

SRVS

ACTIVITY HANDBOOK

(ADOPTED 6/2024)

Revised July 2024

Welcome to the Sun River Valley Student Activity Handbook. It is our hope that you are excited to be part of our extra-curricular school experience and believe you have much to offer those involved in your program, as well as much to gain by being a part of Tiger Athletics or Activities. This handbook offers guidelines to assist and direct you in your experience. Directly below this introduction, you will find our schools' mission statements, along with our athletic mission statement. With those driving forces in mind, policies have come into effect. Please read this carefully, following the policies in place and encouraging your teammates and classmates to do so as well.

****The SRVS (Sun River Valley Schools) will make equal educational opportunities available for all students without regard to race, color, national origin, ancestry, sex, ethnicity, language barrier, religious belief, physical or mental handicap or disability, economic or social condition, or actual or potential marital or parental status. (School Board Policy 3210)**

Simms High School Mission Statement

The mission of the Sun River Valley Schools District is to provide a sound and comprehensive education. This educational process will ensure that the students of Sun River Valley Schools are respectful, safe, and responsible; while receiving the skills, knowledge, and experiences necessary to become productive members of the global community.

TIGER Athletic Mission Statement:

Success is facilitated by

- 1) being well-prepared. 2) maintaining a positive attitude.
- 3) developing a dedication to a cause 4) establishing high standards of conduct and attitude

Furthermore, the fundamental purpose of athletic programs are to facilitate development of

- 1) sportsmanship 2) pride of accomplishment of a job done to the best of one's ability
- 3) a sense of belonging to a group 4) social values derived from contact with students and adults from other communities
- 5) healthy behaviors of participants

Athletics prepare young people for the challenges of adult life, but a great tradition for excellence in athletics is not built overnight. It takes the hard work of many people over a period of time. To participate in such a way that honor and respect come to our athletes, our schools, and our communities is a tradition. As a member of an interscholastic team, a student has responsibilities, as do the

administration, coaches, parents, and community. The role of contributing to our athletic tradition will be a source of satisfaction to the students and to the school.

The Sun River Valley Public Schools will make equal educational opportunities available for all students without regard to race, color, national origin, ancestry, sex, ethnicity, language barrier, religious belief, physical or mental handicap or disability, economic or social condition, or actual or potential marital or parental status. [SRVS Policy 3210](#)

A. STUDENT PARTICIPATION: Before students are allowed to practice/compete, all will have completed and turned in the following forms:

-A properly completed and signed MHSA physical for Ms and HS athletics **FORM A**

****A** physical examination is required for each student in order to be considered eligible to participate in an association contest. This exam must be certified by a medical doctor for the current school year. The cost of the physical exam is the responsibility of the student-athlete and his/her parents.

-Student-Athlete & Parent/Legal Guardian Concussion Statement **FORM B**

-All football players will have on file with the coach (collected by the football coach): A properly completed and signed Football Warning and Helmet Disclaimer **FORM C**

BEFORE STUDENTS ARE ALLOWED TO PARTICIPATE IN SANCTIONED ACTIVITIES, ALL STUDENT ATHLETES/PARTICIPANTS WILL

1. If participating in a HS sport, be eligible under all MHSA rules:

A student must be enrolled and have received a passing grade in at least twenty (20) periods of prepared classwork or its equivalent in the last previous semester in which the student was in attendance. Failure to meet this requirement will result in one (1) semester of ineligibility. Middle school students will be required to receive a passing grade in ten (10) periods of prepared work per week. A homeschool student is eligible to participate in an MHSA member school. (Article II, Section (2) Eligibility, MHSA handbook)

No student who is enrolled in a grade below the ninth shall be eligible to participate in an MHSA Association Contest, except as established in Section (5) of the MHSA handbook.

MHSA Age Rule – MHSA Section (7.1) No student is eligible to participate in an Association contest who has become nineteen (19) years old on or before midnight, August 31, of a given year. Therefore, a student who becomes nineteen (19) years old after midnight, August 31, of a given year, will be permitted to compete in all Association contests throughout that school year, under the provisions of this section.

[SRVS Policy 3510](#)

2. If an 8th Grader is considering participation at the HS level:

The MHSA allows full 8th grade participation in all sanctioned Montana HS sports, with the exception of football. Individual schools are allowed local control, in order to adapt this rule to best meet the philosophies and needs of each District/Team.

SRVS believes in supporting healthy programs at all levels. For this reason, SRVS believes in the importance of 8th grade participation first at the normal junior high level, and then to assist in supporting the high school program, should it be needed.

As a result,

A. For the team sports of volleyball and basketball, SRVS 8th graders may fully participate at the high school level, as long as the following criteria are met:

1. 8th graders participate in their full MS season of their sport of choice
 - MS volleyball season runs from mid-August to mid-October, and then an 8th grader could move up to assist in finishing HS volleyball season
 - MS basketball season runs from mid-October to mid-December, and then an grader could move up to finish the HS basketball season

*Due to the timing of MS BB and MS VB seasons, an 8th grade girl would not be able to play both HS VB and HS BB, unfortunately.

2. The Head High School Coach is supportive of the 8th grader playing on the HS team.

3. They follow all MHSA and SRVS rules and regulations.

4. In an extreme situation and to not penalize an 8th grader who has an advanced sport-specific skill set and maturity, as well as a high academic standing, the SRVS will allow participation immediately at the HS level, should the 8th grader make an informed decision with their parents/guardians and the HS coaches involved to apply for a waiver, with the intention of foregoing their MS season and potentially competing at the HS level only.

B. For the more individual sports of wrestling, tennis, and track, 8th graders may fully participate at the high school level. Once again, the applicant's advanced sport-specific skill set and maturity, as well as their high academic standing will be considered when granting a waiver for an 8th grader forgoing their MS season and moving up to compete at the HS level only.

C. 8th grade participation in a sport or activity which is with another school other than SRVS is not allowed at this point, unless granted by the SRVS Board.

If participating in any SRVS sport, be academically eligible under our rules:

The head coaches will report back to the school administration after the opening practices for the season to request 8th grade students to be recommended to fill vacancies within the program. Coaches must provide written documentation of this request three weeks prior to the first high school contest within the schedule. When 8th graders are recommended, parents will be notified by the head coaches.

Head Coaches Guidelines for 8th Grade Participation:

The head coaches will determine the number of eighth grade students to utilize for their JV and Varsity teams; however, the Varsity team rosters must have more than 50% participation from high school students before accepting eighth grade students onto the Varsity roster.

The administration will provide a report to the school board trustees about participating numbers at the following board meeting.

A student who is enrolled in the 8th grade shall be eligible to participate in an Association contest, but must meet the following requirements and parameters:

- a. The eighth-grade student is participating in a contest other than football.
- b. There is no restriction in place for participation of this 8th grade student at his/her middle school and/or high school of which he/she will be participating.
- c. Any eighth-grade student allowed to participate will have eight semesters of high school eligibility remaining.
- d. All eighth-grade students participating must meet the academic requirements.
- e. All eighth-grade students participating must meet the transfer requirements. The official MHSA transfer form must be used.

f. All eighth-grade students participating in a high school contest must adhere to all other MHSAA rules and guidelines. Committed to a contest at the high school level, the eighth-grade student may not also participate in that same sport at a level under high school concurrently.

