STILLWATER PUBLIC SCHOOL CO-CURRICULAR ACTIVITIES STUDENT-PARENT CONTRACT

PARTICIPANT'S NAME		GRADE (Next School Year)	
CO-CURRICULAR ACTIVITY	1	2	
	3	4	

Participation in co-curricular activities in the Stillwater Public Schools is a privilege not a right. In order for the student to retain this privilege, the policies and procedures contained in this Contract must be adhered to in the sprint of discipline and dedication to the overall goals and objectives of our co-curricular program. The policies and enforcement procedures are relative to the co-curricular activities program and will be administered accordingly. Policies which are relative to the general student population will supercede the co-curricular activities policies when the student is participating in the education process as a student. Policies governing the general student body can be found in the policy manual and/or student handbook.

The rules are as follows:

ELIGIBILITY: A student must be passing on a weekly basis, all subjects in which the student is enrolled. If the student fails to meet the minimum requirement, he/she will be placed on probation for one week. At the end of the one week probation, if the student fails to meet the minimum requirement, he/she will be ruled ineligible until he/she is passing all subjects in which he/she is enrolled.

At the conclusion of the eighteen (18) week grading period, the student must pass/earn six (6) credits counted toward graduation during that eighteen (18) week grading period. If the student fails to pass/earn six (6) credits, the student will be ruled ineligible for a period of six (6) weeks. This ruling is set forth by the Oklahoma Secondary School Activities Association (O.S.S.A.A.). Exceptions and/or interpretations will be made by the Director of Athletics/ Activities and/or Principal.

2. <u>ATTENDANCE</u>: The Oklahoma Secondary School Activities Association rules indicate that a student must be in attendance a minimum of 90% of the time during the semester to maintain eligibility.

Attendance on the day of an event in the Stillwater Public Schools is mandatory. Therefore, any student participating in a school activity on a school day may not be absent from school for more than half a day in order ot participate in the school activity.

It is understood that extenuating circumstances may occur. In those cases, the Principal and/or the Director of Athletics/Activities must be notified and they will determine eligibility for that day accordingly.

- 3. EQUIPMENT. FEES. PHYSIC U.S. AN UNSURANCE: (f appli able). All stud nt in tete will be required to pay the replacement cost of lost equipment. The O.S.S.A.A. requires t at a lath tete have a conject object examination in the new the tete be artment each school year. The cost of this physical will be the responsibility of the able and the pain of the gain in the late of the school of the s
- 4. <u>SCHOOL CONDUCT</u>: Students participating in co-curricular activities are expected to follow the rules and regulations which are found in the student handbook. Violation of these rules and regulations will result in the removal from activity/team for the length of time specified in the handbook. All rules, regulations and policies of the O.S.S.A.A. will apply to students.

The staff will be consistent when enforcing both general student rules and regulations and policies as contained in this contract.

5. <u>DRUGS AND ALCOHOL</u>: Stillwater Public Schools is committed to providing a safe and drug-free learning environment. The purpose of this policy is to provide a clear message to students, parents, and citizens of the community that possession, use, distribution, sale, conspiracy to sell or possess or being in the chain of sale or distribution, or being under the influence of alcoholic beverages, low-point beer (as defined by Oklahoma law, i.e., 3.2 beer), illegal or illicit drugs, or look-alike drugs will not be tolerated on school property or going to or from or attending school events.

The minimum disciplinary action for drug and alcohol violations for secondary students grades 8-12, shall be not less than three days out-of-school suspension, 20 days assignment to the in-school program, and exemption from participation or attendance in extra curricular activities for a six-week period. Should circumstances warrant, these minimum standards can be exceeded for first-time offenders. Repeat offenders may be suspended from all school activities for the remainder of the semester and the succeeding semester.

All cases involving alcohol and illegal drugs will be reported to local police authority.

I understand and agree to abide by all provisions of the Stillwater Public School Co-Curricular Activities Student-Parent Contract.

