

2012-2013

Student Activities
HANDBOOK

for **Parents**



Fairbanks North Star Borough School District

520 Fifth Avenue • Fairbanks, Alaska 99701 • (907) 452-2000
www.k12northstar.org

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The Fairbanks North Star Borough School District does not discriminate on the basis of sex in violation of Title IX of the Education Amendments of 1972 in the educational programs or activities which it operates.

The Fairbanks North Star Borough School District does not discriminate on the basis of disability in violation of Section 504 of the Rehabilitation Act of 1973. This includes admission or access to, or treatment or employment in its programs, services, and activities.

Individuals requiring further information should contact the designated compliance director:

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Fairbanks North Star Borough School District
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ADMINISTRATIVE OFFICES

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Fairbanks, AK 99701
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Mr. Pete Lewis, Superintendent
Ph-452-2000, ext. 11401

Dr. Karen Gaborik, Asst. Supt. Secondary
452-2000, ext. 11411

Ms. Roxa Hawkins, Asst. Supt. Elementary
Phone: 452-2000, ext. 11435

Alpha listing of schools

ANDERSON ELEMENTARY, K-2

Shari Merrick, Principal 7:50-2:20
768 Kodiak St., Eielson AFB 99702
372-2167 FAX 372-3437

ANNE WIEN ELEMENTARY, K-6

Leslie Campbell, Principal 8:30-3:00
1501 Hampstead Ave., Fairbanks 99701
451-7500 FAX 451-7564

ARCTIC LIGHT ELEMENTARY, K-6

Mary Carlson, Principal 8:30-3:00
4167 Neely Rd., Ft. Wainwright 99703
356-2038 FAX 356-2189

BADGER ROAD ELEMENTARY, K-6

Dan File, Principal 9:00-3:30
2301 Bradway Rd., North Pole - Physical
520 Fifth Ave. - Mailing
Fairbanks 99701
488-0134 FAX 488-2045

BARNETTE MAGNET, K-8

Dana Evans, Principal 8:15 – 2:45
1000 Barnette St., Fairbanks 99701
456-6072 FAX 451-9602

BEN EIELSON JR/SR, 7-12

Mario Gatto, Principal 8:00-2:30
Activities Coordinator: Kelly Growden
675 Raven's Way, Eielson AFB 99702
372-3110 FAX 372-3202

CHINOOK CHARTER, K-8

Paul Fortes, head teacher 8:30-3:00
3002 International St, Fairbanks 99701
452-5020 FAX 452-5048

CRAWFORD ELEMENTARY, 3-6

Clarice Loudon Mingo, Principal 8:00-2:30
692 Raven's Way, Eielson AFB 99702
372-3306 FAX 372-3199

DENALI ELEMENTARY, K-6

Tim Doran, Principal 8:30-3:00
1042 Lathrop St., Fairbanks 99701
452-2456 FAX 451-0792

EFFIE KOKRINE CHARTER, 7-12

Linda Evans, Principal 9:50 – 3:38
601 Loftus Rd., Fairbanks 99709
474-0958 FAX 479-2104

HUNTER ELEMENTARY, K-6

Jeffrey Mann, Principal 8:45-3:15
1630 Gillam Way, Fairbanks 99701
456-5775 FAX 452-8891

HUTCHISON HIGH SCHOOL, 9-12

Daniel Domke, Principal 7:50-2:04
Activities Coordinator: Jenny Benson
3750 Geist Rd, Fairbanks 99709
479-2261 FAX 479-8286

JOY ELEMENTARY, K-6

David Foshee, Principal 8:30-3:00
24 Margaret St., Fairbanks 99701
456-5469 FAX 456-1477

LADD ELEMENTARY, K-6

Robert Stitt, Principal 9:00-3:30
601 F St., Fairbanks 99701
451-1700 FAX 451-9137

LATHROP HIGH, 9-12

Dave Dershin, Principal 7:45-2:15
Activities Coordinator: Steve Zanazzo
901 Airport Way, Fairbanks 99701
456-7794 FAX 452-6735

NORDALE ELEMENTARY, K-6

Brian Powell, Principal 8:30-3:00
397 Hamilton Ave., Fairbanks 99701
452-2696 FAX 456-5608

NORTH POLE ELEMENTARY, K-6

Rosita Wilburn, Principal 9:00-3:30
250 Snowman Lane, North Pole 99705
488-2286 FAX 488-1232

NORTH POLE MIDDLE, 6-8

Richard Smith, Principal 8:00-2:30
300 East 8th Ave., North Pole 99705
488-2271 FAX 488-9213

NORTH POLE HIGH, 9-12

Bridget Lewis, Principal 7:45-2:15
Activities Coord: Walter Armstrong
601 NPHS Blvd., North Pole 99705
488-3761 FAX 488-1488

PEARL CREEK ELEMENTARY, K-6

Kate LaPlaunt, Principal 9:00-3:30
700 Auburn Dr., Fairbanks 99709
479-4234 FAX 479-4025

RANDY SMITH MIDDLE, 7-8

Sandy Kowalski, Principal 9:30-4:00
1401 Bainbridge, Fairbanks 99709
458-7600 FAX 458-7676

RYAN MIDDLE, 7-8

Heather Stewart, Principal 9:30-4:00
951 Airport Way, Fairbanks 99701
452-4751 FAX 451-8834

SALCHA ELEMENTARY, K-6

Annie Keep-Barnes, Principal 9:00-3:30
8530 Richardson Hwy - Physical
520 Fifth Avenue – Mailing
Fairbanks 99701
488-3267 FAX 488-5358

STAR OF THE NORTH CHTR, 7-12

□ Career Education Center-
Craig Kind, Head teacher
724 27 Ave, Ste.1, Fairbanks 99701
479-4061 FAX 479-0230
□ North Pole Academy-
Bao Do, Head teacher
2945 Monk Court, North Pole 99705
490-9025 FAX 490-9021

TANANA MIDDLE, 7-8

Greg Platt, Principal 9:30-4:00
600 Trainor Gate, Fairbanks 99701
452-8145 FAX 456-2780

TICASUK BROWN ELEM., K-6

Michael Angaiak, Principal 9:00-3:30
785 Lakloey Dr. North Pole -Physical
520 Fifth Ave. - Mailing
Fairbanks 99701
488-3200 FAX 488-6208

TWO RIVERS ELEMENTARY, K-8

Lori Swanson, Principal 9:00-3:30
400 Two Rivers Rd. - Physical
520 Fifth Ave. - Mailing
Fairbanks 99701
488-6616 FAX 488-8487

UNIVERSITY PARK ELEMENTARY, K-6

Kyra Aizstraus, Principal 8:45-3:15
554 Loftus Rd., Fairbanks 99709
479-6963 FAX 479-6219

WELLER ELEMENTARY, K-6

Lynn Weckesser, Principal 8:30-3:00
635 Elementary Dr. - Physical
520 Fifth Ave. - Mailing
Fairbanks 99701
457-1629 FAX 457-2663

WEST VALLEY HIGH, 9-12

Shaun Kraska, Principal 7:45- 2:15
Activities Coord. : Missy Poeschel
3800 Geist Rd., Fairbanks 99709
479-4221 FAX 474-8901

WOODRIVER ELEMENTARY, K-6

Grant Guy, Principal 9:00-3:30
5000 Palo Verde, Fairbanks 99709
479-4211 FAX 479-5077

FNSBSD B.E.S.T. Program

Kathy Hughes, Dir.
Administrative Center
520 Fifth Ave., Fairbanks 99701,
452-2000, x11201

Sportsmanship Creed

All contests are played under the authority of the Alaska School Activities Association (ASAA). ASAA rules provide for fair play and good sportsmanship among athletes and coaches. Since booing and jeering do not support anyone, we hope you will be positive in supporting your favorite team. As athletes, we ask that spectators promote the ideals of good sportsmanship by applauding fair play and showing respect for all participants and officials.

