



ATHLETICS AT CUT BANK HIGH SCHOOL RULES AND REGULATIONS

All students at Cut Bank High School are invited and encouraged to participate in athletics. Cut Bank offers a wide variety of sports. They are as follows:

Boys Sports- Head Coach

Football – Peter Hamilton
Cross-country – John Reynolds
Wrestling - Cody Fetters
Basketball - Brian Harrell
Track & Field – Crystal Kain
Golf – Scott Laird
Tennis - Jim Gregg
Cheerleading – Rebecca Bohmer
Speech & Drama – Shelby Moody

Girls Sports- Head Coach

Basketball- Brandon Kavanagh
Cross-country – John Reynolds
Volleyball – Kelsey Brown
Softball - Mike Pyette
Track & Field – Crystal Kain
Golf – Scott Laird
Tennis - Jim Gregg
Cheerleading – Rebecca Bohmer
Speech & Drama – Shelby Moody

TO QUALIFY TO PARTICIPATE IN ATHLETICS AT CBHS, YOU MUST:

1. Be academically eligible - See student handbook.
2. Follow all MHSA Guidelines.
3. Have a physical exam form turned in prior to first practice. **MAKE SURE BOTH SIDES OF THE PHYSICAL FORM ARE FILLED IN AND SIGNED.** It is mandatory that all students use the current MHSA physical form.
4. Have a Student-Athlete & Parent/Legal Guardian Concussion Statement form signed and turned in prior to first practice.
5. Pay athletic fees before you participate in any games or contests. The athletic fee is \$25 which covers the entire school year. Football players also must pay a \$20 jersey fee making the athletic fee for football players a total of \$45. Participants in all other sports need to pay the one-time-only (per year) fee of \$25.
6. CBHS Student Athletic Enrollment and Agreement form signed and turned in. The athlete and parent must sign this form to verify you understand and agree to abide by the rules and regulations of CBHS. This must be turned in prior to the first game or contest.
7. All transfer students must meet requirements of the MHSA handbook. Please contact the athletic director's office or high school principal immediately to determine your status.
8. **REMINDER: DAMAGE TO EQUIPMENT.** Any damage to athletic equipment done by a student will be paid for by the student, i.e. breaking of backboards.

Eligibility procedure:

- Eligibility will be determined every Tuesday at 8:00 A.M., and any student who is ineligible will be ineligible beginning Tuesday and ending the following Tuesday morning at 8:00 A.M.
- Ineligible students who utilize lunch to complete work (and receive an ok from the noon supervisor) will be allowed to participate in practices meetings but not competitions.
- An event* is treated as a "competition", and students ineligible that Tuesday are ineligible for events*.
- *Possible eligibility would resume when a student finishes an activity suspension which resulted from other than grade reasons. This would specifically address Loss of School to Work or TA due to a violation resulting in the activity suspension.*

*Events include all activities at CBHS including dances, assemblies, homecoming/spirit week activities, all MHSA activities, clubs, any activity that is not Co-Curricular and the student of the week trip.

Any student who is not in school for all 7 periods will not be able to practice or participate in any activity, unless the student has approval from the principal or an excused absence. (See attendance.)

STUDENTS IN GOOD STANDING AND TRAINING RULES:

Students may not participate in school-sponsored activities when the faculty is concerned he / she is not working up to his/her capabilities (and this is seriously hindering his / her educational development), or behaving in an unacceptable manner.

Students involved in sports, music or any activity in which they represent the school at various functions are governed by training rules which are given to them by the coach, director, or adviser for the activity in which they are involved. Students are responsible to secure a copy and understand and meet their responsibilities.

ILLNESS TRUANCY: Students may not participate in practice or an event unless a doctor's note is provided, if they are absent for reason of illness or for truancy for one or more periods on the day of the event or practice.

TRAVELING WITH THE TEAM:

Regulation:

Students who participate in a school activity outside of Cut Bank are required to ride the scheduled activity bus *to the activity*. Any student violating this rule will not be allowed to participate in the activity. Coaches, supervisors and advisors are responsible for immediately enforcing this rule. Any requests for an exception to this rule must be submitted to the principal in a timely manner for approval.

Students must travel *home* with the team from all athletic events activities. An exception to this will be made only if all of the following criteria are met:

1. The official travel waiver form must be picked up in the appropriate principals' office, before the team leaves from Cut Bank.
2. The waiver form must be personally handed to the head coach by the parents or guardian after the event and before the team leaves the game site.
3. Requests for surrogate parent travel are made well in advance in Cut Bank

Third Offense: The student will appear before the Board of Trustees where an indefinite suspension or other such appropriate disciplinary action will be determined after notice and hearing

In all cases, reimbursement for damages will be collected based on replacement costs. This reimbursement must be made prior to admittance to school following suspension. The principal may allow other payment arrangements based on extenuating circumstances.

