

COMMUNITY HIGH SCHOOL DISTRICT #117
Code and Eligibility Requirements for Extracurricular
Athletics and Activities

I. Preamble

- A. Participation in extracurricular activities is a privilege extended to the student body by the Board of Education. Students participating in extracurricular activities represent the school district. Accordingly, they are expected to represent District #117 with the highest standards of conduct and behavior.

II. Philosophy

- A. The extra-curricular code at Community High School District #117 (the “Code”) is designed to establish high expectations/standards for students participating in extracurricular activities. The effectiveness of the Code is dependent on a collective commitment from students, parents and school personnel and a proactive approach to prevention and assistance. This Code applies to all students involved in competitive, extracurricular athletics and activities. ***This Code is in effect from the date this document is agreed upon via signature or electronic agreement and is in effect 24 hours a day, seven days a week, 365 days per year. The Code applies to student conduct on and off campus, whether during school hours or not, even when the conduct is not directly connected to District #117.***

III. Requirements to Participate in Extracurricular Activities

- A. Prior to being eligible to practice or participate in athletics, each athlete must complete the following:
1. A signed parent permission form must be on file in the Athletic Office
 2. Concussion Information form
 3. Performance Enhancement Drug and Steroid Education Policy Release form
 4. A completed medical form must be on file in the Athletic Office
 5. Payment of the District 117 participation fee
 6. All students participating in IHSA athletic or school activities are required to be in good standing with all district fees and obligations

IV. Rules for Extracurricular Participants

- A. In order to try-out or participate in a District #117 extracurricular activity, the student must register online through the online registration platform. In order to register a student must have a current certificate of physical fitness issued by a licensed physician, an advanced practice registered nurse, or a physician assistant. The Pre-Participation Physical Examination Form, offered by the Illinois High School Association and the Illinois Elementary School Association, is the preferred certificate of physical fitness. If a freshman’s insurance will only allow the physical to be performed during the middle of a sports season, an exception will be made with the understanding that the student will obtain a physical during the summer which will be current for whichever athletic season the student chooses to participate during the next school year. **ATHLETIC PHYSICALS ARE ONLY CURRENT FOR 395 DAYS FROM THE DATE THEY ARE OBTAINED.**

- B. Students must have passed five academic classes the previous semester (sophomores, juniors or seniors).
- C. In order to REGISTER ONLINE, all athletic and non-athletic fees must be paid unless prior arrangements have been made with the fees clerk.
 - 1. All students who participate on District #117 athletics will pay a participation fee of \$150 per season with an individual cap of \$300 and a family cap of \$450 for the school year. No refunds will be issued after the first IHSA contest.
 - 2. All students who participate on District #117 competitive activities will pay a participation fee of \$30 per activity with an individual cap of \$60 and a family cap of \$90 for the school year. No refunds will be issued after the first event of the school year.
 - 3. Students with free and reduced lunches may be eligible to have fees waived.
- D. In order to practice or participate in an extracurricular activity or performance, the student must be in school four (4) periods of the same school day. No student will be eligible to participate in after-school extra-curricular activities if s/he leaves school before the end of his/her scheduled classes, once s/he has started attending school for that day, regardless of how many periods he/she attended. If a pattern of morning absences becomes evident, a student risks losing extra-curricular privileges. This decision will be made after a conference with the Athletic or Activity Director in consultation with the student and parent(s)/guardian(s). This rule may be waived if special arrangements have been made with the Athletic or Activity Director (e.g., college visitation, emergency etc.). The coach/sponsor should be consulted and/or notified in these cases.
- E. Students absent for 5 consecutive days or more because of illness must be cleared for participation through the school nurse upon return to school.
- F. If a student is hospitalized on an inpatient or outpatient basis or is receiving homebound instruction and is unable to attend school, the following procedure should be followed:
 - 1. A doctor treating the student must provide a note indicating that in the doctor's opinion, the student is physically and emotionally fit to participate in the specific practices/games/performances and identify whether any accommodations are needed.
 - a) For interscholastic sports, ensure the student complies with any attendance requirements imposed by IHSA to ensure eligibility to participate in games. Note that IHSA by-law 3.015 provides that a student may not have a lapse in "school connection" greater than 10 consecutive school days; otherwise, they are ineligible for the remainder of the semester. A request to waive this restriction may be submitted to IHSA Executive Director to determine if the illness of the student or their immediate family causes the loss of school connection.
 - 2. Students who are referred to a doctor by District #117 athletic trainers must provide a written release from a licensed physician, an advanced practice registered nurse, or a physician assistant prior to returning to practice/rehearsal/games/performances.
 - 3. Students are expected to ride the bus (or other school transportation) to and from extracurricular activities. Students are not permitted to drive to extracurricular activities. Students may only leave an activity with their

