

DIRIGO HIGH SCHOOL

STUDENT-ATHLETE HANDBOOK

2023 - 2024 EDITION

ASSISTANT PRINCIPAL & ATHLETIC DIRECTOR

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DIRIGO ATHLETICS GENERAL INFORMATION

ATHLETIC PROGRAM CLASSIFICATION

FALL ATHLETIC PROGRAMS

CROSS COUNTRY - CLASS C SOUTH
ESPORTS - STATEWIDE CLASS
FIELD HOCKEY - CLASS C NORTH
FOOTBALL - 8-PERSON SMALL SOUTH
GOLF - CLASS C
SOCCER: 8-PERSON SOUTH

WINTER ATHLETIC PROGRAMS

BASKETBALL - CLASS C SOUTH
CHEERLEADING - CLASS C SOUTH
NORDIC SKI - CLASS C
UNIFIED BASKETBALL - SOUTH REGION
WRESTLING - CLASS B SOUTH

SPRING ATHLETIC PROGRAMS

BASEBALL - CLASS C SOUTH
*ESPORTS - STATEWIDE CLASS
SOFTBALL - CLASS C SOUTH
TENNIS - CLASS C SOUTH
TRACK & FIELD - CLASS C

CONFERENCE AFFILIATION

Mountain Valley Conference (MVC)

MASCOT

Cougars

SCHOOL COLORS

Navy, White & Carolina Blue

SCHOOL SONG

*Cheer, Cheer for Dirigo High!
Our school will never die!
We'll march on to victory,
And the victors we will be!*

*We'll never falter, we'll never fall,
We'll fight for honor,
And that is all!*

*Come on team, we've got to fight.
For Dirigo, the blue and white!
Rah! Rah! Rah!*

ATHLETIC PROGRAMS AVAILABLE AT DIRIGO HIGH SCHOOL

INFORMATION PROVIDED FOR THE 2023 - 2024 ACADEMIC YEAR

FALL ATHLETICS

CROSS COUNTRY
ESPORTS
FIELD HOCKEY
FOOTBALL
GOLF
SOCCER

WINTER ATHLETICS

BASKETBALL
CHEERLEADING
NORDIC SKI
UNIFIED BASKETBALL
WRESTLING

SPRING ATHLETICS

BASEBALL
ESPORTS
SOFTBALL
TENNIS
TRACK & FIELD

*JUNIOR VARSITY PROGRAMS ARE DEPENDENT ON THE NUMBER OF
PARTICIPANTS WITHIN A GIVEN SEASON AND ATHLETIC PROGRAM.*

MESSAGE TO STUDENT-ATHLETES & PARENTS/GUARDIANS

Student-Athletes & Parents/Guardians:

On behalf of the school community, I welcome you as a member to one of the most proud and supportive programs throughout the State of Maine, the Dirigo Athletic Program. Dirigo High School has a deep and rich extracurricular tradition, for it has provided generations of Dirigo students with diverse opportunities to succeed in avenues that extend beyond the classroom and school walls. This student-athlete handbook is designed to provide both students as well as parent(s)/guardian(s) with all of the necessary information related to athletics and co-curricular activities at Dirigo High School. As stated within the required participation documents, please read the entire handbook as it contains rules and policies that are directly connected to you and your student-athlete. The required participation documents are to be submitted to the Dirigo High School main office or submitted virtually as indicated within the paperwork that you and your student-athlete have received.

Those looking to participate within the Dirigo Athletic Program should realize that they are students first and athletes second. **If involvement in athletics and activities creates a conflict with academics, a student will be removed from the activity until the situation is resolved.** Participating within the offered programs is a privilege, not a right. Therefore, if students do not fulfill their responsibilities of being in good academic standing and a positive contributor to the school and/or community climate, they will not be allowed to participate. It is our desire that students' involvement in activities at Dirigo High School will enhance their academic performance as well as promote responsibility, discipline, cooperation, sportsmanship, self-esteem and much more.

One of the greatest values we hope our students will learn through competition through Dirigo Athletics is that of sportsmanship. We respect the effort and dedication you have and will put forth within the athletic programs here at Dirigo High School. Furthermore, we appreciate the vital role of our coaching staff, parents/guardians, Boosters organization, staff members, community members and everyone that has contributed to our diverse and successful programs. Please acknowledge the efforts of these important groups and individuals by making sportsmanship a priority while representing the Dirigo community. We ask that all of our participants and supporters to model positive sportsmanship at all times. We invite our participants to participate with all of their effort and our supporters to cheer loud but we ask everyone to do so in the nature of high school athletics by having respect for ourselves, teammates, opponents, coaches, and officials.

Thank you for helping to carry on the tradition of Dirigo Athletics with integrity, honor and spirit for future generations to appreciate and aspire to become.

