

# **Malta Bend R-V School District**



## **Extra-Curricular Handbook**

**2021-2022  
School Year**

**Web Page:**  
<http://mbtigers.weebly.com/>



## **DEFINITION/PURPOSE**

Extra-curricular activities are an extension of the classroom. They provide an opportunity for learning that is not available during the regular school day. While many of the goals for extra-curricular activities are the same as those in the classroom, emphasis is placed upon proper values and life skills that will stay with the participants long after they leave school. Of primary importance is helping the student learn how to deal with the many facets of competitions and teamwork that are of major importance in later life as well as in extra-curricular activities.

Extra-curricular activities are available as privileges to students at Malta Bend who are willing to work outside the school day and toward the goals of the program and abide by the rules established for these privileges as set forth by the Board of Education, Missouri State High School Activities Association (MSHSAA) and other governing bodies of the specific activities.

Extra-curricular activities are defined as those activities occurring beyond the school day or during the school day outside the school environment for which the student does not receive a grade. These activities include, but are not limited to, sporting events, field trips, club or organization meetings or activities, or possible contests in industrial arts, math, science and so forth.

## **CITIZENSHIP**

Anyone who participates in extra-curricular activities at Malta Bend R-V must be a creditable citizen. The proper school authority (Superintendent or Principal) will be the judge of a student's citizenship. A student whose character or conduct reflects discredit upon himself or his school is not such a citizen and is not eligible to participate.

- a. If the terms of a student's In School Suspension (Recovery Room) or Out of School Suspension (OSS) fall within the time of an extra-curricular activity, the student will not be eligible to participate.
- b. Students who are expelled or withdraw from school because of disciplinary action are not eligible to participate for 365 days from the date of expulsion or withdrawal unless earlier admittance is approved by the Malta Bend Board of Education.
- c. Any student representing Malta Bend shall meet the standards of dress as dictated by the student handbook or the activity. The standards for the physical appearance of athletes will be determined by the coach of the particular sport/activity and approved by the athletic director.
- d. Students arrested by law enforcement agencies or officials and are (1) convicted of, (2) confess to, (3) plea bargain, or (4) indicted for a felony offense are subject to suspension from any and or all extra-curricular activities pending further review and or consultation with law enforcement agencies or officials.

## **CITIZENSHIP REQUIREMENTS**

(Taken from the MSHSAA Handbook, By-Law212.0)

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditible citizens." Conduct shall be satisfactory in accord with the standards of good discipline.

- a. Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under and municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.
- b. Student responsibility: Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by board of directors.

## **ACADEMIC STANDARDS OF ELIGIBILITY**

Students must meet or exceed the following academic standards to be and to remain eligible to participate in any extra-curricular activities as representatives of Malta Bend R-V Junior-Senior High School:

### **1. High School Academics**

- a. A student in grades 9-12 must have earned, the preceding semester of attendance, a minimum of 3 units of credit or have earned credit in 80% of the maximum allowable classes in which a student can be enrolled in the semester, whichever is greater, and shall currently be enrolled in and regularly attending courses that offer 3 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater, or a student must be enrolled in a full course at his or her level in a special education program for the handicapped approved by the Missouri State Department of Education which, though upgraded, enrolls pupils of equivalent age, and that student must have made standard progress for his or her level the preceding semester.

### **2. Junior High School Academics**

- a. A seventh or eighth grade student must be enrolled in the normal course for that grade or must be enrolled in a full course at his or her grade level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age. A student must have been promoted to a higher grade or to a higher level in special education at the close of the previous year. A seventh or eighth grade student who was not promoted but takes summer school classes in order to be promoted to the next level will become eligible upon the successful completion of the summer school program. Effective July 1, 2010, any junior high student who failed more than one scheduled subject, or failed to make standard progress in special education, shall be ineligible the following grading period regardless of promotion to the higher grade.

