

EXTRA-CURRICULAR STUDENT HANDBOOK

This handbook was written for the students at Illinois School for the Visually Impaired (ISVI) who participate in Illinois High School Association sanctioned activities as well as the North Central Association of Schools for the Blind (NCASB) in order that students and their parents may be better informed of the rules and policies.

Regardless of how complete a handbook may be, it cannot anticipate all the different situations that may occur. It is meant rather as a guide to point out the direction of ISVI. The penalties noted herein shall be considered minimal and in no way imply that more severe action cannot be taken.

Student participation in extracurricular activities at ISVI distinguishes you as an individual with exceptional opportunities. By being a participant, you will have many worthwhile experiences and associations which non-participants will not have. We offer this program as a privilege and strongly encourage your 100% cooperation in any activity in which you wish to participate.

ISVI's school colors are maroon & gold, and our nickname is **WARRIORS**.

The **WARRIORS** are a member of the North Central Association of Schools for the Blind (NCASB) which includes the following state schools for the blind: Arkansas, Illinois, Indiana, Iowa, Kansas, Kentucky, Minnesota, Missouri, Oklahoma, Ohio, South Dakota, Tennessee, and Wisconsin.

Sports included in the program are track, goalball, bowling, wrestling, cheerleading, forensics, and swimming.

The activities included are forensics, choir, and State Solo Ensemble.

The activities that ISVI offers will provide students with the ability to appreciate the value of discipline and dedication. The activities provide a means of teaching desired values and goals that can aid in developing individuals into positive citizens in society. The different activities will allow students at all levels to participate against opponents of similar age, size and ability.

The activities provide a positive arena to narrow the gap between promise and reality by offering an opportunity for an individual to search for his or her identity. It is hoped that each student at ISVI will develop positive attitudes and traits from the program that is offered.

ISVI Administration and coaching staff

SPORTSMANSHIP

ISVI students should set a good example in the matter of sportsmanship and should quickly condemn unsportsmanlike conduct on the part of other students or adults. To this end, they should:

1. Remember that a student spectator represents his school the same as a participant.
2. Recognize that the good name of the school is more valuable than any game won by unfair play.
3. Accept the decision of the officials without comment.
4. Recognize and applaud an exhibition of fine play or good sportsmanship on the part of the home and visiting teams.
5. Insist on the courteous treatment of the visiting team as it passes through the streets or visits the local school building and extends to the members every possible courtesy.
6. Acquaint the adults of the community and the elementary and junior high students with ideals of sportsmanship that are acceptable to high school.
7. Advocate that any spectator who continually displays poor sportsmanship will not be allowed to attend future contests.
8. Insist on fair, courteous and truthful accounts of contests in local and school papers.
9. Encourage the full discussion of fair play, sportsmanship, and school spirit through class work and auditorium programs to discover ways by which students can develop and demonstrate good sportsmanship.

SPORTSMANSHIP CREED

Good sportsmanship is one of the primary purposes of ISVI athletics. Participants of the NCASB recognize that judgment calls are made in good faith and that they must abide by the decisions of the officials. Spectators can support member schools of the NCASB by refraining from derogatory or intemperate remarks or cheers. We hope spectators will enjoy the variety of athletics and support athletes in a positive and sportsmanlike manner!

THE EXTRA-CURRICULAR STUDENT CODE

FORWARD

Participation in high school extra-curricular activities at ISVI is a privilege which carries with it varying degrees of honor, responsibility and sacrifice. Since student participation on high school teams is a privilege and not a right, those who choose to participate will be expected to follow the Code of Conduct established by the administration, and other specific coaches' and sponsors' rules for their activity. Participants represent their school and student body. Participants are to conduct themselves in a manner that is becoming to our local public/private schools - Jacksonville & Routt High Schools.

OBJECTIVES

1. **TO LEARN SPORTSMANSHIP** – Accepting defeat is easier, knowing that participants have done their best. Being a gracious winner or loser is a quality that each student should be proud to possess.
2. **TO WIN** – Our society is very competitive. Participants will not always win, but they will succeed if they continually strive to do so. They can learn to be good losers if assured they have earnestly dedicated themselves to attempting to succeed.
3. **TO ENJOY EXTRA-CURRICULAR ACTIVITIES** – It is important that participants have satisfaction in their accomplishments and positive attitudes in their participation. They should willingly give of themselves to develop personally and to improve the total program.
4. **TO ACCEPT EXTRA ACTIVITIES AS PART OF THE SCHOOL** – Participants are an important part of the total school program and are sponsored by the school for the educational value. The academic achievement and the personal welfare of the participant are essential purposes of the program.

