

Orange County High School Activities Handbook 22-23



Orange County High School is proud of its athletic tradition. We feel that the opportunities made available to our students through VHSL activities are an important part of our total school program. Historically, Orange County High School activity participants have maintained high GPA confirming, expectations that academics and extra-curricular activities go hand in hand!

This handbook is designed to familiarize students and parents with the rules and procedures of the Virginia High School League and Orange County High School concerning VHSL activities. Any questions concerning these regulations or concerns regarding your child should be discussed with the Director of Student Activities. Thank you for your continued support.

Programs Offered at Orange County High School

Fall	Winter	Spring
<ul style="list-style-type: none">● Football● Sideline Cheer● Cross Country● Volleyball● Competition Cheer● Field Hockey● Golf	<ul style="list-style-type: none">● Sideline Cheer● Boys' Basketball● Wrestling● Girls' Basketball● Indoor track● Swim● Scholastic Bowl● Theatre	<ul style="list-style-type: none">● Baseball● Softball● Outdoor Track● Boys' Soccer● Girls' Soccer● Boys' Lacrosse● Girls' Lacrosse● Boys' Tennis● Girls' Tennis

Ticket Prices (fee may be added for contactless ticketing)

- Varsity Football Game: \$7
- All Other Sports - Regular Season Games: \$6
- Regular Season Game **Student Price (with OCPS ID):**
 - Varsity Football - \$4
 - All Other Sports - \$3
- Season Passes Available - Contact Athletic Department
 - Region and State Playoff admission is not included in Season Pass
 - 1 - \$75
 - 2 - \$150
 - 3 - \$200
 - 4 - \$250
 - 5 or more - \$50 each

Academic Expectations:

TAKE 3, PASS 3

28-4-1 SCHOLARSHIP RULE-The student shall:

(a)For the first semester be currently enrolled in not fewer than five subjects, or their equivalent (3 subjects on 4 x 4 schedule at OCHS), offered for credit and which may be used for graduation and have passed five (3 in OCHS schedule) subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credit on a semester basis; and

(b)For the second semester be currently enrolled in not fewer than five subjects, or their equivalent (3 subjects on 4 x 4 schedule at OCHS), offered for credit and which may be used for graduation and have passed five (3 in OCHS schedule) subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.

Behavioral Expectations:

A student must have good behavior in order to represent their school in activities. The coach will review a student's discipline record and determine with the Director of Student Activities and administration if a student will be eligible to try-out for an activity. If a student is a member on a team then he/she must maintain good behavior in order to remain eligible to play.

Vandalism or Theft:

Any participant who vandalizes and/or steals school property will be dismissed from the team immediately.

Out of School Suspensions {OSS):

Any participant given out-of-school will be ineligible during the suspension. In addition, they may be disciplined further by the Principal, Director of Student Activities, or the Coach by temporary or permanent suspension from the team.

- (a) Any participant suspended from school 1-4 days will have a 1 activity/game suspension upon their return from suspension.
- (b) Any participant suspended from school 5 or more days will have a 2 activity/game suspension upon their return from suspension.
- (c) Any participant given OSS twice during any activity season will be dismissed from the team.

*Note: For the purpose of extra-curricular activities, students that are out-of-school suspended are ineligible to participate the day the disciplinary action is taken.

*Note: All make-up conditioning will occur before or after regular practice time, not during practice

In School Suspension (1SS):

In School Suspension is designated by the administration. Any participant given in-school suspension will be ineligible for games during the suspension. In addition, they may be disciplined further by the Principal, Director of Student Activities, or the Coach by temporary or permanent suspension from the team. Participants are expected to attend practice/game to observe, but may not participate.

*Note: All make-up conditioning will occur before or after regular practice time, not during practice.

Bus Suspension:

The student may not participate in any away activities until the suspension is over. The student must provide his/her own transportation after home activities and practice.

Ejection from a game due to unsportsmanlike conduct:

Students will be suspended for the next game/activity if he/she is ejected from a game due to unsportsmanlike conduct. Students will be suspended for 3 games/activities if ejected for fighting. The ejection could also lead to removal from the team if deemed serious enough by coaches and administration.

Effective beginning with the 2013 Fall Season, a player or coach who is ejected for fighting, biting, aggressive physical contact, or uses/directs profanity toward a contest official, shall be ineligible for the team's next 3 contests. The first time a player is ejected for fighting, he/she and his/her coach must show proof of completion of the NFHS online "Sportsmanship Course." If proof of completion of the course is not received at the VHSL office within 10 business days from the date of the ejection, the player and coach will be ineligible to participate in any contest until the proof of completion is received. A subsequent ejection of any player from the same team for any of the noted offenses listed above will result in the need to show proof of their completion of the NFHS online "Teaching and Modeling Behavior Course." Note: Since the "Sportsmanship Course" is free it may be taken

independently.

*Note: Coaches will report all ejections to the DSA immediately after the activity/game. The DSA will follow up with officials, if necessary, to determine the cause of the ejection (if it is questionable).

Profanity:

Profanity has no place in school activities and will NOT be tolerated

Hazing:

Hazing will not be tolerated in any form. It is important to realize that hazing is action taken or a situation created intentionally, whether on or off school grounds, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Such activities may include, but are not limited to the following:

- Use of alcohol or other drugs
- Paddling of any form
- Creation of excessive fatigue
- Physical and psychological shock
- Hair cuts
- Morally degrading or humiliating games and activities which are not consistent with school rules, policy, or the regulations of the school district

Hazing is against the law in the state of Virginia and is prohibited at Orange County High School. Hazing can result in lawsuits and criminal prosecution. A coach can be held individually liable for hazing incidents. Students who engage in hazing activities will be removed from school activities and face disciplinary action.

Attendance Expectations:

Students must be in school a minimum 1/2 day to participate in an activity or practice that afternoon/evening unless he/she has an excused late arrival or dismissal. If an athlete cannot attend, it is the responsibility of the athlete to notify the coach. Excused absences include, but are not limited to the following:

1. Death in family
2. Weddings
3. Illness with doctor's excuse
4. Injury- athletes may not participate in practice or games without medical release. Participants are expected to be at practice unless at rehab.
5. Court
6. School related activities
7. Family emergencies
8. Doctor/Dentist Appointment

NOTE: Participants will need to make up missed conditioning due to absence before or after scheduled practice time, not during practice.

