



High School Activity Code

THIS ACTIVITY CODE establishes the rules governing the conduct of all district high school students participating in a district sanctioned extra-curricular or co-curricular activity. Such activities are a privilege, not a right or an obligation or a requirement for advancement or graduation. Students participating in such activities are representing the

community, school district, their school and their team, regardless of the time of day or their location. Every student should expect that teammates will commit themselves to this Code. Accordingly, students not conducting themselves in accordance with the high expectations set by this Code should sustain ineligibility for those privileges in order to maintain a disciplined, just, educational experience for all students participating in district activities.

A. SCOPE

The Activity Code shall apply to all district enrolled students participating in district sanctioned activities (National Honor Society, Student Council, athletics, cheerleading, instrumental music, vocal music, speech, drama, debate, dance or any other district extra-curricular or co-curricular activity), beginning the last day of 8th grade until the last day of their high school activities career, in addition to and separately from any consequences administered by the criminal justice system or the district's Student Code.

B. ELIGIBILITY

To be eligible to participate in activities, students must comply with all applicable requirements set forth by the district's Activity Eligibility Policy (503.6) (specifically including the State of Iowa's "Scholarship Rule", which can be found at www.siouxcityschools.org/ or in the office of your Activity Director. Students who are participating in activities must sign the last page of this form and have a parent/guardian sign the acknowledgment that you have read, understood, and agreed to follow the rules set forth in this Activity Code).

Policy Title: Activity Eligibility Requirements Code Number: 503.6

To be eligible to participate in activities in the Sioux City Community School District (National Honor Society, Student Council, athletics, cheerleading, instrumental music, vocal music, speech, drama, debate, dance or any other district extra-curricular or co-curricular activity), students must prior to commencement of the activity, have complied with each of the following:

1. Full time student: Be a full time student as defined by Board Policy 684.06, or be receiving competent private instruction and making adequate progress while dual enrolled pursuant Iowa Code Chapter 299A.
2. Governing organizations: All applicable requirements set out by Iowa law, the Iowa Department of Education, the Iowa High School Athletic Association, the Iowa Girl's High School Athletic Union, the Iowa High School Speech Association, the Iowa High School Music Association, the Missouri River Activities Conference, the Sioux City Community School District, and any other governing organizations recognized by the District. In addition to these requirements, the 90 day period of ineligibility, for students described in Iowa Code [§§256.46 & 282.18(13)] and Administrative Code [281-36.15(3-5)] (most varsity level open enrollees to the District, and most intra-District transferees), is extended to all district-sponsored activities whether or not sanctioned by the aforementioned Iowa school governing bodies.
3. No pass/No play: The "Scholarship Rule" contained in Iowa Administrative Code [281-36.15(2)] (special education and/or 504 plan students must make appropriate progress on their individual education plans).
4. No suspension: Not be serving a period of suspension or expulsion for a violation of the Student Code (including both "In-School Suspensions" and "Out-of-School Suspensions") (For purposes of this provision, "In-School Suspensions" will be deemed completed at the end of the school day on the last day of the suspension period determined by the administration. "Out-of-School

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Suspensions” will be deemed completed at the end of the twenty-four hour day on the last day of suspension).

5. Physical: Have delivered to the administration a physician’s certificate of good health of the student.
6. Deliver acknowledgement: Have delivered to the administration an acknowledgment signed by the student and a parent/guardian that they have read, understood, and agreed to be bound by the district’s Activity Code/Middle School Sports Code.

During any activity season, the student must maintain eligibility under subparagraphs A (1-4). Student must attend school: have complied with board policy 501.11 on the school day immediately preceding any scheduled event, competition or practice.

Activity Directors, Activity Coordinators and Sponsors are responsible for insuring these eligibility requirements are met for students in their charge prior to the commencement of the respective activity, and during the respective activity season.

Policy Title: Student Absences - Excused Code Number: 501.11

Students who wish to participate in school-sponsored activities must attend school the entire day on which the activity is scheduled unless permission has been given by the Principal for the student to be absent

C. VIOLATIONS

It shall be a violation for a student within the Scope of this Activity Code to:

1. Commit at any time or location, a Crime as defined by Iowa Code.
2. Commit a violation of paragraphs B (1-4) of the K-12 Student Code
3. Maintains or frequents a disorderly house in violation of Sioux City Code

The Activity Code does not address insubordination, unsportsmanlike behavior, appearance, or attendance issues. Activity directors and/or sponsors have discretion, within the bounds of the laws and the respective policies of the district, to impose consequences for such behavior irrespective of this Code, by adopting “team rules”. To the extent that there is a conflict between application of a “team rule” and this Code, this Code shall govern.

