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STATEMENT OF PHILOSOPHY

Participation in athletic activities at La Porte High School is a privilege. High standards of conduct are expected from any student participating in these activities. Athletic activities have a positive effect on the development of constructive attitudes for citizenship and life skills.

The athletic phase of the education program is an area in which a participant has a unique opportunity to learn desirable qualities, among which are the principles of justice, fair play, good sportsmanship, respect for rules and authority, respect for others, respect for one's own health and physical well-being, development of leadership, group pride, teamwork, self-discipline and self-sacrifice.

A large segment of the student body and community respects and admires student-athletes. Accordingly, in order to participate in athletics and represent the school corporation, a student-athlete is expected to hold himself/herself as a good example of conduct, sportsmanship, and mental and physical training. Being a good example includes avoiding the use of tobacco, alcohol and unlawful, illicit drugs. A student-athlete who uses such substances is a danger to himself/herself, his/her teammates and his/her opponents.

Substance abuse, including drugs, tobacco, and alcohol, is a serious problem in today's society, and schools are not immune to such problems. The Board of School Trustees and its staff are aware that some students have used alcohol and drugs. Such use has been documented through school-sponsored student surveys, personal observations of the staff, and information from our students. The La Porte Community Schools has devoted serious attention to the abuse of drugs, tobacco, and alcohol by our students and recognized the health risks and dangers associated with such use. The risks to students include the possibilities of impaired judgment, diminished capacity, deterioration of the body's organs, addiction, contraction of associated diseases through the use of common or unsterilized paraphernalia, modification of behavior, and other conditions which substantially inhibit a person from performing to his or her fullest natural ability. The Board of School Trustees and its staff believe that every effort must be undertaken to protect students from such abuses, to prevent such abuse, and to assist those who may be involved in abuse.

In an effort to insure that the La Porte Community Schools has employed every opportunity to prevent and handle the abuse of alcohol, tobacco, and drugs, the Board of School Trustees has instituted a random drug, tobacco, and alcohol-testing program. As a condition of participation in its high school interscholastic athletic program, this random drug, tobacco, and alcohol testing program will add a new dimension to this athletic code and the student handbook already established by the school corporation to guide student conduct. This program is intended to be a helpful and educational part of the overall physical and mental education and conditioning programs of the La Porte Community Schools. It is intended primarily to be a medical diagnostic aid in disclosing possible drug related problems, and as an extension of the school corporation's regular drug-education program, and Zero Tolerance Policy. In addition, since drug use is inconsistent with the purposes of participation in interscholastic athletics and the purposes of the school corporation in general, the program also includes appropriate procedure and consequences for drug related abuse.

The purposes of the program are:

1. To prevent drug, tobacco, and alcohol abuse;
2. To educate student-athletes as to the serious physical, mental, and emotional harm caused by drug, tobacco, and alcohol abuse;
3. To alert student-athletes with possible substance abuse problems to the potential harm;
4. To prevent injury, illness and harm as a result of drug, tobacco, and/or alcohol abuse;
5. To maintain an interscholastic athletic environment free of alcohol, tobacco, and drug abuse at La Porte High School.

The program is not intended to be disciplinary or punitive in nature. Rather it is the purpose of this program to educate, assist and direct a student-athlete away from drug, tobacco, and alcohol abuse and toward healthy, safe and drug-free participation in athletic activities.

ELIGIBILITY RULES:

In order to represent La Porte High School in any interscholastic competition, a student must meet all eligibility requirements of the I.H.S.A.A. as well as those at LaPorte High School.

1. Students whose twentieth birthday occurs before State Finals date shall be ineligible for further inter-school athletic competition.

2. To be eligible scholastically, students:

- (a) Must have received passing grades at the end of their last grading period in school in at least five solid semester subjects.
- (b) Must be currently passing in at least five solid semester subjects.
- (c) Students must be in attendance at least the last 4 class periods of the school day in order to participate in athletic competition and/or practice on that school day unless there are unusual circumstances.

3. Students must turn in, prior to any organized athletic practice, conditioning or open facility, regardless of the time, an IHSAA physical examination form signed by a physician holding an unlimited license to practice medicine, a nurse practitioner or a physician assistant. Athletes and their parents must also be registered on Final Forms and all required forms electronically signed by both the athlete and parent indicating the athletic code of conduct has been read.

4. If an athlete quits a sport after the first contracted event in that sport, the athlete is ineligible to participate in another sport in season or to prepare for another sport out of season until the sport the athlete quit has concluded its regular season.

RESPONSIBILITIES:

The privilege of participating in our athletic program is extended to all students regardless of sex, providing they are willing to assume certain responsibilities.

The greatest responsibility is to be a credit to your parents, your school, and your community. Therefore, it is required that you...

1. Display high standards of social behavior.
2. Display outstanding sportsmanship.
3. Display proper respect for those in authority including teachers, coaches, officials, and most of all, your opponents.
4. Display a real spirit of cooperation.
5. Dress with special care when attending a contest, whether at home or away. Keep yourself neat, clean and socially presentable at all times.
6. Use language that is socially acceptable. Profanity, vulgar talk, and obscene gestures will not be tolerated on or off the field of play.
7. Failure to comply with the above responsibilities could result in suspension or removal from the athletic participation.