Mid-Term and Quarter end dates are as follows:

	Start	Mid Term	End	Days
Quarter 1	August 19, 2024	September 19, 2024	October 24, 2024	38
Quarter 2	October 28, 2024	December 5, 2024	January 16, 2025	38
Semester 1	August 19, 2024		January 16-2025	76
Quarter 3	January 20, 2025	February 20, 2025	March 27, 2025	40
Quarter 4	March 31, 2025	May 1, 2025	June 5, 2025	38
Semester 2	January 20, 2025		June 5, 2025	78
				154

***Probation Eligibility Periods are from Mid-Term of Quarter to End of Quarter.**

***Students that Fail the previous quarter are ineligible for the next quarter.**

(Ineligible students will not be able to participate in: extracurricular activities, school sponsored field trips, etc).

2024- 2025 SIMMS 6-12 Eligibility Policy (All Participants: Homeschool, In-School, Distance Learners).

In order to compete in any extracurricular activity or to hold any office, a student must pass all subjects they were enrolled in from the previous quarter. If a student is assigned an "incomplete", or a grade is left blank on the report card, the student is considered ineligible until a passing grade is placed on the report card.

- Students have one (1) week from the end of the grading period to finish an incomplete grade. (Unless hospitalized or death in the family).
- After one (1) week, the missing work is given a "zero" and the instructor will recalculate the grade using zeroes for the incomplete work.
- A student cannot participate/practice in the activity while under an ineligible status.
- Students who are ineligible and subsequently become eligible, must have a minimum of 10 days of practice (except in football).
- This rule will not supersede MHSAA requirements.

Eligibility of incoming fifth and sixth graders to the Middle School athletic programs will at first be based on their promotion at their respective grade levels. Thereafter, that student will be ineligible if he/she has an "F" or an "incomplete" on a report card. This grading policy also applies to any co-op students in the athletic programs

Eligibility of incoming sixth graders to the seventh grade will be the promotion into grade 7. In Middle School, a student is ineligible if he/she has an "F" or "Incomplete" on a report card. When the incomplete is made up, the student, if passing, is then eligible to participate in the school's extracurricular programs.

Eligibility for incoming 8th graders for football, volleyball, tennis will be based on the previous school years' fourth quarter grading period. A student is ineligible if he/she has an "F" or incomplete on a report card. When the incomplete is made up, the student, if passing, is then eligible to participate in the school's extracurricular programs. Because of the nature of the 10C Middle School Sports seasons, where two different sports are run during the first quarter, eligibility for basketball will be determined by course grades on the Friday preceding the first scheduled practice of the basketball season. Any student passing all classes at that time will be deemed eligible to start basketball. However, at the end of the first quarter all student athletes must have passing quarter grades as listed in number 3 above in order to remain eligible. This grading policy also applies to any co-op students in the athletic programs.

Incoming freshman eligibility is determined by their fourth quarter eighth grade marks. If an incoming freshman enters high school with an "F", he/she will be placed on probation. Students on probation will have their grades checked at 4 1/2 weeks. As long as they are passing all subjects they are allowed to fully participate. If they are failing one or more classes at the grade check, they become

ineligible for the remainder of the quarter. Incoming students from other schools who are eligible for activities at their previous schools but are ineligible under our rules will be placed on probation. Probation rules for these students will be the same as above. Probation lasts for one quarter and only in these circumstances. MHSA eligibility rules are always in effect.

Students who are ineligible for an activity due to training rule violations may try-out for the activity during the try-out period. If the student makes the team (varsity, junior varsity or freshman) they can join the team when they become eligible. There will only be one try-out period per activity. If the student wants to participate in an activity with no try-out process, they can join the team when they become eligible. A student cannot become eligible on a Friday or Saturday of tournaments, they will be eligible for play the following Monday. A participant can practice if ineligible due to training rule violations.

Students who are academically ineligible for an activity may try-out for the activity during the try-out period. If the student makes the team (varsity, junior varsity, or freshman) they can join the team when eligible. There will only be one try-out period per activity. If the student wants to participate in an activity with no try-out process, they can join the team when they become eligible. A student cannot become eligible on the Friday or Saturday of tournaments, they will be eligible for play the following Monday. A student who is academically ineligible cannot practice with the team until they are eligible.

Athletes must be in attendance the day of the activity if the activity is held on a school day (All Day).

A. If a student is not well enough to be in school, then they cannot participate in a game or practice.

B. The exception to this would be if the athlete's parent/guardian has made advance arrangements with the principal for extenuating circumstances other than illness (Medical Appointments with note).

Participants who are failing any class at mid-quarter grade check. Students will receive a letter and verbal notice from the teacher and principal regarding failed classes at mid-quarter. If a student is still failing two weeks after the mid-quarter grade check the student will miss the upcoming weekend of activities. If students continue to fail after the two weeks beyond mid-quarter grade check, they will not be allowed to practice or participate in extracurricular activities until all grades are passing for courses.

Only incoming Eighth through Seniors are eligible to participate in any high school practice or competition.

*An exception to this rule is if a student meeting the age rule requirement for high school eligibility that is enrolled in eighth grade, as outlined in the MHSA handbook.

B. ATHLETE'S CODE OF CONDUCT AND EXPECTATIONS:

Any student who wants to participate in any extra/intercurricular activities and who will not abide by the rules should not plan on participating.

1. All student-athletes are required to follow the discipline policy [SRVS 3310](#)

2. Discrimination and Title IX: no student will be denied equal access to programs, activities, services, or benefits or be limited in the exercise of any right, privilege, or advantage, or denied equal access to educational and extracurricular programs and activities. Inquiries regarding discrimination on the basis of sex should be directed to the District's Title IX Coordinator, located in the Sun River Valley School District Administration Office.

3. Attendance:

- a. **PRACTICE/GAMES:** All members of the athletic program are required to attend all practices and games as determined by the Coach. Athletes who miss practice and/or games for unexcused reasons may also be subject to consequences at the Head Coach's discretion.
- b. If you are absent from school for a school-sponsored event you can practice, play in a game, or take part in a performance that day.
- c. If you are absent from school for a limited number of periods for a medical, dental, optometrist, etc. appointment you can participate with approval from the Superintendent/Principal. A written excuse from the doctor is required.

- d. You may attend practice, play in games, or participate in performances with administrative approval if absent for a court appearance, bereavement, a family emergency, or some other reason deemed acceptable by the administration.
- e. If you are home sick and do not come to school for all or part of the day or are absent from any class (excused or unexcused) you cannot practice, play, or participate in performances. It is not in the best interest of our participants to be practicing when sick.
- f. If you are in school but are absent from class for reasons deemed unexcused, you may not participate in games, practices, or performances that day.
- g. School suspension means the exclusion of a student from attending individual classes or school and participating in school activities for an initial period not to exceed ten (10) school days. This will be treated as an unexcused absence from the practice and/or games

4. Accidents/Injuries: All injuries are to be reported immediately to the coach/advisor/activity director regardless of the nature of the injury. The coach/advisor/director will fill out an accident report form and file it with the Administration within one (1) school day of the incident.