Date:	Student's Signature		SIGN HERE
I understand and agree to abide by all provisions of the Stillwater Public School Co-Curricular Activities Student-Parent Contract. I further stipulate tha will assist the Stillwater Public School District in the monitoring and enforcement of this Contract.			that I
Date:	Parent/Legal Guardian's Signature		SIGN HERE
Accepted by Stillwater High School:			
Date:	Coach:		_
Date:	Sponsor:		_
Date:	Director of Athletics/Activities:		

ACTIVITY STUDENT DRUG TESTING

The Stillwater Board of Education, in an effort to protect the health and safety of its extracurricular activities students from illegal and/or performance-enhancing drug use and abuse, thereby setting an example for all other students of the Stillwater Public School District, has adopted the following policy for drug testing of activity students.

Purpose and Intent

Although the Board of Education, administration, and staff desire that every student in the Stillwater Public School District refrain from using or possessing illegal drugs, district officials realize that their power to restrict the possession or use of illegal and performance-enhancing drugs is limited. Therefore, this policy governs only performance-enhancing and illegal drug use by students participating in extracurricular activities. This policy supplements and complements all other policies, rules, and regulations of the Stillwater Public School District regarding possession or use of illegal drugs.

The sanctions imposed for violations of this policy will be limitations solely upon the privilege of any student determined to be in violation of this policy to participate in extracurricular activities. No suspensions from school or academic sanctions will be imposed for violations of this policy. Students will not be subject to grade reductions or a change in academic standing.

Participation in school-spopso ed extra u ricu ar ac ivities at the Starwater Lublic school District is a privilege. Students who participate in the searcity for are respected by the succent body and are epresenting the school district and the community. Accordingly, students in an accurricular activities corry ensporsibility to themselves, their fellow students, their parents, and their school to set the highest possible examples of conduct, sportsmanship, and training, which includes avoiding the use or possession of illegal drugs.

The purposes of this policy are:

- 1. To educate students of the serious physical, mental and emotional harm caused by illegal and performanceenhancing drug use.
- 2. To alert students with possible substance abuse problems to the potential harms that drug use poses for their physical, mental, and emotional well-being and offer them the privilege of competition as an incentive to stop using such substances.
- 3. Ensure that students adhere to a training program that bars the intake of illegal and performance-enhancing drugs.
- 4. To prevent injury, illness, and harm for students that may arise as a result of illegal and performanceenhancing drug use.
- 5. To offer students practices, competition, and school activities free of the effects of illegal and performanceenhancing drug use.

Illegal and performance-enhancing drug use of any kind is incompatible with the physical, mental, and emotional demands placed upon participants in extracurricular activities and upon the positive image these students project to other students and to the community on behalf of the Stillwater Public School District. For the safety, health, and well-being of students in extracurricular activities, the Stillwater Public School District has adopted this policy for use by all participants in extracurricular activities in grades 8-12.

Revision Date(s): 11/14/06, 7/15/08

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ACTIVITY STUDENT DRUG TESTING (Cont.)

