



*BLOOMINGTON SOUTH*

**PANTHERS**

*ATHLETIC HANDBOOK*

## **Extracurricular and Co-curricular Activities**

- Student, coaches, sponsors and other personnel will self-screen for COVID-19 symptoms before reporting to events.
- Coaches/sponsors will be trained and will ask students if they have any symptoms
- Attendance will be taken
- If a student, coach or sponsor has symptoms, they will not be allowed to attend and should contact their medical provider
- Facial coverings are strongly recommended for students, coaches, and sponsors when possible
- Students may participate in extracurricular activities, in alignment with the IHSAA & ISSMA

**Extra-curricular and Co-Curricular activities will follow the guidance provided by IN-CLASS, IHSAA, & ISSMA including voluntary summer activities and phasing in of activities**



**Questions and concerns regarding any aspect of the athletic program should be directed to the athletic office.**

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(Tennis, Cross Country, Golf, Boys Basketball, Unified Track, Cheerleaders and Poms)

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# **Introduction to the BHSS Athletic Handbook**

It is the intent of this handbook to make available information regarding athletics at Bloomington South to all athletes who participate in our program. We ask that you and your parents review the handbook carefully and keep it throughout your participation as a Panther Athlete.

When you are a part of an athletic team, you are a representative of Bloomington South High School. You are expected to show mature and appropriate behavior on and off the field or court. We need quality people and athletes to have a quality athletic program. Quality athletes are good winners as well as good losers and display good sportsmanship at all times. The staff and administration welcome you to the Bloomington South Athletic Program. We desire to assist you in any way necessary. Good luck and enjoy your athletic participation in Bloomington South's program.

## **1. The Bloomington South Athletic Philosophy**

Interscholastic sports at Bloomington South High School form part of a diverse co-curricular program. The activities are regarded as vital parts of the total educational offerings of our school. The sound development of the physical capacities of youth complements and enhances the intellectual, emotional and social development of every young man and woman. These opportunities are useful tools in the achievement of the goals of a comprehensive education. We encourage student participation in the athletic program and would like to involve as many students as possible in an educationally sound and successful competitive, inter-scholastic experience. High school athletics is a competitive experience and, therefore, not all student-athletes receive the same participation opportunities in contests. Ultimately, participation level of individuals in these situations is a staff decision. Bloomington South's dedication to excellence extends to our competitive athletic program. In this endeavor the Interscholastic Athletic Program serves as one of the extensions of the classroom which attempts to meet certain student goals through experiential learning opportunities, which can only enhance and reinforce the learning which occurs within the classroom. All team members, regardless of ability, will be afforded opportunities to develop their work ethic, sense of commitment and social and athletic skills.

## **2. Bloomington South and IHSAA Athletic Policies and Guidelines**

### **2.1 Academic Eligibility**

A. Only students who attend MCCSC schools are eligible to participate in extracurricular activities.

B. Every athlete, manager, trainer or support group member must be passing four classes in order to remain eligible to play. Coaches will check progress of students by issuing periodic grade checks. It is the policy of the athletic department to be aware of the academic standing of each athlete and to try to affect him/her in a positive way. Those ruled ineligible may attend practices during the period of ineligibility at the coaches' discretion but may not dress in team uniform for contest.

C. Actual certification of grades is the Friday after completion of the grading period. Exception: The first Friday when returning from winter break, will be the day of grade certification.

### **2.2 Age**

A student is ineligible for competition as a member of an athletic team if he is 20 years of age prior to or on the scheduled date of the IHSAA State Finals tournament in a sport.

### **2.3 Amateurism**

Students shall not play under assumed names; accept payment directly or indirectly for athletic participation; or participate in athletic activities, tryouts, auditions, practices, and games held or sponsored by professional athletic organizations, clubs or their representatives.

### **2.4 Athletic Transfer Students**

Parents of students who wish to participate in athletics at BHSS but who did not attend BHSS during the previous school year are required to complete an IHSAA Athletic Transfer Form. Upon completion of this form BHSS will forward it to the student's former school and to the IHSAA for approval. The student cannot become eligible for competition until approval has been granted by the IHSAA. Students who transfer without a corresponding change in residence MAY be granted "limited eligibility" which allows for participation at the junior varsity level only for a period of 365 days. This transfer rule does not apply to incoming freshmen.