NOTE: Any athlete who misses more than 30 minutes of a practice will be considered as an unexcused

absence.

Unexcused Absences:

- 1st Offense: Meeting with Coach and make-up missed conditioning, playing time may be reduced, team disciplinary action determined by coach
- 2nd Offense: Meeting with Coach, make-up missed conditioning, team disciplinary action determined by coach, 1 game suspension
- 3rd Offense: Team Dismissal

Transportation:

All students will travel to and from athletic contests and activities in transportation provided by the school. Any exception to this rule requires a prior written request from the parents or guardians of the student participant to the Director of Student Activities (DSA) or principal of OCHS.

EXCEPTION: A student-athlete may return home with his/her parents if there is a justifiable reason for doing so. Contact with the coach must be made by a parent. You are encouraged and expected, win or lose, to stay together as a team.

Quitting a Team:

A student quitting a team will be suspended immediately from all Orange County High School athletics and/or off-season conditioning programs for the rest of the season of that sport. Parents will be notified of the situation. The DSA can make exceptions to this rule.

Tobacco Products:

Tobacco has been identified as a serious health hazard. The use and/or possession of snuff, chewing tobacco, or other forms of tobacco are prohibited by the Orange County School Board and the Orange County High School Athletic Department. Violations will be addressed by the coach and/or administration. Disciplinary actions will reflect school policies.

Drugs and Alcoholic Beverages:

The use and/or possession of alcohol and/or other narcotics or drugs is strictly prohibited. Orange County Schools have a very strict policy related to the use, possession, and distribution of drugs and alcohol. Any student participant found to be in violation of the Orange County Drug and Alcohol policy at a school function or outside of school is in violation of the training rules and/or Student After Season Responsibilities for the activity which they are a member. The athlete in question is subject to the Substance Abuse Policies of the Orange County School Board.

Social Media:

Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology, and related technologies, which disrupts

or interferes with education based athletic and activity process in any manner is prohibited and may result in action against the offending participants. This is a class 1 misdemeanor (Virginia Code Ann. Sec 18.2-152.7:1)

Equipment and Uniforms

Athletic equipment and uniforms will be issued to team members by the coach at the beginning of a season. Equipment and uniforms are for use by Orange County School participants only. They should not be used by anyone at anytime other than in-season scheduled contests and practice sessions. Damaged equipment should be returned to the head coach immediately for replacement or repair.

Equipment and Uniforms will be checked in at the conclusion of a season. Participants will be held responsible for lost equipment and uniforms, as well as items showing (excessive wear) abuse. All equipment and uniforms must be turned in before a participant is eligible for post season awards or eligible to receive equipment/uniforms for another activity. Participants are placed on social probation if equipment is not returned or paid for within 3 days after the last activity.

NOTE: Social Probation means student is not allowed to attend or participate in any Orange County High School after-school activities

Health and Safety

All students participating in sports at Orange County High School must have a current Virginia High School league physical (no earlier than May 1st of that year). A new physical is required each school year.

If a student has a chronic medical condition (diabetes, asthma, epilepsy, etc.) coaches may require parents to provide information and/or equipment to deal with emergencies during practices/games.

If a student has an extended absence due to illness, he/she must provide a medical release to continue participation.

Any student with an injury requiring medical attention must provide a release from the doctor or athletic trainer to continue participation.

Any student with a confirmed case of communicable disease will be referred to a doctor, or the school nurse, to determine eligibility status.

COVID-19 is a respiratory virus caused by the Severe Acute Respiratory Syndrome Coronavirus 2. COVID-19 is a virus and cannot be treated by antibiotics. At this time there is no known cure or vaccination for COVID-19. Preliminary studies have shown that patients exposed to COVID-19 may begin exhibiting signs and symptoms as early as 2-14 days after exposure. Signs and Symptoms of COVID-19 can include, but are not limited to: Fever, Chills, Coughing, Shortness of Breath, Difficulty Breathing, Fatigue, Muscle Aches, Body Aches, Headaches, New Loss of Taste or Smell, Sore Throat, Congestion, Runny Nose, Nausea, Vomiting, Diarrhea.

Upon arrival to OCPS School Property, any participant may be asked to voluntarily submit to a pre-screening assessment process to include, but not limited to, a temperature screening and a questionnaire regarding current physical health and possible exposure to COVID-19. Failure to submit to

a pre-screening assessment may result in exclusion from OCPS sponsored activities.

At all times OCPS athletes and staff will adhere to the most recent safety guidelines and mitigation measures required by the Orange County School System.

Refusal to wear required equipment may lead to removal from the team.

Heat and Hydration

As noted on the VHSL website, heat illness and injury can range from a simple muscle cramp to life threatening heat stroke. Catastrophic heat injuries are preventable. The most important components in preventing heat injury are the prevention of dehydration and limiting activity when temperature and humidity make it near impossible for the body to cool through evaporation of sweat.

You will find some important links on the VHSL site related to heat and hydration below. Please visit these sites and familiarize yourself with the most recent information related to this topic:

<http://www.vhsl.org/>

Code of Conduct (VHSL)

1. Be courteous to all participants, coaches, officials, staff, and fans
2. Know the rules, abide by and respect the official's decisions
3. Win with character and lose with dignity
4. Display appreciation for good performance regardless of team
5. Exercise self-control and reflect positively upon yourself, team, and school
6. Permit only positive sportsmanlike behavior to reflect on your school or its program

Conduct/Expectations for Participants

Proper conduct is expected of all participants. Any improper conduct during practices, games, and/or traveling to or from games while a member of an OCHS activity group or team may result in, at minimum, suspension or expulsion from the squad. All disciplinary concerns are expected to be addressed immediately by the coach. The DSA and administration will meet to discuss further consequences as outlined in our student handbook.

Student Managers

A student interested in becoming a student manager for an OCHS activity team should contact the coach/sponsor of that team. A student manager will be expected to be at all practice sessions/games during the season of that activity. He/she will need to fill out an emergency permission form and must meet all the requirements for a participant at Orange County High School. She/he will not be required to have a physical and, therefore, will not be covered under the catastrophe insurance plan. A student manager will need to be covered by a personal health insurance plan or by the student insurance policy. A student manager will be expected to abide by the policies and rules for participants at Orange County High School. A student manager can be assigned the following duties:

- Assist coach/sponsor in issuing, caring for, and receiving all equipment
- Record, compile, and maintain records deemed necessary by the coach/sponsor
- Be used as an official scorekeeper or timekeeper
- Asked to video record games/practices
- Help prepare the activity area

Coaches reserve the right to expand upon the rules of this handbook. All students will receive a copy of team rules and expectations during the first week of practice. Parents must sign the document and return it before their child may play in a game.