DEFINITIONS

The following definitions are applicable to this policy:

1. **Program** – Program refers to random drug and alcohol testing for all high school interscholastic sport participants.
2. **Student-Athlete** – A student-athlete is any student who becomes a member of any La Porte High School interscholastic athletic team.
3. **Drugs** - Drugs are the substances that will be screened in the testing. They are marijuana, cocaine, opiates, amphetamines, phencyclidines (PCP), and alcohol
4. **Laboratory** - A certified laboratory that the Board shall contract will provide services for the testing of all first and second test urine samples. The laboratory will provide clear and consistent communication with the Medical Review Officer (MRO), methodology and procedures for conducting random tests for controlled substances and alcohol, and general implementation of the technical aspects of this policy.
5. **Positive Test** – A positive test is a verified positive for drugs as defined herein.
6. **Zero Tolerance** - The La Porte Community School Corporation has a Zero Tolerance Policy concerning controlled substances and alcohol, therefore, any athlete who tests positive for drugs as defined herein will be subject to the consequences detailed in this policy.
7. **Medical Review Officer (MRO)** - The laboratory shall provide a Medical Review Officer who has met all required training and qualification requirements for the position. He or she shall be a licensed physician with knowledge of substance abuse disorders who has appropriate medical training to interpret and evaluate positive and suspicious negative drug-test results.

DRUG TESTING PROGRAM

1. The random drug-testing program has been in effect since the 1996-97 school year and will be applied to all participants in high school interscholastic sports teams. Once a student-athlete's name is in the database, he/she will be eligible for the random draw throughout the balance of his or her career at La Porte High School until he/she ceases to become a member of an athletic sport for whatever reason.

2. The implementation of this program shall not affect the other policies, practices or rights followed by La Porte Community Schools in dealing with drugs and/or alcohol possession or use.

3. Each prospective athletic participant shall receive a consent form, which is attached. The student and a custodial parent or guardian must date and sign such forms before the student-athlete is allowed to practice or participate in any activity or any organization of any team. The consent form shall provide that the student-athlete agrees to submit to random drug/alcohol testing. The testing consists of urinalysis in accordance with this policy, and the student-athlete agrees to be bound by the terms of this policy.

4. Prior to the start of school for fall sports and on a date announced by the athletic department for winter and spring sports, parents will be provided an opportunity to attend a meeting that will cover, among other items, the procedure for drug testing at LPHS. The drug testing procedure will be explained to athletes at the class meetings conducted by the LPHS administration at the start of each school year.

5. The drug and alcohol screening shall be accomplished through urinalysis that shall be performed on a random basis throughout each school year on at least ten (10%) percent of the total student-athlete population participating regardless of whether the athlete's particular sport is in season.

6. The athletic director will assign an ID number to the name of each student-athlete who has been entered to the database. Identification of student-athletes for testing purposes shall utilize this ID number. The selection of athletes for random drug and alcohol testing shall be made by scientifically valid method provided by the school corporation's laboratory. Under this selection process, each student-athlete shall have an equal chance of being tested each time selections are made.

7. The athletic director shall ensure that random testing is unannounced and the dates for such tests are spread reasonably throughout the school year and each sport's season. The school corporation's laboratory shall determine the dates.

8. At the end of each school year, the Board shall receive a report detailing information regarding the random drug-testing program. This information shall include the number of tests, the number of positive tests, the number of first and second offenses and any other additional information requested by the Board. This report shall protect the students' confidentiality. The last random draw for each school season shall not occur after the last student day.

9. The laboratory will execute a random draw, and will contact the athletic director by fax to advice of the ID numbers that have been drawn. The athletic department will then be responsible for contacting those students prior to their lunch and escorting them to the main gym locker room during this time for the drug test. Ample time will be provided for the student to produce a sample during this time frame. If, however, a student is unable to produce a viable sample in the allotted time, he/she will be asked to visit the testing administrator's office within a 36 hour period to be tested. Students under the age of 18 will be required to have a parent in attendance. If the student does not go to the testing administrator's office during the allotted time frame, this will be treated as a positive test and the appropriate penalties will be assessed as outlined in the drug testing program for athletes and student drivers.

10. The laboratory representatives will gather the collections in a non-offensive manner and will devise appropriate methods for insuring the integrity of the samples. Such procedures shall insure that the laboratory personnel who supervise sample collection will not physically observe the collection.

11. Each student athlete participating shall be required to present appropriate photo ID prior to collection of a sample.

12. Each sample shall be tested for alcohol and all drugs listed in this policy.

13. The laboratory shall be responsible for implementing appropriate procedures to insure the receipt of proper specimens including, at a minimum, the following:

- A. Specimen bottle must contain sufficient urine for testing.
- B. Specimen and the chain of custody forms must be maintained at the laboratory in the same container.
- C. Appropriate identification must be affixed to the specimen bottle.
- D. Specimen must have an intake security seal affixed to the specimen bottle so that the bottle cannot be opened without breaking the seal.
- E. Specimen ID numbers on the chain of custody forms on the security seal and on the specimen bottle must match.
- F. Appropriate collector/donor's signature must appear on the chain of custody form.

14. The laboratory and the administration shall be responsible for instituting appropriate rules governing the amount of time that the athlete has to produce a viable specimen. The failure to produce a specimen within a reasonable period of time as established shall render the student-athlete ineligible to participate until tested during the next random test.

15. The refusal of any student-athlete to cooperate with any part of the collection process shall be treated as a positive test. Failure to report for testing after a student athlete receives the pass informing him/her he/she is to be tested will result in his/her being declared ineligible to participate until tested during the next random test.

16. The laboratory will utilize split urine sampling. The initial test performed shall be EMIT screening. In the event the EMIT screening is positive for one or more of the covered substances, the laboratory will conduct or have conducted a gas chromatography/mass spectrometry (CG/MS) confirmation test on the sample to find the quantitative levels of the substances.

17. All tests whether positive or negative will be reviewed by the Medical Review Officer (MRO).

18. The laboratory shall provide timely and accurate reporting of all negative test results in a confidential manner to the athletic director only.