## **2.5 Attendance Procedure**

Students must attend school 1/2 (one half) of the day in order to qualify for participation in extra-curricular activity after school. Approved field trips or school activities constitute attending school. The principal or designee must grant any exceptions. An athlete who misses 5 consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and present this to the Athletic Director or coach before he/she may again become eligible for participation. Additional practices are required by the IHSAA before regaining eligibility after an extended absence due to illness or injury.

## **2.6 Awards/Gifts**

Athletes may not receive in recognition for his athletic ability any award not approved by their high school principal or the IHSAA. Athletes may not accept awards, medals, recognition, gifts and honors from colleges/universities or their alumni.

## **2.7 Changing a Sport**

If an athlete is cut from a team, he/she may join another team or program in that sport sea-son. An athlete cannot quit one sport to join another sport until that team is no longer competing. For example: An athlete cannot quit football to try out for basketball until football season is completed.(Athletes may transfer from one sport to another during a season only upon mutual agreement of both coaches and the athletic director.) If an athlete is removed from a team for any reason (i.e. quitting, rule violation, grades, etc.) that athlete will not be allowed to participate in any practice, conditioning program or weight room activity until completion of competition for the team from which the athlete was removed. If the athlete wishes to appeal, a written appeal must be submitted to the Athletic Director.

## **2.8 Participation on Team Outside of School Athletics**

Athletes who participate as members of any similar teams in the same sport season, not under direct supervision and management of their school, shall not be eligible. Athletes who wish to participate on teams outside the sports season should check with their coach or the athletic director to determine their eligibility to participate.

## **2.9 Enrollment**

A student is not eligible to participate in athletics if he did not enroll in school during the first 15 days of a semester. Or if he has been enrolled more than eight consecutive semesters (IHSAA) beginning in grade 9 (or 12 consecutive trimesters BHSS), or has represented a high school in a sport more than 8 semesters.

## **2.10 Hazing**

Our school community will not tolerate any behavior intended to degrade, insult, threaten or harm an individual in the school community; such behavior is grounds for disciplinary action. No initiation or hazing will be tolerated. In a group situation, each person is guilty of lending his or her influence to the group and will be responsible for what may have happened as a result of the actions of the group.

### **Procedures For Bullying, Hazing and Harassment**

Athletic Director hosts a pre-season meeting with all coaches prior to each season starting (fall, winter, spring) to review our procedures for bullying, hazing and harassment prevention. The AD will review the following:

- Explains that our practices in athletics coincide with the MCCSC policy for harassment.
- Reviews the slides provided from the MCCSC that contain definitions and examples of incidents.
- Require each coach to document with a signature that he/she attended the meeting and understands the importance of monitoring student behavior.
- Require each Head Coaches to share the information from this meeting with their assistant coaches, parents and athletes.

Each head coach will provide a signed document to the athletic director after hosting a meeting with their assistant coaches, parents and players to do the following:

- Give each student an Athletic Handbook.
- Ensure that each athlete has a signed Code of Conduct on file to participate.
- Explain school policy to parents and athletes including the expectation that bullying, harassment and hazing will not be tolerated.
- Show a DVD about bullying and hazing prior to their season starting (2012).
- Share the following definitions provided by the MCCSC:
  - Hazing is any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate.
  - Bullying is defined as overt, repeated acts or gestures, including; verbal or written communication transmitted; physical acts committed; or any other behaviors committed; by a student or group of students against another student with the intent to harass, ridicule, humiliate, or harm the other student.
  - Harassment can be an unwelcome sexual advances or any form of improper physical contact or sexual remark. Harassment shall also include any speech or action that creates a hostile, intimidating, or offense learning environment.

## Student Procedures for Making a Complaint

- Students are encouraged by their coaches, teachers, counselors and administrators to report any incident that causes them trouble. Reports can be made to coach, AD, teacher, counselor, principal, or SRT mentor.
- If the athlete believes they are receiving inappropriate treatment from the coach, he/she can meet with the athletic director, school administrator, counselor, teacher or SRT mentor.
- When a complaint is received, the school adult will share with the Athletic Director or administration. All cases will be documented by the schools harassment coordinator as well.
- After a complaint is made, an investigation takes place. Per the MCCSC Grievance Procedure, once a charge is under investigation, no information is to be released to anyone who is not involved with the investigation, except as may be required by law or is in the context of legal or administrative proceeding. No one involved is to discuss the subject outside of the investigation.
- Once a determination is made, the suspect will have his/her consequences explained. They will be consistent with the Code of Conduct including up to an expulsion request and/or police charges.
- The student making the charge will have access to counseling support.