### **3. Change in Eligibility**

- a. Any student with a failing grade at any quarterly grading cycle will become academically ineligible at Malta Bend for extra-curricular activity participation until the next grade check (2 weeks). Note: Two-week countdown begins when grade cards are distributed. It is the student's responsibility to provide the Principal a completed grade check at the 2 week point. If it is not submitted, the student will remain ineligible until the next scheduled eligibility point. Consequently, at that time, the course to which the failing grade was recorded must be passing in order for the student to be removed from the current quarter ineligible list. The most recent quarter ineligible list will be reviewed again at the 4 ½ week progress report time. Again, the course to which the failing grade was recorded must be passing in order for the student to be removed from the ineligible list. Note: First quarter ineligible lists are generated from the previous year's 4<sup>th</sup> quarter grade results.

A student must also meet the "Citizenship Requirements" and Recovery Room Policy in order to participate in any extra-curricular activities. (School sponsored dances are included in extra-curricular activities.)

- i. Excluded from this policy are Junior/Senior Prom, Senior Trip and Graduation exercises. If a student fails to meet graduation requirements, they will not be eligible for senior trip and Graduation exercises.
- b. Ineligible students are expected to attend all practices and games. They will be required to sit with their respective teams during games but are not allowed to dress out in the team uniforms. Absence from either practice or games will be counted as an unexcused absence unless prior approval is obtained from the principal.

### **4. Incomplete Grades**

- a. Incomplete grades for a quarter grade will make a student ineligible until the work has been completed and grade reported. Students who have I.E.P.'s may be granted allowances on this policy depending upon conditions in the I.E.P. These allowances would be determined by the Principal, Counselor and the teacher involved. Any decision regarding the implementation or interpretation of this policy is left to the discretion of the principal. Students may start any new school year academically ineligible, if they do not meet current MSHAA regulations at the end of the previous school year.

## 5. Previous Year's Grades

- a. Grades from the previous school year's last quarterly grading cycle DO affect a student's eligibility for the first quarter of the succeeding year.

## 6. Transfer Students

- a. Transfer students are eligible if they meet standards 1 and 2 above (MSHSAA Guidelines) and have an approved Transfer of Eligibility Request on file in the principal's office.

## 7. Grade Average

- a. To be eligible to participate in extra-curricular activities, you must maintain a C- average and no F's.

### ATTENDANCE AT SCHOOL

A student must be in attendance for 1/2 day on the day of an event in order to participate. If the activity takes place on a day school is not in session, the students shall attend school for 1/2 day on the day before the activity. Failure to follow this policy will result in loss of participation privileges. The Principal reserves the right to review individual student circumstances on a case-by-case basis.

Should a student be absent for any part of the day following an activity, they must have a doctor's excuse for that absence or prior approval from the Principal's office. A student will not be eligible to participate in the next activity if the stated criteria are not met. The Principal reserves the right to review individual student circumstances on a case-by-case basis. Please stress to your children/students the importance of their regular attendance and that extracurricular activities are just that, participation in such activities is not a reason to be absent the following day. Only PRIOR approval by the principal will exempt a student from this rule.

### ATTENDANCE AT PRACTICES

Students wanting to be a member of extra-curricular teams or groups are expected to attend all scheduled practices as set forth by the coach or sponsor.

Any absence from a scheduled practice for a reason other than sickness, retesting or receiving special help from a teacher, school activity, or an unavoidable reason without prior approval from the coach, shall be counted as an unexcused absence. **Whenever possible, coaches should be notified of all excused absences at least 24 hours in advance. Furthermore, coaches will have discretion to assign practice make-ups, even for excused absences.**

Appropriate disciplinary measures may be administered by the head coach. If a player has four unexcused absences from practice/games, he/she will be removed from the team.