19. Positive tests confirmed by the MRO shall be made known only to the athletic director, principal, the head coach, the student and the student's parent or guardian. The parent or guardian will be informed of the type of substance that was found and will be notified of the health hazards involved in the use of such substances. If, after 24 hours, the MRO has been unable to contact a parent or guardian concerning a positive test, the test will be considered confirmed not verified and the athletic director will contact the student athlete and inform him/her of the results and consequences of the positive test. If the student or the student's parent or guardian desire, he/she may request to have the remaining portion of the sample reanalyzed by an accredited testing facility. The athletic director must receive a request for a retest within seventy-two (72) hours of the first notification, and all costs associated with this additional testing, including transportation and shipping shall be the responsibility of the student and/or the student's parent or guardian. While the results of such testing are pending, the student's athletic suspension shall be in effect.

20. In the event the additional testing undertaken by the parents and/or the student produces a negative result no penalty shall issue.

21. If the MRO's review results in a negative report, this shall be reported to the Athletic Director as a negative test.

22. In addition to the random testing detailed herein, the head coach, athletic director, and/or building principal reserves the right to request the laboratory testing of any student-athlete who at any time exhibits behavior that establishes reasonable suspicion of drug or alcohol use.

23. The athletic director shall maintain a record of occurrences for the duration of the student's high school career. These records shall be destroyed at the beginning of the school year immediately following the student's graduation from high school or in the event of withdrawal, twelve (12) months after the withdrawal date. These records shall not become a part of the student's permanent record. They shall not be transferred if the student leaves the school to attend another school so long as the student's period of ineligibility has ended. However, these records will be transferred if the student's period of ineligibility has not ended. If the student would have been declared ineligible under this policy, but chooses to transfer to another school, such information shall be sent to the receiving school.

24. No student shall be expelled, suspended, or disciplined academically through the athletic drug test policy, and all consequences shall be in accordance with this policy.

25. Any other student at La Porte High School, other than student-athletes, who wishes to voluntarily agree to be included in the pool of those to be tested and to provide the consent required by the athletes may participate in random testing and will be included in the pool from which selection is made. The student and the student's parent and/or guardian must provide the consent, which can be withdrawn at any time. In the event any such student test results are positive, the principal will hold a conference with the parent/guardian and the student. During this conference, the consequences of such use and suggestions regarding access to treatment, etc. will be discussed. No academic penalties will be instituted for testing positive. However, all other policies and rules and regulations of the La Porte Community School Corporation and La Porte High School shall remain applicable.

General Rules and Consequences

Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes only when that individual is willing to sacrifice his or her time and effort toward a conditioned training program that will help discipline daily habits during a lifetime.

Any student-athlete or team manager at LaPorte High School must practice the following code:

Drinking alcohol, using tobacco, and using drugs are regarded as detrimental habits for all persons, not just athletes. The athletic department hopes that restricting the use of these substances will help to establish habits that will assure a profitable way of conduct, an example for others to follow, and a carry-over value in one's life after school is finished. Accordingly, the use, consumption, or possession of alcoholic beverages, tobacco products, or drugs is prohibited. Use of drugs other than those that are legally prescribed is also prohibited. Evidence of violation of these rules may be determined by established charges filed by law enforcement officials or agencies, observation by members of the athletic staff, faculty, and administration or by admission of the participant. Abstinence from the use of these substances is a year-round task. The La Porte High School Athletic Department reserves the right to use a variety of methods to investigate potential Code of Conduct violations. These include, but are not limited to, legal notifications, internet websites, parent communication, and other personal contacts. Violations of the Code of Conduct have no statute of limitations and will be dealt with as discovered by coaches or administrators.

The athletic department has decided that violators of this rule will be punished as follows:

Alcohol, Drugs or Controlled Substance Use

Drinking, ABC violation, use of drugs or any controlled substances shall be determined by police action, individual confession, identification by an adult member of the school corporation, or through random drug testing (without a medically supported explanation approved by the MRO). LPHS prohibits the possession of any substance containing CBD and / or THC regardless of the amount of content. Drug tests indicating positive results of CBD and / or THC will be treated as a violation of the drug policy for athletes at LPHS.

First Offense:

Suspension from competition for fifty (50) percent of the scheduled games for that season starting immediately and carrying over until all suspended games have been completed. This punishment includes carryover into a different sport in a following season in which the athlete may be participating. A suspension also carries over until the next school year if the full suspension cannot be completed in the balance of the season remaining.

Second Offense:

Suspension from competition for one calendar year (365 days).

Third Offense:

Permanent expulsion from participation in any interscholastic athletics.

In addition, the expectation of the student / athlete is to avoid any situation involving drug use or under age drinking. Encountering any such situation, the student / athlete is expected to leave that environment immediately. Failure to do so will subject the student / athlete to the following:

First Offense:

Suspension from competition for fifty (50) percent of the scheduled games for that season starting immediately and carrying over until suspended games have been completed. This consequence includes carryover into a different sport in a following season in which the athlete may be participating. A suspension also carries over until next school year if the full suspension cannot be completed in the balance of the season remaining.

Second Offense:

Suspension from competition to one calendar year (365 days).

Third Offense:

Permanent expulsion from participant in any interscholastic athletics.

Professional Counseling Provision

Upon testing positive, or being deemed to have violated the alcohol, drugs or controlled substance use policy of the athletic code of conduct, a student-athlete may provide documentation, to the athletic director, of an assessment performed by the designated certified drug/alcohol treatment center, determined by the school corporation. If the student-athlete completes the program in good standing and follows the recommendations of said treatment center, his / her suspension **may** be reduced upon a request, in writing, for a review to the Director of Athletics from the student or student's parent or guardian. This provision is the only basis for a reduction of the suspension for a positive drug test or confirmed violation of the alcohol, drug or controlled substance section of the athletic code of conduct and shall be in the sole discretion of the Director of Athletics. A reduction in a suspension will not exceed 50% of the suspension and this provision of the code of conduct may only be applied one time per athlete. The assessment undertaken by the student-athlete will be at the expense of the parent or guardian. La Porte Community Schools reserves the right to continue testing any student-athlete who has tested positive for drugs. This continued testing might be done at any time during the remainder of the school year.