D. PROCEDURE FOR CODE VIOLATIONS

Violations of this Code should be reported to the student’s Principal or Activity Director (the “Administration”). When the Administration has reason to believe that a student has committed a violation of this Code, whether by notification from law enforcement officials, by notification from staff, by self-admission by a student, or otherwise, the Administration shall deliver to the student and parent/guardian written notice (“the Notice”) of (a) the nature of the alleged violation (which may consist of a juvenile citation), (b) the immediate imposition of the student’s ineligibility dates under paragraph E for his/her various activities, and (c) the right of the student and parent/guardian to meet with the Administration to discuss the violation alleged and ineligibility imposed (the “meeting”). At the meeting, the student and parent/guardian shall be allowed to be heard and to present evidence regarding the alleged violation. The Sponsor of the relevant Activity(ies) is encouraged to attend the meeting. (In the case of a National Honor Society member, the Administration shall defer the foregoing duties to the NHS Sponsor and Faculty Council).S64 (rev. 2010)

If the next scheduled activity date, for which the student would be ineligible, will occur within five (5) calendar days of the delivery of the Notice, the student or parent/guardian may request an expedited meeting. This request must be made in writing to the student’s Principal or Activity Director. The expedited meeting will occur within two (2) school days of the Administration’s receipt of such request. If a request for an expedited meeting is timely made, and the student is cooperative in scheduling the expedited meeting, the period of ineligibility will be suspended until after the expedited meeting has occurred and a written decision has been delivered. By requesting an expedited meeting, the student and parent/guardian will acknowledge that the Administration is deemed to have met all procedural due process requirements including, but not limited to, those regarding notice.

Within five (5) school days of any meeting or expedited meeting, as the case may be, the Administration shall deliver to the student and parent/guardian its written findings on the alleged

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violation, and on any ineligibility imposed under paragraph E. Any period of ineligibility sustained by the Administration's written decision shall remain in effect during any of the following levels of the appeal process, unless modified by subsequent decision.

The student or parent/guardian shall have seven (7) calendar days after delivery of the Administration's written decision to file with the Administration a written appeal of the decision. Within seven (7) school days of receipt by the Administration of the written appeal, a hearing shall be scheduled by the Administration before an Activity Hearing Officer. Notice of the time and place of hearing shall be delivered to the student and parent/guardian not later than five (5) school days before the hearing. The student and parent/guardian shall be allowed to be heard and present evidence to the Hearing Officer. Within ten (10) calendar days of the hearing, the Hearing Officer shall deliver his/her written decision to the student and parent/guardian.

The student or parent/guardian shall have seven (7) calendar days after delivery of the Hearing Officer's decision to file with the Administration a written appeal of the decision. Within nine (9) school days of receipt by the Administration of the written appeal, a hearing shall be scheduled by the Administration before the Panel of Activity Directors (composed of the Activity Directors from each high school, or his/her respective designee). Notice of the time and place of hearing shall be delivered to the student and parent/guardian not later than five (5) school days before the hearing. The student and parent/guardian shall be allowed to be heard and present evidence to the Panel. The Panel shall deliver its decision in writing to the student and parent/guardian.

The student or parent/guardian shall have seven (7) calendar days after delivery of the Panel's decision to file with the Secretary of the Board of Education a written appeal of the Panel's decision to the Board of Education, which shall be heard at its next regularly scheduled meeting falling more than five (5) calendar days after such filing, which shall be heard in closed session unless waived by the student and parent/guardian, and which shall be final.

For purposes of this paragraph, notice shall be deemed delivered (a) to a student and/or parent when either mailed to their last known address or hand-delivered, and (b) to the Administration when hand-delivered, faxed or mailed to the student's Principal's office.

E. INELIGIBILITY FOR CODE VIOLATIONS

1. PROVISIONS APPLICABLE TO ALL VIOLATIONS

The student must complete the season or activity in good standing for the period of ineligibility to count. If a student is in two or more activities at the time the period of ineligibility must be served, the period of ineligibility will be served concurrently in all activities in which the student is participating. For example, if a student is in soccer, track, and dance, the student will be ineligible for the applicable percentage of dates in each of the activities. If a student is not participating in any activities at the time of a violation of this Code, the period of ineligibility shall be served in the next activity(ies) participated in by the student (unless a period of 12 months has expired since the student's last activity)(exception: National Honor Society shall determine eligibility for that activity). Similarly, if a student is also a member of the National Honor Society and/or the Student Council, the applicable periods of ineligibility for National Honor Society and for Student Council shall apply concurrently.

For purposes of calculating the percentages of ineligibility, only those dates that appear on an activities calendar at the beginning of the school year will be counted. Cancelled dates will not be counted. Dates that are added subsequent to the publication of the activities calendar will not be counted and students will not be allowed to perform or compete on the added dates. All percentages will be rounded up to one complete date. The record of any violation of this Code and period of ineligibility will travel with the student if transferred within the district.

