



SALT LAKE CITY
SCHOOL DISTRICT
Your Best Choice

STUDENT-ATHLETE
&
PARENT/GUARDIAN
HANDBOOK

Updated 2/28/2019

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INTRODUCTION

Purpose of the SLCSO Student-Athlete & Parent/Guardian Handbook

This handbook is intended to provide Salt Lake City School District (“SLCSO”) student-athletes and their parents/guardians with information that is essential to a student’s successful and fulfilling participation in the SLCSO interscholastic athletic program. As a condition of participation, all student-athletes and their parents/guardians will be required to sign an acknowledgment that they have completely read and understand the contents of this handbook. Each student-athlete and his/her parent/guardian will be held responsible for adhering to the requirements and expectations set forth in this handbook. Any questions about the following information should be directed to the athletic director (“AD”) at the student-athlete’s school.

SLCSO High School Athletic Philosophy

Participation in interscholastic athletics provides students with positive learning opportunities. Mastering a physical skill, exhibiting sportsmanship, developing strategy, collaborating with teammates, creating positive attitudes, working hard, making positive choices, handling winning and losing graciously, and focusing on athletic and academic success are valuable and obtainable educational outcomes of participation. A positive educational environment provides students with opportunities to grow intellectually, physically, emotionally, and ethically. Coaches, as teachers, are role models who enhance the learning climate by both their words and actions. Coaches shall model the fundamental character traits of respect, responsibility, integrity, caring, and honesty at all levels of the athletic program. Parents/guardians are partners with coaches and student-athletes in the pursuit of appropriate learning and behavioral goals.

SLCSO High School Athletic Goals and Objectives

The following goals and objectives will guide SLCSO’s high school athletic departments as they seek to contribute to the growth, development, and education of the young men and women who attend our high schools:

- Each student-athlete should become aware of the importance and value of attaining a physically fit body, reaching an acceptable fitness level, and maintaining that level.
- Each student-athlete should realize that a healthy body increases the probability of effective learning.
- Each student-athlete should develop and practice good personal hygiene.

- Each student-athlete should understand the important role of healthy mental attitudes and emotional stability in effective athletic performance.
- Each student-athlete will develop good citizenship and respect for rules and authority through the principles of justice, fair play, and good sportsmanship.
- Each student-athlete will be provided with opportunities to develop his/her athletic skills to their fullest potential.
- Each student-athlete will gain an understanding and appreciation of the risks inherent in athletic participation, and will become aware of the measures s/he can employ that will effectively reduce those risks.
- Each student-athlete will realize the benefits of self-esteem, self-confidence, a desire to achieve, and a commitment to excellence.
- Each student-athlete will become aware of the principles of responsibility and understand that we are all responsible for our own actions.
- Each student-athlete will realize the value and advantages of developing self-discipline.
- Each student-athlete will become aware of the importance of setting goals and dedicating one's self to reaching those goals by making the necessary sacrifices.
- The athletic programs will seek to promote community interest and involvement in school activities by providing enjoyable experiences for participants and spectators.
- The athletic programs will develop the leadership qualities that exist in each student-athlete.

ATHLETIC EXPENSES

Participating in SLCS D athletics is a choice and a privilege. Please be aware that there will be expenses associated with a student-athlete's participation, and that these expenses vary from team to team and are nonrefundable. Various fees associated with the district's athletic programs have been identified as waivable; families eligible for fee waivers will have all such fees waived.

General Expenses/Fee Schedule

- The collection of fees is subject to Board Policy S-10: Student Fees and Fee Waivers. The administrative procedures for Board Policy S-10 detail specific procedures for applying for fee waivers. These procedures are located at: <https://www.slcschools.org/board-of-education/policies/s-10/s-10-ap/>.
- Payment Plans: It is the responsibility of the parent/guardian of student-athletes who are not eligible for fee waivers to contact the school's AD in advance of the deadline if a payment plan is needed.
- In order to provide a quality athletic experience, we ask that each parent/guardian pay a non-refundable participation fee of \$50.00 per activity upon selection for a team, which will

go directly toward facility and transportation costs. The total participation fee for an individual student is not to collectively exceed \$100.00 annually, or \$150.00 per family annually. This fee is waivable.

- Certain teams will require mandated purchases, such as parts of the game uniform, entry into athletic contests, etc. These fees are waivable.
- Student-athletes must provide shoes and personal equipment. These costs are not waivable.
- Fans should always expect to pay an admission fee in cash at the door; this fee may vary from school to school.

Fundraising Guidelines

SLCSD believes that fundraisers are an integral part of the success and longevity of its athletic programs. Such fundraising must not interfere with the educational mission of the district and must be conducted in accordance with state and federal laws. Because the board desires to protect students, parents/guardians, school-level personnel, teachers, and school administrators from over-commercialization, great care and restraint goes into planning and implementing fundraising activities. Board Policy I-17: Student Fundraising Activities governs the initiation, authorization, and review of all student-involved fundraising activities at district schools. When performing fundraising activities, teams must comply with the administrative procedures for Board Policy I-17, which can be found on the district's website at:

<https://www.slcschools.org/board-of-education/policies/i-17/i-17-ap/>.