Nicholas Karavas
Athletic Director/Assistant Principal
Dirigo Athletics

PURPOSE & OBJECTIVES

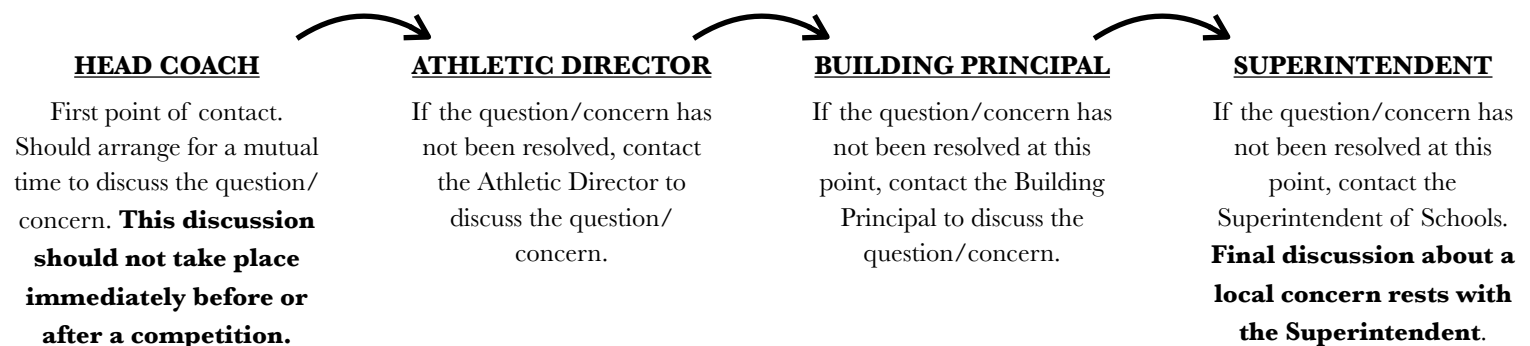
STUDENT-ATHLETE HANDBOOK PURPOSE

The purpose of the Dirigo High School Student-Athlete Handbook is to provide student-athletes, parents/guardians, staff, coaches, etc. with the policies, procedures, and further information that govern the Dirigo Athletics programs. Dirigo High School is currently an active member of the Maine Interscholastic Athletic Administrators Association (*MIAAA*) and the National Interscholastic Athletic Administrators Association (*NIAAA*). Furthermore, Dirigo High School is an active member within the Mountain Valley Conference (*MVC*) and adheres to the Constitution and Bylaws of the league governing interscholastic athletic program competition between member schools/leagues. All interscholastic high school athletic competitions in the State of Maine are governed by the Maine Principals' Association Bylaws, policies and regulations.

Student-athletes are expected to know the policies, rules and regulations governing participation and to abide by them at all levels of competition. The coaching staff should use this information in their decision making process that are consistent and fair as they work with student-athletes and participate within the development of athletic programs. Parents/Guardians are asked to work closely with their student-athletes, teachers, staff members, coaches, and administrators to ensure that the experience for their student-athlete is productive, rewarding, positive and memorable as they participate within athletic programs at Dirigo High School.

CHAIN OF COMMUNICATION

Dirigo Athletics recognizes that question(s) and/or concern(s) may arise about various aspects related to athletic programs. It is important that communication relating to these types of question(s)/concern(s) follow a chain of communication to ensure that those responsible for supervision of student-athletes are made aware of the indicated situation. The following provides a procedural guideline for any question(s)/concern(s) relating to an athletic program relating to Dirigo Athletics:



It is the hope of the Dirigo Athletics Department that through open communication, we can avoid unresolved question(s) and/or concern(s) relating to athletics.

DIRIGO ATHLETICS OBJECTIVES

The objectives of the Dirigo Athletics Department align with the expectations for student learning at Dirigo High School. The programs are designed to provide multiple means of experiences to further their development of skills pertaining to:

- Clear and Effective Communication
- Self-Directed Lifelong Learning
- Creative and Practical Problem Solving
- Responsible and Involved Citizenship
- Integrative and Informed Thinking Skills

Furthermore, it is the intent of the Dirigo Athletics Department to educate through participation in relation to **work ethic, commitment, healthy and physical activity, sportsmanship, and teamwork**. There are many benefits of athletic programs and participation within activities that go beyond the listed objectives. It is important for all participates to understand that participation within Dirigo Athletics is a privilege, not a right, and should be treated in that manner.

PARTICIPATION ELIGIBILITY

In accordance with RSU NO. 56 policy, all students are encouraged to participate in co/extra-curricular activities. These activities offer students the opportunity to develop character, positive attitudes, self-discipline, and leadership skills. Furthermore, they offer students the opportunity to learn new skills, to compete in a variety of sports, to experience being part of a team, and to realize the importance of personal accomplishments.

Participation is entirely voluntarily and is a **privilege** that carries with it responsibilities to self, classmates, school and the community. It is the Board's intent to establish eligibility standards that support the wellbeing of the student and the integrity of the school's co/extra-curricular programs. As outlined within policy JJI, participation eligibility requirements related to academic standing are the following:

RSU NO. 56 JJI Policy

Click

[HERE](#)

HIGH SCHOOL ACADEMIC ELIGIBILITY

- High school students must be enrolled and passing a minimum of **five full-time courses** or an equivalent. Students not meeting these requirements will be considered to be on academic probation.
- All students **identified by the principal/designee prior to the beginning of the season** will be checked for eligibility at the end of each grading period as well as every two weeks throughout the season.
- A student placed on academic probation may regain eligibility if their two-week progress report indicates that they are meeting the academic requirements.
- A student who becomes academically ineligible three (3) times during a season will be released from the particular co/extra-curricular activity.
- While on academic probation, a student will continue participating in practices and will attend home games.
- All incoming freshmen will be considered eligible at the beginning of the first marking period of the year.
- Eligibility of transfer students will be determined by the Principal and, for interscholastic activities, the Athletic Director or designee.

SPORTS PHYSICALS AND INSURANCE

Due to the relationship between athletics and student health and safety, a sports physical will be required every two years for a student to participate in interscholastic athletic activities as defined within the RSU NO. 56 JJI policy. A review of the physical exam form will need to be completed, submitted from the clinic office where the student-athlete was seen, and will be kept on file at Dirigo High School and will be accessible in the event of an emergency. A student-athlete who suffers serious illness or injury must obtain "return to play" clearance from a healthcare provider before further participation in athletics is allowed.

All student-athletes must demonstrate evidence of health insurance coverage before participating in athletic activities through Dirigo Athletics. If the student-athlete is not insured by a family insurance policy, insurance is available at the student-athlete & parent(s)/guardian(s) expense. If this is of need, please reach out to the Dirigo High School main office to request and obtain this information.