### 2.11 Illness/Injury

An athlete who is absent five or more consecutive school days due to illness or injury must present written verification from a licensed physician stating that the athlete may resume participation. Additional practices may be required before competition is allowed.

### 2.12 Physician Visits

If an athlete sees a physician whether recommended by the athletic trainer or they go on their own, they must **provide a note from the physician for clearance for participation**. This will allow the athletic trainer to work with the physician to ensure the optimum care for the athlete. **No athlete will participate until a doctor's note has been given to the athletic trainer.**

### 2.13 Concussions

Due to state legislation on concussions; the school is following the recommended guidelines for a concussion set by the National Federation of State High School Association. **All three criteria must be met to be cleared for participation: Cleared by physician, pass the post-concussion impact test (This must be administered by a physician), and pass an exertion test.**



# HEADS\*UP CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

## Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven't been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

## What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

## What should I do if I think I have a concussion?

**DON'T HIDE IT. REPORT IT.** Ignoring your symptoms and trying to "tough it out" often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

**GET CHECKED OUT.** Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

**TAKE CARE OF YOUR BRAIN.** A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

## How can I help prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

## If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

**It's better to miss one game than the whole season.**

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

April 2013



# **SUDDEN CARDIAC ARREST**

## *A Fact Sheet for Student Athletes*

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### **FACTS**

Sudden cardiac arrest can occur even in athletes who are in peak shape. Approximately 500 deaths are attributed to sudden cardiac arrest in athletes each year in the United States. Sudden cardiac arrest can affect all levels of athletes, in all sports, and in all age levels. The majority of cardiac arrests are due to congenital (inherited) heart defects. However, sudden cardiac arrest can also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest. Once a cardiac arrest occurs, there is very little time to save the athlete, so identifying those at risk before the arrest occurs is a key factor in prevention.

### **WARNING SIGNS**

There may not be any noticeable symptoms before a person experiences loss of consciousness and a full cardiac arrest (no pulse and no breathing).

Warning signs can include a complaint of:

- Chest Discomfort
- Unusual Shortness of Breath
- Racing or Irregular Heartbeat
- Fainting or Passing Out

### **EMERGENCY SIGNS – Call EMS (911)**

If a person experiences any of the following signs, call EMS (911) immediately:

- *If an athlete collapses suddenly during competition*
- *If a blow to the chest from a ball, puck or another player precedes an athlete's complaints of any of the warning signs of sudden cardiac arrest*
- *If an athlete does not look or feel right and you are just not sure*

### **How can I help prevent a sudden cardiac arrest?**

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of life-long health. Additionally, you can assist by:

- Knowing if you have a family history of sudden cardiac arrest (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Telling your health care provider during your pre-season physical about any unusual symptoms of chest discomfort, shortness of breath, racing or irregular heartbeat, or feeling faint, especially if you feel these symptoms with physical activity
- Taking only prescription drugs that are prescribed to you by your health care provider
- Being aware that the inappropriate use of prescription medications or energy drinks can increase your risk
- Being honest and reporting symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

### **What should I do if I think I am developing warning signs that may lead to sudden cardiac arrest?**

1. *Tell an adult – your parent or guardian, your coach, your athletic trainer or your school nurse*
2. *Get checked out by your health care provider*
3. *Take care of your heart*
4. *Remember that the most dangerous thing you can do is to do nothing*

### **3. Extra-Curricular Activity Code of Conduct**

It is the strong belief of our school and community that representing Bloomington High School South is an honor and a privilege. As a part of upholding this belief, appropriate conduct and behavior expectations need to be followed at all times. Any student at BHSS who chooses to participate in an extra-curricular activity of any type will be required to follow the Code of Conduct guidelines outlined below in order to maintain eligibility in that activity. Extra-curricular activities include athletics, band, choir, clubs, and any other school sponsored activities that happen outside the school day.

It will be the responsibility of the staff and administration of the school to fairly and consistently enforce this policy in all extra-curricular activities in which our students participate. The intent of this policy is to encourage positive decision-making skills and work with the student and parents to provide appropriate safety nets when the student has made a poor choice. It is our hope that this policy will help promote and ensure the tradition and pride that we all have in our students and school.

The Code of Conduct must be signed before the student will be permitted to participate. The Code of Conduct will be kept on file and will be in effect for the student's high school career.

Consequences for violations of the code of conduct will vary depending on the corporation and honesty of those involved.