### PHYSICAL EXAMINATIONS/INSURANCE

According to Missouri State High School Activities Association regulations, the school shall require of each student participating in athletics and other similar groups a certificate of an issued physical signed and authorized by a physician, advanced nurse practitioner in a written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that the individual is physically able to participate in these activities. The medical certificate is valid for the current year if issued on or after February 1<sup>st</sup> of the previous school year.

A student shall provide proof to the school district of basic athletic insurance coverage before competing or practicing for the sports or activities outlined above.

Students shall NOT compete or practice in ANY way for the school until there is on file with the district a valid physical and proof of basic athletic insurance coverage.

**Any student receiving doctor's note during a season stating they are not allowed to practice, will still be required to attend practice but cannot participate until the school receives another doctor's note clearing them for physical activity.**

### CONDITIONING REQUIREMENTS

Each squad must have 14 days of practice and each individual must have participated in 14 school practices on 14 different days prior to the first interscholastic contest in all sports offered at Malta Bend R-V according to Missouri State High School Activities Association regulations.

## TRANSPORTATION

Students are required to ride school furnished transportation to and from school activities. Bus times are leaving times; students should plan on being at the bus at least 10 minutes early to avoid holding up the group or missing the bus.

1. Students may ride home with their parents from school activities as long as the parents sign the Sign-Out Sheet. Check with the sponsor in charge for the sheet.
2. Failure to follow approved transportation procedures will result in a one game suspension and possible loss of letter. Any participant not riding the school furnished transportation to the activity will not be allowed to participate **or must have prior approval by principal.**
3. Any exceptions to these items must be granted by the principal or administrator on site.

## FLAGRANT UNSPORTSMANLIKE PENALTIES/TECHNICAL FOULS

Any student who received a **flagrant** unsportsmanlike penalty/technical foul while representing Malta Bend R-V will be disciplined according to the following schedule:



## **FLAGRANT UNSPORTSMANLIKE PENALTIES/TECHNICAL FOULS (continued)**

**Note:** In accordance with MSHSAA bylaw 810.c: A player who is ejected from a contest for unsportsmanlike conduct shall at a minimum be prohibited from playing in the next interscholastic context at that same level.

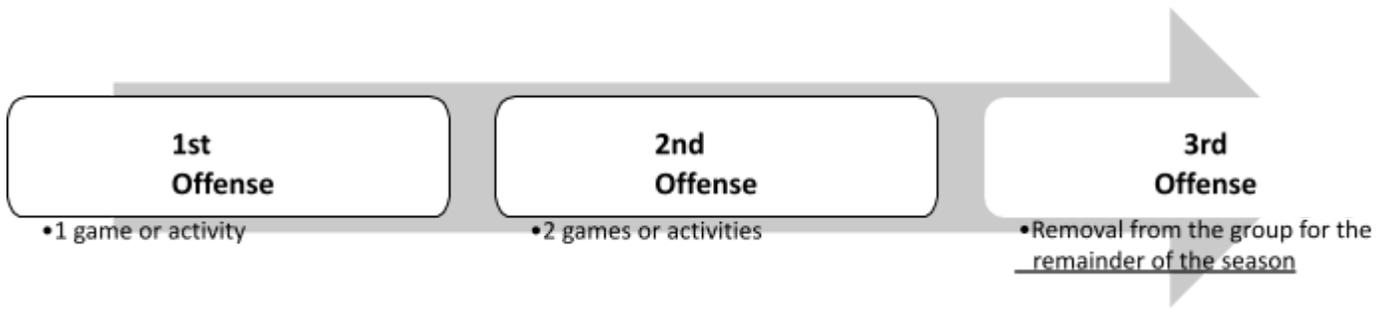
In addition, members of athletic teams who are disciplined for **flagrant** unsportsmanlike penalties/technical fouls should expect extra conditioning work from their coaches to be assigned to make up for what they will miss when sitting out the specified term.

## DISCIPLINARY ACTIONS

The following disciplinary actions are continuous throughout the school year and are not specific to each sport or activity. If a member of a group or organization is removed from that group/organization for the remainder of the season, the 1<sup>st</sup> offense on a subsequent group/organization will result in the removal from that group for the remainder of the school year.