Students who do not complete a competitive or noncompetitive activity for disciplinary reasons will not be eligible to receive letters, awards or other recognition. The administration may report information regarding each incident to law enforcement officials.

Students are reminded of the general Board Policy on Discipline. Should an individual violate the theft, vandalism and destruction of third party property regulation, he/she is reminded disciplinary measures include, but are not limited to:

- expulsion
- suspension
- detention, including Saturdays and/or early mornings paired with activity suspensions
- clean-up duty
- loss of Senior student privileges
- loss of bus privileges
- notification to juvenile authorities and/or police
- restitution for damages to school property

Further the Trustees remind students that "activity suspensions" mean an individual may forfeit activities like Senior Banquet; Prom; Athletic and non-athletic practices, contests, performances, travel; Graduation; Class Activities like BBQ's, Macho Volleyball, Powder Puff Football; Homecoming; Spirit Week, etc., as determined by the administration for suspension fewer than ten days or by the Trustees when suspensions are ten or more days.

DRUGS AND ALCOHOL

The Drug and Alcohol Policy adopted by the Cut Bank School District #15 will apply to all students enrolled in Cut Bank School District #15. For students participating in any activities that begin prior to the first day of school, these rules apply as of the first official day of the activity. For students who are not participating in any activities that begin prior to the first day of school, these rules apply as of the first day of school. For students participating in any activities that end after the last day of school, these rules apply through the final day of activity. For students not participating in spring activities, the policy ends on the last official day of school for non-participants.

Violations are cumulative, through the student's period of attendance in middle or high school. Violations do not carry over, however, from middle school to the high school. In addition to the disciplinary consequences outlined below, any student in violation of the drug and alcohol regulation will be referred to the Counseling Department and a specific course of action will be determined. This may include completion at personal expense of the community Life Skills course.

Football	Cheerleading	Pep Band
Volleyball	Music	BPA
Cross Country	Speech & Drama	FCCLA
Basketball	Teaching Assistant	Pep Club
Wrestling	Science Club	Skills USA
Golf	Art Club	
Tennis	Student Council	
Track	Prom	
Softball	Senior Activities	

Alcohol, Controlled Substances, Look Alike Drugs, or Drug Paraphernalia and Competitive and Noncompetitive Extracurricular Activities

Students who do not complete an activity for disciplinary reasons will not be eligible to receive letters, awards, or other recognitions.

Possession of alcohol, controlled substances, look alike drugs, or drug paraphernalia by any student who is a member of an extracurricular, non-graded activity / organization, or who is a member of an interscholastic team will result in the following:

- First Offense: The student will appear before the Board of Trustees where a thirty (30) school day suspension from activities and recommended counseling will be determined after notice and hearing
- Second Offense: The student will appear before the Board of Trustees where a sixty (60) school day suspension from activities and required proof of counseling prior to reinstatement will be determined after notice and hearing
- Third Offense: The student will appear before the Board of Trustees where a ninety (90) school day suspension and required proof of dependency evaluation and proof of ongoing counseling prior to reinstatement will be determined after notice and hearing
- Fourth Offense: The student will appear before the Board of Trustees where a one-hundred and eighty (180) school day suspension and required proof of chemical evaluation and proof of ongoing counseling prior to reinstatement will be determined after notice and hearing

Tobacco and Competitive and Noncompetitive Extracurricular Activities

Students who do not complete an activity for disciplinary reasons will not be eligible to receive letters, awards, or other recognition.

Possession of tobacco products by any student who is a member of an extracurricular, non-graded activity / organization, or who is a member of an interscholastic team will result in the following:

- First Offense: The student will receive a nine (9) school days suspension from activities or such other appropriate disciplinary action as determined

2. A search of the student's clothing including pockets;
3. A search of any container or object used by, belonging to or otherwise in the possession or control of a student; and-or
4. Devices or tools such as breath-test instruments, saliva test strips, etc.

School Property and Equipment and Personal Effects of Students

School authorities may inspect and search school property and equipment owned or controlled by the District (such as lockers, desks, and parking lots).

The Superintendent may request the assistance of law enforcement officials, including their use of specially trained dogs, to conduct inspections and searches of lockers, desks, parking lots, and other school property and equipment for illegal drugs, weapons, or other illegal or dangerous substances or material.