INTRODUCTION

The Fairbanks North Star Borough School District provides for co-curricular and extracurricular activities as an integral part of the total secondary school educational program. The opportunity to participate in a wide variety of activities is extended to all students who achieve the district's academic and social standards.

Research has shown that students who participate in activities tend to have higher grade point averages, better attendance records, and fewer discipline problems during the time they are participating. Research has also shown there is a high correlation between participation in extracurricular activities and success later in life.

It is important to remember that **participation in activities is a privilege and not a protected right**. When taking part in activities your student is representing himself or herself, your family, the school, and the Fairbanks North Star Borough School District. The student must, therefore, act responsibly, display good sportsmanship, and abide by the rules and regulations set forth in this handbook.

This Handbook has been approved as part of the Administrative Regulations under School Board Policy 955.

STUDENT ACTIVITIES PHILOSOPHY

The primary purpose of the Student Activities program in the FNSBSD is to meet those school-related interests and needs of students that are not provided by the curricular program of the school. The activities program refers to clubs, classes, intramurals, fine arts and interscholastic programs.

The following is a list of objectives for student activities:

1. Help all students to learn how to constructively use their leisure time.
2. Help all students to increase and productively use their unique talents and skills.
3. Help all students to develop new vocational and recreational interests and skills.
4. Help all students to develop more positive attitudes toward the value of vocational and recreational activities.

5. Help all students to increase their knowledge of and skill in functioning as leaders and/or as members of a group.
6. Help all students to develop a more realistic and positive attitude towards themselves and others.
7. Help all students to develop a more positive attitude toward school as a result of participation in the student activities program.
8. Help all students to understand and participate in the democratic processes of an organization.

All school-sponsored interscholastic activities of member schools are conducted in accordance with ASAA Bylaws, Rules and Policies. Additional standards may be established by the FNSBSD and each school for its own students.

GRADE LEVEL PHILOSOPHY

Middle School/Junior High School -The primary goal of the middle level extra and co-curricular programs is to encourage student participation and to afford individual students the opportunity to further develop the skills required to participate in their chosen activities. Priority should be given to the development of individual abilities while emphasizing the concept of "having fun" in a safe and healthy environment within the framework of furthering the principles of sportsmanship, teamwork and commitment to a goal. The district provides opportunities for students to participate in co-curricular activities with emphasis on intramural activities. An interscholastic program will be conducted in conjunction with an intramural activity as appropriate.

High School – The primary goal of the high school level extra and co-curricular programs is to encourage student participation and to afford individual students the opportunity to further develop the skills required to participate in their chosen activities. Priority should be given to the development of individual abilities while emphasizing the concept of "having fun" in a safe and healthy environment within the framework of furthering the principles of sportsmanship, teamwork, and commitment to a goal. The district provides opportunities for students to participate in co-curricular activities with emphasis on intramural activities. An interscholastic program will be conducted in conjunction with an intramural activity as appropriate.

JUNIOR HIGH/MIDDLE SCHOOL ACTIVITY OFFERINGS

Student activity offerings at each Junior High/ Middle School may vary depending on student interests, facilities, budget, and availability of qualified sponsors.

Activities may include but are not limited to the following:

Art Club	Geography Bee	Science Fiction Club
Band	Honor Society	Spelling Bee
Basketball	International Club	Student Council
Cheerleading Club	Intramurals	Track & Field Club
X-C Running Club	Math Counts	Vocal Music
X-C Skiing Club	Orchestra	Volleyball
Curling Club	Photography Club	Wrestling
Drama Club	Rifle Club	Wrestling Managers
Drill Team	Roller Skating Club	Yearbook
Foreign Language Club		

HIGH SCHOOL ACTIVITY OFFERINGS

Student activity offerings at each High School may vary depending on student interests, facilities, budget, and availability of qualified sponsors.

Activities may include but are not limited to the following:

Academic Decathlon	Football	Softball
Art Club	Foreign Language Club	Student Council
Band	Gymnastics	Swimming
Baseball	Hockey	Tennis
Basketball	Honor Society	Track & Field
Cheerleading	International Club	Volleyball (girls)
Class Officers	Key Club	Wrestling
X-C Running	Orchestra	Wrestling Managers
X-C Skiing	Rifle Club	Yearbook
Debate/Forensic	ROTC	
Declamation	Science Symposium	
Drama	Soccer	

This policy, as well as this handbook, also covers 6th grade students who are enrolled at North Pole Middle School

ELIGIBILITY

ACADEMIC

School Board Policy 955.21

Academic Standards for School-Sponsored Student Groups

The Administrative Regulation for this policy is under review. Until such time as new language is adopted, the following language will remain in effect.

Administrative Regulation 955.21

All entering seventh and ninth graders are automatically eligible for the first quarter.

All students new to the district are eligible to participate in activities if they meet requirements. Subsequent eligibility will be determined after the end of a quarter or semester.

Continuing students become eligible or ineligible immediately upon verification of grades by the principal after the end of a quarter or semester. Verification of grades by the principal must take place according to an annual administrative memo that provides dates for eligibility determination.

High School Eligibility

To be eligible for participation in an Alaska School Activities Association (ASAA) sanctioned school-sponsored student group, a student in grades 9-12 must have a 2.0 (C) grade point average with no more than one F, at the end of the most recent grading period.

Students participating in ASAA sanctioned activities shall meet all eligibility requirements as specified in the ASAA bylaws.

The National Honor Society and other school-sponsored groups may have grade point eligibility requirements specific to those groups.

A student in a school-sponsored non ASAA group is eligible to travel during instructional time provided the student had a 2.0 (C) grade point average with no more than one F at the end of the most recent grading period.

Middle School Eligibility

To be eligible for participation in a school-sponsored student group that prepares students for AASA sanctioned groups in high school, a student in grades 7 and 8 must have a 2.0 (C) grade point average with no more than one F at the end of the most recent grading period.

Students in grades 7 and 8, not meeting this eligibility requirement shall have a ten-school day probationary period immediately following the most recent grading period during

which they must meet the eligibility guidelines as outlined in Administrative Regulation 955.21.

This policy, as well as this handbook, also covers sixth grade students who are enrolled at North Pole Middle School.

Because of modifications that have been made in the program, special education students are expected to meet district standards.

Probationary Period (Refer to Admin. Reg. 955.21)

The Administrative Regulation for this policy is under review. Until such time as new language is adopted, the following language will remain in effect.

During the probationary period a student may try out and practice, but may not wear the team uniform, sit with the team during team games, compete or travel.

A **high school** student will have a ten (10)-student –day probationary period following the first and third quarters to complete work that impacts his/her quarter grades in the semester classes in which he/she is enrolled. Any grade change after the ten (10) days will not change a student's eligibility status for the current quarter.

A **middle school or junior high student** will have a ten (10)-student-day probationary period following the first and third quarter to earn grades meeting the eligibility requirements in the quarter classes in which he/she is enrolled.

A middle school student who is on probation must have grades checked every two weeks for the remainder of the activity or season. If at any time the student's grades fall below the academic eligibility requirements, the student will be removed from the team for the remainder of that activity or season and will not be able to practice.