parent(s)/guardian(s) if the parent(s)/guardian has informed the coach/sponsor personally or via a handwritten note stating their intentions.

4. Limitations upon participation:
 - a) Students must meet all eligibility requirements set forth by the Illinois High School Association and follow all rules of IHSA, or other applicable governing body. A copy of these rules can be found in the Athletic Office.
 - b) No participant in the athletic program may be a member of two squads at the same time without the approval of the Athletic Director.
 - c) If there is an overlap in schedule or activity, the activity the student started first shall have priority. In case of an overlap, the student may not start the second activity until completion of the first unless approved by the Athletic or Activity Director.
 - d) If a student or participant quits an athletic team more than two weeks after that activity began, she/he may not join another athletic team in that season. If a student is cut, they may go out for another sport in that season within two weeks of that sport's cut date.
 - e) A student who does not participate in physical education class due to injury or illness may not practice or participate in a competition or performance on that same day without the approval of the Athletic or Activity Director.
 - f) After the start of a sport season, students may not participate on an outside team in the same sport until the end of the season.
5. A student may participate on a team outside of the school's sports season, but may only attend practices within four weeks of the first contest or any subsequent contests and must cease participation in any outside school team/club/activity of a sport they are participating in at their school within 5 days of the school team beginning its season or the day before the school's first interscholastic competition, whichever comes first. Failure to do so will result in the student becoming ineligible for the remainder of the school's sport season and the school forfeiting any contests that the student participated in. Students may try-out for a non-school team, during the school season, as long as the try-out is only evaluative. During the school year, students may not attend clinics or camps where more than two students from the same District #117 school are in attendance.

V. Academic Eligibility Requirements

- A. All students who participate in any school sponsored or school supported extracurricular activity must maintain a minimum of a C (2.0) or better grade point average and be passing five classes during the semester(s) in which the school sponsored, school supported athletic or extracurricular activity takes place. Students who fall in the range of a 1.5-2.0 grade point average will be allowed to go through a three-week probationary process that will involve the student, teachers, coach and parent/guardian, where he/she will remain eligible while working to improve his/her grade point average. A student will only be allowed to go through this probationary period once a semester. If during this probationary period the student fails to maintain at least a 1.5 grade point average and/or pass five classes, he/she will become ineligible.

- B. If a student does not pass five (5) academic classes in a semester, then s/he will be ineligible for the next semester. If a student fails a class or classes in the spring semester, s/he may make-up the class in summer school and, if successful, be eligible for a fall activity.
- C. Extracurricular eligibility runs from 8:00 a.m. Monday until 8:00 a.m. on the following Monday. If a student's cumulative grade is D or F in a class, the teacher will notify the Athletic or Activity Director's office by noon on Friday. If a student is not passing five (5) academic classes on a given Friday, and maintaining a C- semester GPA, he/she will be ineligible for competition/participation the following Monday through the next Monday, for a duration of seven calendar days. Once the student sits out one week, they regain eligibility the day they meet eligibility requirements. It is the student's responsibility to get written verification from the teacher once he/she is passing the class.
- D. If a student is involved in both athletic and non-athletic extracurricular activities, the administrator responsible for these activities will assign a suspension in accordance with this code for the athletic activity, followed by an additional suspension which he/she feels is appropriate for the non-athletic activity and vice-versa.
- E. If a student's suspension either carries over to or involves a new sports season, the student must finish that season in good standing for any part of the suspension associated with that season to count towards his/her ineligibility.