#### **3.1 Alcohol, Drugs, and Tobacco**

Students involved in extra-curricular activities should be aware that if they are present at a function where alcohol and/or drugs are being used, they should leave immediately. The use or possession of alcohol, drugs, tobacco or vaping device by students will not be tolerated and will result in the following penalties:

**A.** If the student turns him/herself into school personnel and/or cooperates with school personnel during the investigation of each offense:

**1. First offense**– The student will participate in a mandatory drug counseling program that will be specified / coordinated by the school. If the student refuses to participate in counseling they will be considered uncooperative and will lose 40% of their season. If reasonable suspicion of continued use arises after the initial incident, the student will be required to take a drug test. Student and parent will be responsible for all costs incurred.

**2. Second offense**– Suspension of 20% of total season (including sanctioned scrimmages). Students will be allowed to practice but may not dress for competition during suspension.

**3. Third offense**– One calendar year suspension. However, if during the first or second offense there was a lack of cooperation, the suspension will be become permanent.

**4. Fourth offense** – Permanent suspension in all extra-curricular activities.

**B.** If the student does not turn him/herself into school personnel and does not cooperate with school personnel during the investigation (this would include denying usage and failing a drug test):

**1. First offense** (without cooperation) – Suspension 40% of total season (including sanctioned scrimmages),and the student will participate in a mandatory community drug counseling program that will be specified/coordinated by the school. Student and parent will be responsible for all costs incurred.

**2. Second offense** (without cooperation)– Permanent suspension in all extra-curricular activities.

### **3.2 Suspension from School**

Student is suspended from the extra-curricular activity for same period of time.

### **3.3 Grades**

All students must be enrolled in and passing courses in compliance with IHSAA regulations to be eligible for athletic participation. Eligibility for extra-curricular participation will be determined by the club sponsor/administration.(Must pass 4 out of 5 classes.)

### **3.4 Behavior**

Conduct of all students involved in extra-curricular activities will be of the highest caliber while in school, in the community, during practices, games and competitions. Students who do not represent BHSS in an appropriate manner exhibited by their habits, conduct or character IN OR OUT OF SCHOOL, YEAR ROUND, shall be subject to disciplinary measures. This could result in suspension or dismissal from activities as determined by the coach, sponsor, athletic director or principal. This conduct includes relationships with coaches, team members, fellow students, teachers and the general public.

### **3.5 Profanity**

The use of profanity will not be tolerated.

### **3.6 Stealing, Theft and Vandalism**

A student involved in extra-curricular activities shall not vandalize property at school or at other schools nor have in their possession any stolen item from any source, including uniforms or equipment from Bloomington South H.S. or other schools. A student involved in extra-curricular activities shall not commit an act of theft. The penalty for such an act will follow the schedule listed under Item I above.

### **3.7 Criminal Guilt**

If you are found guilty of a criminal act, you will not be allowed to participate in extra-curricular activities for one year.

### **3.8 Quitting Teams**

If you quit a team after the first interscholastic contest, you may not participate in another sport during that season without consent from both coaches involved. This includes off-season weight programs conducted by the school.

### **3.9 Timeline**

In accordance with school policy and the IHSAA, these rules are in effect all year, including summer.

### **3.10 Appeal Process**

A student and his or her parent/guardian have the right to appeal a ruling by so notifying the administration in writing within five (5) business days after notification of the decision. The Extra-Curricular Activity Appeals Board consists of members of the administrative staff. If written notification is not received within five (5) business days, the right of the appeal is forfeited.

### **3.11 Hazing/Bullying**

Will not be allowed; those involved shall be subject to disciplinary measures. This could result in suspension or dismissal from activities as determined by the coach, sponsor, athletic director or principal.

## **4. General Requirements for Awards**

### **4.1 Varsity Letter Award**

To receive a varsity letter in any sport a student must have participated in 60% of regularly scheduled varsity competition for that sport. At the discretion of the Head Coach the "over-all-performance" is evaluated subjectively by the coaching staff and may, in exceptional circumstances, outweigh the player-participation% variable.

The chenille "B" (6") will be awarded only once. A sew-on insert will be awarded for each sport the athlete earns a varsity letter. A chevron will be awarded with the first varsity letter and with each succeeding achievement of the varsity award. A freshman receiving a varsity award will also receive numerals if this is the first athletic award earned by the athlete.