Use of Tobacco Substances *This includes vaping or e cigarettes

First Offense:

Suspension from 20% of the scheduled games

Second Offense:

Suspension from 60% of the scheduled games

Third Offense:

Suspension from one calendar year (365 days)

Vandalism

Vandalism, the theft or destructive misuse of school property, equipment, or personal property of others, is prohibited. This rule protects not only LaPorte High School and its students, but also all other schools, students, and community members with whom LaPorte High School competes and local community members.

First Offense:

Suspension from competitive participation in all sports for two weeks to one year, depending on the severity of the offense, and payment in full for all damage caused. The Principal and Athletic Director will meet and determine the duration of the suspension.

Second Offense:

Suspension from competition participation in all sports for one year and payment in full for all damage caused.

SUSPENSIONS

For a student in grades 10-12, suspensions will apply to the balance of the season remaining in which a positive test occurred. If the balance of the season is inadequate to complete the number of suspensions, the remaining suspensions will be completed in the next sport in which the student athlete has been a participant. However, the balance of suspensions cannot be made up in a sport in which the student athlete has not previously participated. The only exception is for a student in grade 9 who will be allowed to complete the balance of suspensions, if any, in the next sport in which the student participates.

Suspension from competition shall take place from the date of the first contest following the violation until the date of the first contest following completion of the suspension period. If the violation takes place during the season and there are insufficient weeks remaining in the season for full running of the suspension period, the remaining weeks of suspension will carry over into the next season or sport in which the student seeks to participate. If the violation occurs out of season, the suspension will take place during the following season.

Practice during the period of suspension may be allowed at the discretion of the individual coach involved. However, an athlete may begin practice ten days prior to the end of the suspension period in order to complete ten days of practice before the first game. An athlete will not be permitted to participate in the sport he or she has not participated in the previous year in order to circumvent these

suspension rules. An athlete who quits a sport to avoid serving a suspension in that sport will serve the suspension in the next sport in which he or she participates.

If an athlete is serving a suspension and becomes academically ineligible during the suspended period, the suspension-ineligibility will be served concurrently. If an athlete is academically ineligible and is suspended while academically ineligible, the suspension-ineligibility will be served consecutively.

When disciplinary action resulting in suspension or expulsion from participation is taken, the student will have a hearing with the coach, and the coach will inform the student about the violation. The coach will also report in writing the problem involved to the athletic director, giving all the details regarding the violation and the disciplinary action. It must be understood that the coach or athletic director shall inform the student-athlete's parents of the violation and the action taken within seventy-two hours after discipline is imposed.

If an athlete is suspended from school, he / she will automatically be suspended from all practice and game participation for the period of the suspension. For purposes of athletic suspensions, the following will be adhered to:

1. The duration of suspensions will be determined by the percentage of the maximum number of regularly scheduled contests for a sport (i.e. baseball can play 28 games, therefore, a 50% suspension in baseball would be 14 games).
2. Jamboree or scrimmages will not be considered a contest for suspension purposes.
3. The decision to allow a suspended athlete to participate in a jamboree or scrimmage will be left up to each individual coach.
4. Contests during an IHSAA tournament series may count towards the games suspended and if the suspension ends during the IHSAA tournament, the athlete would be allowed to participate. (i.e. a baseball player receives a 50% suspension. The athlete is suspended for the last 11 regular season games and the sectional. The athlete would be eligible to participate in the regional provided there were 3 games in the sectional)

MULTIPLE VIOLATIONS OF ATHLETIC HANDBOOK

The Principal and Athletic Director will meet and determine appropriate disciplinary action in those instances where an athlete has violated the athletic handbook more than once in different categories.

JUVENILE OR CRIMINAL OFFENSES

Upon presentation of reasonable evidence that a student-athlete has acted in a manner that would constitute a crime if committed by an adult or that could result in a criminal charge (whether or not formally made by the office of the prosecuting attorney), the athlete will be suspended by the coach until the Principal and Athletic Director determine the extent of the penalty.

HARASSMENT

The School Board recognizes that a student has the right to learn in an environment untainted by sexual or other forms of harassment or discrimination. Offensive conduct which has the purpose or effect of unreasonably interfering with learning performance or creating an intimidating, hostile, discriminatory, or offensive learning environment disrupts the educational process and impedes the legitimate pedagogical concerns of the Corporation.

Sexual harassment includes all unwelcome sexual advances, requests for sexual favors, and verbal or physical contacts of a sexual nature. Other prohibited conduct includes that which has the purpose or effect of creating an intimidating, hostile, discriminatory, or offensive learning environment on the basis of gender, religion, race, color, ethnicity, age and/or disability.

The harassment by a student of a staff member or fellow student of this Corporation is strictly forbidden. Any student who is found to have harassed a staff member or student will be subject to discipline in accordance with law and the Code of Conduct.

If a student reports that she/he is being harassed by a member of the staff, or witnesses harassing behavior by a staff member against a student, the matter is to be reported immediately to the athletic director, who shall then contact the principal, who shall then contact the assistant superintendent. Detailed information regarding harassment and the reporting of such can be found in the La Porte High School Student Planner and online at <http://www.neola.com/laporte-in>.

HONESTY CLAUSE / SELF REFERRAL

La Porte High School emphasizes the role of parent(s) as critical to the success of providing an effective deterrent for participant use of alcohol, drugs, intoxicants and tobacco. Parental permissiveness and enabling are important risk factors to consider. We encourage parents to take a firm stand on substance use and stress the need for parental support and accountability in our efforts to establish an effective deterrent.