VI. Standards

A. Curfew

- 1. On weekdays and weekends a student must be home by the curfew as established in their community.

B. Personal Conduct Expectations - Inappropriate Conduct, Dangerous Behavior, Illegal Activity

- 1. The following are examples of prohibited conduct which may result in disciplinary action, up to and including dismissal from an activity. The Code provides a minimum standard of conduct and guidance when addressing certain behaviors. It does not, and cannot, enumerate each and every situation or conduct for which discipline may be imposed. Students are prohibited from:
 - a) Engaging in conduct that discredits themselves or their school. Violations of this standard include, but are not limited to, the use of alcohol or other drugs (see section III.), insubordination, lying to school officials, cheating/plagiarism, gang-related activities, fighting, vandalism, theft, gross misconduct during the school day or during extra-curricular activities, excessive absences/tardies from school and any criminal activity or conduct endangering others.
 - b) Engaging in dangerous behavior, which includes, but is not limited to, the sounding of false fire alarms, possession of dangerous materials or weapons, and physical or verbal threats to others.
 - c) Engaging in actions that can harm others physically or degrade others' self-esteem. This would include hazing, bullying, and cyber-bullying.

- d) Representing themselves to others as a person who violates the extra-curricular code or openly supports the use of alcohol or drugs including through use of electronic communications and social media.
 - e) Using cell phones or electronic recording devices in locker room or restroom areas unless emergency or special circumstances make it necessary for the cell phone or electronic device to be used.
 - f) Using hate speech, words that attack, threaten or insult a person or group on the basis of national origin, ethnicity, color, religion, gender, gender identity, sexual orientation, political affiliation/affinity, or disability.
 - 2. Additionally, students must comply with policies outlined in the Board Policy Manual, including but not limited to, 7:190 – “Student Behavior.”
 - 3. Personal Conduct Violation Interventions
 - a) Violations of the Code are cumulative throughout a student’s high school career. Personal conduct violations will result in the following interventions:
 - (1) 1st Offense- Written documentation with parent contact and up to 50% suspension of competition/performances.
 - (2) 2nd Offense- Written documentation with parent contact and up to 75% suspension of competition/performances.
 - (3) 3rd Offense - Written documentation with parent contact and up to 100% suspension from competition/performances.
 - (4) At any intervention level the school administrator(s) may include community service with the intervention. If a student’s conduct is considered serious enough by school administration, the maximum penalty may be given at any step.
- C. Use or Possession of Prohibited Substances and Related Paraphernalia; Drug Testing
- 1. Prohibited Substances
 - a) There shall be no use, possession, or sale of tobacco, any tobacco products, hookah, e-cigarettes, vaping products, smoking materials of any kind, alcoholic beverages, controlled substances, illegal drugs, look-alike drugs or paraphernalia or misuse or abuse of over-the-counter medications or medications prescribed by a physician (collectively “prohibited substances”).
 - b) Students who knowingly are associated with or attend functions where there are prohibited substances, must leave immediately. Failure to do so will be considered a violation of this Code and students will be subject to the standards detailed in this Code regardless of whether or not the student participated in the use of any prohibited substance during the time that the student was in attendance at the function. Students who appear in pictures or posts, such as on social media etc., with prohibited substances, whether or not the student participated in the use of the prohibited substance, will also be found in violation of this Code.
 - 2. Drug Testing
 - a) Each student and his or her parents/guardians must consent to having the student submit to random drug and alcohol testing in

order to participate in any extracurricular activity. Failure to sign the District's Consent to Participate in Extracurricular Drug and Alcohol Testing Program form will result in non-participation.