5. Assumption of Risk Statement Liability: The coach/advisor/director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by Sun River Valley School District. Athletes and parents/guardians of athletes understand the inherent risks are the nature of participation in sports, and they assume responsibility for those risks. Our coaches do the best to promote safety and make that a priority in their programs. The coach/advisor/director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by Sun River Valley Public Schools. A school activities informed consent form located at the back of the handbook must be signed. [SRVS 2151](#) [Board Policy 2151-NF]

C. CELL PHONE/OTHER ELECTRONIC EQUIPMENT USE BY STUDENTS:

Student possession and use of cellular phones and other electronic mobile devices on school grounds, at school-sponsored activities, and while under the supervision and control of District employees is a privilege which will be permitted only under the circumstances described herein.

At no time, will any student operate a cell phone or other electronic mobile devices with video capabilities in a locker room, bathroom, or other location where such operation may violate the privacy rights of another person. A reminder that phones are to be turned off and not in use AT ALL in the locker rooms.

Please be supportive of your teammates while watching games, and keep cell phone use to a minimum. Coaches have the authority to ask athletes to put phones away, or in the case that phones are being used in a disruptive or harmful way, to take them away completely. At that point, further disciplinary action may be necessary, as determined by the AD's and Administration. Students are encouraged to use their cell phones to arrange for transportation home after the bus has come back to the school(s).

D. CONCUSSION EDUCATION AND COMPLIANCE CONCUSSION FORM:

All participants and their parent/guardian must initial all the required information on the concussion form (see the back of this Handbook) and have it completed before the student may begin practice.

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: a) The right equipment for the game, position, or activity b) Worn correctly and fit well c) Used every time you play

A Fact Sheet for PARENTS-- WHAT IS A CONCUSSION?

Remember, when in doubt, sit them out! It's better to miss one game than the whole season.

A Concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians: If your child has experienced a bump or blow to the head 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 |
| • Can't recall events prior to hit or fall | • Can't recall events after hit or fall |
| • Headache or "pressure" in head | • Nausea or vomiting |
| • Balance problems or dizziness | • Double or blurry vision |
| • Sensitivity to light | • Sensitivity to noise |
| • Feeling sluggish, hazy, foggy, or groggy | • Concentration or memory problems |
| • Confusion | • Does not "feel right" |

SYMPTOMS REPORTED BY YOUR CHILD OR TEEN:

Thinking/Remembering:

- | | |
|------------------------------|---|
| •Difficulty thinking clearly | •Difficulty concentrating or remembering |
| •Feeling more slowed down | •Feeling sluggish, hazy, foggy, or groggy |

Physical:

- | | |
|---------------------------------|---------------------------|
| •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”

Emotional:

- Irritable

- Sad

- More emotional than usual

- Nervous

Sleep*:

- Drowsy

- Sleeps less than usual

- Sleeps more than usual

- Has trouble falling asleep

**Only ask about sleep symptoms if the injury occurred on a prior day.*

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from a concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. 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.
3. 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.

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 a 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.

E. CORPORAL PUNISHMENT: (Discipline and Punishment of Pupils) [SRVS Policy 3310](#)

No District employee or person engaged by the District may inflict or cause corporal punishment on a student. Corporal punishment does not include reasonable force District personnel are permitted to use as needed to maintain safety for other students, school personnel, or other persons or for the purpose of self-defense

F. DRESS CODE: While also following our School Handbook Dress Code Policies, all participants (coaches, managers, players) need to dress appropriately for all day on game or competition days: **No blue jeans, T-shirts, sweatshirts, sweatpants, tank tops, etc. are allowed.**

Dressier attire is preferred.

After the competition for the day is complete, athletes are allowed to dress back in their travel gear.

Those athletes attending all-day tournaments/meets are allowed to wear their uniforms and travel gear.

Football Jerseys are allowed for football game day.

Clarification of acceptable dress may be obtained by contacting the Administration. Athletes who violate dress code on game days will need to change prior to getting on the bus to travel to away games, or prior to entering the competition area. If an athlete does not have a proper change of clothes at that time, they will change into their uniform/warmup until their competition is completed for the day/evening. Coaches will then further address this violation at the next practice, with possible reasonable consequences to follow. Continued violation of the dress code may result in loss of playing time and possible release from the team.

G. DUAL SPORTS: Dual participation is allowed for High School athletes who have seriously weighed the pros and cons of this type of commitment, not only for themselves as individual athletes, but for the two teams and coaching staff involved. Athletes must discuss this with their parents and then must meet with the Head Coaches of the two sports they are considering prior to the first day of practice. An agreement for the season (practice attendance, games/meets schedule, etc) must be agreed upon and arranged, with a contract typed up by the Coaches, signed by the parties, and presented to the AD PRIOR to practices beginning. As the season unfolds, it may be important to revisit the contract (schedule, games/meets, etc) as necessary. All changes must be documented on the original contract and initiated by participants, coaches, and parents. Copies of the contract and additional changes throughout the season should be given to the participant, parent, and coaches, with the original filed with the AD.

H. HAZING, BULLYING, HARASSMENT & INTIMIDATION: SRVS will strive to provide a positive and productive learning and working environment. Bullying, harassment, intimidation, or hazing, by students, staff, or third parties, is strictly prohibited and shall not be tolerated. ([School Board Policy #3226](#))

1. "Hazing" includes but is not limited to any act that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or as a condition or precondition of attaining membership in or affiliation with any District-sponsored activity or grade-level attainment, including but not limited to forced consumption of any drink, alcoholic beverage, drug, or controlled substance, forced exposure to the elements, forced prolonged exclusion from social contact, sleep deprivation, or any other forced activity that could adversely affect the mental or physical health or safety of a student; requires, encourages, authorizes, or permits another to be subject to wearing or carrying any obscene or physically burdensome article, assignment of pranks to be performed, or other such activities intended to degrade or humiliate.

2. "Bullying" means any harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication ("cyberbullying") or threat directed against a student that is

persistent, severe, or repeated, and that substantially interferes with a student's educational benefits, opportunities, or performance, that takes place on or immediately adjacent to school grounds, at any school-sponsored activity, on school-provided transportation, at any official school bus stop, or anywhere conduct may reasonably be considered to be a threat or attempted intimidation of a student or staff member or interference with school purposes or an educational function, and that has the effect of:

- a. Physically harming a student or damaging a student's property;
- b. Knowingly placing a student in reasonable fear of physical harm to the student or damage to the student's property;
- c. Creating a hostile educational environment, or;
- d. Substantially and materially disrupts the orderly operation of a school.

3. Electronic communication device" means any mode of electronic communication, including but not limited to computers, cell phones, PDA, social media, or the internet.