In an attempt to support parents and efforts, La Porte High School has established the Self-Referral policy. This policy encourages parent(s) and /or the participants to come forward voluntarily, immediately or as soon as possible after a violation has occurred, to acknowledge a violation of the LPHS athletic code of conduct regarding the use of alcohol, drugs, intoxicants and tobacco. Parents and / or athletes, who are willing to come forward voluntarily may earn a reduction or elimination of any suspension based on a decision by the Director of Athletics. The following criteria must exist if a reduction or elimination of a suspension will be considered:

- a. The parent and / or athlete must come forward voluntarily to acknowledge violations of La Porte High School policies regarding the use of alcohol, drugs, intoxicants and tobacco prior to any investigation by or other notification of school personnel or a law enforcement agency. An investigation is defined as an attempt to validate an alleged violation of athletic department policy. The involvement of a law-enforcement agency automatically constitutes an investigation. (Example: if the police are called to a party where alcohol is present, an investigation automatically begins).
- b. The parent and athlete agree to work through the La Porte High School Professional Counseling Provision.

CELL PHONES AND CAMERAS

All cell phones and cameras are to be secured and unseen within any LPHS locker room. This applies to all athletic related participants including players, managers and coaches. Those found in violation of this policy will receive immediate consequences, which could include dismissal from the team. Should an athlete receive an electronic transmission while in a locker room or need to contact someone, they should remove themselves from the locker room before receiving communication or making a call.

APPEARANCE AND GROOMING GUIDELINES

La Porte High School student athletes act as representatives of the school and community and, therefore, are required to exhibit a well-groomed and appropriate appearance. In an effort to be consistent and to promote uniformity with appearance guidelines throughout the athletic department, the following guidelines will apply to student athletes at La Porte High School.

- Hairstyles or appearance that are disruptive to the educational process of education based athletics, that cause health, performance, or safety concerns, or hair styles deemed contrary to community standards or social norms will not be allowed (Examples: mohawks, unnatural dyed hair or other styles that cause undue individual attention).
- Athletes will be clean shaven (no facial hair) from the official start date of their season, as outlined by IHSAA rules, until the last contest day of that respective season.
- Athletes are to avoid using any hair coloring that would not be natural in color during the season.
- Insignia's, including but not limited to initials or numbers, and hair styles that pose health, sanitation or vision problems will not be allowed during the season.
- Athletes are expected to wear the uniforms provided by La Porte High School and practice attire consistent to that of the sport they are participating.
- Athletes may be asked to wear certain attire on game days and road trips and will be expected to comply when this request is made by their respective coaches.

ADDITIONAL TRAINING RULES

Each coach shall establish his or her own rules regarding training, practice, curfews, and any rules not covered by the above guidelines prior to the start of the season. These rules must be in writing and clearly communicated to the athletes and parents so there will be no misunderstanding on the part of the participants and their parents.

APPEAL PROCESS

After a penalty has been assessed by the Director of Athletics because of a violation of the athletic code of conduct, the student-athlete and parents may appeal the athletic director's decision by completing the Athletic Disciplinary Action Appeal Form. The form must be completed and submitted to the athletic director within five days of the athlete's notification of the assessed penalty. A meeting with the athletic director will occur first, then an appeals hearing with the Principal, or in case of his/her absence a designee, will take place. The meeting, if requested, will take place within a reasonable period of time after the request has been made. The student-athlete and parent must present evidence to the High School Principal that may justify a change in the assessed penalty. The student can bring to the meeting his/her parents, guardians, other students or anyone else who might support his/her case.

After the appeal is heard, the Principal will consider the evidence and announce a decision to the parent of the student-athlete within 48 hours of the appeals hearing.

The Principal will then rule to:

1. Affirm the penalty as originally assessed
2. Reverse the penalty
3. Modify the penalty

Upon hearing the outcome of the appeal meeting with the Principal, the student-athlete would then have the right to request a meeting with the Assistant Superintendent if they consider the Principal's ruling to be inconsistent with policy. This request would need to be written and made to the Assistant Superintendent within 5 days of the athlete's notification of the decision of the Principal.

ENROLLMENT IN LA PORTE COMMUNITY SCHOOL CORPORATION VIRTUAL PROGRAM

A student enrolled in the LPCSC virtual program may have athletic eligibility if all requirements of IHSAA by-law number 18 and all other IHSAA by-laws are satisfied. LPHS will work with students / parents who are interested in being athletically eligible while attending the LPCSC virtual program. Due to the many factors involved in an individualized education program and eligibility requirements as set forth by the IHSAA, athletic eligibility is not guaranteed. LPCSC staff will work with each student/parent with questions and clarification of the rules which are intended to promote education based athletics. Home school students will need to be enrolled in the LPCSC virtual program, and meet IHSAA eligibility standards, in order to be athletically eligible at LPHS.

SOCIAL NETWORKING CONDUCT THAT DISRUPST THE EDUCATIONAL PROCESS

The LPHS Athletic Department recognizes and supports student-athletes and coaches rights to freedom of speech, expression and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for LPHS is a privilege, not a right. The student-athlete and coach represent LPHS and, therefore, are expected to portray themselves, their team and the school corporation in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school and LPCSC rules and regulations.

Student athletes are responsible for information contained in written or electronic transmissions and any information posted on public domain (i.e. Facebook, You Tube). Any athlete identified on a social networking site which depicts postings that are deemed to be threatening, constitute bullying against other students or school personnel, creates a substantial disruption of the educational environment or is a violation of federal or state laws may be subject to disciplinary action as outlined by the athletic code of conduct. Student athletes are not precluded from participation in such online social networks, however, they should be reminded that they serve as representatives of their team, the athletic program and the La Porte Community School Corporation.

Texting, tweeting or postings on any other social networks to disparage or criticize the team, other students, opponents, coaches or any other school personnel may be deemed conduct unbecoming a La Porte student athlete and may subject the athlete to disciplinary action, first by the head coach and possibly by the director of athletics, depending on the severity of the occurrence.