Definitions

- 1. **"Extracurricular Activity Student"** means a member of any junior high school or high school Stillwater Public School District sponsored extracurricular team or program which participates in competition.
- 2. **"Drug use test"** means a scientifically substantiated method to test for the presence of illegal or performanceenhancing drugs or the metabolites thereof in a urine test.
- 3. "Random selection basis" means a mechanism for selecting activity students for drug testing that:
 - A. Results in an equal probability that any activity student from a group of activity students subject to the selection mechanism will be selected, and
 - B. Does not give the school district discretion to waive the selection of any activity student selected under ``e n enament.
- 4. •gal d ugs means inv bsta ce whic an ind idual manc set, oc ses use, distribue, or purchase und eith r Federal (Oklah manaw. "Tegal drug" inclus, buis nomit i to, all sche uled drugs as defined by me oktahoma Unitorni controlled Dangerous substance Act, all presemption drugs obtained without authorization, and all prescribed and over-the-counter drugs being used for an abusive purpose. "Illegal drugs" shall also include alcohol.
- 5. **"Performance-enhancing drugs"** include anabolic steroids and any other natural or synthetic substance used to increase muscle mass, strength, endurance, speed, or other athletic ability. The term "performance-enhancing drugs" does not include dietary or nutritional supplements such as vitamins, minerals, and proteins that can be lawfully purchased in over-the-counter transactions.
- 6. **"Positive"**, when referring to a drug use test administered under this policy, means a toxicological test result which is considered to demonstrate the presence of an illegal or a performance-enhancing drug or the metabolites thereof using the standards customarily established by the testing laboratory administering the drug use test.
- 7. **"Reasonable suspicion"** means a suspicion of illegal or performance-enhancing drug use based on specific observations made by coaches/administrators/sponsors of the appearance, speech, or behavior of an activity student; the reasonable inferences that are drawn from those observations; and/or information of illegal or performance-enhancing drug use by an activity student supplied to school officials by other students, staff members, or patrons.

Procedures

Each extracurricular activity student shall be provided with a copy of the "Activity Student Drug Testing Consent Form" which shall be read, signed, and dated by the student, parent or custodial guardian and coach/sponsor before such student shall be eligible to practice or participate in any extracurricular activities. The consent requires the activity student to provide a urine sample: (a) when the activity student is selected by the random selection

Adoption Date: August 4, 2005

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ACTIVITY STUDENT DRUG TESTING (Cont.)

basis; or (b) at any time when there is reasonable suspicion to test for illegal or performance-enhancing drugs. No student shall be allowed to practice or participate in extracurricular activities involving competition unless the student has returned the properly signed "Activity Student Drug Testing Consent Form."

Prior to the commencement of drug testing each year an orientation session will be held with each activity student to educate them of the sample collection process, privacy arrangements, drug testing procedures, and other areas which may help to reassure the activity student and help avoid embarrassment or uncomfortable feelings about the drug testing process.

Each extracurricular activity student shall receive a copy of the Activity Student Drug Testing Policy. The head coach or relevant sponsor shall be responsible for explaining the policy to all prospective students, and for preparing an educational presentation to acquaint the student with the harmful consequences of drug and alcohol use and abuse.

Drug use testing for activity students will be chosen on a random selection basis monthly from a list of all activity students will be chosen on a random selection basis monthly from a list of all activity students are non activities in Stilly ter Pu ic shool Di rict will determine a mon ily num er issue to a so be down at indom to provide, unite amp for drug use to tin for illegal drug or performance enhanced in 10% for the eligible tug attests.

In addition to the drug use tests required above, any activity student may be required at any time to submit to a test for illegal or performance-enhancing drugs, or the metabolites thereof when an administrator, coach, or relevant sponsor has reasonable suspicion of illegal or performance-enhancing drug use by that particular student.

Any drug use test will be administered by or at the direction of a professional laboratory chosen by the Stillwater Public School District. The professional laboratory shall be required to use scientifically validated toxicological testing methods, have detailed written specifications to assure chain of custody of the specimens, and proper laboratory control and scientific testing.

All aspects of the drug use testing program, including the taking of specimens, will be conducted so as to safeguard the personal and privacy rights of the student to the maximum degree possible. The test specimen shall be obtained in a manner designed to minimize intrusiveness of the procedure.

The monitor shall give each student a form on which the student may list any medications legally prescribed for the student he or she has taken in the preceding thirty (30) days. The parent or legal guardian shall be able to confirm the medication list submitted by their child during the twenty-four (24) hours following any drug test. The medication list shall be submitted to the lab in a sealed and confidential envelope and shall not be viewed by district employees.