School Related Fundraising Summary of Guidelines (See, I-17: Administrative Procedures, section III)

- A. Any group proposing to raise funds must comply with the administrative procedures for I-17: Student Fundraising Activities.
- B. Requests for fundraisers must be made using Form I-17: Fundraising Proposal, and should identify the intended use of the funds. All fundraisers must be recommended by the principal and approved by the SIC and SCC.
- C. Student participation in fundraising activities must not be a condition or factor in team membership or eligibility. Student-athletes must not be required to meet fundraising quotas as a condition of participation in an activity. See, Board Policies I-19 and S-10, and their accompanying administrative procedures.
- D. Fundraising is permitted to lower the cost of any fee listed on the district's fee schedule.
- E. Fundraising cannot be used to raise funds for items that are not included on the district's fee schedule, nor can it be used in order to exceed the cost of any fee listed on the fee schedule. See, S-10: Administrative Procedures, Student Fees and Fee Waivers.
- F. Proceeds from fundraising must be distributed evenly across all team members, in order to lower the cost for all participants.

- G. No employee, coach, or volunteer may be paid a bonus or compensated in any way from funds raised in connection with a school sponsored fundraising activity.
- H. All funds received must be receipted and deposited in the school's financial account and strictly accounted for in accordance with the district's F-1: Administrative Procedures, Accounting.

Procedures for Gifts and Donations

The receipt of gifts and/or donations is governed by Board Policy C-6: Community Donations, Contributions and Gifts. The administrative procedures for Board Policy C-6 are located at: <https://www.slcschools.org/board-of-education/policies/c-6/c-6-ap/>. In addition, athletic programs must be mindful of Title IX, as follows:

- All gifts and donations will be considered based on Title IX implications and requirements.
- Any questions regarding Title IX should be directed to the high school AD/principal and/or the district's Title IX Coordinator.

Coaches are not allowed to accept donations. Any offer of a donation should be directed to the principal or the site AD. The district strongly recommends that donations be processed through the Salt Lake Education Foundation.

Booster Club /Parent Groups Guidelines

Athletic booster clubs contribute to the success of the SLCS. It is important to note that booster clubs are also subject to the administrative procedures for Board Policy C-6.

STUDENT-ATHLETE EXPECTATIONS

SLCS Sportsmanship Requirements

“Raise-the-Bar: Sportsmanship Matters”

Winning at the high school level should be a pleasant outcome to fulfilling the TRUE PURPOSE of sport in school, which is to serve the complete educational needs of those who choose to participate. The PREEMINENT PURPOSE of sports and activities is not to teach someone how to hit a three-pointer or to throw a curve ball but how to harness the discipline, desire and commitment that come from striving to achieve these goals and then channeling those traits into overcoming the challenges of everyday life. - Robert F. Kanaby, NFHS Executive Director

SLCSD supports the “Raise-the-Bar: Sportsmanship Matters” initiative created by the Utah High School Activities Association (“UHSAA”). “Raise-the-Bar”, a statewide sportsmanship program was created to promote the philosophy and mission of education-based activities. While building character is the focus of the program, it also aims to teach participants that extraordinary things can happen when individuals pull together with a common purpose. The program’s goal is to teach participants that sportsmanship really does matter. To that end, the “Raise-the-Bar” program includes the following initiatives: “Do Rowdy Right,” “We Will Pledge,” “Raise-the-Bar & Earn-a-Star School Sportsmanship Award,” and the “Dare2Lead Student Conference.” As a member of UHSAA, SLCSD pledges to “Raise-the-Bar” by increasing its effort to “Teach, Enforce, Award, and Model” appropriate and ethical behavior at all events. While all coaches and athletes must exhibit high standards of good sportsmanship, spectators, as guests at SLCSD’s educational activities, must also be good sports at all times.

Bullying, Cyber-Bullying, and Hazing Prevention Procedures

SLCSD Board Policy G-20: Bullying, Cyber-bullying, Hazing, and Abusive Conduct Prohibited

SLCSD is committed to providing a safe learning and working environment that is free from bullying, cyber-bullying, hazing, and abusive conduct. Such actions are illegal and abusive, and can negatively affect not only the school/work environment, but also a student’s or an employee’s health and well-being.

The district has the authority to discipline employees, parents/guardians, and students for violations of the G-20 policy that occur either on or off district property. Student violations will result in appropriate discipline up to, and including, suspension and expulsion. Any such student may also lose his/her ability to participate in extracurricular activities and/or be placed on probation. Any violation by an employee will result in discipline up to and including termination. Any violation by a parent/guardian may result in that individual being prohibited from campus and restricted from attending school related or school sponsored events. In addition, conduct that rises to the level of suspected criminal activity will be referred to law enforcement.

The administrative procedures for Board Policy G-20: Bullying, Cyber-Bullying, Hazing, and Abusive Conduct Prohibited are available on the district’s website <https://www.slcschools.org/board-of-education/policies/g-20/g-20-ap/> and in each school’s office. Translations are available online, or through the district’s Translation Department, Bob Muench, SLCSD Coordinator-Language Translator, 801.578.8378 or Bob.Muench@slcschools.org.

ELIGIBILITY

Utah High School Activities Association Eligibility Rules

SLCSD complies with the eligibility guidelines developed and overseen by the UHSAA. A complete overview of the rules and regulations for all UHSAA sanctioned activities is available at <https://www.uhsaa.org/index.php>.