Student-athletes and parents/guardians must complete and submit the **required participation documents** and can be found by selecting the link provided on the right side of the page.

REQUIRED PARTICIPATION DOCUMENTS

All student-athletes must complete the required participation documents **prior** to the beginning of the athletic program season.

- *Student-Athlete & Parent(s)/Guardian(s) Support Contract*
- *Medical Update Form*
- *Annual Student Participation & Parental Approval Form*

WANT TO ACCESS THE PARTICIPATION DOCUMENTS?

Click

[HERE!](#)

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ABSENCE POLICY

Remember to always have documentation of scheduled appointments sent to the Dirigo High School main office when missing part of or an entire school day!

Phone: (207) 562-4251

Fax: (207) 562-6074

Those interested in participating in after-school activities are expected to be in attendance for the entire school day. Any student who misses all or part of a day due to illness or unexcused tardiness will **NOT** be allowed to participate in a game, practice, or any after-school function.

Students who miss part of the day for a scheduled appointment will be allowed to participate as long as documentation is provided from a doctor's office, dental office, etc. **To avoid any misunderstanding or conflicts, please ensure to have this prepared prior to returning to school on the day of a scheduled appointment.**

Students are allotted **ONE** unexcused tardy each athletic season. The student **MUST** notify the office of this decision to use their pass before 12:00 PM so that it can be communicated with the coaching staff in an appropriate and timely manner.

The Building Principal, Athletic Director or designee will make the participation decision regarding any unique circumstances which might cause a student to miss all or part of a school day. Any student who violates this policy will miss the next countable game.

DISCIPLINARY ACTIONS/DETENTIONS

If a student receives a disciplinary action such as a detention, they are required to serve the disciplinary action prior to participating within after-school activities. Students *may* be allowed to move one (1) detention, specifically, per semester if approved by the Building Principal or Assistant Principal.

The Building Principal and/or Assistant Principal have the ability to make a decision regarding any unique circumstance relating to a conflict with a detention and specific game/practice.

Participation within activities is a **privilege**, not a right, and as a student-athlete the behaviors during the school day do have an impact on after-school activity participation.

SUBSTANCE ABUSE POLICY WITH CO/EXTRA-CURRICULAR ACTIVITIES

In relation to the RSU NO. 56 policy JICH referencing drug and alcohol use by students, the RSU NO. 56 policy IGDA references a substance abuse policy for co/extra-curricular participants. Both of these policies can be found by selecting the appropriate link on the right side of this page. Student-athletes violating these policies will follow the format given the level of violation offenses:

FIRST OFFENSE

- Student and parent(s)/guardian(s) will meet with the Building Administrator and/or Athletic Director.
- Student and parent(s)/guardian(s) will meet with the school counselor to obtain assessment services and/or information to provide support.
- Student will write a statement (one page minimum) regarding their changes in behavior to prevent recurrence.
- Student-athletes will be suspended from participating in twenty five percent (25%) of regularly scheduled games. They will attend practices and games but will not be in uniform at games. They are expected to continue practicing with their respective team during this time and the coach will be made aware of the situation.

For any student governed by this policy who is found to be at the scene of an underage event violating these policies, but not to be using or in possession of any items, the student will be issued a warning and the parent(s)/guardian(s) will be contacted.

If a student governed by this policy self refers or is referred and there is no evidence of violation of these policies, there will be no disciplinary action but the Building Administrator, Assistant Principal and/or Athletic Director will be notified.

SUBSEQUENT OFFENSES

- The student will be suspended from participating in any/all co/extra-curricular activities for the remainder of the season and/or activity.
- If the student wishes to participate within another co/extra-curricular activity within the following season, they will be required to complete the first three (3) steps listed within the *FIRST OFFENSE* column as well as an additional twenty five (25) hours of school approved community service.

RSU NO. 56 JICH POLICY

Click

 [HERE](#)

RSU NO. 56 IGDA POLICY

Click

 [HERE](#)

TRANSPORTATION

After completion of a competition or event with traveling involved for the team, students may be transported by their own parent(s)/guardian(s) or other designated party if the following procedures are followed:

- Parent(s)/guardian(s) transporting their student themselves after completion of an event involved travel for the team need to sign their student out with a coaching staff member at the competition/event.
- Parent(s)/guardian(s) allowing another party must send in a note 24 hours prior to the competition/event and must be approved by the Building Administrator and/or Athletic Director for the student to be dismissed with the indicated party.
- Students will **NOT** be allowed to transport themselves to/after a competition or event involving travel for the team unless there is permission granted by a school administrator.

If students live along the route that the transportation vehicle will be traveling after a competition or event, the driver will stop and let the student out. However, students must let the coaching staff as well as building administration be made aware prior to boarding the transportation vehicle.

OFF-SITE PRACTICE INFORMATION

There will be occurrences when practices will be held away from Dirigo High School. In most cases, transportation will be available for students to be able to utilize. In the event that transportation can not be provided, or with administrative permission, students will have the ability to drive themselves to the practice location.

Students that wish to ride with another student must have specific written and confirmed permission from their parent(s)/guardian(s) to do so. This must be submitted to the Building Principal, Athletic Director or designee.

A list of ***regularly scheduled practices*** that occur off-site can be found below.

- Football: Football Practice Field at T.W. Kelly Dirigo Middle School

This field is located near the bus garage and bus parking area.

Those that are driving themselves and for those that will be coming at the conclusion of practices, do NOT park near any buses. Please utilize the grass area ONLY for parking purposes.