An initial positive test result will be subject to confirmation by a second and different test of the same specimen. A specimen shall not be reported positive unless the second test is positive for the presence of an illegal or performanceenhancing drug or the metabolites thereof. The unused portion of a specimen that tested positive shall be preserved by the laboratory for a period of six (6) months or the end of the school year, whichever is shorter. Student records will be retained until the end of the school year.

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ACTIVITY STUDENT DRUG TESTING (Cont.)

Costs

The district will provide the financial mechanism to centrally fund the costs of random drug testing for activity students. Students who test positive will be responsible for paying the costs of required follow-up drug testing.

Confidentiality

The laboratory will notify the relevant principal of any positive test. To keep the positive test results confidential, the relevant principal will only notify the student, district athletic director, head coach, relevant sponsor, and the parent or custodial guardian of the student of the results. The relevant principal, district athletic director, or assistant athletic director will schedule a conference with the student and parent or guardian and explain the student's opportunity to submit additional information to the relevant principal, district athletic director, or assistant athletic director or to the lab. The Stillwater Public School District will rely on the opinion of the laboratory which performed the test in determining whether the positive test result was produced by something other than consumption of an illegal or performance enhibition of an endition.

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<u>Appeal</u>

An activity student who has been determined to be in violation of this policy shall have the right to appeal the decision to the superintendent or his/her designee(s). Such request for a review must be submitted to the superintendent in writing within five (5) calendar days of notice of the positive test. A student requesting a review will remain eligible to participate in any extracurricular activities until the review is completed. The superintendent or his/her designee(s) shall then determine whether the original finding was justified. No further review of the superintendent's decision will be provided and his/her decision shall be conclusive in all respects. Any necessary interpretation or application of this policy shall be in the sole and exclusive judgment and discretion of the superintendent which shall be final and nonappealable.

Consequences

Any activity student who tests positive in a drug test under this policy shall be subject to the following restrictions:

First Offense: The parent/guardian will be contacted immediately and a private conference will be scheduled to present the test results to the parent/guardian. A meeting will then be set up with the student, parent/guardian, assistant athletic director, district athletic director, or relevant principal concerning the positive drug test. In order to continue participation in the activity the student and parent/guardian must, within five (5) days of the joint meeting, show proof that the student has received drug counseling from a qualified drug treatment program or counseling entity. Additionally, the student must voluntarily submit to a second drug test to be administered within two (2) weeks in accordance with the testing provisions of this policy.

If parent/guardian and student agree to these provisions, the student will continue to participate in the activity. Should the parent/student not agree to these provisions, the consequences listed in this policy for the second offense will be imposed.

Revision Date(s): 11/14/06, 7/15/08

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ACTIVITY STUDENT DRUG TESTING (Cont.)

Second Offense (retest): Suspension from participation in all activities covered under this policy for fourteen (14) calendar days, and successful completion of four (4) hours of substance abuse education/counseling provided by the school. The student may not participate in any meetings, practices, scrimmages, or competitions during this period. The student will be randomly tested monthly for the remainder of the school year. The time and date will be unknown to the student and determined by the relevant principal, district athletic director, or assistant athletic director.

These restrictions and requirements shall begin immediately, consecutive in nature, unless a review appeal is filed following receipt of a positive test. Provided, however, a student who on his or her own volition informs (self-refers) the assistant athletic director, district athletic director, relevant principal, head coach, or relevant sponsor of usage before being notified to submit to a drug use test will be allowed to remain active in all activities covered under this policy. Such student will, however, be considered to have committed his/her first offense under the policy, and will be required to re-test as would a student who has tested positive.

Third Offense (in the same school year): Complete suspension from participation in all extracurricular activities inch mg ar nee ngo, practices and concerne s for the remained of the school year or eight 18) school days 1 seme tery whichever is ne onger

Refu al to 5 bmi to Drug U / Test

A participating student who refuses to submit to a drug use test authorized under this policy shall not be eligible to participate in any activities covered under this policy including all meetings, practices, and competitions for the remainder of the school year. Additionally, such student shall not be considered for any activity honors or awards given by the school.