- b) District #117 requires random drug testing. All participants in extracurricular activities could be randomly drug tested during the school year. Teams/Levels may be selected randomly during the season for testing. A team and level will be identified by its roster prior to the testing date. Students are eligible for random selection for one year (365 days) from the date of the student's last participation in the extra-curricular activity or until the student is no longer enrolled in District #117.

- (1) If a student fails to get drug tested when required, they will be suspended from all practices and contests/games until they are tested. This will also be considered a violation of Standard III of this policy.
- (2) Upon notification of a positive test result, a student will be immediately suspended from further participation in practices/contests/games.
- (3) Upon notification of a positive test result, the parent(s)/guardian(s) have twenty-four hours to have another sample re-tested at the family's expense at a certified outside testing facility. The student will remain suspended from competition or performances during the re-testing process.
- (4) Board policy 7:240 provides that if a test is positive, the student can't participate until a follow-up test is negative.
- (5) Any student who tests positive on a drug test will be required to submit to drug testing for up to one year when requested by a school administrator(s). Failure to comply will result in the loss of athletic eligibility and a meeting with the school administrator(s) will be required in order to discuss steps needed for reinstatement.

3. Intervention Steps for Violations of this Section III are:

- a) 1st Offense – Written documentation with parent contact and between 25% to 50% suspension of competition/performances.
- b) 2nd Offense – Written documentation with parent contact and between 50% to 100% suspension of competition/performances.
- c) 3rd Offense – Written documentation with parent contact and between 100% suspension from competition/performances to a complete ban from all extracurricular activities for the duration of the student's enrollment at District #117.

- (1) If a student is completely banned from extracurricular activities, the student shall be ineligible for participation in all extracurricular activities for a minimum period of 365 days. At the end of the 365 days the student may request a hearing from a committee composed of the Principal and Two Head Coaches/Activity Sponsors, to request participation in extracurricular activities again. If the committee believes the student has made sufficient progress changing the behavior(s) that caused the

suspension from extracurricular activities, the committee may reinstate the student.

- d) Violations are cumulative throughout the student's high school career. At any intervention level a school administrator(s) may include community service with the intervention. The District supports the concept of progressive discipline. However, the District reserves the right, if an offense is considered serious enough, to impose an enhanced or the maximum penalty at any step.

4. Voluntary Admission

- a) Students may voluntarily admit to a violation of the Code. To be considered a voluntary admission, a student must turn themselves in to a school administrator.
- b) Admission must occur prior to:
 - (1) any school personnel or police department/officer becoming aware of the incident;
 - (2) the commencing of any investigation that may result in the discovery of a violation of the Code, school rules or Board policy;
 - (3) a student learning of random drug testing.
- c) Voluntary admission may be used upon a first or second violation but may be used only one time in the student's entire high school career to eliminate or reduce a suspension from participation.
- d) Admission of alcohol and/or substance use may result in a reduced suspension from participation in extracurricular athletics. Admission before a second violation will result in a 35% suspension with no chance for reduction.

VII. Suspension from Athletic/Extracurricular Activities

- A. Suspension percentages are based on a full extracurricular activity season and suspensions may carry over from one season to the next as necessary. If a student was not cleared to participate in a contest due to injury or academic ineligibility, a student's suspension from contests will not begin until the athlete has been cleared to participate. If a student is injured subsequent to a suspension from athletic contests, the suspension will remain the same regardless of when the student is cleared to participate. Academic ineligibility that occurs after a student is suspended from contests will not count towards the period of the student's athletic suspension, until the student has been cleared academically. During a suspension a student must attend all practices, be with the team or performance group during competition and performances, unless prohibited by school or Code violations, but may not participate in competition or performances. Suspended students may not wear the team's game uniform at contests throughout the suspension. Pre-season competitions/scrimmages are not considered scheduled athletic events and do not count as part of the season. Therefore, they are not considered part of any suspension.