The Role of the Parent in School Activities

A very important goal of school activities and athletics should be to make the athletic experience a positive one for all participants, the parents, and those who choose to watch the teams perform. To achieve this goal we must all work together to support the following ideals:

1. As a parent, I recognize that it is vital that I support the efforts and decisions of the coaching staff, Director of Student Activities, and administration
2. As a parent, I recognize the importance of being a positive role model. Therefore, I agree to conduct myself in a manner consistent with the dictates of good sportsmanship at all contests, both at Orange County High School as well as opposing school sites. I agree to cheer in a positive fashion for outstanding play and will refrain from criticizing the efforts of the officials, the players of both teams, and the decisions made by the coach.
3. Attendance at practice is a priority for all team members. As a parent/guardian of a student participant, I will make every attempt to ensure that my child will be able to attend all practices and contests.
4. I will support and endorse all the rules, policies, and procedures discussed in this handbook.

Expectations of Parents

1. Be positive with your son/daughter. Let them know that they are accomplishing something by being a part of the team.
2. Do not offer excuses to them if they are not playing. Encourage them to work hard and do their best.
3. Encourage participants to follow the rules. Whether they are first string or seventh string, players must follow all school and team policies.
4. As a fan, you are entitled to cheer, but do not become belligerent. Coaches work with athletes and know their talents. Respect that!
5. Insist that the participants respect team rules, school rules, game officials, and sportsmanship. Self-respect begins with self-control.
6. Encourage participants to improve their self-image by believing in themselves.
7. Encourage participants to play for the love of the game.
8. Remember that the coach is involved because he/she is sincerely concerned with the well-being of children and is an experienced professional. Coaches have different approaches with people and situations. Students' lives are enriched by interaction with different types of leaders.
9. Remember: at a competition you, the parent, represent your town, the school, and your son/daughter.
10. Please be a positive role model.

Appropriate Concerns Parents Should Discuss with the Coach:

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

Issues Not Appropriate for Parents to Discuss with Coach:

- Playing Time
- Team strategy
- Play calling
- Other student-athletes

Sportsmanship Code at OCHS

The spectators should realize that they represent the school just as definitely as the team members, and therefore have an obligation to be true sportsmen.

- Applaud an outstanding play by either team
- Treat visiting teams and officials as guest
- Be modest in victory and gracious in defeat
- Respect the judgment and integrity of the officials

Disclaimer: Any areas or situations overlooked or not listed in this handbook or the student handbook will be addressed by a meeting with player, coach, parents, DSA, and administration. Consequences will be established and an addendum may be made to the handbook.

College Planning

The process of selecting a college is one of the most difficult and rewarding experiences that a student goes through in high school. This process works best when the student, parents or guardians, guidance counselors, teachers, coaches, and administrators all work together in this process. It is a long, complicated process that is best when it is started early. The following information can assist in the process of selecting a college or university and preparing for college athletic participation. This is only a basic guide for navigating the process; a meeting should be held with the student's professional school counselor to discuss the entire process. A student athlete interested in attending college and participating in NCAA athletics should obtain a copy of NCAA Guide for the College-Bound Student Athlete from the guidance office or <http://www.ncaa.org>

Grades 9 and 10

1. Pursue academic and behavioral excellence. Make sure you are aware of NCAA sliding scale with regard to eligibility requirements and that your classes are consistent with NCAA guidelines.
 - a. Meet with your school counselor to assure your classes are NCAA approved.
<http://www.ncaa.org>

2. Develop a sports resume of athletic achievements including stats, news clippings, etc...
3. Attend sports camps to increase exposure, improve skills, and to gain contest experience.
4. Participate on high school teams year round, if possible, to gain a wider perspective, increase strength and conditioning, and create a more impressive resume.

Grade 11

1. Continue your hard work in the classroom. Make your best effort in school and get the highest grade point average (GPA) possible. Take a strong academic load that is not only challenging, but also meets the NCAA requirements.
2. Meet with your guidance counselor regarding your interest and the recruitment process. Develop a list of schools with the help of your school counselor, coach, and athletic director.
3. Take required standardized tests (SAT or ACT)
 - a. <http://www.collegeboard.com/student/index.html?student>
 - b. Make sure you are aware of the NCAA sliding scale and eligibility requirements
 - i. <http://www.ncaa.org>
4. Continue to develop your athletic resume
5. Obtain literature and visit colleges you may be interested in attending
6. Work with your coach to evaluate your athletic skills to determine a realistic level of competition
7. Attend sports camps during the summer
8. Attend financial aid seminars and fill out appropriate financial aid forms in consultation with your school counselor

Grade 12

1. Continue to pursue excellence in the classroom
2. Request and return college applications as early as possible. Pay attention to application deadlines. Work closely with school counselor to be familiar with the application process.
3. Complete and return financial aid forms paying close attention to deadlines
4. Continue to keep your athletic resume updated
5. Re-take SAT or ACT if necessary
 - a. <http://www.collegeboard.com/student/index.html?student>
6. Contact college coaches to express interest in their school athletic program. Include your athletic resume and other pertinent information
7. Request that your teachers and/or high school coaches write letters of recommendation to the colleges to which you have applied
8. Be familiar with the NCAA eligibility requirements and the NCAA clearinghouse
 - a. <https://webl.ncaa.org/eligibilitycenter/common/>
 - b. Meet with your school counselor to make sure you have filled out all appropriate paperwork.

NCAA Clearinghouse: If a student-athlete is planning to enroll in a college as a freshman and wishes to participate in Division I or Division II athletics, he/she must be certified by the NCAA Initial-Eligibility Clearinghouse. To be certified by the Clearinghouse, you must:

1. Fill out an NCAA Clearinghouse student-release for (available in guidance office) and mail or fax the form along with the appropriate fee to the clearinghouse.
2. Graduate from high school

3. Have a core-course grade-point average (based on a maximum of 4.0) and a combined score on the SAT verbal and math sections or a sum score on the ACT based on the qualifier index scale. The qualifier index scale is available in the guidance office.