Reporting: All complaints about behavior that may violate this policy shall be promptly investigated. Any student, employee, or third party who has knowledge of conduct in violation of this policy or feels he/she has been a victim of hazing, harassment, intimidation, or bullying in violation of this policy is encouraged to immediately report his/her concerns to the building principal or the District Administrator, who have overall responsibility for such investigations. A student may also report concerns to a teacher or counselor, who will be responsible for notifying the appropriate District official. Complaints against the building principal shall be filed with the Superintendent. Complaints against the Superintendent or District Administrator shall be filed with the Board.

Exhaustion of Administrative Remedies: A person alleging violation of any form of harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication, as stated above, may seek redress under any available law, either civil or criminal, after exhausting all administrative remedies.

Retaliation: Retaliation against any employee or student because he/she has made a report of alleged sexual harassment or against any employee or student who has testified, assisted, or participated in the investigation of a report is prohibited. Retaliation is itself a violation of federal and state regulations prohibiting discrimination and will lead to disciplinary action against the offender. This policy applies to individuals attending any events on district property, whether or not district-sponsored, and to any school-sponsored events regardless of locations.

Definitions:

- Sexual harassment is generally defined as unwelcome sexual advances, requests for favors and other verbal, physical, and/or visual contact of a sexual nature when:
 - Submission is made either explicitly or implicitly a term or condition of an individual's employment or education;
 - Submission to or rejection of that conduct or communication by an individual is used as a factor in decisions affecting that individual's employment or education
 - That conduct or communication has the purpose or effect of substantially or unreasonably interfering with an individual's employment or education
- Creating an intimidating, hostile, or offensive employment or educational environment:
 - unwelcome sexually-oriented jokes, innuendoes, obscenities, pictures/posters or any action with sexual connotation makes a student or employee feel uncomfortable; or
- An aggressive, harassing behavior in the workplace or school that affects working or learning, whether or not sexual in connotation, is directed toward an individual based on their sex.

Student and parent/legal guardian due process: If a determination is made that a student has violated this policy, the student and parent/guardian shall be notified of the violation by telephone and mail. Also at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Co-op Committee.

Any parent or legal guardian and student who are aggrieved by the imposition of any action (other than a recommendation for exclusion from an activity) shall have the right to an informal conference with the principal, for the purpose of resolving the grievance. At such a conference, the student and the parent shall be subject to questioning by the principal and shall be entitled to question staff involved in the matter being grieved.

If the discipline involves a high school student and the recommended discipline is exclusion from participation in extra- and/or co-curricular activities for a period in excess of ten (10) days, the parent and student will be notified of the date and time the Committee and Boards will consider the recommendation. Only the Boards can exclude a high school student from participation in extra- and/or co-curricular activities.

I. INSURANCE AND INJURY: The School District requires that the parent, guardian, caretaker relative of students participating in school-sponsored activities (co-curricular, extra-curricular, etc.) provide verification of their child's health insurance coverage status.

[\(Policy 2151 SRVS\)](#)

The school district does not provide health insurance to pay for injuries of students while participating in school-sponsored activities (extra-curricular, co-curricular, etc.).

If the parent, guardian, caretaker relative elects not to provide private health insurance coverage for their child, they are accepting responsibility for any medical expenses incurred by their child in the event they are injured while participating in the school-sponsored activities (extracurricular, co-curricular, etc.) that is not the result of fraud, willful injury to a person or property or the willful or negligent violation of a law by a trustee, employee, or agent of the District. Also, the District does not provide student accident insurance coverage for students. Student accident insurance coverage may be purchased by parents through a private company for a fee. Student accident insurance information is distributed at the beginning of the school year and available throughout the year. Please review the information carefully, consider the benefits of such coverage, and complete the application as per instructions. This is an opportunity to provide student accident insurance coverage while your child is at school or participating in activities. A parent seeking coverage must make sure the student accident insurance coverage is in place prior to the first day of practice and/or school. Please contact the coach or athletic director for additional information.

A coach/sponsor may elect to have additional rules/regulations beyond those addressed in the handbook. The coach/sponsor must provide a copy to administration, parents and student-athletes prior to the first practice. It is encouraged that all coaches/sponsors develop a list of team rules and non-compliance consequences, and distribute them to all team members to be reviewed by the participants and parents at the first meeting of the team/group. This will include all common Activity Handbook rules and any additional rules/regulations the coach/sponsor deems appropriate. The parents and participants will sign the rules and return to the coach/sponsor. A copy of the rules must be on file in the activities office.

J. MEDICATION/ADMINISTERING MEDICINES TO ATHLETES:

(SB Policy #3416 & 3416-NF) [SRVS 3416](#) The Sun River Valley School District recommends that medication be given at home whenever possible. Students requiring medication shall be identified by parents and/or physician and will be encouraged to notify the coach/sponsor or Activities Director. Under no circumstances will school personnel provide aspirin or other patient's medication to students. [SRVS 3416 NF](#)

K. SCHOOLS SPONSORED TRIPS:

Student participation in intra and extracurricular trips is subject to eligibility requirements. (See Activity Eligibility.) Students participating in school-sponsored trips, whether for the day or overnight, are regarded by Sun River Valley Public Schools and the public as representatives of the school system. As representatives of the school system, public image is projected by the conduct, the attitudes, and the reputations of those students who take a leading role in intra- and extra-curricular activities. Therefore, student participants must comply with the rules of the school system, Policy 3310, the rules of their coaches or advisors, and the laws of governing jurisdiction.

Student conduct on any school-sponsored trip that does not adhere to the reasonable standards established will be dealt with in a timely manner by the coach/advisor and administration. Student misbehavior on school-sponsored trips may lead to student suspension from participating in school-sponsored trips. Parents will be notified of any incident concerning their child on a school-sponsored trip by the coach/advisor and/or administration.

Opportunities may occur for MS students to attend HS co-curricular, intracurricular and/or extracurricular overnight events. Consideration for approval will be made on a case by case basis by the administration at the request of the advisor or coach. An additional chaperone may be required in the event that MS and HS students are traveling together overnight.

L. SIGN OUT SHEET (PROTOCOL WHEN STUDENTS REQUEST TO LEAVE SITE OR TRAVEL HOME WITH THEIR PARENT OR ANOTHER RESPONSIBLE ADULT):

Student athletes must ride the school-arranged transportation to the event and/or practice unless arrangements have been made among the parents, coaches, and Administration prior to the transportation departing. Students are not permitted to leave the facility in which their coach/sponsor is present without specific permission from their coach/sponsor in advance of the student's departure. When permission is granted to leave the facility by the coach/sponsor, the student(s) must sign out with the coach/sponsor when leaving and sign back in upon their return. After the event, athletes may ride home with their parents (Post Game Form for alternative travel request must be handed in 24 hours prior from the away event), but athletes must sign out with their coach, and their parents must sign them out, as well.

M. STUDENT AND PARENT/LEGAL GUARDIAN DUE PROCESS:

If a determination is made that a student has violated this policy, the student and parent/guardian shall be notified of the violation by telephone and mail. Also at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Board.