ENROLLMENT RULE – High School

All freshman, sophomore and junior students must be enrolled in a minimum of 5 semester units of credit or the equivalent to be eligible.

Seniors who are on track to graduate and who have passed all parts of the HSGQE must take at least 4 semester units of credit or the equivalent to be eligible.

Other seniors must be enrolled in a minimum of 5 semester units of credit or the equivalent to be eligible.

Freshmen, sophomores and juniors

- Must have passed at least 5 semester units of credit or the equivalent during the previous semester.
- Must have maintained at least an overall 2.0 GPA during the previous semester
- Those who have not maintained an overall 2.0 GPA during the previous semester may regain eligibility during the

current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system. Seniors

- First entering 12th grade must have passed at least 5 semester units of credit or the equivalent during the previous semester.
- Second semester seniors who are on track to graduate and have passed all parts of the HSGQE must have passed 4 semester units of credit during the previous semester.
- All seniors must have maintained at least an overall 2.0 GPA during the previous semester.
- Seniors who have not maintained an overall 2.0 GPA during the previous semester may regain eligibility during the current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system.

SUMMER SCHOOL OR CORRESPONDENCE

CLASSES (cross reference with Admin. Reg. 955.21)

District-approved summer school and/or correspondence classes, when completed by the deadline established by the Summer School Program, will be considered in determining eligibility for participation in activities. Outside credit courses will not count towards eligibility until a grade is posted.

The recalculation of the student's GPA and determination of eligibility status shall occur immediately upon receipt by the district of documented final grades.

Correspondence classes when completed during a quarter or semester will be used only at the end of the grading period to calculate eligibility.

CHARTER SCHOOLS AND HUTCHISON HIGH

In regard to district schools that are not ASAA members (Star of the North Charter School); their students are eligible to participate in extracurricular athletics at the school of their home attendance area.

Hutchison High School is a school of choice established to provide curriculum not offered at other high schools and our agreement with ASAA is based upon that premise. Hutchison has no specific attendance area other than the school district boundaries. In other words, the sports at Hutchison are for those students who attend Hutchison full time

Students at Star of the North Charter School may only participate in athletics at Eielson, Lathrop, North Pole and West Valley depending on where they reside. These students must meet the same FNSB School District's eligibility rules and those rules of their home school.

FNSBSD B.E.S.T. PROGRAM

Students enrolling in the FNSBSD B.E.S.T. correspondence program (home school and online) will be required to provide proof of physical residence to determine their home attendance area school for activities' purposes. Secondary (7th through 12th grade) students in the B.E.S.T. Program will only be allowed to participate in activities at their home attendance area school. Students enrolled full time in the B.E.S.T.

program must finish all courses within the semester they are started. All courses taken through the B.E.S.T. program will count toward eligibility

OUTSIDE CREDIT

High school students may take outside credit courses per AR 984.3. All outside credit will only be counted towards eligibility when completed and recorded on the student's transcript. See your counselor for information and details.

AGE

High School - A high school student who becomes 19 years of age by August 1 shall be ineligible for interscholastic competition. (ASAA Article 12, Section 6).

Junior High/Middle School - A seventh graders who is 14 years of age and older and an eighth graders who is 15 years of age and older will be ineligible for participation at the junior high/middle school level. August 1 will be considered the cut-off day each year for age consideration. Any student retained in the seventh or eighth grade is ineligible to play any sports in the repeated grade. There will be *no exceptions* to this policy for athletics at the junior high/middle school level.

ATTENDANCE

School Board Policy 955.22

Student Attendance Requirements for School-Sponsored Student Groups

Students who are absent from school which includes out-of-school suspension any time during the day of a school-sponsored student group activity shall not be allowed to participate in any meeting, practice or competition of that group that day unless the absence is approved in advance by the principal.

Students assigned to in-school suspension as a disciplinary consequence shall not be allowed to participate in any meeting, practice, or competition of that group that day. In order to be eligible for a weekend or holiday activity, students must be present the entire day prior to the weekend or holiday.

Extenuating circumstances, such as medical emergencies and unavoidable situations, will be handled on a case-by-case basis by the building principal.

HOMELESS CHILDREN AND YOUTH: (School Board Policy 1027, McKinney-Vento Homeless Assistance Act, Subtitle VII-B & reference Alaska School Activities Association Bylaws Article 12, Section 9

No policy or administrative regulation of the Fairbanks North Star Borough School District shall act as a barrier to the enrollment, attendance, or success in school of homeless children and youths to include eligibility for participation in interscholastic activities based on the Transfer/Residency Rule. For further information, please contact the school district's Homeless Liaison coordinator.

PHYSICALS -Physical Examinations for Athletic

Activities and Sports: (Refer to Board Policy 955.24)

Any student in grades 9 through 12, who participates in athletic activities, both interscholastic and intramural, including cheerleading, must have a physical examination and a signed parent consent form on file prior to beginning his/her first team practice of the school year.

Any student in junior high/ middle school, who participates in athletic activities including tryouts, both interscholastic and intramural, must have a physical examination and a signed parent consent form on file prior to participating.

This physical must be performed by an M.D., a D.O., or a P.A. under supervision of an M.D. or a D.O.

CONCUSSIONS

House Bill 15 (2011) requires school districts to work with ASAA to develop and publish guidelines and other information to educate coaches, student athletes, and parents regarding the nature and risks of concussions.

As required, ASAA has established that district's ensure each of its coaches undergoes training regarding the nature and risk of concussions at least every three years, on the same cycle as the required Sports First Aid certification under the Alaska Coaches Education Program.

In addition, each district shall annually provide to a student and his or her parent or guardian (if student is under 18 years of age), written information on the nature and risks of concussions. (Student and parent information is available through your school's Activities Coordinator or on the FNSBSD website at www.k12northstar.org.

A student may not participate in school activities unless the student and parent or guardian of a student who is under 18 years of age has signed a verification of receipt of the required information.

A student who is suspected of having sustained a concussion during a practice or a game shall be immediately removed from the practice or game. Close observation of the athlete should continue for a few hours. No athlete will return to play (RTP) on the same day he or she sustains a concussion.

A student who has been removed from participation in a practice or a game for suspicion of a concussion may not return to play until the student has been evaluated and cleared for participation by a certified athletic trainer or by a qualified person who verifies in writing or electronically, that he or she is currently trained in the evaluation and management of concussions. (See page 22 for Return to Play Protocol)

INELIGIBLE PLAYER VIOLATIONS

A team playing an ineligible player shall forfeit any and all contests in which that player participated. Participation shall include dressing out and/or sitting on the team bench.

RULES OF CONDUCT

A student who is enrolled in the FNSB School District is subject to School Board policies and school rules. As participation in activities is a privilege and not a protected right, students may lose their privilege of participation when they are found in violation of School Board policies up to and including removal from participation in extracurricular or co-curricular activities. By state law, the school district and law enforcement agencies collaborate in sharing information regarding minor or juvenile violations.

Pursuant to Board Policy 1042.1 Subject to School Authority ...student misconduct which occurs off school property or outside the school day may be subject to school disciplinary action provided that the misconduct is shown to be related to school order...

For the purpose of activities, "school order" is affected when students participating in activities exhibit undesirable behavior, resulting in negative impact on their peers as well as the entire school community.