**Seventh varsity letter winner receives a blanket if earned in at least two different sports.**

## 4.2 Varsity Participation Award

The varsity participation award will go to athletes who participate on the varsity team but compete in less than 60% of the regularly scheduled varsity competitions. The chenille "B" (4") will be awarded only once. A freshman receiving a varsity participation award will also receive numerals if this is the first athletic award earned by the athlete.

## 4.3 Junior Varsity Award

The junior varsity award will go to athletes participating in 60% of the regularly scheduled junior varsity competition for that sport. The chenille "B-JV" (3") will be awarded only once. A freshman receiving a junior varsity award will receive numerals if this is the first athletic award earned by the athlete. A certificate will be issued for each succeeding achievement of the junior varsity award earned by the athlete.

## 4.4 Numerals

Graduation year numerals will be the award for freshman team participation. Freshman athletes participating for the first time on a Varsity team will receive Varsity award and numerals. Chenille numerals will be awarded only once. A certificate will be issued for each succeeding achievement of the freshman award earned by the athlete.

## 4.5 Injury Clause

An athlete injured during the course of the season may be presented with an athletic award at the coach's discretion.

## 4.6 "B" Award (Plaque)

The "B" Award is the highest individual athletic award presented by the BHSS Athletic Department. The varsity award recipient in each sport who is rated highest on the following qualities by the athlete's teammates shall receive the award.

**Loyalty** is steadfast and unquestioned devotion to the ideals of the school, the team and the coach. **Desire** is extending maximum personal effort in both practice and game.

**Training** is strict and unquestioned adherence to all training rules suggested by the coaching staff. **Citizenship** is exemplary personal conduct at school, away from school and during games. **Self-sacrifices** the generous offering of ones' time, talents and energy for the benefit of ones' teammates, the team, the school and the coach without any thought of personal gain. **Skill** is the development and use of outstanding individual ability through diligent practice and hard work.

## 4.7 Honorary Captain Award

The varsity award recipient in each sport who is rated highest on the following leadership qualities by the athlete's teammates shall receive the award. **Leadership**- A leader must precede and be followed by others in conduct, character and action. This athlete must set the example. The honorary captain can be chosen by team-mates or coaches to represent them, the team, the school and the community.

## **5. Insurance**

BHSS administrators, coaches and trainers are safety conscious and are trained to instruct athletes in the safe and proper techniques of their individual sport(s). Due to the nature of athletic activity, however, injury may occur. While the school provides the opportunity for such participation, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are encouraged to have a family insurance policy to cover athletic injuries and the cost of treatment. IT SHOULD BE NOTED THAT NEITHER THE IHSAA NOR BLOOMINGTON SOUTH HIGH SCHOOL CARRIES ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.

## **6. Physical Examinations**

Students desiring to participate in interscholastic athletics must undergo a physical examination performed by a licensed medical doctor (M.D.) prior to the first practice of any sport. The physical form, which must be signed by a M.D., may be obtained at the Athletic Office or from the coaching staff. The doctor's signature must be dated after April 1st of the current year to be valid for the next school year. Student athletes are encouraged to attend the mass physicals night put on by the athletic departments of Bloomington South and Bloomington North and local physicians. The physical is offered to high school athletes at a minimal cost and the profit goes back to the high school athletic programs. Listen for announcements for the date and location.

## **7. Equipment and Facilities**

We are very proud of our school and it is important that coaches and players work together to maintain our facilities. Use of equipment and facilities should be handled with the utmost care. A lack of respect for equipment and facilities will not be tolerated.

## **8. All Sport Passes**

We offer all sport passes to students and adults at a discount price. We encourage our athletes to purchase an all sports pass so that they can support each other at a low cost.

## **9. College Athletic Eligibility**

See your counselor for NCAA Clearinghouse information.

## **Equal Access to Extracurricular Activities (MCCSC Policy (2260.01)**

It is the policy of the Corporation to afford qualified students with disabilities an equal opportunity for participation in education, and in non-academic extracurricular services and activities sponsored by the Corporation. The Corporation will evaluate students who may need reasonable accommodations to participate to the fullest extent possible in a Corporation-sponsored activity or service.

Upon request by a qualified student with a disability to participate in any academic or non-academic activities or extracurricular services sponsored by the Corporation, the Corporation will conduct an individualized assessment of the student. The Corporation will evaluate the student based on the specific nature of the disability and the specific reasonable accommodations that student needs to participate in the Corporation-sponsored activity or service. The individual assessment will include an evaluation of whether existing policies, practices or rules may be modified to accommodate the student.



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COMMUNITY SCHOOL CORPORATION  
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