Eligibility of Players

- A. To be eligible to participate in UHSAA sanctioned activities, a student must be enrolled in and attend a member high school. In SLCSD, the member high schools are Highland High School, West High School and East High School.
- B. A student who is not enrolled at a SLCSD member high school, but who meets all other eligibility requirements may be eligible to participate in UHSAA sanctioned activities, provided the student meets the following criteria:
 - 1. The student is properly enrolled in grades 9-12 in one of the following school/educational programs, which do not provide an athletic/activity program in which the student intends to participate:
 - a. a public junior high school;
 - b. a public charter school;
 - c. an online school;
 - d. a private school;
 - e. a district alternative school; or
 - f. a home school.
 - 2. The school at which the student intends to participate is either:
 - a. the high school whose boundary the student's parent's/guardian's permanent residence is located within; or
 - b. the high school from which the student withdrew to enroll in the school/educational program described in section 1 above.
 - 3. The school at which the student is enrolled meets all legal requirements to allow its students to participate.
- C. A student establishes initial eligibility upon the first day of attendance at any high school or by trying out for and being selected for membership on a high school team.
- D. Students may participate in UHSAA activities while enrolled in the ninth grade if the school permits. Ninth grade students enrolled in schools other than a high school (junior high, middle school, etc.), if otherwise eligible, may participate in UHSAA activities with an appropriate high school. A ninth grade student enrolled in a school other than a high school who tries out for and is selected for membership on the high school team has, by that action, established initial eligibility at that high school. A student, who has established eligibility at a school, even though they did not attend that school, shall be considered to

have attended that school for the purposes of eligibility. If a student then transfers to a different school, or enrolls in a different high school for the 10th grade, that student will be subject to the requirements of the UHSAA's transfer rule.

- E. Any student who is suspended from a member school for a violation of the safe schools provision of that school's governing board shall be declared ineligible for participation (including practice) in any activity for a period equal to any suspension, expulsion, or dismissal but in no case shall the period exceed twelve (12) months. If the student is transferred to another school, the suspension will follow that student and apply at the new school as fully as at the prior school. That student shall also be subject to the requirements of UHSAA's transfer rule.

Age Rule

No student-athlete shall be eligible to participate in UHSAA sanctioned activities if s/he has reached nineteen (19) years of age prior to the first day of September of the school year in which s/he seeks to participate.

Sports Season Rule

- A. No student-athlete shall participate in more than four seasons in any one UHSAA sanctioned activity after entering the ninth grade.
- B. A student-athlete shall have no more than one season of eligibility per sport per year.

Years of Eligibility Rule

Once a student-athlete first enters the ninth grade of a high school or an equivalent level of education in any other system, s/he shall have four consecutive years of eligibility for UHSAA sanctioned activities.

Scholastic/Academic Rules and Requirements

- A. To be eligible to participate in UHSAA sanctioned activities, a student-athlete:
 - 1. Must be a full-time student in the school s/he intends to represent, or otherwise comply with all Utah State Board of Education ("USBE") dual enrollment requirements.
 - a. Full time students are those students who are enrolled in a minimum of five courses.
 - i. Release time may not be counted as one of the five classes.
 - 2. Cannot have failed more than one subject in the preceding grading period; and must have obtained a minimum grade point average ("GPA") of 2.0 for the preceding grading period, based on a 4.0 scale or its equivalent.
 - a. For purposes of this rule, a failure in a multi-period subject shall be counted as the number of failures equal to the number of periods in the class.

- B. A student who has failed to meet the minimum academic requirements set forth above shall be ineligible for participation in UHSAA sanctioned activities throughout the next grading period.
 - 1. Deficiencies in the final grading period of the school year may be made up prior to the first term of the succeeding year by any method acceptable to the SLCSO.
 - a. Deficiencies must be made up in the same subject area.
- C. The academic requirements apply to students who are entering high school for the first time. They also apply to any ninth grade student at a junior high or middle school who has established eligibility at a member high school as provided in the UHSAA bylaws.
- D. Eligibility for these purposes is determined when grades are posted.
 - 1. Grades are "posted" when the school registrar has entered all grades electronically and the grades are available to students, parents/guardians, and teachers.
 - 2. In no case may the posting date be more than five (5) school days following the last day of the grading period.
 - 3. Grade changes after the posting date cannot restore lost eligibility, except for a documented clerical error.
- E. The requirements outlined above are the minimum required for participation in UHSAA sanctioned activities. Nothing in this rule shall prevent the SLCSO board of education from establishing higher academic requirements for its student-athletes.

Competition on School Team Sports Only

A student-athlete who is a member of a school team* shall not practice or compete with any other group, club organization, association, etc., in that same sport during the interscholastic season of competition. For purposes of this rule, the interscholastic season of competition shall begin with the first regularly scheduled game and conclude with that particular team's final game. Any student-athlete violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

*This rule applies to team sports only (i.e., football, baseball, basketball, volleyball, soccer, softball, track relay, swimming relay teams, etc.).

Amateur Standing

Each student-athlete, in order to represent any SLCSO school, shall be and shall remain an amateur.

Recruiting

It is against UHSAA rules to recruit athletes. Recruiting is defined as the act of influencing a student to enroll in a school or to transfer from one school to another in order that the student

may participate in interscholastic athletics. No school administrator, athletic coach, or employee of a high school district shall engage in recruitment by direct contact either with a student or indirectly through parents, legal guardians, common school employees, directors of summer athletic programs, or other persons who are in a position to influence the student's choice of a school.