School Board Policy 1049 Alcohol and Other Drug Violations It is the intent of the Fairbanks North Star Borough School District to maintain a drug free and alcohol-free school environment so learning can take place; to educate students so they are aware of the issues and problems related to the use of drugs and substances; to identify students who have substance abuse problems; to refer students for treatment services which are beyond the scope of the schools; and to work with parents and community agencies in solving the problems related to substance abuse.

When a student is found to be in violation of School Board Policy 1049, which prohibits the possession, distribution, and/or use of drugs or alcohol, the following additional consequences will apply to students participating in activities:

1st offense - suspension from all co-curricular and extracurricular activities for fifteen (15) school days and required to obtain an assessment and comply with assessment recommendations.

Non-compliance with assessment recommendations will result in suspension from all co-curricular and extracurricular activities for forty-five (45) school days.

2nd offense will result in suspension from all co-curricular and extracurricular activities for forty-five (45) school days.

Subsequent violations will result in additional suspension for all co-curricular and extracurricular activities for forty-five

(45) school days and may result in removal from extracurricular or co-curricular activities.

School Board Policy 1048.6 Criminal Offenses

Any violation of federal, state, or local criminal laws, statutes, or ordinances by students when under school authority is prohibited. Students violating criminal laws may receive disciplinary sanctions and local law enforcement may be notified.

A student found in violation of School Board policy 1048.6, which prohibits criminal action on school property or at school sponsored activities will immediately be precluded from participating in any school-sponsored activity for forty-five (45) school days effective the day of administrative discipline and may result in removal from extracurricular or co-curricular activities.

School Board Policy 1048.1 Hazing

There will be no hazing of students by anyone in any way. Hazing means a behavior or pattern of behavior directed at one or more specific individuals which persecutes, harasses, humiliates, degrades, or endangers the physical safety of an individual.

School Board Policy 1042.4 Initiations

All forms of initiations by school or non-school groups are prohibited unless prior approval has been obtained from the building principal. An initiation is a ceremony, ritual, test or activity with which a group admits a new member.

In obtaining prior approval, the following rules apply:

- *The group proposing the initiation must have an adult sponsor.*
- *The group or sponsor must submit a written request to the principal with details of the proposed initiation activity at least three weeks prior to the activity.*
- *The principal has the authority to amend, change, or put conditions on the proposed initiation activity prior to granting approval.*
- *No initiation that meets the definition of hazing shall be approved under any circumstances.*
- *Approval must be applied for annually or, in any event, before any subsequent initiation.*

Students who commit any other behavior that displays poor citizenship in the judgment of the building principal whether it occurs on or off school property, whether it occurs during the school day, and whether a student is involved in activities at the time of the offense may also lose their privilege to participate.

Coaches and sponsors may have additional rules of conduct for their individual teams and organizations with prior approval of the building principal. These rules cannot supersede or nullify School Board policy or regulations. For example, a student ejected from a contest for fighting will face

suspension from school as noted in the district's discipline policies.

NOTE: Students are ineligible for participation in any student activity while suspended (in or out of school), or expelled, from school. This ineligibility status shall begin on the day of the recommended administrative action and shall continue through the end of the last day of the discipline imposed.

STUDENT TRAVEL "RULES OF THE ROAD"

Fairbanks North Star Borough School District students are expected to conduct themselves with honor and integrity at all times while traveling within or outside of the school district. Students should consider themselves ambassadors for their families, school, and community. Travel rules are established for the benefit of participating students, coaches, and chaperones.

1. All school and school district policies are in effect for the duration of the trip as covered in the High School Student Activities Handbook.
2. Students are expected to follow all directions given by coaches, sponsors, and chaperones.
3. Disrespectful, destructive, or any behavior considered being detrimental to the program or which brings disfavor upon the school or the school district shall not be tolerated. This behavior shall include but is not be limited to:
 - a) Alcohol or drug use;
 - b) Public displays of affection or sexual contact of any kind;
 - c) Any unsanctioned initiations or hazing;
 - d) Vandalism or trashing of rooms or other property;
 - e) Shoplifting or other illegal actions.
4. Coaches shall establish curfew hours while on the road for the benefit of the team. The curfew time is not negotiable.
5. Only those students assigned to a room may be in that room after curfew.
6. Students are not allowed in rooms occupied by persons not affiliated with the team or the school they represent.
7. Students are not allowed in rooms assigned to persons of the opposite sex.
8. People not associated with the team or the school shall not be allowed in team rooms.
9. Students on trips may not leave the team unless accompanied by a parent or guardian and written permission has been given to, and explicit agreement has been given by, the coach or sponsor. **(See release of student section for exceptions)**
10. Students are expected to adhere to all school and team rules and attend all team functions.
11. When in public on road trips, students shall be in groups of three (3) or more.

12. When in a hotel and outside your assigned room, students shall be in groups of two (2) or more.
13. While on school sponsored trips, students are expected to dress appropriately and to follow the school dress code.
14. Coaches will address the code of conduct to be adhered to on busses or public transportation.
15. Teams will clean up their areas prior to leaving any competition site.
16. Students shall demonstrate good sportsmanship at all times.
17. Additional rules may apply and shall be covered by the coach or sponsor prior to departure or before certain activities.

Should any FNSBSD student break any of these rules one of the following consequences may be taken:

1. The student may be withdrawn from the competition;
2. The student may be sent home immediately at his/her parent's expense;
3. The student may be suspended from the program for a length of time to be determined by the coach and/or the administration depending on the severity of the infraction;
4. The student may be dismissed from the program;
5. The student may be subject to further consequences above and beyond those listed here, to be determined by the school administration or the Superintendent.

SPORTSMANSHIP

A sportsman is one who engages in sports in a fair and generous fashion. Unsportsmanlike conduct, then, would be conduct that is prejudicial to the fair and generous acceptance of the rules of the activity, the officials, the opponents, and the policies of the schools and the coach. Actions which bring discredit upon the school, the activity, the officials, the rules or the opponents may be considered unsportsmanlike.

This type of conduct is not always specifically covered by a rule, but is usually related to an unwillingness to accept that an attitude of fairness and generosity is required if an activity is to be consistent with a purpose for which it was conceived. The taking of unfair advantage, willful or malicious disrespect, demeaning gestures, and excessive complaining can be considered examples of unsportsmanlike conduct. Whenever the reasonable and just application of the rules is not successful in controlling the demeanor of the participants or those associated with their participation, the application of an unsportsmanlike penalty is both warranted and justified.

Any student or coach who is ejected from a contest will not be eligible to participate in the next contest.

Captain

The position of captain is more than honorary; it is one of leadership and team responsibility. The duties, under the direction of the coach, shall pertain to

1. Assisting with the control of the team on the field of play, and directing the team in a manner which reflects credit to self, team, school and community
2. Cooperating with school and game officials and assisting the coach in the enforcement of established training regulations.

Manager: Managers are looked upon as important personnel in the total athletic program. Their behavior and work have a great effect on team morale. They should be willing workers and possess a high degree of loyalty and respect for private and public property. The manager's duties under the direction of the coach shall pertain to:

1. Issuing, marking, repairing, and assisting in making inventories of sports equipment.
2. Directing the duties of assistants.
3. Performing such duties as may be assigned by the coach.
4. Assisting the coach in preparing and filing the necessary athletic reports.

Players

1. Play, have fun, and enjoy the game.
2. Demonstrate good sportsmanship toward your opponents and treat them with respect.
3. Exercise self-control at all times; accept decisions and abide by them.
4. Respect the officials' judgment and interpretations of the rules.
5. Regarding clarification of a ruling, communicate with the officials through your captain only.
6. Accept victory with humility and defeat with grace. Be neither boastful nor bitter.

