

**Stanton School Athletic/Extracurricular Permission Form**

I, \_\_\_\_\_, give permission for my child, \_\_\_\_\_

in grade \_\_\_\_\_ to participate in \_\_\_\_\_ at Stanton School for the 2023-2024 school year.

This permission form and **\$25.00 participation fee** must be turned into the office before a student may participate in practices.

Home Number: \_\_\_\_\_ Work Number: \_\_\_\_\_

Cell Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

My child has the following insurance: \_\_\_\_\_ Policy #: \_\_\_\_\_

Note: All students are covered by the District's student accident insurance policy, which is secondary to family medical coverage. Family medical coverage is not required for participation in extracurricular offerings. For more information on student accident insurance please visit <https://www.d114.org/student-accident-insurance>.

Disclaimer: D114 reserves the right to seek medical attention when deemed necessary for the well-being of its' students.

I hereby attest that I have read the extracurricular and athletic policy and fully understand and agree to the conditions of participation as stated.

In addition, I agree to the following:

- I have read the Lakes Region Athletic Conference Code of Conduct rules and agree to abide by them.
- I acknowledge receipt of the Concussion Information Sheet.
- I acknowledge receipt of the Anabolic Steroid Abuse Information.

\_\_\_\_\_  
Student Name Printed

\_\_\_\_\_  
Parent/Guardian Name Printed

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Name Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

During the season, athletes MAY NOT go home from away games/meets with anyone besides you unless written permission is given by you. If you would like to allow your child to go home with another adult during the season, please write the name(s) and phone number(s) of any adult whom you give permission for your child to go home with. If the adult is not listed below, you may provide a handwritten note the day of the meet to allow your child to go with another adult. The adult taking your child home will be responsible for signing your child out with a coach before leaving with them. If the adult is not listed below or you do not provide a handwritten note giving your permission, your child WILL NOT be allowed to leave with another adult and must ride the bus home. Thank you for your cooperation in helping us to make sure that everyone gets home safely!

**The following adult(s) may take my child home from away games:**

**Name**

**Phone Number**

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\_\_\_\_\_  
Student Name Printed

\_\_\_\_\_  
Parent or Guardian Name Printed

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**Stanton School Extracurricular & Athletic Policy**  
**Extracurricular and Athletic Activities Code of Conduct**

Students at Stanton School will participate in a variety of extracurricular and athletic activities as part of the Lakes Region Athletic Conference.

A student must meet all academic eligibility requirements and have the following fully executed documents on file in the school office before being allowed to participate in any athletic activity:

1. A current certificate of physical fitness issued by a licensed physician, an advanced practice nurse or physician assistant. The preferred certificate of physical fitness is the Illinois Elementary School Association's "Preparticipation Physical Examination Form."
2. A permission slip to participate in the specific athletic activity signed by the student's parent/guardian.
3. Proof the student is covered by medical insurance.
4. Signed documentation by the student and parent on receiving notification on Anabolic Steroid Abuse.

5. Signed documentation agreeing to comply with the School District's policies and procedures on student athletic concussions and head injuries. Student athletes must comply with Illinois' Youth Sports Concussion Safety Act and all protocols, policies and bylaws of the Illinois Elementary School Association before being allowed to participate in any athletic activity, including practice or competition. A student who was removed from practice or competition because of a suspected concussion shall be allowed to return only after all statutory prerequisites are completed, including without limitation, the School District's return-to-play and return-to-learn protocols.
6. Signed documentation agreeing to comply with the Lakes Region Athletic Conference Code of Conduct.

### **Extracurricular and Athletic Activities Academic Eligibility**

Selection of members or participants in extracurricular and athletic activities is at the discretion of the designated teachers, sponsors, and coaches.

In order to be eligible to participate in extracurricular and athletic activities, a student must not be failing any classes on the grade report that is printed at 7:00 on Monday mornings. Any student failing to meet academic requirements may not participate in any extracurricular activities from Monday through the following Sunday. When a student turns in a late assignment to his/her teacher, it is up to the discretion of the teacher as to when the grade will be entered into the gradebook in a reasonable amount of time.

Students that are receiving a "1" in any work habits category (responsibility, cooperation, independence, perseverance) will be ineligible to participate in extracurricular/athletic activities from Monday through Sunday of the following week. All exploratory teachers will update their work habits on a weekly basis.