Any parent or legal guardian and student who is aggrieved by the imposition of any action (other than a recommendation for exclusion from an activity) shall have the right to an informal conference with the principal/Administration for the purpose of resolving the grievance. At such a conference, the student and the parent shall be subject to questioning by the Administration and shall be entitled to question staff involved in the matter being grieved.

If the discipline involves a high school student and the recommended discipline is exclusion from participation in extra- and/or co-curricular activities for a period in excess of ten (10) days, the parent and student will be notified of the date and time the Board will consider the recommendation. Only the Board can exclude a high school student from participation in extra- and/or co-curricular activities. Legal Reference: § 20-5-201, MCA Duties and sanctions

N. SUSPENSION OR EXCLUSION FROM TEAM - WHO MAKES THE CALL:

Dismissal of any student from an extra or co-curricular activity needs to be brought to the attention of the Activities Director in a timely fashion. Removal from a team for a period of 20 days is considered an expulsion from activities which has to be completed by the Board under Section 20-5-202, MCA. The board of the school where the student attends would make the decision.

O. TRAINING RULES:

Application of Eligibility/Training Rules - The application of the Chemical Use Eligibility Rules shall be in effect from the start of the first practice of the school-sponsored activity until the final contest of that school-sponsored activity is completed.

Eligibility shall be enforced on the following grade terms:

1. Grades 4-8
2. Grades 9-12

Students/Athletes should be aware that administration can and will conduct bag checks, locker checks, and breathalyzer tests based on reasonable suspicion that the bag or personal item contains items or substances that are not permitted by district or cooperative policy. Persons found in violation of Chemical Use Rules will be subject to the following penalties:

Chemical Use Ineligibility

Prohibited activities include, but are not limited to the following. Use, attempting to use, possessing, purchasing, selling, distributing, or assisting another person in the use, attempted use, possession, purchase, sale, or distribution of tobacco, tobacco products, electronic cigarettes, and/or look-alike drugs, alcohol, controlled substances, other illegal mood-altering and/or performance-enhancing drugs or chemicals or any other substance use to obtain an altered mental state or "high". If it is determined by an Administrator/Coach that an athlete is in possession or is/has been using any illegal chemical at a school event or on school property this behavior may invoke a penalty of immediate suspension from the activity for the remainder of the season, as determined by Administration.

SUN RIVER VALLEY PUBLIC SCHOOLS

Code of Behavior

I am pleased that your son/daughter has expressed a desire to participate in the Sun River Valley Schools athletic program. By becoming a member of an athletic team or group, you and your child have assumed a responsibility to fulfill a significant and important commitment to his/her teammates, coaches, and team. We recognize the right of all students to practice the teachings of their religion, observe religious holidays, and attend religious education programs. Such requests to be excused from practice/competition will be honored without penalty. All students will comply with the following rules:

1. Possession/use of alcohol, illicit drugs, or tobacco products:
 - FIRST OFFENSE: Loss of eligibility for ten (10) school days.
 - SECOND OFFENSE: Loss of eligibility for twenty (20) school days.
 - THIRD OFFENSE: Loss of eligibility for thirty (30) school days.
 - FURTHER OFFENSES: Results in a hearing with the Board of Trustees relating to suspension time or permanent banning from all Simms athletic participation.
 - Offenses are cumulative during the students 6-8 and 9-12 attendance at Simms School.
2. Harassment of another student(s). Includes hazing, initiations, bullying, sexual harassment, and intimidation:
 - FIRST OFFENSE: Loss of eligibility for ten (10) school days.
 - SECOND OFFENSE: Loss of eligibility for twenty (20) school days.
 - THIRD OFFENSE: Loss of eligibility for thirty (30) school days.
 - FURTHER OFFENSES: Results in a hearing with the Board of Trustees relating to suspension time or permanent banning from all Simms athletic participation.
 - Offenses are cumulative during the students 6-8 and 9-12 attendance at Simms School.

3. An athlete who has been arrested by law enforcement officials will be suspended immediately from the team. A hearing between the athlete, parent or guardian, activities director, principal, and superintendent will be held. The results of the hearing could result in:

- Reinstatement, suspension, or permanent banning.
- Results of the hearing may be appealed to the Board of Trustees relating to suspension time or permanent banning from all Simms athletic participation.

4. An athlete who is ineligible can practice and participate in team functions, but CANNOT participate in contests, sit on the bench, be on the sidelines, or travel with the team to contests when they are ineligible. The head coach of each individual sport, at their discretion, may impose additional consequences.

5. In order to participate at practice or in a contest on a school day, athletes must attend all class periods of that day.

6. Regular attendance at practices/contests is essential to remain as a team member. Absences from practices and contests must be excused by the coach in advance and will be approved only for compelling reasons. Generally, a one game suspension will result for each unexcused absence, and excessive unexcused absences will result in dismissal from the team.

7. Athletes will be required to return all issued equipment or pay for replacement. Replacement of lost or damaged equipment will not be issued until payment is made for the item(s).

8. Athletes will be required to abide by all school rules and regulations as set forth by the MHSA, Board policy, Student Handbook, and Activity Handbook. An athlete may receive a school disciplinary measure if the offense occurred during school time or on a school sponsored trip, as outlined in the Student Handbook in addition to consequences outlined in the SRVS Activity Handbook.

9. When participating in athletics, the possibility exists that athletes may sustain an injury, and it is very important that you and your child acknowledge this risk. While our overriding concern is the physical well-being of our students, there is a possibility that an athlete may suffer a severe injury as a result of participating in athletics. These injuries can be so severe as to result in total disability, paralysis, quadriplegia, or even death. Simms School does not provide medical or injury insurance. The responsibility of any cost incurred as a result of medical attention with a student lies with the parent or guardian. The School District recommends to parents that they insure their child through their own policy or purchase supplemental insurance.

10. Participation in activities, groups, and teams is a privilege at Simms High School. Any student or student athlete who engages in derogatory, abusive, demeaning, and/or racially or sexually insensitive remarks or posting of pictures through electronic communication or online postings toward any student, student-athlete, coach, fan, or person(s) is considered to be "unbecoming of a Tiger" and may result in discipline including suspension or removal from the activity, group, leadership position, or team.

"Unbecoming a Tiger" would include but not be limited to:

- Any electronic communication or online posting that includes confidential information
- Any electronic communication or online posting that reflect negatively on your school, teammates, coaching staff, referees, or competitors
- Any electronic communication or online posting that depict illegal activities
- Any electronic communication or online posting including pictures with nudity or individuals in underclothing

Self-Reporting/Honesty Clause:

1st Violation: if the Administration is notified by the student within 3 days of the infraction or if the student admits to the infraction during questioning, the student will serve half the suspension as listed above, so the suspension will be 15 days. The student will offer a formal apology to their team and coach at the next practice.

2nd and 3rd Violation: if the Administration is notified by the student within 3 days of the infraction or if the student admits to the infraction during questioning, the student will serve half the suspension as listed above, so the suspension will be 30 days. The student will offer a formal apology to their team and coach at the next practice.