PERSONAL CONDUCT/SPORTSMANSHIP

(Excerpts from ASAA Bylaws Article 6, section 5)

All Association contests or events must feature high standards of courtesy, fair dealing and sportsmanship.

In matters pertaining to personal conduct, such as gross violations of sportsmanship, attacks on officials and other gross misconduct by any student, school staff member, coach or school community member, where the school has failed to act reasonably in controlling the student, staff member, coach or community member, the Association will determine appropriate penalties and whether or not the student, coach or school will be suspended or barred from future contests or events.

PENALTY FOR PLAYER EJECTION

Player must refrain from participation in any scheduled contest in the same activity (game suspension) until completion of the next regularly scheduled contest at the same level (i.e. JV, Varsity). Schools may not schedule additional contests to circumvent this provision.

Player may sit on bench but not be dressed down.

INELIGIBLE PLAYER VIOLATIONS

A team playing with an ineligible player shall forfeit any and all contests in which that player participated. Participation includes dressing out and/or sitting on the team bench.

PARENT/COACH/SPONSOR COMMUNICATIONS

PARENT/COACH RELATIONSHIP

The school district is pleased when students choose to participate in a FNSBSD sport or activity. Please be assured that coaches will do all that is possible to provide a positive experience for your student. Possibly the most important ingredient to achieve this outcome is to insure that the lines of communication are developed to allow free and easy resolution of questions before they become issues. The following guidelines are intended to spell out all levels of communications so that parents, coaches, sponsors, and athletes/participants are aware of the available avenues to answer questions or resolve issues.

COMMUNICATION PARENTS MAY EXPECT FROM COACHES OR ACTIVITY SPONSORS

1. Philosophy of the coach/sponsor;
2. Expectations the coach/sponsor has for your son/daughter;
3. Location and times of all activities, practices and contests and out-of-town travel itineraries;
4. Team/activity requirements;
5. Participant's code of conduct and consequences for not following those guidelines;
6. Procedures to follow should your son/daughter become injured during participation;
7. Requirements to earn a Varsity Letter (athletics);
8. Communication concerning your son or daughter's role on the team and how he/she fits into the future of the program.

COMMUNICATIONS COACHES/SPONSORS EXPECT FROM PARENTS

1. Concerns expressed directly to the coach/sponsor first;
2. Advance notification of any schedule conflicts as soon as possible;
3. Specific concerns in regards to a coach's/sponsor's philosophy and/or expectations.

As students become involved with various sports and activities at their school, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go according to their wishes. At these times, discussion with coaches and sponsors may be the quickest and most effective way to clear up the issue and avoid any misunderstanding.

APPROPRIATE CONCERNS FOR PARENTS TO DISCUSS WITH COACHES/SPONSORS

1. Your son/daughter's health and welfare;
2. Ways to help your son/daughter improve;
3. Concerns about your son's/daughter's behavior.

At times it may be difficult to accept the fact your son/daughter is not playing as much as you or he/she would like. Coaches make judgment decisions based on what they believe are best for the team and all involved. The school district recognizes the coach's authority and discretion to make the following decisions.

DECISIONS MADE BY COACHES

Team selection;
Playing time;
Team strategy;
Play calling;
Matters concerning other students/athletes.

THE BEST WAY TO DISCUSS A CONCERN WITH A COACH/SPONSOR

There are situations that may require a conference between the coach or sponsor, the athlete/participant, and the parent. These are to be encouraged. It is important that all parties have a clear understanding of the other person's role and position. When these conferences are necessary, the following procedures should be followed to help promote resolution to the issue or concern.

1. Your son or daughter should first talk with the coach/sponsor about his/her concerns;
2. Call the school to set up an appointment with the coach/sponsor;
3. If a coach/sponsor cannot be reached after a reasonable time, call your school's Activities Coordinator who will arrange an appointment for you;
4. Please do not approach a coach/sponsor before, during, or after a contest or practice. Coaches and sponsors have pre- and post- event responsibilities including student supervision. Meetings at these times usually do not work well for the coach/sponsor, the parent, or the student, and often further exacerbate the concern.

THE NEXT STEP: What Can A Parent Do If The Meeting With The Coach/Sponsor Did Not Provide a Satisfactory Resolution?

1. Call and set up an appointment with the Activities Coordinator of the school and the coach to discuss the situation;
2. At this meeting, the appropriate next step can be determined as necessary.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you may have regarding your son's or your daughter's experience in a FNSBSD sport or activity. Try to resolve your question at

the lowest level possible. Begin with your student's coach/sponsor, followed only if necessary by:

1. The Head Coach (if applicable),
2. The school's Activities Coordinator,
3. The Principal,
4. The Executive Director of Human Resources for the FNSBSD.

Since research indicates that a student involved in extracurricular and co-curricular activities has a greater chance for success during adulthood, these programs have been established and are encouraged. Many of the character traits required to be a successful participant and team member are exactly those that promote a successful life after high school. We hope that the information provided in this handbook helps make FNSBSD athletics and activities as enjoyable and as positive as possible for both you and your student.

TITLE IX

The Fairbanks North Star Borough School District believes in the rights of all students. The district goal is to give equal opportunity to all students. No person connected with the Fairbanks North Star Borough School District shall, on the basis of race, color, religion, sex, age, national origin, disability, marital status, pregnancy, or sexual orientation, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity. The district's Title IX coordinator may be contacted at 452-2000, ext. 11466.

EQUIPMENT AND UNIFORMS

Students are responsible for returning all equipment and/or uniforms issued to them or they shall pay for replacement. If equipment is neither returned, replaced, nor paid for, the letter award shall not be given and no further equipment shall be issued.

A fee will be assessed from the school office and if not paid in full will result in the student not participating in graduation ceremony.

INSURANCE

Students participating in school-sponsored interscholastic sports or intramural sports are covered by an insurance policy purchased by the district.

- The insurance is a secondary payer that takes effect after any other coverage has paid.
- Claim forms must be filed within 90 days of the first medical treatment.
- There is a deductible. The policy provides coverage for scheduled fees and includes "usual and customary" restrictions.
- The policy covers treatment for up to one year from the date of injury.
- This is accident **only** insurance. It does not cover conditions, which are not the direct and independent

result of a specific accident (i.e., stress fracture would not be covered).

Athletes are responsible for reporting injuries to coaches/sponsors. Coaches are responsible for providing claim forms to injured athletes. Parents/guardians are responsible for mailing the claim form to the insurance company. If you have questions about athletic insurance, call the Fairbanks North Star Borough Risk Manager at 459-1344.

TRANSPORTATION IN PRIVATE VEHICLES

School Board Policy 762 "forbids the transportation of students by employees in private vehicles for school purposes without prior authorization of the Superintendent". Parent requests to transport students other than their own children on district sponsored activity trips presents a liability exposure for the school district that is even greater than what Policy 762 was intended to mitigate. In the unfortunate event of an accident, the parent would face significant liability exposure as well. Thus, students are expected to travel to school-sponsored activities by the transportation provided by the school unless otherwise approved by the school administration.

The district contracts with various community organizations in a sponsorship agreement known as "outsourced sports". The above school district policy applies to out-sourced sports, although the coach may not technically be an employee of the district. Sponsors of district activities, including out-sourced sports, are not allowed to facilitate or coordinate parent transportation efforts.