TRAVEL-RELEASE FORMS

Student-athletes are **EXPECTED** to ride with their coach/team on the provided bus or van to and from all away athletic contests. If an athlete has a just reason for needing to be transported by his or her parent(s) or guardian, a travel-release form must be completed in advance of each athletic contest and signed by the parent or guardian, coach, and the athletic director. The student-athlete must ride with only his or her parent(s) or guardian. He or she will not be allowed to ride with other students, friends, or parents of other athletes. The travel-release forms are available in the athletic director's office.

AWARDS

All athletes earning their first varsity letter, regardless of class, will receive a certificate from the athletic department entitling them to a 25% discount on the purchase of a letter jacket, their Letter "L", chevron, and a patch indicating the sport in which they lettered. Each year following, the athlete will receive a chevron for each Varsity sport they participate.

Athletes participating at the Junior Varsity or Freshman level will receive numerals indicating their graduation year.

If an athlete becomes ineligible, academically or as a result of a violation of the code of conduct, at any time during the athletic contest season or before the recognition night for that season, the athlete forfeits all awards he / she would have been entitled.

LaPorte High School
Student & Parent/Guardian
Concussion Information & Acknowledgement

In order to better protect and inform student-athletes and families, LaPorte High School Athletics has mandated that all athletes, parents/guardians, and coaches follow the IHSAA Concussion Policy and Indiana State Law, which requires an acknowledgement of having been informed about concussions.

A concussion is a brain injury, and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head.

A concussion can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications, including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. One cannot see a concussion. Most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms/signs of concussion, seek medical attention right away.

Symptoms may include one or more of the following:

1. Headache
2. Nausea/vomiting
3. Balance problems or dizziness
4. Double vision or changes in vision
5. Sensitivity to light or sound/noise
6. Feeling of sluggishness or foginess
7. Difficulty with concentration, short-term memory, and/or confusion
8. Irritability or agitation
9. Depression or anxiety
10. Sleep disturbance

Signs observed by teammates, parents and coaches include:

1. Appear dazed, stunned, or disoriented
2. Demonstrates short-term memory difficulties (e.g. is unsure of the game, score, plays, or opponent)
3. Exhibits difficulties with balance or coordination
4. Answers questions slowly or inaccurately
5. Loses consciousness
6. Demonstrates behavior or personality changes
7. Unable to recall events prior to or after the hit

Problems could arise over the first 24 – 48 hours following a concussion. The athlete should not be left alone and must go to a hospital at once if they:

- Have a headache that gets worse
- Are very drowsy or can't be awakened
- Can't recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused; are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on their feet; have slurred speech

Remember, it is better to be safe.

Other important points:

- **Rest (physically), including training or playing sports** until symptoms resolve and you are medically cleared-no gym or weight lifting as well
- Avoid use of any electronic devices or television while patient is still having symptoms as this may prolong or increase symptoms
- School work may have to be modified depending on symptoms, but this is usually not for an extended period of time
- No alcohol
- No prescription or non-prescription drugs without medical supervision.

Specifically:

- No sleeping tablets
- Do not use aspirin, anti-inflammatory medication or sedating pain killers
(Tylenol as needed should be fine to use if using only what is recommended on manufacturers label per age and weight)
- Do not drive until medically cleared
- Do not train or play sport until medically cleared
- Things you should do:** Eat Healthy, Stay Hydrated, Go to sleep and wake up the same time daily, Walk a mile a day at 20 min/mile pace

Return to Play:

Athletes should not be returned to play the same day of injury.

When returning athletes to play, they should be **medically cleared and then follow a stepwise supervised program**, with stages of progression. There should be at least 24 hours (or longer) for each stage and if symptoms recur the athlete should rest until they resolve once again and then resume the program at the previous asymptomatic stage. **This progression back to play will take 5-7 days minimum from the date of concussion.**

What can happen if my child/player continues to play with a concussion or returns too soon?

Athletes with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is vital for the safety of the student-athlete.

For current and up-to-date information on concussions you can go to the following sites:

<http://www.cdc.gov/ConcussionInYouthSports/> or www.nfhslearn.com

La Porte Hospital Sports Medicine

ATHLETIC CONCUSSION PROTOCOL

Based on Zurich International Concussion Guidelines 2012:

The player should not be left alone during the first 24 to 48 hours following concussion and serial monitoring should be done as necessary. It can be normal for the patient to sleep or nap more following a concussion. However, the patient should go to a hospital if they:

- Have a headache that gets worse, are very drowsy or can't be awakened, can't recognize people or places, have repeated vomiting, behave unusually or seem confused; are very irritable, have seizures (arms and legs jerk uncontrollably), have weak or numb arms or legs, are unsteady on their feet; have slurred speech, or has difficulty understanding speech or directions.
- If the player is 14 or under, has had a previous concussion in the last 12 months or 2 or more concussions prior to this concussion-a minimum of 7 days from time/date of concussion will be used for return to play.
- If the player is 15 or older, without previous concussions in the last 12 months, or only 1 concussion longer than 12 months ago-a minimum of 5 days from time/date of concussion will be used for return to play

Progression should take approximately 1 week with return to play and only increase a step if asymptomatic on previous step. Steps should be about 24 hours apart:

- | | |
|--------------------------------|---|
| 1. Rest | 24-48 hours post injury or until asymptomatic |
| 2. Light aerobic activity | Walking, swimming, max HR <70%, no resistance training |
| 3. Sport Specific Exercise | Skating drills in hockey, running drills in soccer |
| 4. Non-contact training drills | More complex training drills ex. Passing drills in ice hockey |
| 5. Full contact practice | All normal practice activities |
| 6. Return to play | Normal game play |

If the athletic trainer is concerned that the athlete has been returned to play inappropriately, they will contact the Sports Medicine Medical Director and follow the IHSAA guidelines regarding return to play with concussions. The Sports Medicine Medical Director may require that the athlete be seen by themselves prior to return to play for final clearance in accordance with IHSAA guidelines. All returning athletes from a concussion must have appropriate documentation on file before any practice or competition following a concussion signed by a physician.