- Soccer: Dirigo Elementary School Upper Field
- Golf: Oakdale Country Club (13 Country Club Rd, Mexico, ME 04257)
- Cheerleading: T.W. Kelly Dirigo Middle School

Any other athletic programs and occurrences will be communicated when applicable.

ATTENTION!

If you are driving to the following:

T.W. Kelly Dirigo Middle School
Dirigo Elementary School

You MUST park away from the school to prevent traffic congestion at the end of the school day.

DUAL SPORT ATHLETE

Throughout the course of Dirigo Athletics history, students have been able to participate in more than one athletic program during a particular season. First, the student and parent(s)/guardian(s) must seek out the Athletic Director and ask permission for becoming a dual sport athlete. This provides an opportunity for all parties to discuss the possibility of becoming a dual sport athlete and to discuss the process. The next step will be for the Athletic Director to meet with the coaching staff of the athletic programs to be impacted by this decision and the Building Principal and/or designee. If all parties agree with moving forward, the final decision will be made when examining the student's academic history, attendance and discipline records.

Permission to participate in multiple athletic programs (dual sports) in the same season needs to have the final approval of the Building Principal and the Superintendent. If it is felt for any reason (academic, behavioral, maturity, etc.) that it is in the best interest of the student not to participate in two sports, then the student will need to choose one of the athletic programs to participate within for the season.

If a student is granted permission to participate in more than one athletic program in a particular season, the student will need to designate which will be there **priority athletic program**. This program will take precedence over the other athletic program if there are any conflicts in regards to practices, competitions, etc.

There will be no individual requests from student-athletes or any other party relating to the rescheduling of athletic competitions in relation to dual sports to the Athletic Director and/or Dirigo Athletics Department.

EQUIPMENT & UNIFORMS

Dirigo Athletics Boosters have always been supportive and have provided needed uniforms and/or equipment for your student-athletes athletic programs over the years.

Show your gratitude and support by volunteering within the Dirigo Athletics Boosters program!

Equipment and uniform issuance is completed by the coaching staff and/or an appointed equipment manager. Any lost or stolen equipment/uniform item(s) shall be reported as soon as one is aware. If a student fails to return their issued athletic equipment or uniform at the conclusion of a season may be billed for the missing item(s) with an additional 20% of the item(s) cost for shipping costs. If the item(s) are found after payment is received, a refund will be issued for the return of the item(s).

Students who have not turned in their equipment/uniform nor paid the fees associated with these missing item(s) will **not** receive any award(s) at the end of the season. Furthermore, equipment and uniform issuance will not be given within another season until the item(s) are returned or have been paid for as requested.

BEHAVIOR GUIDELINES

Participants in athletics and activities at Dirigo are expected to show proper respect for individuals and facilities at **all** times. Student-athletes will be removed on a temporarily or permanent basis from a team or club if they do not represent Dirigo or its supporting communities at the expected standard.

Those that are in attendance as supporters need to show respect for opposing players, coaches, and spectators. Furthermore, please respect the integrity and judgment of game officials and understand that they are doing their best to promote the student-athletes and we appreciate their willingness to participate in the officiating realm. As a community, we want to recognize and show appreciation for an outstanding play by all teams participating within scheduled competitions. Please refrain from using artificial noise makers and use only those cheers that support the individuals that are involved.

Keeping the Dirigo Athletics best interest in mind, the Athletic Director and/or designee reserve the right to restrict any spectator of viewing an athletic competition if the spectator's behavior(s) and/or action(s) do not align with the above behavior guidelines.

Please remember that high school athletics are learning experiences for students and mistakes will be made. As a community, we need to praise and support all student-athletes in their attempts to improve themselves and serve as positive contributors to their team!

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Varsity Letter Criteria

Earning a Varsity Letter at Dirigo High School is a tradition that shows that an individual is determined, dedicated, and proud as a Dirigo Cougar with also acquiring many other outstanding characteristics while participating within the athletic program(s).

One must complete the *GENERALIZED STANDARDS* along with the *ATHLETIC-PROGRAM STANDARDS* to receive a Varsity Letter as seen within this section.

Each student-athlete meeting these standards will acquire **one (1)** Varsity Letter during the course of their high school career and will receive athletic pin(s) for the participated program(s) thereafter receiving their Varsity Letter that represent their participation within the varsity program(s).

ATHLETIC PROGRAM STANDARDS

These program standards have been created, implemented and adapted over the course of Dirigo Athletics history based on the coaching staff members expertise and input relating to their particular athletic program.

BASEBALL

Participate in 50% or more of varsity scheduled competitions or make a meaningful contribution to the team.

CHEERING

Participate in 50% or more of competitions and participate in 50% or more of Dirigo Athletics 'Home' competitions.

ESPORTS

Participate in 50% or more of scheduled competitions.

FOOTBALL

Participate in 50% or more of varsity scheduled competitions or make a meaningful contribution to the team.

NORDIC SKI

Participate in 50% or more of scheduled meets.

SOFTBALL

Participate in 50% or more of varsity scheduled competitions or make a meaningful contribution to the team.

TRACK & FIELD

Qualify for the Regional Competition and average 1 point per meet for the duration of the season.

WRESTLING

Participate in 50% or more of scheduled meets.

GENERALIZED STANDARDS

- Recommendation from the Coaching Staff
- Returns all equipment/uniform(s) in proper shape.
- Completes the following obligations to their team:
 - Attends practices & competitions/events
 - Provides assistance to Coaching Staff & Athletic Department
 - Demonstrates positive behavior and respect at all times.

BASKETBALL

Participate in 50% or more of varsity scheduled competitions or make a meaningful contribution to the team.

CROSS COUNTRY

Participate in 50% or more of scheduled meets.

FIELD HOCKEY

Participate in 50% or more of scheduled competitions.