Here are the guidelines for district sponsored activity team travel, including outsourced sports:

- Coaches are responsible for the health and welfare of students under their sponsorship 24 hours a day while on out of district travel;
- Coaches are not allowed to transfer this responsibility;
- If required by the coach, students are expected to travel to school sponsored events within the district on transportation provided by the school;
- For school sponsored events outside the district, students are expected to travel on transportation provided by the school;
- Agencies coordinating out-sourced sports must also provide appropriate transportation for out of district travel;
- Coaches may release students only to their parents on district sponsored activity travel.

RELEASE OF STUDENTS TO NON PARENTS ON SCHOOL TRIPS

During a school-sponsored trip, a student may be released to an immediate family member (grandparent, sibling, aunt, uncle) who is at least 25 years of age under the following conditions:

- Two weeks prior to travel the parent or guardian must submit in writing a request to the principal stating to whom they wish the student be released to and the purpose for the release. The submitted request must contain the third party's physical home address and pertinent phone numbers.
- The head coach or sponsor will be responsible for checking the adult's identification prior to releasing the student.
- Students will only be released to the family member at the conclusion of the student activity, not during the activity or between scheduled events. Upon release, at the conclusion of the activity, the coach is no longer responsible for the student for the remainder of the trip. If the student is traveling back to Fairbanks with the team or group, it is the relative's responsibility to make sure the student arrives at the team or group's departing location in a timely manner for the trip home.

CHAPERONES FOR ACTIVITY TRAVEL

On all district-sponsored activity travel there shall be at least one same gender chaperone for each gender of students on the trip, and the chaperone must be at least 21 years of age. An adequate number of same gender chaperones shall accompany students in order to maintain safety and discipline.

Chaperones should be staff members from the sponsoring school and not staff from another school in the district.

SUMMER TRAVEL

There will be no school-sponsored travel during summer vacation without prior approval of the School Board.

WINTER TRAVEL- High School

The following guidelines are to be used during the winter travel period (October 1 through April 1): Call the National Weather Service at 452-3553 if you have question about the current temperature.

High school students traveling by ground transportation during the winter period must have the following in their possession: winter hat, winter coat, gloves, boots, and winter sleeping bag. When ground transportation (other than commercial contracted carriers) is used, the sponsor should have a cell phone available for emergency calls. Students are not to be transported by ground transportation outside the district when the temperature is -40 degrees or lower at departure time.

WINTER TRAVEL- Middle School

The following administrative regulation is effective during the winter travel period (October 1 through April 1): Call the National Weather Service at 458-3745 ext.1113 if you have question about the current temperature.

Middle school students traveling by ground transportation during the winter period must have the following in their possession: winter hat, winter coat, clothes, boots, snow pants,

and winter sleeping bag. When ground transportation other than commercial contracted carriers is used, the sponsor shall have a cell phone available for emergency calls.

When the temperature falls between -30 degrees and -39 degrees F., junior high/middle school principals should use discretion in canceling activities. In making the decision, consider the necessity of the activity and ice fog conditions. Principals must agree upon whether to cancel competitive activities. If agreement cannot be reached, then the assistant superintendent will make the decision.

At -40 degrees F. and below, activities that require bussing are to be canceled.

GUIDELINES for Student Activities in Adverse Conditions

See pages 17 - 20 of this handbook.

ATHLETIC TEAM SELECTION

The Fairbanks North Star Borough School District allows for a cut policy in all high school and junior high/middle school sport areas. Criteria for selecting a team are determined by the coach of each sport. This criterion is issued each season, in writing if requested, for each student trying out for a team.

AWARDS

Criteria for the earning of student recognition, awards, letters and certificates will be determined jointly by the sponsor and school administration and will be made known to the student before the activity begins.

RIFLE TEAM PARTICIPATION

Students participating in rifle team or rifle club are subject to these additional requirements:

- All shooting activities must take place at a district-approved facility.
- Before any shooting activities take place, each team member and his or her parent/guardian must be provided printed information on the potential effects of lead exposure and how to obtain blood lead level testing.
- In addition to following all district rules, all students and coaches or sponsors must follow all rules and comply with any conditions and requirements of the district-approved shooting range.

MISCELLANEOUS INFORMATION

CONFLICT OF INTEREST

All employees of the school district are prohibited from attempting to sell or enter into a contract to provide any supplies or equipment to the school district or its members. Such a relationship is considered a Conflict of Interest. This prohibition applies to all employees, regardless of the source of funding, and includes coaches who attempt to sell uniforms,

trophies, equipment, etc. to student team members. In some cases, a waiver of conflict of interest may be obtained from the School Board by an employee, but in no instance may any preparatory action prior to a sale take place without a waiver.

FUNDRAISING

All fundraising activities must be approved by the building principal and activity assistant principal PRIOR to implementation and must be in conformity with School Board policy and Alaska statute.

FNSBSD VOLUNTEERS

Many FNSBSD programs have parents and interested community members willing to volunteer to aid in program development. The philosophy of the FNSBSD encourages parents and community members to be part of the school programs. Volunteers are welcome to assist in a variety of ways. Most of these jobs are identified and delegated by the staff member in charge of the activity, however, those volunteers that are interested in serving as a “Volunteer Coach” must meet the same standards expected of any other FNSBSD coach that assumes major responsibility of supervision of students in the activity program. Volunteer coach is defined as a person who works directly with students on the field or court in practice or game situations. The guidelines for volunteer coaches are as follows:

1. Must be approved by the building principal. Approval must be obtained each year.
2. Must have the same qualifications required of other personnel that serve as a coach. Conditions of employment, such as background checks and first aid training, must be met.
3. Must be willing to serve without remuneration from any source.
4. Must be under the direct supervision of an FNSBSD coach at all times.
5. May not directly supervise students without an FNSBSD administrator or coach present.
6. Volunteers that are employed by the FNSBSD in another capacity, at a different work site, must give priority to that position. Should coaching responsibilities conflict with the regular FNSBSD job, the following procedures for release time are to be followed:
 - a) The principal/supervisor of the activity school must request, in writing, the release of the employee from the direct principal/supervisor.
 - b) The direct principal/supervisor must agree to the release of the employee. Approval must be obtained prior to any commitment related to team travel.
 - c) The requesting school must provide the funds for substitutes, if required, and all other expenses associated with the release time period.

PARENT REMINDERS

1. Athletes are responsible for reporting injuries to coaches/sponsors. Coaches are responsible for providing claim forms to injured athletes. Parents/guardians are responsible for mailing the claim form to the insurance company. If you have questions about athletic insurance, call the Fairbanks North Star Borough Risk Manager at 459-1344.
2. A student who is enrolled in the Fairbanks North Star Borough School District is subject to School Board policies, regulations, and school rules. Participation in activities is a privilege and not a protected right. Students may lose their privilege of participation when they are found in violation of School Board policies during the season up to and including removal from participation in extracurricular or co-curricular activities. By state law, the school district and law enforcement agencies collaborate in sharing information regarding minor or juvenile violations.
3. A sportsman is one who engages in sports in a fair and generous fashion. Unsportsmanlike conduct, then, would be conduct that is prejudicial to the fair and generous acceptance of the rules of the activity, the officials, the opponents, and the policies of the schools and the coach. Actions which bring discredit upon the school, the activity, the officials, the rules or the opponents may be considered unsportsmanlike. Such conduct may result in consequences recommended by the coach, sponsor, or principal.