SUDDEN CARDIAC SYMPTOMS PROTOCOL

In accordance with Indiana House Bill 1290, beginning January 2015, any athlete reporting or exhibiting any symptoms related to possible sudden cardiac arrest will be immediately removed from participation in their sport. This includes, but is not limited to:

- Chest pain, fainting, dizziness, shortness of breath, an abnormally rapid heartbeat, and irregular heartbeat.

Once removed from participation, the athlete's parent will be notified and the athlete will not be allowed back into competition until cleared back by the athletic trainer, nurse practitioner, or physician. At minimum, the athlete will undergo appropriate American Heart Association guidelines screening including history and physical examination. But other more advanced screening or testing may be warranted on a case by case basis in order to adequately clear an athlete back into participation. If an athlete is cleared back and there are any questions or concerns regarding the athlete's clearance, the case will be reviewed by the Medical Director or Sports Medicine at La Porte Hospital. The Sports Medicine Medical Director may require that the athlete be seen by themselves or a cardiologist prior to return to play for final clearance.

CONSENT FOR TREATMENT, RELEASE OF INFORMATION, AND RETURN TO PARTICIPATION

I understand that if my child sustains an injury during his/her athletic season, the La Porte High School Athletic Trainer may disclose injury information to my child's specific coach (or the designated member of that coaching staff), the La Porte High School Administration, any treating physicians, and/or Medical Director.

In the event of an injury, I hereby authorize the La Porte High School Athletic Trainer to provide sports medicine services to my child. In the event that an injury is suspected or has occurred, the Athletic Trainer will determine whether an athlete may participate and at what capacity. All questions or concerns regarding an athlete's participation may be reviewed by the Team Physician/Medical Director of Sports Medicine at La Porte Hospital, and a ruling will be directed through the Athletic Trainer. If the athlete is seen by another physician, any treatment to be given by the Athletic Trainer must be authorized in written form. Following a physician release, the Athletic Trainer will determine if an athlete should return to activity based on a complete functional assessment of the athlete and the determination that the athlete is both physically and mentally ready to return. Other services may include, but are not limited to: administering first aid, and providing initial treatment and assessment of acute injuries.

As a parent of a member of La Porte High school athletic squad, I have also read and understand the Athletic Concussion Protocol and Sudden Cardiac Symptom Protocol.

Parent/Guardian Printed Name

Parent/Guardian Signature

Student Printed Name

Date

INFORMED CONSENT:
THE FIRST STEP OF PARTICIPATION IN SPORTS

I/we acknowledge that the participant is assuming a certain risk of being injured. Even with the best coaching, with the use of the most advanced protective equipment, and with the strict observance of rules, injury is still a possibility in organized athletics. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

STUDENT'S NAME _____ (Please Print)

I have read and understand the rules and regulations as stated in this booklet. As a member of an athletic squad representing La Porte High School, I agree to guide my conduct accordingly.

Signed _____ Date _____
(Student signature)

As a parent of a member of a La Porte High School athletic squad, I have also read and understand the contents of this booklet. I approve of this code of conduct expected of my son or daughter, and will help them to maintain these standards.

Signed _____ Date _____
(Parent signature)

Insurance Information Request (Please fill in the following)

I, or we, have health and accident insurance that will cover _____
(Student Name)

in all sports. We have insurance with _____
(Name of Insurance Company)

Father's Place of Employment _____

Mother's Place of Employment _____

(Parent and/or Guardian signature)

I understand that if my child sustains an injury during his/her athletic season, the LaPorte High School Certified Athletic Trainer may disclose injury information to my child's specific coach (or the designated member of that coaching staff), the LaPorte High School Administration, and/or any treating physicians.

Parent/Guardian Name Printed

Parent/Guardian Name Signed

Student/Athlete Name Printed

Date

INFORMED CONSENT:
THE FIRST STEP OF PARTICIPATION IN SPORTS

I/we acknowledge that the participant is assuming a certain risk of being injured. Even with the best coaching, with the use of the most advanced protective equipment, and with the strict observance of rules, injury is still a possibility in organized athletics. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

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Father's Place of Employment _____

Mother's Place of Employment _____

(Parent and/or Guardian signature)

I understand that if my child sustains an injury during his/her athletic season, the LaPorte High School Certified Athletic Trainer may disclose injury information to my child's specific coach (or the designated member of that coaching staff), the LaPorte High School Administration, and/or any treating physicians.

Parent/Guardian Name Printed

Parent/Guardian Name Signed

Student/Athlete Name Printed

Date

PLEDGE AND CONSENT
La Porte Community School Corporation

As a student participant in athletic activities at La Porte High School, I recognize and accept that my participation is a privilege -- an opportunity for me to make a significant contribution to my school, my community, and my personal development. Representing La Porte High School in athletic activities places many responsibilities upon me as an individual. Many people -- including fellow students, faculty members, sponsors, coaches, school officials, and parents -- are giving many hours of time and a great deal of financial support to provide a fine athletic program for me. In consideration of this, I agree to live by and conduct myself in accordance with the following pledge:

1. I will conduct myself so as to reflect honor upon myself, my fellow students, my school, my parents, and my community at all times in all places.
2. I will keep myself mentally and physically alert so that I can contribute my best efforts, and benefit my fellow participants, my school, my community, and myself.
3. I will not use tobacco, alcohol, or unlawful illicit drugs while a student of La Porte High School.
4. I will actively discourage the use of tobacco, alcohol, and drugs among youth in order to achieve tobacco, alcohol, and drug-free schools.

DRUG-TESTING PROGRAM CONSENT FORM

I have received, read, and understand a copy of The La Porte Community Schools Athlete Drug/Alcohol Testing Policy. I also have read and understand the pledge as stated above.