#### **3 Tiered system - Fs**

- Tier 1
  - probation
  - Student / coach are informed of the failing grade/s and have the week to improve
  - Participation for that week is allowed
- Tier 2
  - No participation in games
  - T and Th student must attend HW Club/Study Hall
  - M and F student may practice with the team
- Tier 3
  - No participation in practice or games
  - T and Th student must attend HW Club/Study Hall
  - M and F student must attend Study Hall

### **Extracurricular and Athletic Activities Attendance Policy**

A student who is absent from school for four (4) periods of the day or more are ineligible for any extracurricular or athletic activity on that day unless the absence has been approved in writing by the principal. Exceptions may be made by the designated teacher, sponsor or coach for: 1) a pre-arranged medical absence; 2) a death in the student's family; or 3) a religious ceremony or event.

A student who has been suspended from school is also suspended from participation in all extracurricular and athletic activities for the duration of the suspension.

A student who is absent from school on a Friday before a Saturday event will be withheld from Saturday extracurricular or athletic activities.

Practices and games are mandatory. Excessive absences may result in forfeiture of your spot on the team.

### **Travel for Extracurricular and Athletic Activities**

All students must travel to extracurricular and athletic activities and return home from such activities with his or her team by use of school approved transportation. Parents taking their child home from a school sponsored activity must sign out their child with the designated teacher, sponsor, or coach.

### **Lakes Conference Athletic Conference Code of Conduct**

Student - Parent Agreement for Athletic Participation

Participation in extracurricular athletics is both a privilege and a responsibility. It is a privilege to develop your specific athletic skills with classmates in an organized setting. It is a responsibility to represent your school and community with your best sportsmanship and appearance.

The following rules are required from each athlete participating in games in the Lakes Region Athletic Conference.

1. I will demonstrate good sportsmanship at all times.
2. I will be a positive representative of my school at all games.
3. I will try to show that I can accept winning or losing a game in a gracious manner.
4. I will not use vulgar or objectionable language in school at practice or at any athletic event.
5. I will not criticize game officials at any time under any circumstances; I will not communicate with game officials except to answer a question.
6. I will not use or be in possession of tobacco products, alcohol or illegal drugs at any time.

I have read the above rules and agree to abide by them. Should I not follow any rule I realize I may be suspended from games and practices for the next scheduled event up to the remainder of the school year.

### **Concussion Information**

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 the injury or can take hours or days to fully appear. If your child 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, amnesia, "don't feel right," fatigue or low energy, sadness, nervousness or anxiety, irritability, more emotional, confusion, concentration or memory problems (forgetting game plays), repeating the same question/comment.

Signs observed by teammates, parents and coaches include: appears dazed, vacant facial expression, confused about assignment, forgets plays, is unsure of game, score, or opponent moves clumsily or displays incoordination, answers questions slowly, slurred speech, shows behavior or personality changes, can't recall events prior to hit, can't recall events after hit  
seizures or convulsions, any change in typical behavior or personality, loses consciousness.

### **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 a 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 that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach 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.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

### **Anabolic Steroid Abuse: Information from The National Institute on Drug Abuse**

The following information is required to be given to all athletes by IESA/IHSA. Please review the information with your athlete to insure their safe participation in any sports program.

Anabolic-androgenic steroids are man-made substances related to male sex hormones. "Anabolic" refers to muscle-building and "androgenic" refers to increased masculine characteristics. These drugs are available legally only by prescription. Some athletes abuse anabolic steroids to enhance athletic performance and improve physical appearance. Anabolic steroids are taken orally or injected into the body. Abuse of anabolic steroids can lead to serious health problems, some of which are irreversible. Major side effects can include liver tumors and cancer, jaundice, high blood pressure, kidney tumors, severe acne and trembling. In males, side effects may include shrinking of the testicles, impotence, baldness and breast development. In females, side effects may include growth of facial hair, menstrual changes and deepened voice. In teenagers, growth may be halted prematurely and permanently. Anabolic steroid abuse is increasing among adolescents. In the National Institute on Drug Abuse's "Monitoring the Future Study", 3.4% of high school seniors reported using steroids at least once. Studies show that, over time, anabolic steroids can indeed take a heavy toll on a person's health.