2. FIRST VIOLATION WITHIN THE STUDENT'S ACTIVITIES CAREER: The student shall be ineligible for:

- National Honor Society: any participation during the remainder of his/her career.
- Student Council: two meetings, which will count as unexcused absences.
- Athletics, Cheerleading: 25% of dates scheduled during the regular season with any un-served

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percentages to be carried over to post-season play and, if necessary, to the next activity.

- Instrumental Music, Vocal Music, Speech, Drama, Debate and Dance: 10% of the scheduled dates appearing on the activity calendar, with any un-served percentages to be carried over to post-season competition and, if necessary, to the next activity.

Students who have fulfilled the requirements following their first violation, and thereafter remain violation free for twelve (12) consecutive months, start over with a clear record. This opportunity applies only once during a student's school career.

REDUCTION FOR SELF ADMISSION OR EVALUATION: Upon a first violation, a student may reduce his/her period of ineligibility in athletics or cheerleading from 25% to 20%, and in instrumental music, vocal music, speech, drama, debate or dance from 10% to 8%, if they either 1) self admit the violation within 48 hours of its occurrence, or 2) seek an appropriate evaluation from a recognized counseling service at the student's or parent/guardian's expense. The student must agree to waive confidentiality to allow the facility/counselor to report back to the superintendent or superintendent's designee regarding recommendations for treatment or follow-up care. This reduction is not available for a second or third violation and may be used only once during a student's activities career. Regardless of the availability of any above period of reduction, the student shall always be required to be ineligible for at least one event.

3. **SECOND VIOLATION WITHIN THE STUDENT'S ACTIVITIES CAREER:** The student shall be ineligible for:

- Student Council: any participation during the remainder of his/her current term.
- Athletics and Cheerleading: 50% of dates scheduled during the regular season with any un-served percentages to be carried over to the next season.
- Instrumental Music, Vocal Music, Speech, Drama, Debate and Dance: 20% of the scheduled dates appearing on the activity calendar, with any un-served percentages to be carried over to the next activity calendar.

4. **THIRD VIOLATION WITHIN THE STUDENT'S ACTIVITIES CAREER:** The student shall be ineligible for:

- Student Council: any participation during the remainder of his/her career.
- Athletics, Cheerleading, Instrumental Music, Vocal Music, Speech, Drama, Debate and Dance: twelve (12) calendar months.

5. **EACH SUBSEQUENT VIOLATION:** The student shall be ineligible for: an additional twelve (12) calendar months.

F. REINSTATEMENT/ADJUSTMENT

1. **APPLICATION FOR REINSTATEMENT:** A student who has been deemed ineligible for participation for twelve (12) calendar months upon a third or subsequent violation may apply for reinstatement after six (6) months of non-participation. The student shall be required to demonstrate, among other things, an understanding of why the original violations are considered detrimental to the student personally; a commitment to meeting the standards established by this Code in the future; the student's ability to represent the district and the community; and compliance with any reinstatement conditions established by the Panel of Activity Directors, such as proof of appropriate treatment and ongoing obligations for the student's continued participation. In addition to granting reinstatement, the Panel shall have discretion to revoke any period of reinstatement. The Panel of Activity Directors shall establish and implement procedures for administration of this section, including, but not limited to, the use of procedures that ensure compliance with student privacy rights. All applications that have been approved by the Panel of Activity Directors shall be subject to approval, without hearing, of the Director of Secondary Education. The decisions of the Panel denying reinstatement shall be final.

2. **ADJUSTMENT IN APPLICABLE PERIOD OF INELIGIBILITY:** Dismissal of criminal or juvenile justice proceedings will not automatically affect the application of this Code to a student; however, a student may apply to the Activities Hearing Officer that his/her record of violations under this Code be adjusted to reflect dismissal of a criminal charge. If the Hearing Officer is satisfied

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that the evidence (including statements or evidence gathered independently from the criminal/juvenile justice process) indicates that the violation did not occur, the student's record of such violation shall be adjusted and expunged. The Hearing Officer shall establish and implement procedures for administration of this section, including, but not limited to, the use of procedures that ensure compliance with student privacy rights. The decision of the Hearing Officer regarding any adjustment shall be final.

HEADS UP: Concussion Information in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C,

Brain Injury Policies:

1. A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
2. A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
3. Key definitions: "Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board. "Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

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

What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.

- a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
 3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- Tell your coaches & parents – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

Signs Reported by Students:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

PARENTS:

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 and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- 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 mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

Nondiscrimination Statement

The Sioux City Community School District is an equal opportunity/affirmative action employer. It is an unfair or discriminatory practice for any educational institution to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, religion, age (for employment), disability, socioeconomic status (for programs), marital status (for programs), or veteran status in its educational programs and its employment practices. Inquiries or grievances may be directed to Jen Gomez, Director of Student Services & Equity Education at 627 4th Street, Sioux City, IA 51101, (712) 279-6075, gomezj2@live.siouxcityschools.com.