GENERAL CONDUCT

It is expected of members of the extracurricular activities that they are good citizens in school and in the community. A team member is constantly in the public eye and in a position of influence. Young children, community members, and other school personnel will observe the participants, look to them for leadership, and expect them to set standards for others to follow. Self-discipline is essential in developing this high degree of social maturity.

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.

A participant must remember that coaches and sponsors are not policemen; violations of the rules cannot be tolerated. Attention is constantly focused on the individual, and he or she will be expected to set a good example so that the entire community can be proud of him or her. Participants must avoid situations that bring disrespect to themselves, their teammates, their coaches and sponsors, or their parents.

The ISVI athletic activities program shall be conducted in accordance with existing policies, rules, and regulations. While the ISVI takes great pride in winning, it does not condone "winning at any cost" and discourages all pressure which might tend to neglect good sportsmanship and good mental health. At all times the program must be conducted in a way that justifies it as an educational activity.

DEFINITION OF TERMS

Student Participant: Students enrolled at ISVI who participate in extracurricular activities.

Athletics: Sanctioned activities, practices and competitions under the rules and regulations of ISVI & IHSA athletic guidelines.

In-Season or Out-Of-Season: These phrases encompass the entire academic and calendar year (1-1 through 12-31). Since concerns for the health and reputation of the participants and the school go beyond any activity season, the code makes no distinction between in-season or out-of-season violations of this code.

Is Caught: This phrase means that (1) a student admits to a rule violation, or (2) an incident is reported in the media and is verified by law enforcement, or (3) an incident is directly reported by law enforcement to the school, or (4) an incident is witnessed and/or verified by school officials. Just as our courts cannot convict suspects based on hearsay evidence and rumors, neither can school officials impose penalties based solely on hearsay and rumors. If circumstances justify, school personnel may investigate accounts of a student violating behavior rules; however, real evidence of violations must be available before the athletic director can begin any procedures or impose any penalties.

**ONLY IF THE STUDENT IS READY TO ACCEPT THIS,
SHOULD HE OR SHE CONSIDER PARTICIPATING IN
AN EXTRA-CURRICULAR ACTIVITY AS A WARRIOR!**

ETHICAL AND MORAL STANDARDS FOR PARTICIPANTS

Extra-Curricular Activities offer experiences for encouraging desirable habits of discipline, for developing qualities of self-sacrifice and dedication to common goals, and for promoting an atmosphere of acceptable ethical and moral attitudes.

Extra-Curricular Activities being an elective part of the high school program, may not be for everyone. They are available for those students who desire to abide by the conditions established for the program and who desire to derive the benefits available through the program.

The nature of competition in some activities is to provide for individual development of character, personality, and discipline. To maintain the overall philosophy of high school competitive activities, it is necessary to establish guidelines that are consistent with this philosophical view.

This program attempts to reflect the attitude of the school and the community and will be maintained so that appropriate benefits will be available. The individual performers will be expected to behave and to perform in a manner that will inspire pride with the approval of the school community. The future of extracurricular activities will be affected by the conduct of our present teams, since they set the example that will be followed by future teams.

A student's ethical and moral behavior should be exemplary not only during the season, but also during the off-season and summer months as well.

The following general rules and regulations will be considered as guidelines in which each student will be expected to both respect and maintain:

1. **SCHOOL ATTENDANCE**: Participants will be expected to exhibit exemplary student behavior regarding attendance. Whenever possible, contests will be scheduled so as not to conflict with classes. The student must be in attendance all day on the day of a contest to be eligible, unless authorized by the Athletic Director and/or the principal. The head coach, teacher or sponsor will insist upon attendance in all academic classes. Any missed class work should be made up immediately after returning to the class.
2. **APPEARANCE**: Dressing and grooming regulations will agree with the rules established by the high school and particular activities.
3. **COMMITMENT**: The rules and regulations for students will be considered a commitment between the student and the school. Violations will be handled according to the procedures outlined in this handbook.
4. **REST**: Students will be expected to maintain regular hours and to restrict outside activities so that their physical performance will not be hampered in any way by improper rest.
5. **INJURIES**: Injuries should not be neglected under any circumstances, regardless of how minor. Proper reporting of injuries to the coach, teacher or supervisor is necessary for proper care. In addition, the student is obliged to report all injuries to the school nurse as soon as possible for insurance purposes.
6. **TOBACCO-ALCOHOL-DRUGS**: It is obvious the use of tobacco, alcohol, and/or illegal or non-prescription drugs adversely affects the performance of students. A student's use of tobacco, vapes, alcohol, or drugs impairs his/her ability to perform and adversely affects the program in which he/she is participating, and appropriate discipline shall be administered.

PARTICIPATION: Participation in extracurricular activities is available to all students. Every student is expected to attend each practice unless excused by the coach in advance, or in an emergency. Promptness is also imperative if a person is to succeed as a student. It is considered an honor to participate in ISVI extra-curricular activities. The attitude and conduct of the student must coincide with the rules and regulations set forth and should be above reproach.