4th Violation: Termination of eligibility in all co-curricular activities for 1 calendar year.

Penalties for Chemical Use Violations will carry over from year to year. E.g.: A violation during the freshman year is a first violation. During sophomore year another violation is the second offense regardless of whether the athlete self-reports or not, and so on.

If the penalty of a Chemical Use Violation is not fully administered during his/her sports season, the remaining amount of the penalty will be applied to the next interscholastic sports season in which the athlete participates. This implies that the athlete will compete in the next sport for the entire season - no late starts or early completion unless there is a season-ending injury.

If an athlete finds themselves in this situation by misfortune, they must leave the situation immediately and when safe to do so. At that time, they must also let their parents/guardians know. Next, they must contact their coach and/or AD immediately by phone or email, explaining the situation. If the Administration determines it necessary, a meeting may be held to gather and document further information.

Curfew

During the activity season, regular hours will be kept: 10:00 P.M. Sunday through Friday, 12:00 midnight on Saturday. Exceptions to this rule will be made for church or school functions or other activities excused by the coach.

Violation of Curfew and/or Attendance Rules:

First offense: Cannot compete in the next scheduled activity.

Second offense: Cannot compete in the next 3 scheduled activities.

Coaches' Rules

Coaches/supervisors of extra-curricular activities may establish, publish, and enforce additional activity participation guidelines and training rules that must be followed by a student if he/she wishes to participate in that activity. In such cases, the guidelines/contracts must be approved by the Athletic Director and Administration prior to the first day of practice and must be presented to the team and the parents by the Parent's meeting. These rules may not conflict with any district policy, handbook provision, or law.

Due Process

If a determination is made that a student has violated any training rule policy, the Athletic Director and Administration will make a determination of the consequences according to the policy listed in this handbook. If the consequence involves a suspension of more than 19 days, the AD will notify either the Sun River Valley School Board Chairperson or in the event of an athletic suspension, the Board Chairpersons, who will then recommend the discipline to be administered according to the policy listed in this handbook. Also at this time, the student and parent or guardian shall be notified of discipline that will be administered to the athlete, and a Training Violation Rule Report will be completed and filed.

A training rule violation is verified when the cooperative, after an investigation into the allegation, can substantiate the allegation based on the evidence collected. This can be a combination of

1. Admission by the student in question
2. Physical evidence such as surveillance footage or contraband
3. Witness statements

When all of the evidence is considered and the cooperative believes the allegation occurred, it will be considered a verified violation. The student in question will be given the opportunity to provide their account.

P. VIDEO SURVEILLANCE:

The Board authorizes the use of video cameras on District property to ensure the health, welfare, and safety of all staff, students, and visitors to District property and to safeguard District buildings, grounds, and equipment. The Superintendent will approve appropriate locations for video cameras.

The Superintendent will notify staff and students, through staff and student handbooks or by other means, which video surveillance may occur on District property. A notice will also be posted at the main entrance of all District buildings, and on all buses, indicating the use of video surveillance. The District may choose to make video recordings a part of a student's educational record or of a staff member's personnel record. The District will comply with all applicable state and federal laws related to record maintenance and retention.

EXTRACURRICULAR ACTIVITIES, CLUBS, AND ORGANIZATIONS

Participation in extracurricular activities, clubs, and organizations is a worthwhile endeavor to enhance students' development and educational experience. Specific eligibility and conduct rules may be adopted regarding participation in activities, clubs, and organizations.

Teachers will refresh their gradebook every day at the close of the day after imputing their grades. The grade report will be pulled as per the eligibility dates listed in the handbook. After the report is created, letters of probation and ineligible status will be initiated by the teacher and principal for verification and mailed to the parent/guardian. The AD/Principal will communicate with the coach/sponsor which students will be ineligible. The coach/sponsor will then communicate with the student. The student policy is supplementary to the Montana High School Association rules.

Eligibility standards for all extracurricular participation will be set forth in the MSHA Handbook (www.MSHA.org) and as further refined below:

- Students must have an updated MSHA physical form on file in the office prior to participating in any athletic practice, event, or open gyms.
- Per MSHA rules, all athletes and parents each year must sign and initial the concussion statement of understanding. A completed form has to be on file in the office before a student can participate in any athletic practice or event.
- Students and their parent(s) or guardian must complete and sign the [Athletic Code of Behavior- Release From](#).
- Student Activity fees paid and no outstanding fines.

FEES

Activity Card and Extra and Co-Curricular Participation Fees

All students are encouraged to purchase an Activity Card, which admits students to extracurricular events at a free or reduced rate. An activity card includes the following: Activity bus to and from ALL extracurricular activities, pep bus and gate attendance for all home sports events excluding all post season events.

All students 6-12 participating in extra and co-curricular activities must fill out and sign the Activities Participation Agreement form.

Besides meeting academic and physical eligibility, students who participate in extracurricular activities are assessed a fee.

Participation fees are assessed **annually** in all extracurricular activities at Simms School. Participation fees shall be payable following **team or activity member selection**. Fees are payable to Sun River Valley School District and can be paid at the Simms Office. A receipt will be issued upon payment if requested. There will be **no refunds** made after team or activity member selections are determined and fees have been collected.

Students who participate in extracurricular activities must pay their Activity/Participation Fee PRIOR to first practice. Students who have not purchased an activity card will not be permitted to ride the activity bus for extracurricular events.

Extracurricular activities that require a Participation Fee at Simms include:

Basketball	Wrestling	Football	Track	Pep Band
Tennis	Speech & Drama	Volleyball	BPA	FFA

Tiger Activity Card Fee

\$25.00 (Excludes all MHSA & 10C Post Season games)

Students will be asked to purchase an activity card unless a family pass has been purchased. The activity card allows access to:

- Gate entrance at home activity – all levels K-12
- SRVS Activity bus transportation (after school activity, to and from activities)

Tiger Passes

A Family Pass (\$90.00) includes parents and all children in immediate family (12th grade and under)

An Adult Single pass is \$50.00

General Admission

Football/Volleyball/Wrestling/MS Basketball:

Adults:	\$5.00
Students (Grades 6-12):	\$3.00
Children (Grades K-5):	\$3.00
Children Under 5:	FREE
Seniors Citizen:	FREE

General Admission HS Girls and Boys

Basketball:

Adults:	\$8.00
Students (Grades 6-12):	\$6.00
Children (Grades K-5):	\$3.00
Children Under 5:	FREE
Senior Citizen:	FREE

Participation Fee Grades 6-12 (Participation Fee Reductions: Students who qualify under federal guidelines for free or reduced school lunch for the current year shall be granted a fifty percent (50%) reduction of the participation fees at Simms School.)

1 st Extracurricular Activity	\$30.00
2 nd Extracurricular Activities	\$30.00
3 rd or More Extracurricular Activities	\$15.00
Participation Fee (Family Max.)	\$125.00

MS/HS BPA

\$20.00 Middle School & High School

MUSIC

Simms students who elect to participate in the MHSA District Music Festival solo or ensemble competition shall pay the entry fee of \$2.00-\$12.00. **Participation Fee is charged for PEP Band, Chorus, (Music Director Discretion).**

GOOD LUCK, AND LET'S GO, TIGERS!