Transfer Rule

The SLCS D follows the UHSAA transfer rule for all student-athletes participating in sanctioned activities. For UHSAA transfer eligibility rules, see the UHSAA Handbook <https://uhsaa.org/Publications/Handbook/Handbook.pdf>.

MEDICAL CONSIDERATIONS, INJURY PROTOCOL, AND RISK STATEMENT

Physical Examination Required

No student-athlete shall be eligible to compete in any athletic contest sponsored by UHSAA unless such student-athlete has a physician's certificate stating that the student-athlete is physically able to compete in inter-school athletic contests.

Health Examination Policy

- A. A health examination must be performed, and the student-athlete cleared for participation in a sport before any student-athlete may compete in any UHSAA sanctioned activity. It is recommended that the fourth edition pre-participation physical exam ("PPE") forms from the American Academy of Pediatrics, or an equivalent, be used as the appropriate assessment for student-athletes.
- B. To better maintain an efficient and accurate accounting of student-athlete PPEs in RegisterMyAthlete, the SLCS D has determined that any PPE performed on or after April 15 of the calendar year will be valid through July 15 of the following school year. (Example: an exam performed on April 15, 2018 would be good thru July 15, 2019.)
- C. A properly completed and signed PPE form indicating that the student-athlete has clearance to participate along with a properly completed disclosure and consent form must be on file at the school. The health examination must be completed and the form signed by a qualified medical professional, operating within the legal scope of their practice. Forms may be obtained on the RegisterMyAthlete website, and can be translated on that website using Google Translate.

Insurance Guidelines

Health insurance coverage is critical when obtaining appropriate medical care for student-athletes, particularly in an emergency; therefore, parents/guardians should carefully consider purchasing health insurance and/or ensuring that their student-athlete has sufficient coverage.

Safety Guidelines

SLCSD is committed to making the health and safety of its student-athletes the highest priority of the interscholastic athletic program. To this end, the district imposes strict requirements upon ADs and coaches to know and adhere to all safety policies and procedures. In addition, SLCSD employs athletic trainers at every high school. Each athletic trainer is a nationally certified, state licensed health care professional who specializes in athletic health care.

SLCSD recognizes, however, that the efforts of SLCSD personnel can only go so far in providing protection from injury. Student-athletes and their parents/guardians must also be committed to safety in order for the district's safety goals to be achieved. Therefore, SLCSD will provide information to parents/guardians and student-athletes regarding concussions, broken bones, or other major injuries, as well as providing any other information that is considered critical for student-athlete health and safety. To that end, the district has provided guidance for concussions and traumatic head injuries in the administrative procedures for Board Policy S-6: Concussions and Traumatic Head Injuries, which are available on the district's website at: <https://www.slcschools.org/board-of-education/policies/s-6/s-6-ap/>.

As the safety of SLCSD's student-athletes during participation in the interscholastic athletic program is of the utmost concern, SLCSD attempts to provide all student-athletes with a safe practice and playing environment. Coaching staffs are carefully selected to ensure competence in conducting their sport. High quality protective equipment and proper facilities maintenance are provided as an important component of injury prevention.

Despite these efforts, injuries do occur. Athletic competition by its very nature creates various situations where injury is unavoidable. Unfortunately, there is always the possibility that any student-athlete may sustain an injury ranging from a minor contusion to a severe spinal cord injury that could result in quadriplegia or death.

Risk Warning & Informed Consent Guidelines

SLCSD recognizes its legal and moral responsibility to assure that, prior to participating in athletic activities all SLCSD student-athletes and their parents/guardians are made aware of the risks that are inherent in their chosen sport, and are provided an opportunity to give their "informed consent" to participate. A complete commitment and the cooperation of

administrators, athletic trainers, coaches, parents/guardians, and student-athletes are essential to assuring that this responsibility is fulfilled.

SLCSD also recognizes that educating parents/guardians and student-athletes concerning sport-specific risks is an essential component of reducing those risks and preventing injuries. This requires a comprehensive approach, which is uniformly applied to parents/guardians and student-athletes of all athletic teams throughout the district.

*Each sport and facility has unique kinds of injury risks.

Student-athletes and/or parents/guardians who cannot accept the risk of injury should either redirect their energies to a non-athletic activity or select a sport with a reduced injury potential.

Questions or concerns about the risk of injury or illness due to athletic participation should be directed to the athletic trainer at the student-athlete's school.

Heat Guidelines for Athletic Participation

All SLCSD schools are required to comply with the following guidelines for athletic participation in all sports during times of high heat and/or humidity. Exercise in a hot environment with associated fluid loss and elevated body temperature can lead to dehydration, heat exhaustion, exertional heat stroke, and death. The following guidelines mirror recommendations from the National Athletic Trainers' Association, American College of Sports Medicine, and the Korey Stringer Institute and provide critical standards to protect student-athletes against heat illnesses.

Heat Illness Prevention Education

SLCSD recognizes that prevention is the best way to deal with heat illness. Prevention includes several key areas, including:

- a consideration for risks associated with exercising in hot, humid environmental conditions;
- the need for student-athletes to progressively increase the intensity and duration of work in the heat with a combination of strenuous interval training and continuous exercise;
- the fact that well-acclimatized student-athletes should train for 1-2 hours per practice session under the climate conditions that will be present during their competitive events; and
- the realization that "proper hydration" must be attended to throughout the day, not just during activity sessions (i.e., student-athletes need to drink water throughout the day).