Students

School authorities may search a student or a student's personal effects, when reasonable grounds suggest a search will produce evidence that the particular student has violated or is violating a law or District student conduct rules. The search must be conducted in a manner that is reasonably related to its objectives and not excessively intrusive in light of age and sex of a student and the nature of the suspected infraction.

Students may not use, transport, carry, or possess illegal drugs or any weapons in their vehicles on school property. While on school property, vehicles may be inspected at any time by staff, or by contractors employed by the District utilizing trained dogs, for the presence of illegal drugs, drug paraphernalia, or weapons. In the event the school has reason to believe that drugs, drug paraphernalia, or weapons are present, including by alert-trained dogs, the student's vehicle will be searched, and the student expressly consents to such a search.

Also, by parking in the school parking lots, the student consents to having his/her vehicle searched if the school authorities have any other reasonable suspicion to believe that a violation of school rules or policy has occurred.

Seizure of Property

When a search produces evidence that a student has violated or is violating either a law or District policies or rules, such evidence may be seized and impounded by school authorities and disciplinary action may be taken. As appropriate, such evidence may be transferred to law enforcement authorities.

Legal Reference: *Redding v. Safford Unified School District*,
---F.3d---, 2007 WL 2743594 (C.A. 9 (Ariz.))
Terry v. Ohio, 392 U.S. 1, 20 (1968)

Extracurricular Activities Drug Testing Program

The Cut Bank School District has a strong commitment to the health, safety, and welfare of its students. Results of studies throughout the United States indicate that education alone, as a preventive measure, is not effective in combating substance abuse. Our commitment to maintaining the extracurricular activities in the District as a safe and secure educational environment requires a clear policy and supportive programs relating to detection, treatment, and prevention of substance abuse by students involved in extracurricular activities.

Scope

1. Students participating in any extra-curricular activity represent the community, the school and their peers. When a participant uses illegal substances and/or alcohol, such use impinges upon the team's motivation, cohesiveness and performance. As a result, the well-being of the individual, the team, and the general school community is diminished by the participant's use of illegal substances and/or alcohol.
2. As participation in any extra-curricular activity is a privilege, those students voluntarily subject themselves to a degree of regulation higher than that imposed on students generally. Students who voluntarily participate in school athletic activities and/or extra-curricular activities have reason to expect intrusions upon normal rights and privileges, including privacy.
3. The Cut Bank High School District will test student athletes and other participants in any MHSA extra-curricular activity for illegal substance and/or alcohol use by administering urinalysis tests. This policy applies to all Cut Bank High School District students participating in any extra-curricular activity sponsored or sanctioned by the Montana High School Association (MHSA)

Definitions

Drug: Any substance considered illegal or controlled by the Food and Drug Administration.

Student Participant: Any student participating in any extra-curricular activity under the control and jurisdiction of the Montana High School Association and/or Cut Bank High School.

Activity Season: Fall, winter and spring seasons begin on the first day of practice/participation allowed by the MHSA/Cut Bank High School, and end after the final competition for that activity and the student has returned to Cut Bank or having been released to their parent or guardian.

Pupil Instruction Days (PI Days) – Begins with the first official practice of fall sports and ends with the last pupil instruction or competition day of the year.

annually.

Results of the Drug Testing

If a student tests positive to the drug test the following will occur:

1. Notify the parent or guardian.
2. Notify the Principal.
3. A due process hearing will be conducted with the principal, coach, parent and the student.
4. Once a student tests positive, a second test from the same sample may be requested and paid for by the student/parent. We will proceed with discipline measures upon being informed of a positive test. If a student tests positive once, that student will be required to take the drug test at least once a month for the remainder of the school year.
5. If a student refuses to take the drug test, all procedures will be followed as if the student tested positive on the test.
6. When a student tests positive, the student is suspended from participation in all athletic/activity programs and co-curricular activities for thirty (30) calendar days with recommended counseling from the date the infraction was acted upon by the coach/activity sponsor or administrator.
7. On the second infraction, the student will be suspended from participation in all athletic activity and co-curricular programs for sixty (60) calendar days with required proof of counseling prior to reinstatement. After a second violation, a student will be tested each month for a calendar year while school is in session.
8. On the third infraction, the student will be suspended from participation in all athletic activity and co-curricular programs for ninety (90) calendar days. The student is required to submit proof of counseling prior to reinstatement. After a third violation, the student will be tested each month that school is in session for the remainder of his/her high school career.
9. On the fourth infraction, the student will be suspended from participation in all athletic activities and co-curricular programs for one-hundred-and eighty (180) calendar days. The student is required to submit proof of counseling prior to reinstatement.