Dear Parent/Guardian,

We are pleased to inform you that Orange County High School is making CoreCourseGPA.com, a web-based software program, available to all Orange County High School student-athletes and their parents/guardians free of charge.

If your child has aspirations of competing athletically as a freshman at an NCAA Division I or Division II school, they must meet NCAA Initial-Eligibility minimum standards, including minimum core course GPA and SAT/ACT test score requirements. CoreCourseGPA.com is an innovative tool that allows you to easily track your son or daughter's progress towards meeting these requirements, beginning as soon as the first semester of their freshman year.

To activate your child's CoreCourseGPA.com membership, follow these simple steps:

1. Go to www.CoreCourseGPA.com
2. Click on "New Free Member Account" in the upper left corner and enter the School ID and School Code:
Students/Parents:
School ID: 471660
SchoolCode:762300251
3. Click "Continue".
4. Fill in the appropriate fields in the Create New Student Account form.
Remember to write down the new Member Name and Password you have created
5. Click "Submit."

Congratulations! You have successfully created your CoreCourseGPA.com member account.

To login to your member account and begin using the CoreCourseGPA.com software, follow these simple steps:

1. Go to www.CoreCourseGPA.com
2. Enter your Member Name and Password in the Member Login box in the upper right corner.
Use the Member Name and Password you created during the account activation process
3. Click "Login."
4. Begin using your CoreCourseGPA.com account!

CoreCourseGPA.com incorporates the NCAA recognized core courses for Orange County High School into the online course entry forms, calculates BOTH Division I and Division II core course GPA, automatically factors weighted grades into calculations and tracks course requirements for BOTH Division I and Division II. Your son or daughter's core course information is saved for the duration of their high school career.

Orange County High School is proud to make this innovative software available to you free of charge. We believe CoreCourseGPA.com will be a very useful academic tool for you and your student-athlete.

CoreCourseGPA.com also provides you access to free recruiting webinars through

FreeRecruitingWebinar.org, a nonprofit program. Webinar previews as well as full length recruiting webinars may be accessed on the FreeRecruitingWebinar.org website. Viewing a full length webinar is highly recommended to learn about the facts and rules of recruiting. The recruiting process starts in the freshman year. Make sure you are prepared.

IT IS IMPORTANT TO NOTE THAT YOUR USE OF CORECOURSEGPA.COM IS NOT A SUBSTITUTE FOR REGISTERING WITH THE NCAA ELIGIBILITY CENTER AFTER THE COMPLETION OF SIX HIGH SCHOOL SEMESTERS.

Virginia High School League Information

The Virginia High School League (VHSL) is an organization of public high schools in Virginia. The League seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities. The VHSL was developed in 1913 in Charlottesville, Virginia. It publishes annually a code of rules for all VHSL activities in the state. These rules are from the Eligibility Regulations, Section 28, of the Virginia High School League Handbook

27-13-1 SPORTSMANSHIP RULE

Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts which are prima facie evidence of failure to abide by this rule are those which are noted below and others of a similar nature which transgress the usually accepted code for good sportsmanship. All incidents of conduct relating to either athletic or academic activities that are violations of the Sportsmanship Rule must be reported to the Virginia High School League.

28-1-1 BONA FIDE STUDENT RULE

The student shall be a regular bona fide student in good standing of the school which he/she represents.

28-2-1 GRADE RULE

The student shall be enrolled in the last four years of high school.

28-3-1 ENROLLMENT RULE

The student shall have been regularly enrolled in the school which he/she represents not later than the fifteenth school day of the semester.

28-4-1 SCHOLARSHIP RULE

The student shall:

- For the first semester, be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credit on a semester basis

- For the second semester, be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.

28-5-1 AGE RULE

The student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to compete.

28-6-1 TRANSFER RULE

The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian. Home instruction does not constitute enrollment in a public school. Home schooling is a process through which Virginia Code compulsory education requirements may be met, as is private schooling. Home schooling is the equivalent of school enrollment for Transfer Rule purposes, and determining whether the student has met Scholarship Rule requirements of having passed five academic subjects recognized by the Virginia Department of Education in the most recent prior semester.

28-7-1 SEMESTER RULE

The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled in school.

28-8-1 AMATEUR RULE

A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, and social and pleasure benefits derived there from.

28-9-1 ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICAL EXAMINATION RULE The student shall have submitted to the principal of his/her school, prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/ Parental Consent/Physical Examination Form), completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents consent to his/her participation.

28-10-1 AWARDS RULE

Students may accept permissible awards presented or approved by the student's school.

28-12-1 ALL-STAR PARTICIPATION RULE

Only students of member schools who have completed their eligibility in a sport may participate in no more than one all-star game in that sports season prior to graduation from high school.

Concussions

Due to the growing concern related to concussions and head injuries, the General Assembly enacted legislation that requires each school division to develop procedures when responding to concussions and head injuries. In response to the General Assembly, Orange County Public Schools shall implement the following procedures:

- The school division shall provide to both students and parent/guardian information regarding concussion and head injuries.
- The school division shall provide a forum to discuss the information regarding concussion and head injuries at parent meetings
- The school division shall provide each student and parent/guardian a statement acknowledging receipt of such information that must be signed and returned to the school before the student is allowed to participate in the activity.
- The Director of Student Activities and the building principal shall certify that any coach/sponsor involved with student's activities is trained in the Concussion and Head Injury procedures.
- No student-athlete shall be allowed to return to extra-curricular physical activities, which includes practices, games, or competitions, until the student presents a written medical release from the student-athlete's family doctor. The written medical release shall certify that (i) the provider is aware of the current medical guidance on concussion evaluation and management; (ii) the student-athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion at rest or with exertion; and (iii) that the student-athlete has successfully completed a progressive return to sports program. The length of progressive return to sports participation program shall be determined by the student-athlete's licensed health care provider, but shall last a minimum of five calendar days.
- The Athletic Trainer/Coach of a student-athlete may elect not to allow a student-athlete to return to extra-curricular physical activities, even after the production of written medical release from the student-athlete's licensed health care provider, if the Athletic Trainer/Coach observes signs and symptoms of sports-related concussions. If the student-athlete's Athletic Trainer/Coach makes such a decision, the Athletic Trainer/Coach shall communicate the observations and concerns to the student-athlete's parent or guardian within one day of the decision not to allow such student-athlete to return to extracurricular physical activities.