Hydration Requirement Guidelines

Student-athletes must be hydrated prior to the beginning of each activity session, and then maintain those hydration levels throughout the session. Methods for assuring compliance with

hydration requirements will be provided by athletic trainers, but are dependent upon complete cooperation of parents/guardians and student-athletes. The following requirements must be completed each time a student-athlete engages in vigorous activity, whether in a school-sponsored session or in a personal workout.

- To assure proper pre-activity hydration, student-athletes should consume at least 17-20 oz. of water or a sports drink 2-3 hours before the start of the activity session, and another 7-10 oz. within 10-20 minutes before the start of the session.
- During activity, student-athletes should consume at least 7-10 oz. of fluid every 10-20 minutes.
- Post-activity hydration should attempt to replace all fluid lost during the session within 2 hours. The best way to assure compliance is for the student-athlete to weigh before and after the session. Replacement of lost fluid is accomplished by returning to pre-session weight.
- Carbonated and caffeinated beverages interfere with hydration and must be avoided.
- Hydration requirements vary between student-athletes, based upon a number of factors. Certain student-athletes may be particularly susceptible to heat illness due to pre-existing conditions or medical history. Student-athletes and parents/guardians must rely upon their family physician and/or the school athletic trainer for guidance on these issues.
- Heat illness is not unique to outdoor activities, and can occur indoors under certain circumstances. Follow hydration guidelines for all activity sessions!

Injury Evaluation and Care

SLCSD athletic trainers are available to provide immediate evaluation and care to student-athletes during most practices and competitive events, and SLCSD coaches are also trained to administer first aid care, however there are instances in which student-athletes and their parents/guardians need to evaluate student health and make their own care decisions. Typically, this need will arise when the student-athlete begins experiencing symptoms at home, which were not apparent during, or immediately following, the activity session.

Since the severity of the problem may not be recognized immediately, it is important for student-athletes and parents/guardians to be continually alert to the development of symptoms. The SLCSD athletic trainers have provided the following guidelines as a resource for parents/guardians and student-athletes to assist them in determining the need for initial care and treatment of injuries or conditions while at home, or in other instances when an athletic trainer or coach is not immediately available.

How badly is the student-athlete hurt? Should s/he see a doctor?

- Consider the degree of pain
 - *Debilitating pain – stops performance; can't move the injured part
 - Limiting pain – hinders performance; able to complete the activity
 - Temporary pain – discomfort resolves within a week
 - *Chronic pain – interferes with performance for longer than seven days

- Swelling – the amount of swelling is generally related to the severity of the injury; swelling **within the first two hours** indicates a significant injury*
- Discoloration – amount is related to the severity of the injury
- Comparison – Does it look like the other one?

***In any of these cases, the student-athlete should see a doctor immediately.**

How should parents/guardians/student-athletes care for the injury until the student-athlete sees a doctor?

The goals are to:

- control pain;
- control swelling; and
- prevent further injury.

Follow the R.I.C.E Principle:

- Rest – Do not use the injured part if it is painful; immobilize if necessary.
- Ice – Apply ice to the injured part immediately; 20 minutes on, one hour off, repeat; ice will limit swelling and reduce the pain.
- Compression – Use an elastic bandage (which can be soaked in cold water to aid the cooling process) to add firm pressure.
- Elevation – Where practical, keep the injured part elevated higher than the heart for the first 24 hours.

If a student-athlete sustains an injury when the athletic trainer is not available, and the student-athlete is in doubt about how to treat the injury or whether or not to see a doctor, discuss it with the team coach or call the family physician. Do not underestimate injuries.

Sudden Cardiac Death in Athletics

The incidence of sudden cardiac death (“SCD”) among student-athletes, often due to diabetes or undetected heart conditions, has caused great concern across the nation. In response to this serious problem the SLCS D has installed an automated external defibrillator (“AED”) at each district site. All coaches must complete CPR and first aid training, and must know the location of the school’s AED.

Provided below are links to sites containing further information about SCD.

Utah Safety Council’s website for more information on Sudden Cardiac Arrest: <https://www.utahsafetycouncil.org/content/Sudden-Cardiac-Arrest.aspx>.

The American Heart Association: <https://www.heart.org/en>
 Defibrillators May Help Kids Survive Cardiac Arrest:
<https://www.heart.org/en/news/2018/11/09/defibrillators-may-help-kids-survive-cardiac-arrest>

Sports Safety International offers a FREE course called CardiacWise. CardiacWise is a free online educational program designed to educate coaches, parents/guardians, and student-athletes on the prevention of sudden cardiac arrest in athletes. <http://sportsafetyinternational.org/parents/cardiacwise/>

Return to Activity Following Injury or Illness

One of the most critical concerns in student-athlete safety is the avoidance of unnecessary recurrence of injury or illness after return to activity. This requires that the student-athlete be fully recovered and properly reconditioned before returning to the rigors of practice and competition. SLCS D provides guidelines for student-athlete removal and return in the event of a concussion and/or traumatic head injury in S-6: Administrative Procedures, Concussions and Traumatic Head Injuries, which are available on the district's website <https://www.slcschools.org/board-of-education/policies/s-6/s-6-ap/>.