GOLF

Participate in 50% or more of scheduled matches.

SOCCER

Participate in 50% or more in total game time of scheduled competitions.

TENNIS

Participate in 50% or more of scheduled matches.

UNIFIED BASKETBALL

Participate in 50% or more of scheduled competitions or make a meaningful contribution to the team.

All information found within the Dirigo High School Student-Athlete Handbook is updated on an annual basis.

Policies referenced throughout the document along with additional athletics related RSU NO. 56 policies can be found in the appendix of the Student-Athlete Handbook as well as on the Dirigo High School and Dirigo Athletics websites.

ELIGIBILITY FOR PARTICIPATION IN CO/EXTRA CURRICULAR ACTIVITIES

All students are encouraged to participate in co/extra curricular activities. These activities offer students the opportunity to learn new skills, to compete in a variety of sports, to experience being part of a team, to develop character, positive attitudes and self-discipline, to demonstrate leadership and to realize personal accomplishments. This policy covers all activities that compete with other schools.

Participation in co/extra curricular activities is a privilege that carries with it responsibilities to self, classmates, school and community. Participation is entirely voluntary.

While the Board recognizes the importance of co/extra curricular activities to students, the schools and the community, it is the Board's intent to ensure that participation in co/extra curricular activities does not interfere with student learning and academic progress. It is the Board's intent to establish eligibility standards that support the wellbeing of students and the integrity of the school's co/extra curricular programs.

High School Academic Eligibility

- In order to participate in co/extra curricular activities, scrimmages, exhibition games, performances, competitions, or tournaments a student must be a full-time student in the RSU #56 school system. For high school students this means the student must be enrolled in and passing a minimum or an equivalent of five full-time classes. Students not meeting these academic requirements are on probation.
- All students **identified by the principal/designee prior to the beginning of the season** will be checked for eligibility at the end of each grading period as well as every two weeks throughout the season.
- A student who is on academic probation may regain eligibility if his/her two-week progress report indicates that he/she is meeting the academic minimum.
- A student who becomes academically ineligible three (3) times during a season will be released from the co/extra activity.
- While on probation, a student will continue participating in practices and will attend home games.
- All incoming freshmen will be considered eligible at the beginning of the first marking period of the year.
- Eligibility of transfer students will be determined by the Principal and, for interscholastic activities, the Principal and/or Athletic Director.

Middle School Eligibility

- In order to participate in co/extra curricular activities, scrimmages, exhibition games, performances, competitions, or tournaments a student must pass all subjects to be eligible.
- All students **identified by the principal/designee prior to the beginning of the season** will be checked for eligibility at the end of each grading period as well as every two weeks throughout the season.
- A student who is on academic probation may regain eligibility if his/her two week progress report indicates that he/she is meeting the academic minimum.
- A student will continue participating in practices while on probation and will attend home games.
- All middle school students will be considered eligible at the beginning of the first marking period of each year.

Sports Physicals and Insurance

Because of the relationship between athletics and student health and safety, a sports physical will be required every two years before a student may participate in interscholastic athletic activities.

- The school nurse will review the completed physical form and the athletic director will maintain the updated electronic student physical exam list.
- Thereafter, a student will be required to submit a completed Parent Approval/Sports Medical update form each year for participation.
- Returned forms will be reviewed by the athletic director, kept on file in the athletic director's office and will be accessible for coaches at sporting events in the event of an emergency.

A student who suffers serious illness or injury must obtain "return to play" clearance from his/her healthcare provider before further participation in athletics is allowed.

All students must demonstrate evidence of health insurance coverage before participating in athletic activities. If the student is not insured by a family insurance policy, school insurance will be available at the student's expense.

Parent Permission for Student-Athletes

A student must provide his/her coach/athletic director with a permission form signed by his/her parent or guardian before participating in the first practice.

Conduct Standards

The Superintendent/designee shall be responsible for enforcing eligibility standards prescribed in this policy. The Superintendent/designee may develop and implement other conduct rules for student-athletes and participants in other co/extra curricular activities so long as they are consistent with this and other Board policies.

Students participating in interscholastic athletics and other co/extra curricular activities shall be subject to all such conduct rules, and the consequences for violating them, as well as all other rules affecting the student body.

Notification Policy

The Superintendent/designee shall be responsible for notifying students and parents of the eligibility standards articulated in this policy through the student handbook, athletic handbook, parent and participant meetings and/or other means.

Cross Reference: JCLA - Physical Examination Policy

First Reading: September 12, 2017

Second Reading: September 26, 2017

Adopted: September 26, 2017

Revised Reading: August 28, 2018

Second Revised Reading: September 11, 2018

Adopted: September 11, 2018

APPENDIX: B

EDUCATIONAL POLICIES OF
REGIONAL SCHOOL UNIT NO 56

POLICY: JLCA
ADOPTED: JULY 11, 2017

PHYSICAL EXAMINATION OF STUDENTS

A physical examination is required every two years for all interscholastic athletic program participants. According to the MPA handbook *Appendix P* a licensed physician, nurse practitioner, physician's assistant and Doctor of Osteopathy are the only approved examiners. The School Nurse will review the Physical Exam form and the athletic director will maintain the updated electronic student physical exam list.

Parents/guardians will be required to complete a Parental Approval/Sports Medical update form yearly. The sports medical update form will be reviewed by the athletic director, kept on file in the athletic directors office and accessible for coaches at sporting events in the event of an emergency.

Adopted: July 11, 2017

MANAGEMENT OF CONCUSSIONS AND OTHER HEAD INJURIES

The Board recognizes that concussions and other head injuries are potentially serious and may result in significant brain damage and/or death if not recognized and managed properly. The Board adopts this policy to promote the safety of students participating in school-sponsored extracurricular activities, including but not limited to interscholastic sports.