Injuries are a part of the risk that everyone assumes when they participate in a sport/activity. While most injuries are minor like bumps and bruises, others are more serious. At all levels of activities, everyone is being more attentive to concussions and head injuries as a potentially serious injury. One of our goals is to insure that you, the parent/guardian, are made aware of the risks of concussions and head injuries. The attached document lists the procedures that students with concussions and head injuries must follow before returning to play.

Our coaches/sponsors are trained to recognize head injuries, but as a parent/guardian, you also need to know the symptoms of concussions and head injuries because the symptoms may not occur until hours or even days have passed following the initial injury. We need to work together to monitor our students and safeguard their health. If you recognize the symptoms of a concussion or head injury in your child, please report those concerns immediately to your family physician or to an emergency facility.

School Board Policy JJAC Student-Athlete concussions during extracurricular activities.

Return to Learn Protocol:

- a) School personnel shall be alert to cognitive and academic issues that may be experienced by a student-athlete who has suffered a concussion or other head injury, including (i) difficulty with concentration, organization, and long-term memory; (ii) sensitivity to bright lights and sounds; and (iii) short-term problems with speech and language, reasoning, planning and problem solving.
- b) School personnel shall accommodate the gradual return to full participation in academic activities by a student-athlete who has suffered a concussion or other head injury as appropriate, based on the recommendation of the student athlete's licensed health care provider as to the appropriate amount of time that such student-athlete needs to be away from the classroom.

Orange County Random Alcohol and Drug Testing Regulations for Students Involved with Competitive Extra-curricular Activities

Testing Coordinator

- The Assistant Superintendent for Student and Administrative Services will coordinate and supervise the testing program.

Eligibility for Testing

- Orange County Public Schools students in grades 6-12 who choose to participate in athletics, VHSL-sanctioned, and/or competitive extra-curricular activities not required by the Board of Education for graduation will be required to participate in the random testing program for alcohol, illegal drugs, or unauthorized drugs in order to participate in their chosen activity.
- Students become eligible upon submission of a consent form. Students must submit a consent form immediately following the Student Pledge Program parent/guardian(s) meeting for their season or before their next practice following the Pledge Program meeting.
- Students remain eligible for random alcohol and drug testing from the date the consent form is turned in through the end of their sport or extra-curricular activity season. In the event that a student eligible for random alcohol and drug testing ceases to participate or withdraws from an athletic team or extra-curricular activity, he/she will no longer be subject to random drug, and alcohol testing associated with this program.

For what Substances will Students be Tested?

- In administering the program, the division will test for the presence of certain substances that may include, but are not limited to, the following substances or their metabolites: alcohol, marijuana (THC), synthetic cannabinoids, opiates, cocaine, methamphetamines, anabolic steroids and phencyclidine (aka PCP), MDMA (aka Ecstasy), and/or any other substance defined as a "controlled substance" by either Virginia or Federal law.

Selection of Students for Random Testing

- A confidential testing schedule will be created by the Assistant Superintendent for Student and Administrative Services to ensure that testing of eligible students is conducted in a manner that is random.
- Testing will only occur on student contact days during each sport or extracurricular activities' designated season.
- Selection of eligible students for testing will be conducted in a purely and entirely random basis by a third party vendor selected by Orange County Public Schools to administer the Random Alcohol and Drug Testing Program.
 - A separate group of students will be selected by sport or activity and designated as alternates to be used in the event of student absence.
 - The Assistant Superintendent for Student and Administrative Services/designee will notify the individual(s) selected for testing and a designee will escort them to the designated location for testing.
 - The testing site will be at the participant's respective school in an area that has a secured bathroom/nurse's office/administrative office which will maximize privacy of the participant or in the office of an approved collection agency contracted by the school division to collect and test oral fluid and/or urine samples.
 - The names and/or any other personally identifiable information of the participants will remain confidential.
 - Participants are encouraged to protect their own confidentiality.

Suspicion Based Testing

- In the event that a coach or sponsor observes that a member of a team or extracurricular activity is demonstrating symptoms that cause reasonable suspicion that the member is under the influence of alcohol or drugs, during school or a school-sponsored activity, the coach or sponsor shall follow School Board Regulation JFCF-R1.
- In the event that a coach or sponsor receives reports that a member of a team or extracurricular activity has been using alcohol or drugs outside of school or school-sponsored activities, then the Pledge Program Committee will meet with the player to further investigate the suspected use. If the committee believes there is reasonable suspicion of the use of alcohol or drugs, the Director of Student Activities will contact the student's parent/guardian(s) to inform them that the student will be required to submit to an alcohol and drug screen which will be administered according to the procedures outlined below.

Test Administration

- All aspects of the program, including the taking of specimens, will be conducted so as to safeguard the personal and/or privacy rights of the participant to the maximum extent possible. The program treats a participant's test result as a confidential health record pursuant to both federal and state regulations 42 CFR § 2.1 and § 2.2; VA Code § 32.1-127.1:03. As such, any information obtained by the program which would identify the participant as a drug or alcohol user may be disclosed only for those purposes and under those conditions permitted by federal regulations in accordance with 42 CFR Part 2. No testing record of any participant will be used to initiate or substantiate any criminal charges against a participant or to conduct any investigation of him or her, and the division will not share participants' individual test results with law enforcement authorities unless legally required by court order or subpoena.
- The Assistant Superintendent for Student and Administrative Services/designee will coordinate the collection of specimens from the selected students in accordance with

federal Substance Abuse and Mental Health Services Administration (SAMHSA) standards and forward the specimens to a licensed laboratory for testing. The Assistant Superintendent for Student and Administrative Services/designee may conduct an initial on-site test on the specimen before sending the specimen to the laboratory.