The following principles apply to any other injury situation requiring return to activity:

- If the injury or illness is of a minor nature, not requiring advanced medical care, the certified athletic trainer shall be responsible for making the decision whether the student-athlete is fit for return to activity.
- If the injury or illness has required advanced medical care, written clearance from the treating physician (or team physician, if appropriate) shall be required for the student-athlete's return to activity. This written clearance shall reference the specific injury/illness and any limitations to be imposed upon the student-athlete.
- Following receipt of the physician's clearance, the athletic trainer shall evaluate the student-athlete and provide any necessary reconditioning for the student-athlete's safe return to full participation.
- Following completion of reconditioning, the athletic trainer shall notify the site AD that the student-athlete is ready for return to full activity.
- Based upon the recommendations of the athletic trainer, the AD shall then determine whether to approve the student-athlete for return to full activity.

Unlawful Substance Use by Student-Athletes

The use of unlawful substances is a safety issue that is of major concern in high school athletics. Such usage has serious short- and long-term consequences to the health and well-being of all high school students, but particularly to student-athletes. Combining substances which are deemed unlawful for minors with the rigors of competitive athletics creates significant risk of health consequences that can be very serious, and even life threatening. Unlawful substances include alcohol; tobacco; unlawfully obtained or improperly used prescription medications; recreational drugs such as marijuana, cocaine (in all forms), methamphetamines (in all forms), and heroin; and anabolic/androgenic steroids and all other performance enhancing substances.

SLCSD has a zero tolerance policy relating to the use of any of these substances. Violation of this policy by student-athletes will lead to the immediate imposition of penalties.

With regard to performance enhancement, SLCSD believes that maximum performance is effectively achieved through dedicated and disciplined compliance with the guidelines provided by district athletic trainers and coaches for fitness, strength, and skill development. The district does not approve of, or condone, the use of any type of performance enhancing substances for increased muscle development or enhanced athletic ability. Such usage is a direct attack upon the integrity of athletics and is considered to be cheating. The district is strongly opposed to the use of any performance enhancing substances by student-athletes and members of the student body because of health and ethical concerns.

Discipline Policies for Unlawful Substance Use by Student-Athletes

Every effort shall be made at the district to eradicate the promotion, use, or abuse of alcohol, drugs, and tobacco with regard to participation in SLCSD high school sports and activities.

Pursuant to state law, the SLCSD will impose the following limitations on participation in UHSAA sanctioned high school activities for student-athletes who are found to be using alcohol, tobacco products and/or other drugs during a sports season:

- A. First offense: Suspension from two consecutive games, meets, matches, competitions or performances at the same level of play (and any intervening levels as well). Practice may be continued following a personal assessment of the student-athlete by a licensed substance abuse intervention or treatment program and/or participation in a district approved intervention program.
- B. Second offense: A six-week suspension from games, meets, matches, competitions, or performances. Student-athlete participation in an assessment by a licensed substance abuse intervention or treatment program with prescribed follow-up is required. Practice may continue only after the assessment has been completed and positive participation in the prescribed follow-up is occurring.
- C. Third offense: An eighteen-week suspension from all games, meets, matches, competitions, performances, and practices. Reinstatement of eligibility at the end of the eighteen-week suspension is predicated upon the successful completion of a formal assessment, intervention, and treatment program.

In all of the foregoing offenses, local school and/or district requirements related to discipline, suspension, corrective measures, parent/guardian involvement, rehabilitation, etc., must be met.

Drug, Alcohol, and Tobacco Violations

- A. Drug, alcohol, and tobacco violations carry over year to year and sport/activity to sport/activity in a participant's career. There is no "fresh start" each year.
- B. Violations must occur and be discovered during a sport/activity season.
- C. Any penalties for violations follow the student-athlete to any school to which s/he transfers.
- D. Any violation beyond the third offense carries the same penalty as the third offense.

PARTICIPATION/SELECTION REQUIREMENTS

Guidelines for Team Selection

Participation in interscholastic activities is not a right. However, complaints about the team selection process may be made to the district's compliance officer at 801.578.8388, or to the Office for Civil Rights at 303.844.5695, if any individual believes that the selection process was discriminatory.

The following team selection guidelines apply:

- An equitable process will be followed and will include translation and/or interpretation services for student-athletes and their parents/guardians who require information in a language other than English. (See, Translation/Interpretation Services section below.)
- Student-athletes will be offered ample opportunity to demonstrate their abilities.
- Student-athletes will be offered a tryout period of no less than three (3) days.
 - The tryout period can only be changed by the coach, in consultation with the site AD.
- The coach is responsible to establish a fair and equitable criteria system for team selection.
- The coach will review the selection process/criteria with the school AD prior to tryouts.
- The coach will notify student-athletes of tryout results in a timely and sensitive manner.
- The coaches will be proactive with regard to the sensitive process of informing student-athletes, especially seniors, that they have not been selected for the team.
- The coaches will be proactive to prevent any incidence or appearance of nepotism in relation to team selection or playing time.
 - Coaches and ADs will be available to discuss any concerns of student-athletes or parents/guardians related to familial relationships.
- The coach may discuss tryout dates and/or results with the student-athlete and/or the student-athlete's parents/guardians.
- The coach may not discuss tryout dates and/or results of a student-athlete's tryout with other student-athletes and/or another student-athlete's parents.
- Coaches will provide suggestions for improvement to help student-athletes who were not chosen for the team to prepare for future tryouts.
- The coach may not use any off-season program participation as a basis for team selection.

