physical Education (PE) class credits as a graduation requirement. A student athlete may satisfy a maximum of one of the required two PE credits by participating in IHSAA sporting activities that include Cheerleading, Football, Cross Country, Soccer, Volleyball, Swimming, Basketball, Wrestling, Baseball, Softball, Golf, Tennis and Track. One-half Physical Education credit will be issued after the completion of each sport season if the student meets both of the following minimum criteria:

1. Athlete completes the entire sport season, is in good standing and receives a Freshman, Junior Varsity or Varsity Certificate.
2. Athlete does not miss more than five (5) scheduled events (including scheduled practices and formal competitions).

XII. INSURANCE

Wood River High School requires each student athlete be covered by accident insurance. Your signature on this athletic or activity participation form indicates that, along with your permission to allow your student to participate in athletics or activities, you accept the responsibility of maintaining an insurance program for your student athlete and will assume full responsibility for all medical expenses incurred by him or her in the event of injury. Independent company insurance information is available at Wood River High School. Please contact the school Athletic and Activity Director for more information.

XIII. PARENT/GUARDIAN AND STUDENT AGREEMENT

We, the parents or legal guardians of a participating student, acknowledge that our son/daughter may sustain injury while participating in athletics or activities and under the supervision of Wood River High School and its staff even though proper and safe coaching techniques are implemented or utilized. We understand the term "injury" includes a scope of mild, moderate, severe, and/or catastrophic physical ailments, harms, wounds, or consequences (which can include injury and or death) that may result from

normal and natural participation in athletics or activities. We realize that it is necessary for our son/daughter/child to report promptly to the faculty sponsor any signs or symptoms of physical distress, as well as to act in a responsible manner at all times, in order to minimize the risk of receiving any injury while participating in the athletic or activities program.

Parental/Guardian permission is needed for students to participate in Wood River High School Athletic or Activities *and* Idaho High School Activities Association sanctioned or sponsored programs. Your signatures below indicate that parent or legal guardian and student athlete have read, understand, and are willing to comply with all above sections of the Wood River High School athletic and activities policies and code. Parental permission is granted for your son/daughter to participate in any IHSAA sanctioned or sponsored activity offered by Wood River High School.

Parent Guidelines for Behavior

- *Exhibit good sportsmanship at your child's contests.*
- *Let the coaches do the coaching - NO sideline coaching.*
- *Be positive in your comments to students, officials, parents and coaches of each school.*
- *Express interest, encouragement and support for your child and his/her/their teammates.*
- *Cheer for your school and students, not against the opponent.*

Parents who are unable to follow these guidelines will be asked to complete the free NFHS course on Positive Sport Parenting: <https://nfhslearn.com/courses/positive-sport-parenting>