- The participant shall complete a specimen control form.
- The participant shall submit an oral fluid or urine specimen according to the Orange County Public Schools School Division's Random Testing for Alcohol, Illegal Drugs, or Unauthorized Drugs Consent to Test Form.
- All students selected for testing must remain at the testing site under the direct supervision of the Assistant Superintendent for Student and Administrative Services/designee until he/she can produce an adequate specimen for testing.
- Any attempt by a participant to tamper with the specimen collection process or refusal by the participant to provide a sample, will be treated as a resignation from all extracurricular activities for a period 365 days except in cases where a positive sample would constitute a 4th violation. In such cases, the student will be banned from any further participation for the remainder of his/her enrollment in the Orange County Public Schools School Division. However, in cases where a positive result would constitute a 1st, 2nd, or 3rd violation, a student and his/her parent/guardian(s) may choose to participate in a program of intervention consistent with the consequences for a 1st, 2nd, or 3rd violation under the supervision of the Assistant Superintendent for Student and Administrative Services in order to be reinstated.
- All efforts will be made to minimize the instructional impact of testing and to maintain the confidentiality and privacy rights of participants. All urine testing will be conducted in a closed-door restroom without direct observation by adult monitors.
- Specimens that test positive for the presence of alcohol, illegal drugs, or unauthorized drugs or their metabolites will be kept by the testing facility for at least one hundred eighty (180) days pending an appeal of the test result.

Notification of Testing & Testing Results

- Students who choose to participate in division athletic programs, VHSL-sponsored activities, and/or competitive extra-curricular activities, not required by the Board for graduation, are required to complete and sign the Orange County Public Schools School Division's Random Testing for Alcohol, Illegal Drugs, or Unauthorized Drugs Consent to Test Form.
- When a participant tests positive for an alcohol, illegal drugs, or unauthorized drugs, the participant's parent/guardian(s) will be contacted directly by a Medical Review Officer (MRO) to conduct a consultation. The consultation will address the reasons for the positive test and a decision will be made by the MRO regarding the legitimacy, validity, or accuracy of a positive test. Parent/guardian(s) will have five (5) business days to provide documentation of a legal prescription that may have caused the positive test. The MRO will determine if that substance has been taken pursuant to a legal prescription.
- Results of student tests confirmed by the MRO will be provided to the Assistant Superintendent for Student and Administrative Services within twenty-four (24) hours of the MRO's consultation with the participant and his/her parent/guardian(s).
- The division respects the privacy of its students and shall maintain confidentiality regarding any alcohol and drug testing for this program. The results will only be released to designated division personnel. All records and subsequent actions shall be kept by the Assistant Superintendent for Student and Administrative Services in a file separate from the student's school records. The Assistant Superintendent for Student and Administrative Services will not release records of drug and alcohol tests or any resulting action to anyone other than designated school personnel and the student and/or his/her parent/guardian(s) without written

authorization from the student and/or his/her parent/guardian(s) in accordance with 42 CFR Part 2. Student drug testing information will not be turned over to any law enforcement authorities except under circumstances in which the division is legally compelled to surrender or disclose such test results.

- The Assistant Superintendent for Student and Administrative Services will destroy all records for each student five (5) years after the end of the academic year.
- The testing company will maintain testing records according to their records retention policies.

Appeal Procedure

- A student or his/her parent/guardian(s) may request a retest of his/her specimen at his/her own expense at a laboratory of their choice which follows federal Substance Abuse and Mental Health Services Administration (SAMHSA) standards concerning drug testing protocols and procedures. A written request must be made within twenty-four (24) hours of receiving the results of the drug test from the Assistant Superintendent for Student and Administrative Services. The specimen previously submitted will be forwarded to the approved lab in cooperation with the division approved outside agency responsible for confirmatory testing.
- Results of the re-test will be provided to the Assistant Superintendent for Student and Administrative Services by the approved laboratory. During the appeal period students may not participate in athletics or VHSL-sanctioned, competitive, extra-curricular activities.
- The student will be ineligible to participate during the appeal.

Consequences

Consequences will result from the following:

- a confirmed positive test for alcohol, illegal drugs, or unauthorized drugs;
- refusal to participate in testing when selected; and/or
- tampering with, diluting, or altering the specimen during the collection process.
- Students will be ineligible for participation in any athletic activity, VHSL-sanctioned activity, or competitive extra-curricular activities unless they complete the Orange County Public Schools' Random Testing for Alcohol, Illegal Drugs, or Unauthorized Drugs Consent to Test Form. Any attempt by a participant to tamper with, dilute or otherwise alter the specimen during the collection process or refusal by the participant to provide a sample, will be treated as a resignation from all extracurricular activities for a period of 365 calendar days except in cases where a positive sample would constitute a 4th violation. In such cases, the student will be banned from any further participation for the remainder of his/her enrollment in the Orange County Public School Division. However, in cases where a positive result would constitute a 1st, 2nd, or 3rd violation, a student and his/her parent/guardian(s) may choose to participate in a program of intervention consistent with the consequences for a 1st, 2nd, or 3rd violation under the supervision of the Assistant Superintendent for Student and Administrative Services in order to be reinstated.
- Upon confirmation of a positive test or a student's confession of alcohol, illegal drugs, or unauthorized drugs use as a result of an investigation based on suspicion of use, the student will be ineligible to participate in athletics or extracurricular activities until they adhere to the consequences outlined below.
- It should be noted that the consequences outlined below are cumulative across each participant's athletic and/or extracurricular "career" in the Orange County Public School Division. Each student's "career" begins in the 6th grade or upon initial participation in an athletic activity, VHSL-sanctioned activity, and/or competitive extracurricular activity and ends when they graduate or cease to participate in athletics or VHSL-sanctioned, extracurricular, competitive activities. For example, if a student has a positive test for an alcohol, illegal drugs,

or unauthorized drugs in the 8th grade and, a second positive test for alcohol, illegal drugs, or unauthorized drugs in the 11th grade, they will be subject to the consequences outlined for a second offense.

First Offense

Step 1:

Upon confirmation of a positive screen for alcohol, illegal drugs, or unauthorized drugs or a student's confession of alcohol, illegal drugs, or unauthorized drugs use as a result of an investigation based on suspicion of use, the Assistant Superintendent for Student and Administrative Services will schedule a meeting with the student, his/her parent/guardian(s), and the principal on the first school day following the confirmation of alcohol, illegal drugs, or unauthorized drugs use to impose a suspension from athletic/extracurricular participation. The student shall be suspended from participating in contests for a period of time equivalent to 20 percent of the total number of VHSL contest limitations or activity contest for each sport or activity to be played during the regular season (any fraction of the calculation will be dropped). The penalty will be applied immediately and include the next contest(s) including playoffs, and/or to the next season in which the student athlete participates within 365 calendar days. During this time, the student shall continue to attend scheduled meetings, practices, and contests associated with his/her activity. The student shall participate in practices and may not dress out for contests. Written notification will be provided to parent/guardian(s) that will detail the conditions and the endpoint of the suspension. Additionally, in the event the season concludes while the student is suspended, the student will be allowed to participate in try-outs for the next activity season if the student has been retested by the current company who provides Orange County Public Schools with our student drug-testing or another drug-testing company approved by Orange County Public Schools administration that operates under SAMHSA (Substance Abuse and Mental Health Services Administration) certified laboratory guidelines, at the parent/guardian(s) expense, less extenuating circumstances; and the test results must be negative. After which time, the student will be ineligible until all conditions of reinstatement have been completed.