- Student-athletes who play multiple sports must be allowed to tryout. Processes and considerations will be afforded student-athletes whose seasons overlap. Their selections to the team shall not result in cutting previously selected players, although it may involve changes in the level of team on which those players will participate.
- There will be no public commentary regarding the selection process.
- NOTE: IN ALL INSTANCES, THE FINAL DECISIONS FOR TEAM SELECTION WILL RESIDE WITH THE HEAD COACH. *THE PROCESS IS ONLY SUBJECT TO INTERNAL REVIEW BY THE AD.*

Guidelines for Student-Athletes Participating in Two Concurrent Sports

If it is in the best interest of a student-athlete and the athletic program, the student-athlete may participate in two concurrent sports, under the following conditions:

- The coaches of both teams must meet with the student-athlete and his/her parents/guardians to review the demands of each sport.
- The student-athlete's participation in two sports must be mutually agreeable to both coaches, with consideration given to practice schedules and games.
- The student-athlete must identify his/her primary sport. Once identified, this sport will have priority over the second sport, in the event of conflicts.
- The student-athlete and his/her parent/guardian must attend the preseason risk warning meetings for each sport, and must execute the informed consent form related to each sport.

Guidelines for Athletes with Disabilities

Federal law prohibits discrimination against students with disabilities, and requires reasonable accommodation of such students to allow them to be included as broadly as is reasonably possible in all school programs, including extracurricular activities. The following guidelines will be applicable to participation of students with disabilities in the SLCSA athletic program:

- If the student-athlete is cleared to participate through the PPE screening process, reasonable accommodation must be made for the participation of the student-athlete with disabilities. For example:
 - A student-athlete with hearing loss must be allowed to have a qualified interpreter available during practices, games, and team meetings to assure effective communication with that student-athlete.
- Other than making reasonable accommodation for their participation, student-athletes with disabilities must not be treated differently than any other student-athlete out of concern for their well-being. For example:
 - In wrestling, a student-athlete with a disability cannot be continuously matched against smaller, younger, less mature participants out of a concern that the student-athlete will be at greater risk competing against participants of similar size, age, and maturity.

- In baseball or softball, a student-athlete with hearing loss cannot be required to wear protective equipment that is not required of other student-athletes out of concern that s/he is at greater risk of being struck by a ball or bat.
- Student-athletes with disabilities and their parents/guardians will not be subjected to more stringent requirements pertaining to risk warning and informed consent than is the case with all other student-athletes.

Out of Season/Summer Guidelines

Out of season district activities relating to UHSAA sanctioned sports will follow current UHSAA bylaws and regulations. Summer participation in district activities related to UHSAA sanctioned sports shall be under the direction of the site AD. All students participating in summer/out of season UHSAA sports activities shall meet the SLCSDD requirements for athletic eligibility.

TRANSLATION/INTERPRETATION SERVICES

- A. A parent/guardian can request language translation/interpretation services through the school office, AD, or athletic coach.
- B. A parent/guardian does not have to prove limited English proficiency in speaking, reading, writing and/or comprehending English in order to receive language assistance.
- C. Schools **MUST** request interpreters for all meetings or events when parents/guardians whose primary language is not English will be present.
 1. Such requests **MUST BE** made to the district's translation department with as much advance notice as possible.
- D. All notifications and agendas **MUST BE** printed in the school's major languages in order to effectively communicate with parents/guardians and encourage their participation.
- E. Information to individual parents/guardians regarding their student, for example grades, disciplinary issues, disclosure documents, activities, and classroom events, **MUST BE** communicated in the parent's/guardian's primary language.
 1. School personnel are encouraged to communicate with individual parents/guardians in their primary language, if appropriate.
- F. Information regarding generalized school events, student performances, and team newsletters **MUST BE** printed in the parent's/guardian's primary languages in order to effectively communicate with parents.
- G. District communications with the community **MUST BE** translated into the major languages spoken within the district.

To request translation and/or interpretation services, contact Bob Muench, SLCSDD Translator Coordinator at 801.578.8378, by email: Bob.Muench@slcschools.org, or by submitting an interpreter or translation request at <https://www.slcschools.org/departments/educational-equity-and-student-support/educational-equity/translation-services/>.

***For emergency interpretation, contact 801.262.4550. The service will request the district's account code, which is 01060, and the language for which interpretation is required. The service will provide interpretation over the phone.**

TRAVEL PROCEDURES FOR STUDENT-ATHLETES

SLCSD provides transportation for student-athletes to all practices and contests that take place away from the home campus of the affected team. All student-athletes are required to use district-provided transportation. The only exception is the occasional situation where parents/guardians need to provide transportation for their student-athlete following an event. This requires compliance with specific policies, as outlined below. It should be done only when essential, and not as a matter of routine. The following guidelines are applicable to all transportation situations:

- A. Report ahead of the scheduled time. It is better to be an hour early than a minute late. Buses will not wait on anyone.
- B. No one will be permitted to travel with the team who is not necessary. The coach always reserves the right to determine who makes the trip. If necessary, a list of those making the trip will be posted sometime prior to the day of the trip.
- C. Coaches will instruct student-athletes as to the appropriate dress during all out-of-town trips.
- D. No food or drink may be taken on trips unless arrangements have been made with the coach.
- E. Buses should be kept clean; and all participants will be asked to clean a portion of the bus in their area.
- F. Any student-athlete in possession of tobacco, alcohol, or drugs (including but not limited to performance enhancing substances and steroids) will be subject to disciplinary action in accordance with team and board policies.
- G. Student-athletes should use the travel time to prepare mentally for the game. No horseplay or carelessness will be permitted on the trip.
- H. It is the responsibility of the parents/guardians to contact the coach/AD regarding departure time/return time, and other regulations relating to each trip.
- I. Participants are representing their school, coaches, families, and the community. Everyone mentioned is judged by the behavior of the team.

When parents/guardians have a particular need to provide transportation to their student-athlete following an event, the following requirements must be met:

- A. They must obtain written approval from the school AD no later than the day prior to the day of the event.
- B. They must communicate directly with the head coach concerning their intentions and provide the head coach a copy of the written approval prior to the team's departure for the event.

- C. The head coach will allow the student-athlete to leave the event only with his/her parent/guardian.
- D. The head coach may adopt and enforce more strict requirements when they deem it necessary, as approved by the AD.

CONTESTS, RECOGNITIONS, AND NCAA ELIGIBILITY

Scheduling Contests

UHSAA, in conjunction with region, conference, and school leadership will schedule all contests for member schools. Individual schools may request to schedule an athletic invitational tournament.

SLCSD considers the following factors in relation to athletic schedules: loss of school time; finances; distance; and sensitivity to religious holidays.

The district will fund trips outside of Salt Lake County only for UHSAA sanctioned events.

UHSAA Academic All-State Recognition

UHSAA presents the prestigious Academic All-State Award to recognize senior students who have excelled in the classroom as well as in athletic competition. Individuals are selected for this award based on their athletic ability and academic proficiency.

Nomination Process

During each sport and activity season, UHSAA will open Academic All-State Recognition nominations through RegisterMyAthlete. Parents/guardians/students can enter their RegisterMyAthlete account, click on the Academic All-State tab to enter their unweighted cumulative high school GPA and ACT/SAT score(s), and submit the nomination form. Schools will confirm that the student-athlete is a varsity contributor; that the GPA and ACT/SAT score(s) are accurate; that the student-athlete is a senior; and then will upload a current transcript prior to submitting the nomination to UHSAA by the specified deadline. The Academic All-State award will be decided by either meeting an index score or having a 4.0 unweighted GPA. UHSAA will post recognition recipients on the UHSAA website and will announce the recipients on Twitter ([@UHSAAinfo](#)).

NCAA Initial-Eligibility Clearinghouse

The NCAA (National Collegiate Athletic Association) regulates many college athletic programs. It establishes rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions: Division I, Division II, and Division III. Colleges and universities are placed in a division according to the size and scope of their athletic programs and whether they provide athletic scholarships. It is the responsibility of the student-athlete and parents/guardians to be aware of NCAA requirements.

If a student-athlete is planning to enroll in a college or university as a freshman and wishes to participate in NCAA regulated athletics, s/he MUST be certified by the NCAA Initial-Eligibility Clearinghouse. The NCAA Clearinghouse ensures consistent application of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions. Most students start thinking seriously about college when they are juniors in high school. Parents/guardians of student-athletes who want to participate in Division I or II sports should:

- Be certain a student-athlete is on track to graduate ON TIME!
- Be certain a student-athlete is taking a CORE CURRICULUM that meets NCAA requirements.
- Review course history to determine if the GPA will meet the minimum requirements set forth by the NCAA for the core curriculum classes taken.
- Be certain the student-athlete registers to take the ACT or SAT late in their junior year.
- Start the certification process for the student-athlete AFTER the final junior year grades are posted on the transcript.
- Submit the NCAA Student Release Form to the Clearinghouse early in the senior year.

NOTE: General Admission Requirements to colleges and universities vary greatly. Students should consult the catalog of the institution they are interested in attending. For current requirements regarding NCAA Eligibility, please visit <http://www.ncaa.org/> and communicate with the lead guidance counselors at the high schools. Additional eligibility requirements for NAIA Athletics can be found at <http://naia.org/>.



Student-Athlete & Parent/Guardian Handbook Agreement

We, the undersigned, have received a copy of the SLCSO Student-Athlete & Parent/Guardian Handbook, have read it carefully, and we accept the procedures and expectations contained within it.

I, the SLCSO student-athlete, understand that my failure to comply with the expected rules stated within the handbook, board policies and district administrative procedures, and team rules set forth by my coach may result in disciplinary action. I also understand that my ability to abide by these standards of conduct will be a factor in whether or not I am invited to participate in SLCSO athletic programs in the future.

Date: _____

Student-Athlete Name (Printed): _____ Grade: _____

Student-Athlete Signature: _____

Parent/Guardian Name (Printed): _____

Parent/Guardian Signature: _____

Parent/Guardian Phone: _____ Email: _____

Parent/Guardian Primary Language: _____

Emergency Contact Info:

Name: _____

Relationship: _____

Phone Number: _____

Emergency Contact Primary Language: _____