Stillwater Public Schools is committed to cooperating with parents/guardians in an effort to help students avoid illegal and performance-enhancing drug use. The Stillwater Public School District believes accountability is a powerful tool to help some students avoid using drugs and that early detection and intervention can save lives.

ACTIVITY STUDENT DRUG TESTING CONSENT FORM

Statement of Purpose and Intent

Participation in school-sponsored extracurricular activities at the Stillwater School District is a privilege. Activity students carry a responsibility to themselves, their fellow students, their parents, and their school to set the highest possible examples of conduct, which includes avoiding the use or possession of illegal drugs.

Drug use of any kind is incompatible with participation in extracurricular activities on behalf of the Stillwater Public School District. For the safety, health, and well being of the students of the Stillwater Public School District, the district has adopted the attached Activity Student Drug Testing Policy and the Activity Student Drug Testing Consent for use by all participating students at the junior high and high school levels.

Participation in Extracurricular Activities

Each activity student shall be provided with a copy of the Activity Student Drug Testing Policy and Activity Student Drug Testing Consent, which shall be read, signed, and dated, by the student, parent or custodial guardian, and coach before such student shall be eligible to practice or participate in any activities. The consent shall be to provide a urine sam e: (a) the sen by the rar i m sele tion of is; or (b) any the released ase on reasonables spicion to be teste for illeast one formance en ancing drugs. No student shall be allewed to rac de or participation activity governed by the policipate the student as retureed the property signed Activity Student grug Testing Consent. My signeture below indicates that I understand and agrees with the above statements concerning participation in extracurricular activities.

Student's Last Name _____ Middle Initial _____

I further understand after having read the "Activity Student Drug Testing Policy" and "Activity Student Drug Testing Consent," that, out of care for my safety and health, the Stillwater Public School District enforces the rules applying to the consumption or possession of illegal and performance-enhancing drugs. As a member of a Stillwater extracurricular activity, I realize that the personal decision that I make daily in regard to the consumption or possession of illegal or performance-enhancing as well as the possible endangerment of those around me and reflect upon any organization with which I am associated. If I choose to violate school policy regarding the use or possession of illegal or performance-enhancing drugs any time while I am involved in in-season or off-season activities, I understand upon determination of that violation I will be subject to the restrictions on my participation as outlined in this policy.

Signature of Student

SIGN HERE

Date _____

We have read and understand the Stillwater Public School District "Activity Student Drug Testing Policy" and "Activity Student Drug Testing Consent." We desire that the student named above participate in the extracurricular programs of the Stillwater Public School District and we hereby voluntarily agree to be subject to its terms. We accept the method of obtaining urine samples, testing and analysis of such specimens, and all other aspects of

Adoption Date: August 4, 2005

ACTIVITY STUDENT DRUG TESTING CONSET the program. We further agree and consent to the disclosure of th program. We agree to assume financial responsibility for any fol		nt.)	
	e sampling, testing		
program. We agree to assume infancial responsionity for any for			
Signature of Parent or Custodial Guardian	SIGN HERE	Date	
Signature of Coach/Sponsor	Activity/Team/C		
Signature of Coach/Sponsor	Activity/Team/C	Organization	
Signature of Coach/Sponsor	Activity/Team/C	Organization	
doption Date: August 4, 2005 Revision Date	(s): 11/14/06, 7/15/		Page 2 of

FFAEA

CONCUSSIONS AND HEAD INJURIES STUDENT ATHLETES

The Stillwater Board of Education recognizes that concussions and head injuries can result from contact sports and can have serious consequences if not properly evaluated and treated. Therefore, consistent with state law, the district will, through this policy and the associated Concussions and Head Injuries Information Sheet and Acknowledgement Form (FFAEA-E1), inform and educate student-athletes and their parents/guardians of the nature and risk of concussions or head injuries, including the dangers associated with continuing to play after a concussion or head injury.