Step 2

The Assistant Superintendent for Student and Administrative Services will conduct a screening interview with the student and parent/guardian(s) as soon as possible. Based on the interview, the Assistant Superintendent for Student and Administrative Services will design an intervention program suitable for the student.

Step 3

After suspension and prior to resuming full participation with his/her team/activity, the student will be required to take an additional oral fluid test/urinalysis screen to prove that he/she no longer has any trace of illegal substances in his/her system. The parent/guardian(s) shall be responsible for the cost of the screening.

Step 4

The student and parent/guardian(s) must participate in the recommended intervention program at their expense. Progress reports will be provided to the Assistant Superintendent for Student and Administrative Services to document the student's successful participation.

Step 5

The student and his/her parent/guardian(s) must agree to regular testing for alcohol, illegal drugs, or unauthorized drugs for the student for the remainder of the activity season. The parent/guardian(s) shall be responsible for the cost of the screening(s).

Step 6

Upon satisfactorily attending all the prescribed intervention sessions, the student will be provided with a letter of reinstatement from the Assistant Superintendent for Student and Administrative Services indicating that he/she is a “student in good standing” and eligible to resume regular participation with his/her team.

Second Offense

Step 1

Upon confirmation of a second positive test for alcohol, illegal drugs, or unauthorized drugs or the student’s admission of continued use of alcohol, illegal drugs, or unauthorized drugs, the Assistant Superintendent for Student and Administrative Services will schedule a meeting with the student, his/her parent/guardian(s), and the principal on the first school day following the confirmation of alcohol, illegal drugs, or unauthorized drugs. The student shall be suspended from play for a period of time equivalent to 50 percent of the total number of VHSL contest limitations or activity contest for each sport or activity to be played during the regular season (any fraction of the calculation will be dropped). The penalty will be applied immediately and include the next contest(s) including playoffs, and/or to the next sport season in which the student participates within 365 calendar days. During this time, the student shall continue to attend scheduled meetings, practices, and contests associated with his/her activity. The student shall not participate in practices and may not dress out for contests. Written notification will be provided to the parent/guardian(s) that will detail the conditions and the endpoint of the suspension. Additionally, in the event the season concludes while the student is suspended, the student will be allowed to participate in try-outs for the next activity season if the student athlete has been retested by the company who provides Orange County Public Schools with student drug-testing or another drug-testing company approved by Orange County Public Schools administration that operates under SAMHSA (Substance Abuse and Mental Health Services Administration) certified laboratory guidelines, at the parent/guardian(s) expense, less extenuating circumstances; and the test results must be negative. After which time, the student will be ineligible until all conditions of reinstatement have been completed.

Step 2

The Assistant Superintendent for Student and Administrative Services will conduct a screening interview with the student and parent/guardian(s) as soon as possible. Based on the interview, the Assistant Superintendent for Student and Administrative Services will design an intervention program suitable for the student.

Step 3

After suspension and prior to resuming full participation with his/her team/activity, the student will be required to take an additional oral fluid test/urinalysis screen to prove that he/she no longer has any trace of illegal substances in his/her system. The parent/guardian(s) shall be responsible for the cost of the screening.

Step 4

The student and parent/guardian(s) must participate in the recommended intervention program at their expense. Progress reports will be provided to the Assistant Superintendent for Student and Administrative Services to document the student’s successful participation.

Step 5

The student and his/her parent/guardian(s) must agree to regular testing for alcohol, illegal drugs, or unauthorized drugs for the student for the remainder of the activity season. The parent/guardian(s) shall be responsible for the cost of the screening(s).

Step 6

Upon satisfactorily attending all the prescribed intervention sessions, the student will be provided with a letter of reinstatement from the Assistant Superintendent for Student and Administrative Services indicating that he/she is a “student in good standing” and eligible to resume regular participation with his/her team.

Third Offense

Step 1

Upon confirmation of a third positive test for alcohol, illegal drugs, or unauthorized drugs or the student’s admission of continued use of alcohol, illegal drugs, or unauthorized drugs, the Assistant Superintendent for Student and Administrative Services will schedule a meeting with the student, his/her parent/guardian(s), and the principal on the first school day following the confirmation of alcohol, illegal drugs, or unauthorized drugs use to impose a 365 day suspension. Written notification will be provided to the parent/guardian(s) that will detail the conditions and the endpoint of the suspension which will be a minimum of 365 calendar days after its imposition.

Step 2

The Assistant Superintendent for Student and Administrative Services will conduct a screening interview with the student and parent/guardian(s) within two weeks of the beginning of the suspension. Based on the interview, the Assistant Superintendent for Student and Administrative Services will design an intervention program suitable for the student.

Step 3

The student and parent/guardian(s) must participate in, and complete, the recommended intervention program at their expense. Progress reports will be provided to the Assistant Superintendent for Student and Administrative Services and the school in order to document the student’s and parent/guardian(s)’s successful participation.

Step 4

The student and his/her parent/guardian(s) must agree to regular testing for alcohol, illegal drugs, or unauthorized drugs for the student during the 365 day suspension. The parent/guardian(s) shall be responsible for the cost of the screening(s).

Step 5

Following the suspension, and prior to resuming full participation with his/her team/activity, the student will be required to take an additional screen for alcohol, illegal drugs, or unauthorized drugs to prove that he/she no longer has any trace of illegal substances in his/her system. The parent/guardian(s) shall be responsible for the cost of the screening.

Step 6

Upon satisfactorily attending all the prescribed intervention sessions, the student will be provided with a letter of reinstatement from the Assistant Superintendent for Student and Administrative Services indicating that he/she is a “student in good standing” and eligible to participate in athletics and extracurricular activities.