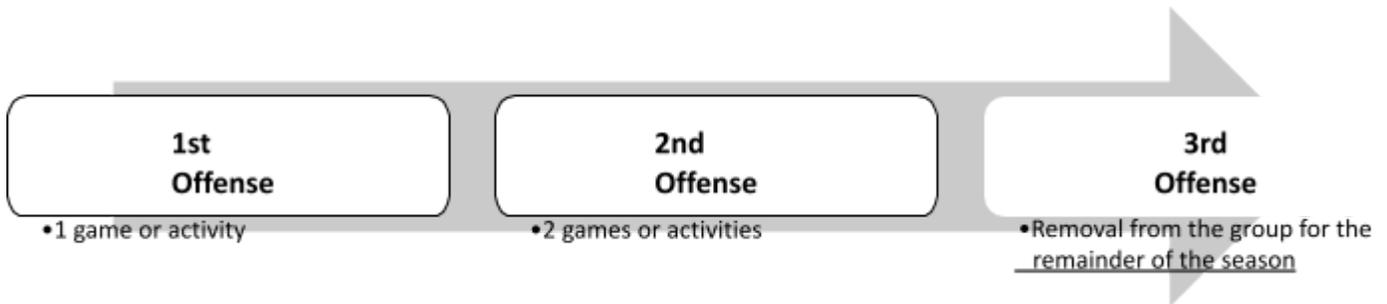
**ILLEGAL DRUGS/ALCOHOL:** Any member of a group or organization who uses or possesses illegal drugs and or alcohol shall be

disciplined according to the following schedule:



In addition, members of athletic teams who are disciplined for use and or possession of illegal drugs/alcohol should expect extra conditioning work from their coaches to be assigned to make up for what they will miss when sitting out the specified term.

**TOBACCO:** Any member of a group or organization who uses or possesses tobacco products shall be disciplined according to the following schedule:



In addition, members of athletic teams who are disciplined for use and or possession of tobacco products should expect extra conditioning work from their coaches to be assigned to make up for what they will miss when sitting out the specified term.

**NOTE:** The above are minimum measures. Depending upon the severity of the offense and the student’s past extra-curricular behavior, a student may be removed from the activity on the first offense.

### **ATHLETIC TEAMS-MEMBERSHIP**

Team membership is open to all students who wish to participate and meet team requirements. General requirements are:

1. Good citizenship
2. Proper attitude toward the sport, coach and teammates
3. Promptness in reporting for all practice sessions
4. Willingness to follow instructions and to put forth enough personal effort to benefit the team as a whole
5. Personal conduct at all times that will help mold good character for the individual and build good will for the school and community
6. Students are responsible for purchasing their own clothing and shoes with the exception of the official team uniform.
7. The school uniform will be worn.

### **BASIC REQUIREMENTS FOR LETTERING**

All eligibility requirements of the MSHSAA, I-70 Conference, and Sweet Springs High School must be met for a student to be considered eligible for consideration for an athletic letter. A Malta Bend Letter will be rewarded for Track and Cross Country based on similar expectations.

The student must have displayed good sportsmanship in competition and have been regular in attendance at practice and games.

The student must have participated the entire sports season. **Leaving early from practices and competitions, unless prior arrangements have been agreed upon by both the coach and student, will be considered a violation of this policy.** It will be possible to make exceptions to this rule in the case of injury or illness.

Students meeting all requirements must receive the recommendation of the coach and the approval of the principal and

athletic director.