To ensure the safety of our student athletes, minimum requirements have been established for each of our sports. Only student athletes that have met the requirements will be allowed to compete in the teams' athletic contests.

Until requirements are met, the athlete will not be allowed to travel with the team.

Minimal Requirements. aside from being cleared by the health center.

- **Track** – can do at least 1 of the following:
 - Walk/run 1 lap around the track or 3 laps on the wires without stopping.
 - Throw the Shot Put out of the ring and a minimum of 2'0.
 - Perform any of the “jumps” correctly.
- **Goalball** – Demonstrate the ability on their own to:
 - get down on a wing line and stand up on own
 - can protect against a direct hit by a ball.
- **Cheerleading** – Ability to
 - perform respectfully in front of a crowd of people.
- **Wrestling** – can
 - Cleared by Health Center for direct physical contact.
 - Ability to protect and maneuver out of situations this sport will put one in.
Example – enabling to protect yourself when performing and when being thrown in a fireman's' carry or a double leg takedown.
- **Bowling** – can
 - Line up on a lane, drop/roll a bowling ball onto a lane properly and safely.
- **Swimming** – can
 - pass a basic swim assessment test in ISVI's Pool as given by an ISVI representative observed by a certified lifeguard.
 - Demonstrate the ability to swim a 50-yard swim unassisted in a regulation sized pool.
- **Forensics** – Ability to
 - perform respectfully in front of a crowd of people.
- **Choir** – Ability to
 - perform respectfully in front of a crowd of people.

ISVI ELIGIBILITY RULES

ISVI requires students participating in IHSA sanctioned activities to maintain a Grade Point Average (GPA) of at least 1.5 during the activity season in which the student is participating for the current school year. PRIOR to the start of any season, each student-athlete must have a minimum of a 2.0 GPA.

For eligibility, a student must also not have a summative course grade during the activity season of “F”. A student will be deemed academically ineligible until the grade of “F” is raised to a level that will meet the 1.5 GPA for the current season or 2.0 GPA beginning in the school year.

Eligibility lists are distributed every Monday to all coaches. Breakdown:

1st time ineligible in a season

must attend a minimum of 2 structured studies the week of their ineligibility.

Athlete is allowed to return to practice if time warrants at the end of the SS.

2nd time ineligible in a season

must attend a minimum of 3 structured studies the week of their ineligibility.

Athletes are not allowed to return to practice at the end of the S. Study.

3rd time ineligible in a season. 2 points

- must attend a minimum of 4 structured studies and will not be allowed to return to practice until all 4 have been served.
- Athletes must meet with the education principal, athletic director, and coach after the 4th structured study and discuss plans moving forward.

4th time ineligible in a season

Season most likely is over. barring extenuating circumstances or situation/s

- Should never reach this situation / Education principal's discretion.

If a student is declared academically ineligible, he/she will not participate in a contest until declared eligible on the next eligibility list unless there is an error on the eligibility list. Students who fail to meet the academic standards at the end of the semester will be declared ineligible for the entire next semester and will be dismissed from the current team on which they are participating.

ISVI “CITIZENSHIP CODE”

Any student participating in an extra-curricular activity at ISVI who repeatedly receives behavioral references, in-school suspensions, and external suspensions or has excessive absences will forfeit privileges of participation.

BULLYING, INTIMIDATION AND HARASSMENT

Bullying, intimidation and harassment in any form will not be tolerated. This includes sponsor to students, student to student, student to sponsor and sponsor to sponsor. Upon reporting an incident there will be an investigation of the alleged incident and with validation of the incident, appropriate consequences and remedial action will be administered.

EXTRA-CURRICULAR ACTIVITIES POLICIES

1. **DROPPING OR TRANSFERRING SPORTS:** A person who quits or loses the privilege of participation in athletics. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following consideration and procedure must be followed:
 - a. Talk to your immediate coach and then to the head coach.
 - b. Report your situation to the Athletic Director.
 - c. Check into all equipment issued to you.
2. **EQUIPMENT: School** equipment checked out by the student is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the student's financial obligation.
3. **MISSING PRACTICE:** A student should always consult his/her coach, or teacher before missing practice.
4. **SCHOOL ATTENDANCE:** **On** the day of a contest, an ISVI student shall be in attendance that full day. Exceptions must be cleared up in advance with the Athletic Director and/or the Educational Principal.
5. **TRAVEL:** All students should travel to and from out-of-town contests in transportation provided by the school. Students will remain with their squad and under the supervision of the coach, teacher or an RCW when attending away contests unless written permission has been given to the Athletic Director or coach by the parents/guardian for approval to ride home with them.