TRAINING

All school personnel including coaches and volunteer coaches must undergo annual training in the identification and management of concussive and other head injuries prior to assuming their responsibilities. The training must be consistent with such protocols as may be identified or developed by the Maine Department of Education (DOE) and include instruction in the use of such forms as the DOE may develop or require.

Coaches shall be required to undergo refresher training annually or when protocols and/or forms have been revised.

STUDENT AND PARENT INFORMATION

Students and parents/guardians of students who will be participating in school-sponsored athletic activities will be provided information by the athletic director annually regarding:

- A. The risk of concussion and other head injuries and the dangers associated with continuing to participate when a concussion or other head injury is suspected;
- B. The signs and symptoms of concussion and other head injuries; and
- C. The school unit's protocols for:
 - 1) Removal from the activity when a student is suspected of having sustained a concussion or other head injury;
 - 2) Evaluation;
 - 3) Return to participation in the activity ("return to play").

The student and his/her parent(s)/guardian(s) must sign a statement acknowledging that they have received and read this information before the student will be allowed to participate in any school-sponsored athletic activity.

MANAGEMENT OF CONCUSSIVE AND OTHER HEAD INJURIES

It is the responsibility of the coach of the activity to act in accordance with this policy when the coach recognizes that a student may be exhibiting signs, symptoms and behaviors associated with a concussion or other head injury. The coach must submit a written accident report of the incident to the athletic director, athletic trainer and school nurse of any student suspected concussion within 24 hours.

Any student suspected of having sustained a concussion or other head injury during a school-sponsored activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately. The student and his/her parent(s)/guardian(s) will be informed of the need for an evaluation for brain injury before the student will be allowed to return to the activity.

No student will be permitted to return to the activity or to participate in any other school-sponsored activity on the day of the suspected concussion. Students who have been diagnosed with a concussion and released to return to play by a licensed health care medical provider must then complete the five step gradual return to play protocol.

Students participating in a game or practice **who have been sent to a medical facility for an injury (concussive or otherwise) require a release to return to play by a licensed health care medical provider and must then complete the five step gradual return to play protocol.**

RETURN TO PLAY PROCEDURES AFTER CONCUSSION

These recommendations from the Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport, (Zurich 2008) provide guidance for the gradual return-to-play protocol after the student/athlete is symptom-free at rest:

- Day 1: Light aerobic exercise (walking, swimming, or stationary cycling) keeping exercise heart rate less than 70% of maximum predicted heart rate. No resistance training.
- Day 2: Sport-specific exercise, any activities that incorporate sport-specific skills. No head impact activities.
- Day 3: Non-contact training drills.
- Day 4: Full contact practice, participate in normal practice activities.
- Day 5: Return to competition.

If any concussion symptoms return during any of the above activities, the athlete should return to the previous level, after resting for 24 hours.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from any school activities (physical education classes, co-curricular or extra-curricular activities, recess, class trips) until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider (licensed physician, nurse practitioner, physical's assistant and/or Doctor of Osteopathy). More than one evaluation by the student's health care provider may be necessary before the student is cleared for full participation.

Coaches and other school personnel shall comply with the student's health care provider's recommendations and follow the RSU 56 gradual return to play protocol. No student will be permitted to return to full participation (competition) until cleared to do so.

If at any time during the return to full participation in school activities the student exhibits signs and symptoms of concussion, the student must be removed from the activity and be re-evaluated by the treating licensed health care provider.

All documentation from the licensed health care provider in regards to a concussion will be filed with the school nurse and athletic director. All medical documentation pertaining to educational restrictions will also be filed with the principal and guidance counselor. Orders from the licensed health care provider will determine if there will be short-term or a long-term plan for educational restrictions.

COGNITIVE CONSIDERATIONS

School personnel should be alert to cognitive and academic issues that may be experienced by students who have suffered a concussion or other head injury, including but not limited to:

- Difficulty with concentration, organization, long-and-short term memory, and
- Sensitivity to bright lights and sounds.

School personnel should accommodate a gradual return to full participation in academic activities as appropriate, based on the recommendations of the student's health care provider and appropriate designated school personnel (e.g., 504 Coordinator).

CONCUSSION MANAGEMENT TEAM

The Superintendent will appoint a Concussion Management Team including a school administrator to be responsible, under the administrative supervision of the Superintendent, to meet annually to make recommendations related to implementation of this policy based on the generally accepted protocols. The Concussion Management Team will include the Athletic Director and school nurse and may include one or more principals or assistant principals, the school physician, athletic trainer, and such other school personnel or consultants as the Superintendent deems appropriate. The policy and/or related protocols should be reviewed when generally accepted protocols change.

Adopted: July 11, 2017

**Parents/Guardians and student-athletes: Please read and return the acknowledgement page.
You must turn in a signed form prior to the start of practice.**

RSU 56

CONCUSSION AND OTHER HEAD INJURIES INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are 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. They 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. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Forgetting game plays
- Reporting the same question and/or comment
- Amnesia

Signs observed by teammates, parents/guardians or coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets game plays
- Is unsure of game, score or opponent
- Moves clumsily or displays poor coordination
- Loses consciousness
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit/incident or game play
- Can't recall events after hit/incident or game play
- Seizures or convulsions
- Any change in typical behavior or personality

This document is adapted from the CDC and the 3rd International Conference on Concussion in Sport Consensus Statement (2009)

RSU NO. 56 CONCUSSION INFORMATION SHEET***What can happen if my child keeps on playing with a concussion or returns too soon?***

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after a 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/guardians and students is the key for student-athlete's safety.