I, _____, will participate in this program and in the athletic programs of La Porte Community Schools and do, hereby, voluntarily agree to subject to its terms. In an effort to promote and preserve the educational value of athletics and to set an example for others, and to promote a student environment free of alcohol and drug use, I accept the method of obtaining urine samples, testing, and analyzing such specimens. And I accept all other aspects of this program. I also agree to cooperate in furnishing urine specimens that may be required from time to time.

I further agree and consent to the disclosure of the sampling, testing, and results provided for in this program. This consent is given pursuant to all state and federal privacy statutes and is a waiver of rights to non-disclosure of such test records and results to the extent of the disclosure authorized in the program.

Custodial Parent/Guardian Signature	Student Signature

Address	Date

_____ - Telephone

**PERMISSION TO PHOTOGRAPH/VIDEOTAPE
RELEASE TO UTILIZE
PERMISSION TO RELEASE FOR NEWSPAPER PUBLICATIONS**

We recognize the value of audio-visual and other types of electronic communication in providing our child with an effective education and hereby grant permission for our child and/or his/her schoolwork products to be photographed or videotaped as part of an educational program produced by the corporation or coalition of corporations.

We further grant permission for the photographs or videotapes be used in media presentations that are made available to other educational institutions or through a cable television station or network. We understand that our child's image, name, work product, school, and grade may be revealed in the presentation(s) but that no other information about our child or his/her schoolwork will be revealed without our prior consent.

Student's Printed Name _____ Student's Signature _____

Parent's Printed Name _____ Parent's Signature _____

Address _____

City _____ Zip Code _____

Telephone (Home) _____ Telephone (Work) _____

Date

It is the policy of this corporation that no student shall be discriminated against on the basis of race, color, religion, national origin or citizenship status, creed, or ancestry, age gender, disability, height, weight, or other protected characteristics.

La Porte High School
Office of Interscholastic Athletics
Disclaimer for Risk of Injury, Health Insurance and Athletic Handbook
2020-2021

Family Acknowledgement: The Risk of Injury in High School Sports

Participation in high school athletics carries with it the very real potential for injury. It is possible that a student athlete may face an injury that will result in missing one or more days of practice or contests at least one time during his four year career.

It must be clearly understood by our student athletes and their families that even with proper coaching and support from our coaching staff, and the use of proper equipment and tremendous facilities, injuries may take place. These injuries can range from, but are not limited to, soreness, bruises, sprains, strains, dislocations, broken bones and concussions. It should also be clearly understood that some of these athletic injuries might result in catastrophic injuries including partial or full paralysis and in some instances death.

We need your help as a student athlete and as a family. Proper rest, nutrition, and the adherence to the rules and guidelines established by the LaPorte High School Office of Interscholastic Athletics and the coaches of your sports will go a long way to assure that injuries do not happen.

I understand and accept this risk.

Health Insurance Disclaimer

The LaPorte High School Office of Interscholastic Athletics does not provide health insurance for student athletes. Health insurance must be provided by the student athlete's family and the cost of any medical bills incurred while participating in athletics at LaPorte High School must be assumed by the family.

We understand that health insurance is not provided by the LaPorte High School Office of Interscholastic Athletics for participation in athletic programs for the 2020-2021 school year.

Receipt of Handbook for LaPorte High School Athletes

We have read and understand the Risks of Injury, the Health Insurance Disclaimer and the rules and regulations as stated in the Handbook for LaPorte High School Athletes.

“In addition, due to the highly contagious nature of the current COVID-19 virus outbreak and potentially any other virus that can be contracted from both symptomatic and asymptomatic carriers, XYZ Community School Corporation assumes no responsibility for the contraction of any illness as result of your participation in the school's athletic program(s). The school will not be responsible for determining whether or not any participant has or does not have COVID-19 or any other illness before, during or after any athletic activity. It is the school district's recommendation that during the COVID-19 pandemic, the participant consult with their doctor before participation and follow the CDC guidelines where possible.”

Parent: _____

Student: _____

Date: _____

COMPLETE IN FULL

LaPorte High School Emergency Medical Form

DATE _____

A. PERSONAL INFORMATION

Student's Name _____ Student's Email Address _____

School Year: FR _____ SOPH _____ JR _____ SR _____ Last Tetanus Shot: _____ Birth Date _____

Previous School(s) Attended _____

Allergies/Conditions: _____

Home Address _____ Home Phone _____

_____ Zip Code _____

Father/Guardian _____ Mother/Guardian _____

Address (if different from above) _____ Address (If different from above) _____

Phone (if different from above) _____ Phone (if different from above) _____

Cell Phone _____ Cell Phone _____

Work Phone _____ Birth Date _____ Work Phone _____ Birth Date _____

E-mail _____ E-mail _____

ALT. EMERGENCY CONTACT _____ Phone # _____

(Relationship to Athlete) _____

B. INSURANCE

Do you have Health Insurance? YES _____ NO _____ If no, please contact the Athletic Office for options

(Attach a copy of your insurance card if possible)**

Primary Health Insurance held by: Father/Guardian _____ Mother/Guardian _____

Father/Guardian _____ Mother/Guardian _____

Company/Plan Covering Student _____ Company/Plan Covering Student _____

Address _____ Address _____

Insurance Co. Phone # _____ Insurance Co. Phone # _____

Group # _____ ID # _____ Group # _____ ID # _____

HMO _____ PPO _____ POS _____ OTHER _____ HMO _____ PPO _____ POS _____ OTHER _____

Name of Family Physician _____ Phone # _____

C. PARENTAL CONSENT

I hereby authorize the athletic staff of LaPorte High School any emergency medical treatment of my son/daughter should they become injured while participating in an athletic event. Included in this consent is permission to transport and treat in route to a medical facility should the injury be serious in nature. I also provide consent to the medical facility to perform any necessary procedures if I cannot be reached and I understand that I am responsible for any payments to said medical facility if insurance does not pay.

Signature of Father/Guardian _____ Date _____

Signature of Mother/Guardian _____ Date _____