6. **DRESS ON TRIPS:** Students will be expected to dress appropriately for all trips. The coach, teacher and/or sponsor are responsible for advising the students what they will need for a trip.
7. **DRESSING ROOM REGULATIONS:** A student should show proper respect for any visitors and their facilities. “Horseplay” can be dangerous on the slick floors in a dressing room and will not be tolerated at any time. Students should safeguard their equipment, clothing, and valuables always and be sure to turn off all the showers.
8. **UNSPORTSMANSHIP ACTIONS:** Any student or parent spectator who is asked to leave any extra-curricular contest for unsportsmanlike actions will not be allowed to the next home contest. Continuance of such actions or behavior will result in no admission to any extra-curricular events at ISVI for an entire year.

BEHAVIOR CODE

A. PURPOSE

The dual purpose of this document is to state the rules relating to the Behavior Code for students at ISVI and to outline the process which takes place when ISVI becomes aware that student has violated any of those rules.

The policies, rules and procedures written in this Code reflect the general educational philosophy of the coaches, and administrators at ISVI. The primary purpose of the ISVI High School Extra-Curricular Behavior Code is to promote a positive attitude and image for ISVI students and teams which represent the school and community in any athletic competition. The rules contained in the Code are not meant to be restrictive; rather, regulations are designed to protect the health and reputation of the student and the extra-curricular programs.

B. REQUIREMENTS

ISVI requires all participating athletes to read/or have read to them and sign the bus code of conduct. This is required for participation for each sport/activity.

C. SUSPENSIONS

If a student is on external school suspension, he/she may not practice nor compete in ISVI extra-curricular activities during that suspension.

If a student is on internal school suspension, he or she may practice and/or compete in ISVI extra-curricular activities.

D. FIGHTING

A student who is caught fighting off campus will not be subject to the penalties defined by this Code unless the incident becomes a police matter. However, the coach, or teacher of that student may address the incident.

E. RULES

A student who is caught violating any laws will be subject to the penalties as defined within this Code.

For health, safety and legal reasons, student who participate in interscholastic activities at ISVI are prohibited in-season and out-of-season from using tobacco products, illegally possessing or consuming alcohol and possessing or consuming illegal nonprescription drugs. A student who is caught violating this rule will be subject to the penalties as defined within this Code.

F. INVESTIGATION

Violations of this code will be investigated and handled individually by the ISVI Athletic Director and/or the ISVI Administration.

During an investigation of an alleged code violation, the ISVI Athletic Director and/or the ISVI Administration may rely upon law enforcement officials, news media, eyewitnesses or school district officials. Just as our courts cannot convict suspects based on hearsay evidence and rumors, neither can school officials impose penalties without real evidence of violations.

OTHER

ISVI is now on social media. As a coach, if you'd like some event to be promoted, want to recognize an athlete, post results, or send a message: It's the coach's responsibility to send that information to the athletic director.

Social Media:

Facebook – ISVI Athletics & Activities

Web – www.isviwarriors.com

Guidelines from the Illinois High School Association

Wet Bulb Globe Readings

Heat Related Guidelines

The Wet Bulb Globe Temperature (WBGT) measures heat stress by accounting for temperature, humidity, wind speed, sun angle, and solar radiation, unlike the heat index which only considers temperature and humidity in shaded areas. IHSA member schools are required to monitor WBGT 30 minutes before and every 30 minutes during outdoor activities, recording readings and maintaining documentation.

WBGT Risk Levels and Guidelines

IHSA and IESA classify WBGT into four risk levels, each with specific recommendations for practices and contests:

- **No Risk** WBGT < 80°F
 - Normal activities can proceed with standard hydration and rest breaks.
- **Low Risk** WBGT 80–85°F
 - Exercise is allowed with discretion for intense or prolonged activity. Frequent water breaks are required.
- **Moderate Risk** WBGT 85–88°F
 - No contests should be held. Practices are limited to 2 hours, with 20 minutes of mandatory water breaks per hour.
- **High Risk** WBGT 89–90°F
 - No contests; practice is limited to 1 hour, with 20 minutes of water breaks per hour, no conditioning, and no protective equipment worn.
- **Extreme Risk** WBGT > 90°F
 - All outdoor practices, workouts, and competitions must be canceled or postponed

CONCLUSION

The primary purpose of our athletic program is to develop individuals who would be considered “winners.” The individuals who are “winners” will be useful and loyal members of society, will desire to achieve excellence, will strive to live a healthful and purposeful life, have a deep respect for their fellow men, and be willing to make personal sacrifices for the benefit of the majority.

Probably the most important factor is that a “winner” is willing to live by high moral codes. Athletes are challenged in athletics to become “winners.” It is hoped that they can accept and successfully meet this challenge.