THE FOLLOWING PAGES ARE FORMS WHICH MUST BE COMPLETED FOR ANY STUDENT WHO PARTICIPATES IN TIGER ATHLETICS/ACTIVITIES. PLEASE MAKE AS MANY COPIES AS YOU NEED PER FAMILY (ONE FOR EACH ATHLETE WHO IS COMPETING), COMPLETE, AND RETURN TO YOUR COACH OR MAIN OFFICE @ SRVS DISTRICT BY DEADLINE STATED. Once turned in, these forms will stay on file for the remainder of the sports year.

- PHYSICALS must be presented to the coach **ON OR BY THE FIRST DAY OF PRACTICE** in order for an athlete to begin practice.
- CONCUSSION STATEMENT **by Friday, August 16**
- PARTICIPATION FORM should be turned into YOUR SCHOOL'S SECRETARY...Main Office Secretary @ Simms School **by Friday, August 16**
- FOOTBALL HELMET DISCLAIMER (only for football players :) **by Friday, August 16**
- ACKNOWLEDGEMENT OF 2024-25 ATHLETE HANDBOOK AND ASSUMPTION OF RISK STATEMENT AGREEMENT **by Friday, August 16**



MONTANA HIGH SCHOOL ASSOCIATION

PROMOTING SUCCESS ON THE COURT, ON THE FIELD, ON STAGE
AND EVERYWHERE ELSE UNDER THE BIG SKY SINCE 1921.

May 2024

**TO: PARENTS OF MHSA SPORTS PARTICIPANTS
LICENSED MEDICAL PROFESSIONALS**

FROM: BRIAN MICHELOTTI, EXECUTIVE DIRECTOR

RE: UPDATED MHSA PRE-PARTICIPATION PHYSICAL EXAM FORM

Article II, Section (3) of the MHSA Handbook requires that a physical exam must be completed for a student to be considered eligible for participation in an Association contest. Physical exams must be completed prior to the first practice. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. This certification is valid for a period of one school year. A physical examination conducted before May 1st is not valid for participation for the following school year.

Logan Health, the official health care provider of the MHSA, is a sponsor of the MHSA Pre-Participation Physical Form. Parents/guardians may use the medical provider of their choice for the Pre-Participation Physical Examination for their student athlete.

The MHSA Executive Board recently approved important additions to this form. Specifically, PHQ-4 questions concerning mental health of the student were added and the format of the document was updated.

This MHSA pre-participation form is the only form that will be allowed for the student's exam (**no other forms will be accepted**). The following process should be followed:

- Parent(s)/legal guardian(s) and their student will fill out the History portion of the form together.
- The student and parent/guardian will sign the form.
- A medical provider will review the form with the student and parent/guardian and perform the exam. A signature from the medical provider is required to clear the student for participation.
- The completed MHSA Pre-participation Physical Exam form will be given to the appropriate school administrator.

The MHSA is committed to the safety and health of our student activity participants and believes this new form will facilitate that objective.

If you have any questions regarding the updated pre-participation examination form, please contact me or the MHSA sports medicine liaison, Greta Buehler.



MHSA CONFIDENTIAL ATHLETIC PREPARTICIPATION PHYSICAL EXAMINATION

Students must have a preparticipation physical examination completed yearly prior to the first practice of any sport. This examination must be certified by a licensed medical professional acting within the scope and limitations of his/her practice. While Logan Health is the preferred medical provider of the MHSA, parents/guardians may choose their own medical provider for their Physical Examination. This certification is valid for a period of one school year. **A physical examination conducted before May 1st is not valid for participation for the following school year.** All information is to remain confidential.

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Athlete Name: _____ Gender: _____ Grade: _____ Date of Birth: _____
 Home Address: _____ Phone Number: _____
 Parent/Guardian's Name: _____ Family Physician: _____
 Date of examination: _____ Current school: _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (i.e. medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of the form. Circle questions if you don't know the answer.)		YES	NO	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		YES	NO
1. Do you have any concerns that you would like to discuss with your provider?				11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?			
2. Has a provider ever denied or restricted your participation in sports for any reason?				12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTs), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?			
3. Do you have any ongoing medical issues or recent illness?				13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?			
HEART HEALTH QUESTIONS ABOUT YOU		YES	NO	BONE AND JOINT QUESTIONS		YES	NO
4. Have you ever passed out or nearly passed out during or after exercise?				14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?				15. Do you have a bone, muscle, ligament, or joint injury that currently bothers you?			
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?				16. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?			
7. Has a doctor ever told you that you have any heart problems?				MEDICAL QUESTIONS		YES	NO
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.				17. Do you cough, wheeze, or have difficulty breathing during or after exercise?			
9. Do you get light-headed or feel shorter of breath than your friends during exercise?				18. Have you ever used an inhaler or taken asthma medicine?			
10. Have you ever had a seizure?				19. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?			

MEDICAL QUESTIONS (CONTINUED)	YES	NO	ADDITIONAL INFORMATION
20. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			Explain any "Yes" responses to questions in the history sections below. _____ _____ _____ _____ _____ _____ _____ _____
21. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?			
22. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?			
23. Have you ever become ill while exercising in the heat?			
24. Do you or does someone in your family have sickle cell trait or disease?			
25. Have you had or do you have any problems with your eyes or vision?			
26. Have you ever had an eating disorder?			
27. Have you had infectious mononucleosis (mono) within the last Month?			
FEMALES ONLY	YES	NO	
28. Have you ever had a menstrual period?			
29. How old were you when you had your first menstrual period?			
30. When was your most recent menstrual period?			
31. How many periods have you had in the past 12 months?			

Name of Athlete (typed or printed): _____

Signature of Athlete: _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE

I certify that the information provided by the student/parent(s) is accurate to the best of my knowledge. I hereby give my consent for the above student to engage in approved athletic activities as a representative of his/her school, except those indicated above by the licensed professional. I also give my permission for the team physician, athletic trainer, or other qualified personnel to have access to information provided here as well as to give first aid treatment to this student at an athletic event in case of injury. If emergency service involving medical action or treatment is required and the parents(s) or guardian(s) cannot be contacted, I hereby consent for the student named above to be given medical care by the doctor or hospital selected by the school.