### **Basketball Lettering Requirements**

Participate in at least one-**fourth** of the quarters played by the team in the total varsity schedule  
Team members not meeting this requirement shall be awarded a certificate of participation

### **Volleyball Lettering Requirements**

Participate in at least 20 games at the varsity level  
Team members not meeting this requirement shall be awarded a certificate of participation

### **Football Lettering Requirements**

Participate in at least half of the total quarters played by the varsity team in the total schedule  
Team members not meeting this requirement shall be awarded a certificate of participation

### **Track Lettering Requirements**

To receive a varsity letter, an athlete must meet at least one of the following criteria:

- ✓ receive 15 pts in duals, triangulars and or quad meets; 1<sup>st</sup> place (3 pts.), 2<sup>nd</sup> place (2 pts.), 3<sup>rd</sup> place (1 pt.)
- ✓ place in the top eight at three medal meets
- ✓ qualify for the state track meet as a participant

Team members not meeting this requirement shall be awarded a Certificate of Participation.

### **Softball Lettering Requirements**

Participate in at least four varsity games  
Team members not meeting this requirement shall be awarded a Certificate of Participation

### **Baseball Lettering Requirements**

Participate in at least four varsity games  
Team members not meeting this requirement shall be awarded a Certificate of Participation

### **Academic Team Lettering Requirements**

Participate in one-quarter of the halves of varsity contests  
Team members not meeting this requirement shall be awarded a certificate of participation.

### **Service Letter**

May be awarded to a player who has been faithful in practice and participation for at least two consecutive years and has completed the sport season during his/her senior year without having reached skill. The service letter shall be the same as the regular varsity letter.

### **Manager's Letter**

May be awarded for a minimum of one season's service as a team manager provided his/her conduct and attendance at practice and games is satisfactory to the Coach, Principal and Athletic Director. The manager's letter shall be the same as the regular varsity letter. A manager shall receive a manager's pin for his letter.

# Concussions Fact Sheet for Parents

## What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

## What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports *one or more* of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

**SIGNS OBSERVED BY PARENTS OR**

Emotional:

- Difficulty thinking clearly
- Difficulty concentrating
- Difficulty remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy

**SIGNS AND SYMPTOMS OF A CONCUSSION**

**SYMPTOMS REPORTED BY YOUR CHILD OR TEEN**

Thinking/Remembering:

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

- 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"

- 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.

To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion). Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

U.S. Department of Health and Human Services Centers for  
Disease Control and Prevention

## What should I do if my child or teen has a concussion?

1. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).
2. **Help them take time to get better.** If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a health care professional.
3. **Together with your child or teen, learn more about concussions.** Talk about the potential long-term effects of concussion and the dangers of returning too soon to normal activities (especially physical activity and learning/concentration). For more information about concussion and free resources, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

## How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech- language pathologist, or counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.

# A FACT SHEET FOR ATHLETES

## What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

## What are the symptoms of a concussion?

You can't see a concussion, but you might notice *one or more* of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

**It's better to miss one  
game than the whole  
season.**

For more information and to  
order additional materials  
*free-of-charge*, visit:  
**[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)**.

## 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 right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

## How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times

**If you think you have a concussion:**  
Don't hide it. Report it. Take time to recover.

# MSHSAA Concussion Return to Play Form

This form is adapted from the Acute Concussion Evaluation (ACE) care plan on the CDC website ([www.cdc.gov/injury](http://www.cdc.gov/injury)). All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury. **Please initial any recommendations that you select below.**

Athlete's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Injury: \_\_\_\_\_

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## THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: \_\_\_\_\_ Care Plan Completed By: \_\_\_\_\_

Return to This Office (Date/Time): \_\_\_\_\_

Return to School On (Date): \_\_\_\_\_

### RETURN TO SPORTS

PLEASE NOTE:

- Athletes should not return to practice or play for at least 24 hours after their head injury has occurred.
- Athletes should never return to play or practice if they still have **ANY** symptoms.
- Athletes: Be sure that your coach and/or athletic trainer are aware of your injury and symptoms, and that they have the contact information for the treating physician.

### The following are the return to sports recommendations at the present time:

Physical Education:

Do **NOT** return to PE class at this time.

May return to PE class at this time.