<p>Alaska School Activities Association Policies (www.asaa.org)</p>
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Listed below are selected rules of the Alaska School Activities Association (ASAA), the governing body of interscholastic athletics in Alaska. These rules address the most common questions and concerns about high school activities and have been condensed for this handbook. For information, interpretations, and additional policies, contact your school activities' administrator.

ASAA “CODE OF CONDUCT”

Student participants are ambassadors of their school and community. As such, ASAA expects them to portray good citizenship and be good role models to those around them. To ensure the health, safety, and rights of all participant in ASAA sponsored events, the following Code of Conduct has been adopted by the ASAA Board of Directors.

1. All participants should be under the direct supervision of a school official or his/her designee at all times.
2. All participants are expected to attend all event sessions that are required by the school/coach.
3. All participants are expected to respect the rights, cultural diversity, and safety of others.

4. All participants will treat event personnel, including officials and opposing team members and staff, with dignity and respect.
5. All ASAA sponsored events will be conducted in drug-free environments. Use, possession, and/or distribution of alcohol, tobacco, or illegal drugs are strictly prohibited.
6. All participants will respect the property of other individuals and facilities. Vandalism, theft, and possession of stolen property will not be tolerated.

Violation of this Code of Conduct will result in the removal of the student's right to participate in the event, as well as to attend the event.

PRACTICE (Article 7, Section 5)

- A. All players must have ten (10) separate days of physical practice in the same sport activity prior to the first day of competition.
- B. When a student is participating in a recognized high school sport activity or is participating in a nationally recognized activity in the same sport which overlaps the beginning of another recognized sport season, the Executive Director may waive up to five (5) practices.

For purposes of this section, a "nationally recognized activity" is a non-school athletic competition and/or practice, in the same sport, conducted under the auspices of a national sports governing body as part of an Olympic Development Program. This activity will usually be conducted outside of the state of Alaska.

ENROLLMENT RULES (Article 12, Section 2)

Beginning with the first semester of the 2005-06 school years and thereafter:

- All freshmen, sophomores and junior students must be enrolled in a minimum of 5 semester units of credit or the equivalent to be eligible.
- Seniors who are on track to graduate and who have passed all parts of the HSGQE must take at least 4 semester units of credit or the equivalent to be eligible.
- Other seniors must be enrolled in a minimum of 5 semester units of credit or the equivalent to be eligible.
- In addition, all students must maintain at least an overall 2.0 GPA during the current semester to remain eligible. Students who do not maintain an overall 2.0 GPA may regain eligibility during the current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system.

MAXIMUM PARTICIPATION (Article 12, Sec. 3)

Beginning with the 2006-07 school year and thereafter, no student will have more than 8 consecutive semesters of eligibility.

- Students first entering 9th grade will have 8 consecutive semesters of eligibility.
- Students first entering 10th grade will have 6 consecutive semesters of eligibility remaining.
- Students first entering 11th grade will have 4 consecutive semesters of eligibility remaining.
- Students first entering 12th grade will have 2 consecutive semesters of eligibility remaining.

DUAL PARTICIPATION

A student participating as a member of a high school team must give priority to the high school program. Missing practice or contest to participate on a team outside the school program will result in removal from the high school team or activity.

A student athlete may participate on more than one team within the school during the same sport season if approved in writing by coaches, parents, and the school's administration.

CITIZENSHIP RULE

A student who is expelled from a school will not be eligible in another school during the duration of the expulsion.

SEMESTER CREDIT RULE (Article 12, Section 7)

All incoming freshmen are immediately eligible for the first semester. After the first semester, students must meet the following criteria to remain eligible for interscholastic competition:

Freshmen, sophomores, juniors, and seniors:

- Must be enrolled in a minimum of 5 semester units of credit or the equivalent to be eligible.
- Seniors who are on track to graduate and who have passed all parts of the HSGQE must take at least 4 semester units of credit or the equivalent to be eligible.
- Other seniors must be enrolled in a minimum of 5 semester units of credit or the equivalent to be eligible.
- In addition, all students must maintain at least an overall 2.0 GPA during the current semester to remain eligible. Students who do not maintain an overall 2.0 GPA may regain eligibility during the current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system.

Freshmen, sophomores, and juniors:

- Must have passed at least 5 semester units of credit or the equivalent during the previous semester.
- Must have maintained at least an overall 2.0 GPA during the previous semester
- Those who have not maintained an overall 2.0 GPA during the previous semester may regain eligibility during the current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system.

Seniors

- First entering 12th grade must have passed at least 5 semester units of credit or the equivalent during the previous semester.
- Second semester seniors who are on track to graduate and have passed all parts of the HSGQE must have passed 4 semester units of credit during the previous semester.
- All seniors must have maintained at least an overall 2.0 GPA during the previous semester.
- Seniors who have not maintained an overall 2.0 GPA during the previous semester may regain eligibility during the current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system.

TRANSFER/RESIDENCY RULE (Article 12, Sect. 9A)

Entering High School: A student first entering the ninth grade of a four-year high school establishes residency at that school and shall be eligible for all interscholastic competition.

Transfer with Move of Parents: A student who transfers from one school attendance area to another with a corresponding move of residence of the parents, legal guardians (or other person with whom the student has resided for a period of time to be determined by the Association) shall be eligible for interscholastic competition at the new school as soon as properly certified.

Transfer without a Move of Parents:

A student who transfers without a bona fide change of residence of parents or guardians, is ineligible for interscholastic competition for ninety school days, including state approved in-service days, from the date of first attendance in the new school. Summer school attendance does not count towards the ninety school days period. Students who live with coaches are ineligible.

The ASAA board has approved a request for a one-time waiver of the Transfer Rule for borough wide students transferring from other correspondence programs into the district's new BEST homeschool/correspondence program during the 2008-09 school year.

Foreign Student Transfer Rule:

A. Foreign Exchange Student

1. A foreign exchange student is an international student who attends high school in Alaska. To be eligible for interscholastic competition, such a student must be under the auspices of, and be placed with a host family by an international student exchange program that has been accepted for listing by the Council on Standards for International Educational Travel (CSIET), or other programs approved by the Association; and are recognized by the U.S. State Department. The foreign exchange program must assign students to host families by a method that ensures that no student, or his/her parents, school or other interested party may influence the assignment for athletic or other purposes. The foreign exchange student may not be selected or placed

on any basis related to his/her athletic interests or abilities.

2. A foreign exchange student is considered to be placed with a host family when written notice of placement is provided by the exchange organization to the student and his/her parents, and to the host family.
 - a. Neither the school the student attends, nor any person associated with the school, have input into selection of the student.
 - b. No member of the school's coaching staff, paid or voluntary, shall serve as a host family; nor may a coaching staff member arrange for housing.
3. The foreign exchange student must possess a current J-1 visa, issued by the U.S. State Department.
4. In order to obtain a waiver, a foreign exchange student must meet all other eligibility rules required of other students in Alaska.

B. Other International Students

An international student who is not under the auspices of, and placed by, a CSIET listed exchange program must meet the following requirements in order to be considered for interscholastic eligibility in Alaska:

1. The student must possess a current F-1 visa issued by the U.S. Immigration and Naturalization Service.
2. The student must provide to the principal of the school he/she attends, unofficial un-translated transcript and a transcript that is translated into English by an acceptable agent or agency. The transcripts must indicate course work taken in all grades in which the student was enrolled.
3. The international student must pay tuition to the high school he/she attends as prescribed in Section 625 of U.S. Public Law 104-208.
4. No member of the school's coaching staff, paid or voluntary, shall serve as the resident family of the student; nor may a member of the coaching staff arrange for housing.
5. In order to obtain a waiver, an international student must meet all other eligibility rules required of other students in Alaska.