VIII. Due Process

- A. The student and the student's parent(s)/guardian(s) will be advised by a school administrator(s) of the allegations of misconduct and violation of the Code and given a specific description of what misconduct or violation is alleged.

- B. In a subsequent meeting, the student and his/her parent(s)/guardian(s) will be given the opportunity to discuss the allegations with a school administrator(s).
- C. The student and their parent(s)/guardian(s) will be advised by a school administrator(s) of any interventions resulting from the violation.
- D. The student and the student's parent(s)/guardian(s) will be provided the opportunity to appeal a determination of a violation of this Code, not the intervention/consequence, to the Extracurricular Review Board which is comprised of the building principal, one assistant principal, and one varsity head coach or sponsor within three (3) school days of receiving notice of the determination of a violation of the Code. This appeal will be submitted to the school Principal in writing using the included form, on page 13, within three (3) school days of receiving notice of the determination of a violation of the Code. Upon notification of appeal, the Review Board will review the appeal within five (5) school days and the results will be communicated to the parents(s)/guardian(s) within three (3) school days thereafter.
- E. The student will remain suspended from competition or performances during the appeal process.

IX. Attendance at Practice and Contests

- A. It is the responsibility of students to attend all practices, contests, performances and games. The only exceptions are illness, emergencies, or pre-arranged absences. In all cases, except in the case of emergency, the coach/sponsor should be consulted and/or notified before the practice, contest, performance or game is missed. It is also the student's responsibility to be on time for all activities. Exceptions to this rule, such as academic tutoring, should be prearranged with the coach/sponsor.
- B. When a student athlete is committing to a competitive high school program, the expectation is that the athlete is agreeing to a six day a week schedule, which could include winter and spring breaks.
- C. Schedule and calendar changes may occur during a season due to weather conditions, facility availability, or other unforeseen circumstances or situations.
- D. District #117 realizes the importance of college visits. Every effort should be made to schedule these visits during times that do not conflict with scheduled practices or contests. Student-athletes are encouraged to schedule these visits in the offseason. Normal team rules apply in the event an athlete misses scheduled practices or contests for a college visit.

X. Hazing and/or Inappropriate Initiation Activity

- A. Hazing is not consistent with the District's mission and character education goals. As such, students are prohibited from soliciting, encouraging, aiding or engaging in hazing no matter when or where it occurs.
- B. District #117 defines hazing as any intentional, knowing or reckless act directed to or required of a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any group, organization, club, or athletic team whose members are or include other students. The fact that a student voluntarily participates in a hazing activity does not alter the District's prohibition of such conduct.
- C. Upon receipt of either a complaint or report of hazing, an investigation shall be undertaken. Upon completion of the investigation resulting in a finding of hazing, the school shall take appropriate action. Such action will be designed to deter future violations and appropriately discipline students who have engaged in

prohibited behavior. Disciplinary action may include consequences for individual students (e.g., suspension/expulsion/criminal prosecution) and/or sanctions/suspensions being imposed on a team, squad, or student organization. Such responsive actions shall be consistent with Board of Education policy and District procedures.

XI. Position on Uniform Modification

- A. In accordance with the *Illinois School Code*, 105 ILCS 5/10-20.73, District #117 allows a student to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values or modesty preferences. A student is not required to receive prior approval of the Board of Education for such modification.

XII. Interscholastic Athletic Program

- A. While some interscholastic athletic programs can accept an unlimited number of participants, the majority of interscholastic athletic program offerings must limit membership. The number of student athletes selected for each team may vary from year to year, from sport to sport and between the District's two high schools. Selection of students will be based on their skill, work ethic, character and ability to meet the academic requirements for participation. Coaches will use tryouts, discussion with teachers, deans and administrators, and grade verification to help determine how well each student meets the above criteria. The final responsibility for the team selection rests with the coaches. Certified coaches are hired by each high school to select team members and to determine an athlete's playing time. Coaches are evaluated each year by the Athletic Director in an effort to encourage professional growth, maintain a highly competent staff, and provide a program that offers equitable treatment of all student athletes.