Name of Parent/Guardian (typed or printed): _____

Signature of Parent/Guardian: _____

Date: _____ Address: _____ Insurance Company: _____

Parent's Home Phone: _____ Parent's Cell Phone: _____ Parent's Work Phone: _____

ALL INFORMATION IS TO REMAIN CONFIDENTIAL



PROVIDER'S PHYSICAL EXAMINATION FORM

Athlete Name: _____ Date of Birth: _____

EXAMINATION: TO BE FILLED OUT BY MEDICAL PROVIDER ONLY

Height: _____ Weight: _____

Pulse: _____ BP: _____ / _____ Vision: R 20/ _____ L 20/ _____ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

MEDICAL (Please initial)

NORMAL

ABNORMAL FINDINGS

Appearance (Marfan stigmata)

Eyes/Ears/Nose/Throat (pupils equal, hearing)

Lymph Nodes

Heart (murmurs)

Pulses (simultaneous femoral and radial)

Lungs

Abdomen

Skin (HSV, MRSA, tinea corporis)

Neurological

Genitourinary (males only)

MUSCULOSKELETAL (Please initial)

NORMAL

ABNORMAL FINDINGS

Neck

Back

Shoulder/Arm

Elbow/Forearm

Wrist/Hands/Fingers

Hip/Thigh

Knee

Leg/Ankle

Foot/Toes

Functional (double-leg squat test, single-leg squat test, box drop or step drop test)

Notes: _____

CLEARANCE

☐ Cleared without restriction

☐ Cleared with recommendations for further evaluation or treatment for: _____

☐ Not cleared for ☐ All sports ☐ Certain sports _____ Reason: _____

Recommendations: _____

Name of Physician/Medical Provider [print or type]: _____ Date: _____

Address: _____ Phone: _____

Signature of Physician/Medical Provider: _____

(Updated 4/24)

Student-Athlete & Parent/Legal Custodian Concussion Statement

Because of the passage of the Dylan Steiger's Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each hear, before beginning practice for an organized activity, a student-athlete and the student-athlete's parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed healthcare provider.

Student-Athlete Name: _____

This form must be complete for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Custodial Guardian Name: _____

☐ **We have read the *Student-Athlete & Parent /Legal Custodian Concussion Information Sheet*. If true, please check the box.**

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Custodial Initials
	A concussion is a brain injury, which should be reported to my parents, my coaches, or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach, parents, or licensed healthcare professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a licensed healthcare professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion fact sheet.	

Student-Athlete Signature: _____

Date: _____

Parent/Legal Custodian Signature: _____

Date: _____



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head 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
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

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

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2. 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.

3. 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.

Student Participation Form

SUN RIVER VALLEY PUBLIC SCHOOLS

NAME: _____
(Last) (First) (MI)

BIRTHDATE: _____ GENDER: _____ YEAR IN SCHOOL: _____

PARENT(S)/GUARDIAN: _____ PHONE:(H) _____ (W) _____ Cell _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

In case of emergency and the parent cannot be reached, the following person(s) is authorized to act on our behalf.

EMERGENCY CONTACT: _____ EMERGENCY CONTACT PHONE: _____

ACTIVITY PERMISSION: (Parent/Guardian and Student **initial** the applicable activities.)

_____ Basketball _____ FFA _____ BPA _____ Track _____ School Approved Field Trips

_____ Band/Choir _____ Wrestling _____ Football _____ Volleyball _____ Tennis

PARTICIPATION WARNING:

I/We give our permission for _____ to participate in organized interscholastic athletics/activities, realizing that such activity involves the potential for injury which is inherent in all sports. I/We acknowledge that even with competent coaching/advising, the use of appropriate protective equipment, and strict enforcement/observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, quadriplegia, or even death. Because of the dangers of participating in the above sports/activities, I recognize the importance of following coaches/advisors instructions regarding playing techniques, training, and other team rules, etc... and I agree to obey such instruction.

PARENT/GUARDIAN STATEMENT:

I/We hereby certify and affirm that I/we are parent(s)/legal guardian(s) of _____(Student). I/We understand and have read this warning and am cognizant of its terms. I/We understand that all sports/activities can involve many risks of injury including, but not limited to, those risks indicated. I/We hereby assume all risks of playing or practicing to play/participate for the above named student.

WAIVER OF LIABILITY:

I/We further release and waive, and agree to indemnify, hold harmless or reimburse the school district, and the individual members, agents, employees and representatives thereof, as well as sport/activity supervisors and coaches, from and against any claim which the above named student, I/we, and/or other parent(s) or guardian(s), and sibling, or any other person, firm or corporation may have or claim to have, known or unknown, directly or indirectly, for any losses, damages or in connection with the participation by the above named student. I/We understand by signing this warning, agreement to obey instructions, and assumptions of risk, I/we are waiving all rights that the above named student, I/we or any other person may have to any compensation for any physical injury that may result from participation by the above named student.

EQUIPMENT RESPONSIBILITY:

I/We agree to be responsible for the safe return or replacement of all athletic and/or activity equipment issued by the school to the above named student.

TRAINING RULES:

I understand that the SRVS (Simms HS) & (SRMS Simms-Vaughn Co-op) has a Training Rules Policy that prohibits certain actions by me from the first day of practice to and including the last day of the season. I have read the policy (in the Student Handbook) and understand my expectations as a participant. Participation is a privilege, not a right!

EMERGENCY MEDICAL INFORMATION:

If emergency service involving medical action or treatment is required and the parent(s) or guardian(s) cannot be contacted, I/we hereby consent for the student named on the front page of this information sheet to be given emergency medical care of the doctor or hospital selected by the school.

NAME OF FAMILY PHYSICIAN: _____ PHONE: _____

Please list any medications, allergies, medical problems, and/or medical concerns of the which the coach/advisor should be aware:

INSURANCE:

I/We understand that Sun River Valley Public School does not carry a medical insurance policy that covers participants in athletics/activities. *(Please check one below.)*

_____ I/We understand that my son/daughter is covered by our family medical policy with the listed company.

(Name of Insurance Company)

_____ I/We understand that my son/daughter is not covered by a medical policy and I am responsible for the payment of medical bills that are incurred.

OUT OF TOWN TRAVEL:

I/We understand that the student is a member of a school group and he/she must be encouraged to travel to and from that activity on transportation provided by the school...which may be required.

The exception to this rule may be a student traveling home with a parent/guardian in which case the parent/guardian must *personally* contact the coach/advisor of the activity and sign a parental/guardian release which indicates you assume the liability of your student(s). I/We understand that should a student violate any of the school travel rules (in the Student Handbook), the parent/guardian and the superintendent and/or AD, will be notified and the student will either be held for the parent(s)/guardian(s) arrival or be sent home at the parent(s)/guardian(s) expense by the most reasonable means of transportation; or turned over to local authorities if criminal in nature.

I/WE HAVE READ, UNDERSTAND, AND AGREE TO THE INFORMATION CONTAINED IN THIS AGREEMENT AND WILL ABIDE BY THE CONTENTS OF THIS DOCUMENT.

SIGNED: _____ DATE: _____
(Parent/Guardian)

SIGNED: _____ DATE: _____

Acknowledgement of the 2024-2025 Activity/Athlete Handbook SRVS 5-12

I/WE HAVE READ, UNDERSTAND, AND AGREE TO THE INFORMATION CONTAINED IN THIS AGREEMENT AND WILL ABIDE BY THE CONTENTS OF THIS DOCUMENT.

SIGNED: _____ DATE: _____
(Parent/Guardian)

SIGNED: _____ DATE: _____
(Student)