Sports:

Do **NOT** return to sports practice or competition at this time.

May gradually return to sports practices under the supervision of the healthcare provider for your school or team.

May be advanced back to competition after phone conversation with attending physician (MD/DO/PAC/ATC/ARNP/Neurophysiologist)

Must return to physician (MD/DO/PAC/ATC/ARNP/Neurophysiologist) for final clearance to return to competition.

Cleared for full participation in all activities and

restrictions. Return of symptoms should

result in re-evaluation by physician (MD/DO/PAC/ATC/ARNP/Neurophysiologist) for

- OR -

assessment.

**Medical Office Information (Please Print/Stamp):**

Evaluator's Name:

\_\_\_\_\_

Office Phone: -----

Evaluator's Signature: \_\_ Evaluator's Address:

\_\_\_\_\_

## Return to Play (RTP) Procedures After a Concussion

1. Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity:

Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion).
  2. Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process detailed below. (This progression must be closely supervised by a Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician).
  3. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly.
  4. Stepwise progression as described below:
    - Step 1:** Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.
    - Step 2:** Return to school full-time.
    - Step 3:** Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.
    - Step 4:** Running in the gym or on the field. No helmet or other equipment.
    - Step 5:** Non-contact training drills in full equipment. Weight-training can begin.
    - Step 6:** Full contact practice or training.
    - Step 7:** Play in game. Must be cleared by physician before returning to play.
- The athlete should spend 1 to 2 days at each step before advancing to the next. If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred.

**NOTE TO PLAYERS, FANS, AND PARENTS**

Extra-curricular events are extensions of the school day and, as such, are classroom situations. As you would not enter a classroom without permission, we ask that you do not disrupt extracurricular events or practices. Parent conferences with teachers, sponsors and coaches should be set up through the Principal's office. Please do not attempt to argue with, detain or otherwise disrupt the teacher, sponsor or coach the night of an event or during practices or games.

*Anyone doing so may be subject to removal from school premises and may not be allowed to return for extended period of time.*

Parents and all spectators should remember that this game is competitive, but it is also an education experience for all the Players and Students. Please continue to show respect and sportsmanship throughout all contests as we set good examples for our Students, Players and Youngsters in Attendance.

*Anyone not showing good sportsmanship may be subject to removal from school premises and may not be allowed to return for extended period of time.*

**PARENT AWARENESS STATEMENT**

*The attached Parent Awareness Statement must be signed and returned to the Principal's Office. Failure to sign and return may result in an athlete not being able to participate.*



**NOTICE OF NONDISCRIMINATION**

Applicants for admission and employment, students, parents of elementary and secondary school students, employees, sources of referral of applicants for admission and employment, and all unions of professional organizations holding collective bargaining or professional agreements with the Malta Bend R-V School District are hereby notified that this institution does not discriminate on the basis of race, color, national origin, sex, age or handicap in admission or access to, or treatment or employment in its programs and activities.

Any person having inquiries concerning Malta Bend R-V School District compliance with the regulations implementing Title IX is directed to contact John Angelhow, Superintendent of Schools, 200 S. Linn St. Malta Bend, MO. 65339 You can reach him by telephone at 660-595-2371. He has been designated by the Malta Bend R-V School District to coordinate the institution's efforts to comply with the regulations implementing Title I, II, IV, VI, Title IX, and Section 504. Any person may also contact the Assistant Secretary for Civil Rights, U.S. Department of Education, regarding the institution's compliance with the regulations implementing Title I, II, IV, VI, Title IX, or Section 504.

## **Parent Awareness Statement 2021-2022**

As the Parent/Guardian of \_\_\_\_\_, we have read completely and understand the 2021-2022 Extra-curricular Handbook of Malta Bend R-V School. I also understand that failure to sign and return this page of the handbook may result in my son or daughter **NOT** being allowed to participate.

(Please  
Print)

Parent/Guardian signature

Date