XIII. Communication

- A. There are times that concerns may arise during the course of a season that a student/athlete and/or parent/guardian might want to discuss. In order to most effectively handle these situations, we ask that the following lines of communication be followed:
1. Parent to level head/coach
 2. Parent to program head coach
 3. Parent to athletic director
 4. Parent to principal

XIV. Sportsmanship

- A. Students, participants, and spectators are expected to practice the ethics of competition and principles of good sportsmanship whether at home, at other schools, or in the community. Any person found to be in violation of these ethics and principles may be barred from interscholastic contests either as a participant or as a spectator.

XV. Notification of Risk

- A. Participation in extracurricular activities may have inherent dangers and risks and even when supervised catastrophic injury may occur. These injuries may include, but are not limited to, death, or serious head, neck or spinal injuries that may result in complete or partial paralysis or brain damage. Serious injury to any of

the internal organs, bones, ligaments, muscles, tendons or other parts of the muscular-skeletal system are possible. The injuries that occur may affect the future ability of the student to participate in athletic and recreational activities, earn a living, or engage in other business and social activities. To reduce the possibility of injury, the student should follow all safety rules for the activity, the coaches/sponsor's instructions regarding the activity, and use all activity equipment and apparatus as intended.

XVI. IHSA Performance Enhancing Drug Testing Policy

- A. The IHSA prohibits participants in an athletic activity sponsored or sanctioned by IHSA from ingesting or otherwise using any performance enhancing substance on its banned substance list, without a written prescription and medical documentation provided by a licensed physician who evaluated the student-athlete for a legitimate medical condition. IHSA administers a performance-enhancing substance testing program. Under this program, student athletes are subject to random drug testing for the presence in their bodies of performance-enhancing 7:240 7:240 1 of 2 substances on the IHSA's banned substance list. In addition to being penalized by IHSA, a student may be disciplined according to Board policy 7:190, Student Behavior. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. All District #117 student/athletes must participate in the IHSA drug testing program if requested by the organization.

XVII. Insurance

- A. District #117 requires each student/athlete to be covered by accident insurance. The signature of the parent/guardian on the athletic clearance form (attached) certifies that, along with permission for the student to participate, that the parent/guardian either has accident insurance purchased through the District-approved insurance plan or accepts the responsibility of maintaining an insurance program to cover the student in the event of injury, that participation in the District #117 sports program is entirely voluntary, and acknowledges understanding that there are risks of injury as a result of participation. By granting permission for the student to participate in this program, the parent/guardian is agreeing to accept responsibility for the risks, and agrees to release and hold harmless the student's school, the Board of Education and its members, the school district, and their employees and agents from any claims, demands, or causes of action arising from the child participating in the extracurricular program.

XVIII. Concussion Information

- A. The information included in this section is mandated by the State of Illinois and IHSA to be read by every student athlete and parent/guardian before the student may participate in interscholastic athletics at an IHSA member school.
- B. A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the

injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

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| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
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Signs observed by teammates, parents, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

C. What can happen if my child keeps on playing with a concussion or returns too soon?

1. Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report

symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

D. If you think your child has suffered a concussion

1. Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.
2. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.
3. For current and up-to-date information on concussions from the CDC, the NFHS, and the IHSA, please go to:
<http://www.cdc.gov/ConcussionInYouthSports/>
<https://www.ihsa.org/documents/sportsMedicine/Concussion%20Protocols.pdf>

CHSD117 Appeals Form

Student's Name: _____

Date: _____

School: _____

Parent/Guardian Name: _____

****This appeal will be submitted to the school Principal in writing using this form within three (3) school days of receiving notice of the determination of a violation of the Code.**

Reason for Appeal:

Additional Details/Evidence regarding the Appeal:

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____