Fourth Offense

Upon confirmation of a fourth positive test for alcohol, illegal drugs, or unauthorized drugs or the student’s admission of continued alcohol, illegal drugs, or unauthorized drugs use, the Assistant Superintendent for Student and Administrative Services will schedule a meeting with the student, his/her parent/guardian(s), and the Principal on the first school day following the confirmation of

alcohol, illegal drugs, or unauthorized drugs use to suspend the student from any further athletic and/or extracurricular participation while enrolled in the Orange County Public School Division.

Collection Process

Selected students are escorted from class or practice to the collection site. A specimen of oral fluid/urine is collected following this process:

Oral Fluid Testing Procedures

- Student is asked to rinse his/her hands and dry them. If no water is easily accessible, an alcohol free wipe may be used instead.
- The testing custody and control form is completed by the student and collector.
- The student is told to check expiration date on back of kits for validity.
- The student assists the collector in opening the kits.
- The collector instructs the student to position the swab in their mouth and rub back and forth several times on inside of cheek one at a time.
- The student places the swabs in his/her own mouth for 5 minutes.
- The collector and the student fill in designated sections of the laboratory chain of custody form.
- After 4 minutes the samples and chain of custody form are labeled by the student and packaged for overnight delivery to the SAMHSA certified lab.
- The top lab copies of the testing custody and control form are folded with the top portion visible to the outside and placed in the Requisition Pouch. The transport bag and pouch are sealed as indicated. The student is given the donor copy of the form.
- The collector distributes the remaining copies of the form as required, being responsible for getting the appropriate copy of the form to the MRO in a timely manner.

Urine Testing Procedures

- No purses, bags or containers may be taken into the collection area with the student. All extra coats, vests, jackets, sweaters, etc., are to be removed before entering the collection area.
- Student is asked to rinse his/her hands and dry them. If no water is easily accessible, an alcohol free wipe may be used instead.
- The testing custody and control form is completed by the student and collector.
- The student is told to urinate directly into the provided container and should provide a sufficient amount of urine (at least 45ml) in one attempt. The student is also told they are to hand the container of urine to the collector.
- The student enters a closed stall or single use bathroom to collect the specimen, and then hands the container to the collector when they exit the stall or bathroom.
- The collector checks the volume, reads, and records the temperature within four minutes of collection, and looks for evidence of tampering. If tampering is suspected, a second specimen will be requested. A second suspected tampered specimen will be considered refusal to test and the Assistant Superintendent for Student and Administrative Services will be notified.
- With the student watching, the collector will pour the specimen into the two bottles and recap the specimen bottles tightly.
- The collector takes the properly signed and student initialed bottle seals and places them over the caps and sides of the bottles. The sealed bottles are placed inside the transport bag.
- The top lab copies of the testing custody and control form are folded with the top portion

visible to the outside and placed in the requisition pouch. The transport bag and pouch are sealed as indicated. The student is given the donor copy of the form.

- The student may wash his/her hands and be released from the testing site.
- The collector distributes the remaining copies of the form as required, being responsible for getting the appropriate copy of the form to the MRO in a timely manner.
- The Assistant Superintendent for Student and Administrative Services will be notified immediately of any student who refuses to give a urine sample or is suspected of tampering with the sample.

Medical Review Officer (MRO) Responsibilities

The MRO will review all results of oral fluid/urine testing. Any urine specimen testing positive for alcohol, illegal drugs, unauthorized drugs, banned substances, or adulteration will be handled in the following manner:

- The MRO determines if any discrepancies have occurred in the Chain of Custody.
- Depending on the substances found in the urine, if necessary, the MRO will contact the parent/guardian(s) to determine if the student is on any prescribed medication from a physician.
- If the student is on medication, the parent/guardian(s) will be asked to provide documentation from the prescribing physician, within five working days, to document what medication(s) the student is currently taking. Failure to provide such requested information will be considered a positive result.
- The MRO will determine if the prescribed medications resulted in the positive test result. For example, a positive test result for codeine may be ruled negative by the MRO when he receives a letter from the treating physician that the student has been prescribed Tylenol© with codeine as a pain medication following tooth extraction. Or, if the student has a positive screen for codeine and has no documented physician order for the medication (maybe a parent/guardian(s) gave the student one of his/her pills), this would likely be ruled a positive test by the MRO.
- Finally, the MRO, based on the information given, will certify the test results as positive or negative and report this to the Assistant Superintendent for Student and Administrative Services, initially reporting positive results by phone.
- Screens positive for alcohol or illicit drugs (marijuana, heroin, cocaine) would automatically be considered positive by the MRO.
- The MRO may use quantitative results to determine if positive results on repeat tests indicate recent use of illicit or banned substances or the natural decline of levels of the illicit or banned substance from the body. If the MRO feels the quantitative levels determined to be above the established cutoffs do not reflect current use but natural decay, then a negative result may be reported.

Activities Handbook Acknowledgement Form

Please sign and return this sheet to the Director of Student Activities (DSA)

I have read and understand the information discussed in this handbook concerning Orange County High School Activities.

Acknowledgement of risk: I fully understand and acknowledge that there are inherent risks of injury in sports activities including death, serious neck and spinal injuries, paralysis or brain damage, or impairment to other aspects of the student's body, general health, or well being. Orange County Schools will not be held liable for injury to a student as a result of the participation. I understand other participants, accidents, forces of nature, or other causes may cause these risks and dangers and I hereby accept these risks and dangers. My child is in good health as necessary to participate in VHSL activities and is able to participate in any strenuous physical activity associated with their participation.

Parents and/or Legal Guardians:

Please sign to indicate:

- You have read and understand the above concerning the Orange County High School Activities Handbook.
- You have read and understand the information provided on concussions and the proper care for an athlete with a concussion.
- You have read and understand the random drug testing regulations.
- You have read and understand the risks and dangers and agree to the mitigation strategies associated with Covid-19.
- You agree that information regarding your student's height and weight may be used in publications by Orange County Public Schools and the VHSL including but not limited to: rosters, Master Eligibility Lists, and programs.

Parent/Guardians Full Name: _____

Signature: _____

Date: _____

Parent/Guardians Full Name: _____

Signature: _____

Date: _____

Day Phone: _____

Evening Phone: _____

Cell Phone: _____

Email: _____

Student:

Please sign to indicate that you have read and understand the above concerning Orange County High School Activities Handbook.

Student's Full Name (Print): _____

Student's Full Name (Signature): _____

Date: _____