On an annual basis, and prior to a student-athlete's participation in any athletic practices or competitions, form FFAEA-E1 shall be distributed to the student-athlete and his or her parent/guardian. The included acknowledgement form must be signed by the student-athlete and his or her parent/guardian to verify that they have read the information sheet and understand the content and warnings. The completed acknowledgement form shall be returned to the athletic department office prior to the student-athlete's participation in practice or competition during that school year. The student-athlete may not practice or compete until the form has been received.

If a district coach suspects that a student-athlete has sustained a concussion or head infury during a practice or game, the coldshall in ediately remain that judent-shlete from partic, ation and judent athlete to obtain a physic band then in the example in the example in the example in the evaluation and the evalu

After suffering a concussion or head injury, a student-athlete's physical and cognitive activities should be carefully managed and monitored by the licensed health care professional. Any student-athlete removed from participation shall not be allowed to participate in practices or games until he or she is evaluated by a licensed health care provider and receives Medical Clearance to Return to Athletic Participation (FFAEA-E2), a copy of which shall be provided to the district athletic department office.

Reference: Okla. Stat. tit. 70, § 24-155

FFAEA-E1

CONCUSSIONS AND HEAD INJURIES INFORMATION SHEET AND ACKNOWLEDGEMENT FORM

Concussion/Head Injury Fact Sheet

What is a concussion?

- A concussion is a brain injury that:
- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practice or games in any sport
- Can happen even if you have not been knocked out

• Can be serious even if you have just been "dinged" All concussions are serious. A concussion can affect your ability to do schoolwork and other activities like playing video games, working on a computer, studying, driving or exercising. Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

Signs and symptoms of a concussion can show right up after the injury or may not oppear to be noticed until days or weeks after the injury.

Signs O serve by P rents or Gr

If your c ild has perenced a bus por block to the here during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall event prior to hit or fall
- Cannot recall events after hit or fall

Symptoms Reported by Athletes:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness; double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

If you think you have a concussion: <u>Don't hide it. Report it. Take time to recover</u>. It's better to miss one game than the whole season. What should you, the student athlete, do if you think you have a concussion?

- **Tell your coaches or parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates may have a concussion.
- Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion, which could result in a condition known as Second Impact Syndrome. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

What nould a very 'guard and to if they bink heir child has a corression?

- S k medial attention r ;ht away. A health care provission will be able of de ide how series the concussion is and when it is safe for your child to return to sports.
- Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime, including potential death.
- Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

How can you prevent a concussion?

- Follow the coach's rules for safety and the rules of the sport.
- Practice good sportsmanship.
- Use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards –IN ORDER FOR EQUIPMENT TO PROTECT YOU, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play.)
- Learn the signs and symptoms of a concussion

For more information about concussions visit: <u>www.cdc/concussion</u> <u>www.cdc.gov/TraumaticBrainInjury</u> <u>www.oata.net</u> <u>www.ossaa.com</u> <u>www.nfhslearn.com</u>

Adoption Date: September 14, 2010

CONCUSSIONS AND HEAD INJURIES (Cont.)					
CONCUSSION AND HEAD INJURY ACKNOWLEDGEMENTS					
In compliance with Oklahoma Statue Section 24-155 of Title 70, this acknowledgement form is to confirm that you have read and understand the <u>CONCUSSION FACT SHEET</u> provided to you by Stillwater Public Schools related to potential concussions and head injuries occurring during participation in athletics.					
who participates in athletics and I,	(please print student-athlete's name) as a (please print parent/guard on material provided to us by Stillwater Public Sch participation in athletic programs and understand th DATE	<i>ian's name)</i> as ools related to			
SIGNATURE OF PARENT/LEGAL GUARDIAN	DATE				
This form should be completed annually prior to the student-athlete's first practice and/or competition and be kept on file for one year beyond the date of signature in the athletic department office or the office designated by the principal.					
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