If you think your child has suffered a concussion:

Any student suspected of having sustained a concussion or other head injury during a school-sponsored activity including but not limited to competition, practice or scrimmage, must be removed from the activity immediately. The student and his/her parent(s)/guardian(s) will be informed by the coach of the need for an evaluation for brain injury before the student will be allowed to return to the activity. No student will be permitted to return to the activity or to participate in any school-sponsored athletic activity on the day of the suspected concussion.

Any student who is suspected of having sustained a concussion or other head injury shall be prohibited from further participation in any school-sponsored student/athletic activities until he/she has been evaluated and received written medical clearance to do so from a licensed health care provider (licensed physician, nurse practitioner, physician's assistant and/or Doctor of Osteopathy). Students who have been diagnosed with a concussion and released to return to play/school activity by a licensed health care medical provider must then complete the five step gradual return to play procedures.

Students participating in a game or practice who have been sent to a medical facility for an injury (concussive or otherwise) require a release to return to play by a licensed health care provider and must then complete the five step gradual return to play protocol.

Parent(s)/guardian(s) should also inform your child's school nurse if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

RETURN TO PLAY PROCEDURES AFTER CONCUSSION

These recommendations from the Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport, (Zurich 2008) provide guidance for the gradual return-to-play protocol after the student/athlete is symptom-free at rest:

Day 1: Light aerobic exercise (walking, swimming, or stationary cycling) keeping exercise heart rate less than 70% of maximum predicted heart rate. No resistance training.

Day 2: Sport-specific exercise, any activities that incorporate sport-specific skills. No head impact activities.

Day 3: Non-contact training drills.

Day 4: Full contact practice, participate in normal practice activities.

Day 5: Return to competition.

If any concussion symptoms return during any of the above activities, the athlete should return to the previous level, after resting for 24 hours.

For current and up-to-date information on concussion you can go to:

<http://www.cdc.gov/Concussion>

Adopted: July 11, 2017

As seen within RSU NO. 56 Policy IGDA-E1 the following information is submitted with the Required Participation Documentation:

ANNUAL STUDENT PARTICIPATION - PARENTAL APPROVAL FORM

...

ARTICLE: 2

BY SIGNING BELOW WE ATTEST THAT: WE HAVE READ AND UNDERSTAND THE RSU 56 POLICY **IGDA** AND HAVE NOT KNOWINGLY VIOLATED ANY OF THE ELIGIBILITY RULES AND REGULATIONS OF THE MAINE PRINCIPALS' ASSOCIATION AND/OR SCHOOL UNIT ELIGIBILITY RULES AND REGULATIONS. WE HAVE ALSO READ POLICY **JJIF-E** REGARDING CONCUSSIONS.

PARENT(S)/GUARDIAN(S) MUST TURN IN A SIGNED FORM PRIOR TO THE START OF PRACTICE.

STUDENT-ATHLETE NAME **PRINTED**

STUDENT-ATHLETE **SIGNATURE**

DATE

PARENT(S)/GUARDIAN(S) NAME **PRINTED**

PARENT(S)/GUARDIAN(S) **SIGNATURE**

DATE

Furthermore, as seen within RSU NO. 56 Policy JJIF-E the following information is submitted with the Required Participation Documentation:

MEDICAL UPDATE FORM

...

CONCUSSION INFORMATION SHEET ACKNOWLEDGEMENT FORM

PARENT(S)/GUARDIAN(S) MUST TURN IN A SIGNED FORM PRIOR TO THE START OF PRACTICE.

STUDENT-ATHLETE NAME **PRINTED**

STUDENT-ATHLETE **SIGNATURE**

DATE

PARENT/GUARDIAN NAME **PRINTED**

PARENT/GUARDIAN **SIGNATURE**

DATE

RSU #56 SUBSTANCE ABUSE POLICY FOR CO/EXTRA CURRICULAR PARTICIPANTS

All students will be given and advised of the RSU #56 Student Participation/Parental Approval Form. The student and their parent/guardian will sign and return the form stating that they have read, understand and agree to school unit rules and regulations. This policy will be attached in some form.

- I. The RSU #56 Student Participation/Parental Approval Form **will remain in effect for the entire school year** if a student participates in **any** Co-curricular or Extra-curricular activities. This policy will outline acceptable and unacceptable conduct both during and outside of school as well as during school-sponsored events.
- II. This policy will outline the expectations of RSU #56 in regards to use/possession of substances. No student shall use, possess, buy, sell or furnish alcohol, tobacco products, or any other substance defined by law as a scheduled drug, purported to be a drug or any substance not federally scheduled that is used as a mind altering drug. It is not a violation for a student to be in the possession of a legally defined drug specifically prescribed for the student's own use by any person legally authorized to prescribe medications.
- III. First Offense: (Alcohol, tobacco products, or any other substance defined by law as a scheduled drug or purported to be a drug)
 1. Student and parent(s)/guardian(s) will be required to meet with the Building administrator and/or athletic director.
 2. Student and parent(s)/guardian(s) will be required to meet with the school counselor. The school counselor will provide an approved list of contacts for assessment services. Additional drug/alcohol information and support will be provided.
 3. After meeting with the school counselor the student will write a statement (one page minimum) using the provided RSU 56 Drug/Alcohol Reflection Guidelines regarding the changes in their behavior to prevent any recurrence of the abuse to the Assistant Principal/Athletic Director.
 4. (*Extra-Curricular Athletics*) The student will be suspended from participating in twenty five percent (25%) of regularly scheduled games and will attend practices and games but will not be in uniform for games. The student will be expected to continue to practice with their respective team during this time. The coach will be made aware of the situation.
 5. (*Co-Curricular Non-Athletics*) Participants are required to fulfill the above steps, as outlined in the First Offense. If a twenty five percent (25%) formula is not able to be attained, the student shall be required to complete ten (10) hours of school approved community service work (in addition to service learning requirements).