DUTIES OF THE SUPERINTENDENT OR DESIGNEE

The superintendent or designee will implement and oversee appropriate procedures for the consistent implementation of the testing procedure. A Third Party Administrator will be contracted to conduct, screen and verify the results.



A Fact Sheet for ATHLETES

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 practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might 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. Second or later 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.

HOW CAN I 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.
- Use the proper sports 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, or activity
- > Worn correctly and fit well
- > Used every time you play

Remember, when in doubt, sit them out!

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
<ul style="list-style-type: none"> •Appears dazed or stunned •Is confused about events •Answers questions slowly •Repeats questions •Can't recall events prior to the hit, bump, or fall •Can't recall events after the hit, bump, or fall •Loses consciousness (even briefly) •Shows behavior or personality changes •Forgets class schedule or assignments 	<p><u>Thinking/Remembering:</u></p> <ul style="list-style-type: none"> •Difficulty thinking clearly •Difficulty concentrating or remembering •Feeling more slowed down •Feeling sluggish, hazy, foggy, or groggy <p><u>Physical:</u></p> <ul style="list-style-type: none"> •Headache or "pressure" in head •Nausea or vomiting •Balance problems or dizziness •Fatigue or feeling tired •Blurry or double vision •Sensitivity to light or noise •Numbness or tingling •Does not "feel right" 	<p><u>Emotional:</u></p> <ul style="list-style-type: none"> •Irritable •Sad •More emotional than usual •Nervous <p><u>Sleep*:</u></p> <ul style="list-style-type: none"> •Drowsy •Sleeps less than usual •Sleeps more than usual •Has trouble falling asleep <p><i>*Only ask about sleep symptoms if the injury occurred on a prior day.</i></p>

LINKS TO OTHER RESOURCES

- CDC –Concussion in Sports
 - <http://www.cdc.gov/concussion/sports/index.html>
- National Federation of State High School Association/ Concussion in Sports
 - www.nfhslearn.com
- Montana High School Association – Sports Medicine Page
 - <http://www.mhsa.org/SportsMedicine/SportsMed.htm>

STUDENTS

EXTRACURRICULAR ACTIVITIES DRUG TESTING PROGRAM
CONSENT FORM

I have received and have read and understand a copy of the Cut Bank Public Schools "Extracurricular Activities Drug-Testing Program" policy. I desire that _____ participate in this program and in the extracurricular programs of Cut Bank High School and hereby voluntarily agree to be subject to its terms for the entire high school career (grades 9-12).

I accept the method of obtaining urine and/or saliva specimens, testing, and analyses of such specimens and all other aspects of the program. I agree to cooperate in furnishing urine and/or saliva specimens that may be required from time to time.

I further agree and consent to the disclosure of the sampling, testing, and results provided for this program. This consent is given pursuant to all State and Federal Privacy Statutes and is a waiver of rights to nondisclosure of such test records and results only to the extent of the disclosures in the program.

Student Signature

Parent/Guardian Signature

Date

Date

.....
I, _____, have decided not to participate in any extracurricular activities sponsored by Cut Bank High School for the remainder of this school year. In order for me to participate in the extracurricular activities program at a later date, I understand that I must submit either urine or saliva samples.

Student Signature

Parent/Guardian Signature

Date

Date

CUT BANK HIGH SCHOOL
STUDENT ATHLETE ENROLLMENT AND AGREEMENT FORM

I. Please fill in all information below. This information will be kept on file in the Athletic Director's Office for future use in case of an emergency that requires us to get in touch with the student's parents or guardian.

Name _____ Age _____ Birth date _____

Grade _____ Home Phone _____ Cell Phone _____

Parents/Guardians Name _____

Mailing Address _____

Home Phone _____ Work Phone _____ Cell Phone _____

II. All athletes enrolling to compete in competitive athletics at Cut Bank High School must have received a copy of the Rules and Regulations pertaining to extra-curricular athletics and the signs and facts of a concussion. The athlete's signature at the bottom of this section acknowledges that the athlete has received, read, and understands these rules and regulations and the information on concussions and that any violations of the same will result in a prescribed outcome. The parent/guardian signature signifies the same acknowledgement.

Furthermore, the student-athlete named below agrees to keep himself/herself in good physical condition, to take proper care of his/her equipment, and to return it when called to do so, to keep up in his/her school work, to play hard but clean, to be loyal to the team, to conduct himself/herself at all times in a sportsmanlike manner, and to be a credit to the school district.

I hereby give permission to the above named athlete to participate in athletics at CBHS, and as a participant, to travel under the coaches' direction and authority from time of departure until return arrival.

Signature of Parent/Guardian

Signature of Student

Date

Date