*These items must be completed prior to the return of the student to any activity they may participate in.

6. If a student is participating in both Co-Curricular and Extra-Curricular activities during the same time frame, and a violation occurs, the student will satisfy requirements of **both 4 and 5** as stated above.
- IV. Subsequent Offenses: The student will be suspended from participating in any/all Co-Curricular or Extra-Curricular activities for the remainder of the season/activity. The student will be required to have a formal substance abuse assessment by a school approved professional (at no expense to the RSU).
 1. If the student will be returning to any RSU #56 school and wishes to participate in Co-Curricular or Extra-Curricular activities the following season, they will be required to complete the requirements of **1,2, 3** listed under First Offense and in addition twenty five (25) hours of school approved community service.
- V. For any student that is governed by this policy who is found to be at the scene of an underage event where violations of this policy are occurring, but found not to be using or possessing, the student will be counseled by the Building Administrator and issued a written warning. The student's parent(s)/guardian(s) will also be notified by the Building Administrator.

If a co/extra-curricular participant self refers asking for help or is referred and there is no evidence of a violation of this policy, there will be no disciplinary action taken, however they will be required to follow JICH - Drug and Alcohol Use by Students policy.

Cultural and family considerations are governed by logic and law.

It is the expectation of the Board that this policy and the consequences will be well publicized so that any student violating this policy does so by conscious decision.

Cross Reference: JICH: Drug and Alcohol Use by Students
JICH-R: Drug and Alcohol Use by Students Procedure

ANNUAL STUDENT PARTICIPATION-PARENTAL APPROVAL FORM**ARTICLE: 1**

STUDENT NAME: _____ GRADE: _____

ADDRESS: _____ TELEPHONE: _____

ARTICLE: 2

BY SIGNING BELOW WE ATTEST THAT: WE HAVE READ AND UNDERSTAND THE RSU 56 POLICY **IGDA** AND HAVE NOT KNOWINGLY VIOLATED ANY OF THE ELIGIBILITY RULES AND REGULATIONS OF THE MAINE PRINCIPALS' ASSOCIATION AND/OR SCHOOL UNIT ELIGIBILITY RULES AND REGULATIONS. WE HAVE ALSO READ POLICY **JJIF-E** REGARDING CONCUSSIONS.

PARENT(S)/GUARDIAN(S) MUST TURN IN A SIGNED FORM PRIOR TO THE START OF PRACTICE.

STUDENT-ATHLETE NAME **PRINTED** _____STUDENT-ATHLETE **SIGNATURE** _____

DATE _____

PARENT(S)/GUARDIAN(S) NAME **PRINTED** _____PARENT(S)/GUARDIAN(S) **SIGNATURE** _____

DATE _____

ARTICLE: 3

I HEREBY GIVE MY CONSENT FOR THE ABOVE NAMED STUDENT TO:

- I. REPRESENT THEIR SCHOOL IN CO/EXTRA ACTIVITIES, IF APPROVED BY AN EXAMINING PHYSICIAN, PROVIDED THAT SUCH ACTIVITIES ARE APPROVED BY THE RSU 56 BOARD OF DIRECTORS, AND
- II. ACCOMPANY ANY SCHOOL TEAM/ACTIVITY OF WHICH THEY ARE A MEMBER OF, ON ANY OF ITS LOCAL AND OUT OF TOWN TRIPS.

ARTICLE: 4

I CERTIFY THAT THE ABOVE STUDENT HAS AN IN-FORCE ACCIDENT COVERAGE INSURANCE PROGRAM AND THAT IT WILL REMAIN IN FORCE UNTIL THE COMPLETION OF THE SPORT SEASONS COVERED BY THIS PERMISSION.

INSURANCE, IF PURCHASED THROUGH THE SCHOOL IN AUGUST, IS AVAILABLE IF YOU DO NOT HAVE OTHER COVERAGE.

NAME OF INSURANCE COMPANY & POLICY: _____

PROVIDE A COPY

ARTICLE: 5

THE RSU 56 BOARD OF DIRECTORS RECOGNIZES ITS RESPONSIBILITY TO THE STUDENT AND HAS TAKEN ALL REASONABLE STEPS IN PROVIDING REASONABLE AND PRUDENT CARE AND PROTECTION FOR ALL PARTICIPANTS. APPROPRIATE SUPERVISION IS PROVIDED BY AUTHORIZED PERSONNEL DESIGNATED BY THE BOARD OF DIRECTORS OF RSU 56.

NOTE 1: THIS FORM MUST BE FILLED OUT COMPLETELY AND FILED IN THE APPROPRIATE SCHOOL OFFICE BEFORE THE STUDENT WILL BE ALLOWED TO DRAW EQUIPMENT, PRACTICE, OR COMPETE IN INTERSCHOLASTIC/ATHLETIC EVENTS.

NOTE 2: IT IS NECESSARY THAT A LICENSED PHYSICIAN, NURSE PRACTITIONER, PHYSICIAN'S ASSISTANT, OR DOCTOR OF OSTEOPATHY, THROUGH PRIVATE APPOINTMENT, EXAMINE ALL CANDIDATES FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION AND ADVISE THE RSU OF THE CANDIDATE'S PHYSICAL ABILITY TO PARTICIPATE IN THE PROGRAM.

FORM SUBMISSION: EMAIL
ATHLETICS@RSU56.ORG

PRINT & DELIVER
DIRIGO HIGH SCHOOL
145 WELD STREET, DIXFIELD, ME 04224

DIRIGO ATHLETICS
P: (207) 562-4251 EXT. 4
F: (207) 562-6074
ATHLETICS@RSU56.ORG