C. Additional requirements for Foreign Exchange/ Other International Students:

Foreign exchange and other international students must also:

1. Attend the school for no less than a complete semester; and
2. Not have participated in the same sport (for which eligibility is being sought) at another school earlier in the same school year; and
3. Not have graduated from (the home country's equivalent of) a secondary school; and
4. Must affirm that there is no evidence of athletic recruitment resulting in the student's attendance at

the school either by the school or any other outside entity.

- D. Non compliance with one or more of the foregoing provisions shall render the foreign exchange and the international student ineligible for interscholastic competition.

Students Involved in Exchange/ Travel Programs:

Alaska students involved in exchange/travel programs including but not Rotary International and Youth for Understanding, are eligible for interscholastic competition upon return to their home *schools* when a request for waiver of the Semester Credit Rule (Bylaw Article 12, Section 7) is made to the Association and waived by the Executive Director. The request for waiver must be submitted on the Alaska Student Foreign Exchange/ Travel Program Waiver form. Alaska students involved in exchange/travel programs must be otherwise eligible by all other rules. Participation in interscholastic competition while involved in an exchange travel program will count toward the maximum years or seasons of participation in that specific competition as defined in Bylaw Article 12, Section 3.

Boarding School Transfer Rule:

Students who transfer to a boarding school at the beginning of a school year, or from a boarding school at the end of a school year, will be eligible for interscholastic participation at the new school as soon as properly certified.

Students who transfer to or from a boarding school during the school year shall be ineligible for interscholastic participation for a period of eighteen (18) school weeks. Boarding school students must meet all other eligibility rules required of other students in Alaska.

RECRUITING

If a student or the student's family has been offered remuneration or otherwise unduly influenced to reside in a school district or attendance area, that student is not eligible to participate in inter-school activity.

**INITIAL ELIGIBILITY INFORMATION
FOR
NATIONAL COLLEGIATE ATHLETE ASSOCIATION (NCAA)
&
NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (NAIA)
COLLEGES**

To be considered a qualifier at a Division I or Division II NCAA institution and be eligible for financial aid, practice, and competition during your first year, a student must graduate from high school and meet the current NCAA guidelines concerning CORE classes, GPA, and SAT and ACT score.

Student eligibility information can be found on the NCAA website www.ncaa.org, or at www.eligibilitycenter.org, or by calling (877) 262-1492.

Student athletes seeking to enter a **Division III NCAA school** should contact the school's athletic department directly for initial eligibility information

Non-NCAA Institutions

To find eligibility specifics for a **non-NCAA institution**, contact the National Association of Intercollegiate Athletics (NAIA) on the NAIA website www.naia.org. or at <http://www.playnaia.org>, or by calling (816) 595-8000.

Coaches should direct students to their high school guidance counselor or to the NCAA or NAIA websites

A Comparison

Fairbanks North Star Borough School District Tobacco/Alcohol/Drug Policies and ASAA Tobacco/Alcohol/Drug (TAD) Policy
September 2008
Updated May 2010

The Alaska School Activities Association (ASAA) has established new regulations and consequences for students who participate in activities and use tobacco, alcohol, and drugs. The district needs to consider how ASAA’s regulations coincide with the district’s policies for drugs, alcohol and tobacco for students participating in activities.

Comparison Chart of ASAA and District Drug/Alcohol/Tobacco Policies

	<i>FNSBSD</i>	<i>ASAA</i>	<i>We will. . .</i>
1 st Offense	Suspension from all co-curricular and extracurricular activities for 15 school days, required to obtain an assessment, and comply with assessment recommendations. Failure to comply with assessment recommendations will result in a 45 -school day suspension from all activities. NO PRACTICING ALLOWED DURING SUSPENSION.	Student will be suspended from interscholastic activities and practice for 10 -calendar days. Fifty percent of the suspension will be forgiven and the student may return to practice if the student and parent/guardian complete the first offense educational component.	<ul style="list-style-type: none"> For drugs and alcohol district requirements will be followed and also include the ASAA educational component. For tobacco violations district will follow the ASAA requirements. NO PRACTICING ALLOWED DURING SUSPENSION
2 nd Offense	Suspension from all co-curricular and extracurricular activities for 45 school days. NO PRACTICING ALLOWED DURING SUSPENSION.	Student suspended from interscholastic activities for 45 calendar days. Student must complete second offense educational component prior to returning. Once the student has completed the second offense educational component, the student may return to practice.	<ul style="list-style-type: none"> For drugs, alcohol, and tobacco follow the district’s requirements and the ASAA second offense educational component. NO PRACTICE ALLOWED DURING SUSPENSION
3 rd Offense	Subsequent violations will result in additional suspension from all co-curricular and extracurricular activities for 45 school days and may result in removal from extracurricular or co-curricular activities. NO PRACTICING ALLOWED DURING SUSPENSION	Student suspended from interscholastic activities and practice for one calendar year. Both student and parent must complete 3 rd educational component. After completing the educational component, the student may be able to return to practice.	<ul style="list-style-type: none"> For drugs, alcohol, and tobacco follow ASAA’s requirements, but NO PRACTICING ALLOWED DURING SUSPENSION.
4 th Offense		Participation is revoked for remainder of student’s high school career.	Follow the ASAA rule - “Participation is revoked for remainder of student’s high school career.”

Guidelines for Student Activities in Adverse Conditions

I. Purpose: This administrative regulation guides the decision making of administrators, coaches and school activity leaders regarding recess and other outdoor activity, athletic practices and competitions, and other student activities when faced with adverse environment conditions, including but not limited to, air quality, cold temperature, and lightning. Coaches and administrators may also rely on these guidelines when deciding whether to participate in Alaska School Activities Association (ASAA) activities under adverse environment conditions. ASAA will back all Regional/Conference rules and guidelines concerning cold temperatures/extreme weather conditions for outdoor activities. A team that does not play a game/meet outside its region due to its Regions/Conferences rules shall not be considered to have forfeited the contest.

II. Procedure:

A. Air Quality

1. The health and safety of students must be considered when particulate levels reach unhealthy levels due to smoke and forest fires, vehicle emissions, or volcanic eruptions. The school district shall rely upon the Fairbanks North Star Borough (FNSB) Air Quality Program standards to guide decision-making.

2. Guidelines for Activities in Adverse Air Quality Conditions

Particulate Levels	24 Hour Particular Levels	Elementary Recess or Other Outdoor Activity	Athletic Practices	Athletic Competitions
a. 81-175 micrograms per cubic meter	35.5 to 55.4 micrograms per cubic meter	Limit prolonged or heavy exertion.	Be aware of potential health dangers. Allow extra recovery time for athletes. Have extra water available. Have cell phone available.	Be aware of potential health dangers. Allow extra recovery time for athletes. Have extra water available. Have cell phone available.
b. 176-300 micrograms per cubic meter	55.4 to 150.4 micrograms per cubic meter	Avoid prolonged exertion. Move indoors.	Move all practices indoors. Student athletes with asthma or other respiratory disorders should be informed and have medications available.	Allowed outdoors with extra precautions. Student athletes with asthma or other respiratory disorders should be informed and have medications available.
c. Above 300 micro-grams per cubic meter	Greater than 150.4	Avoid any outdoor activity. Cancel or move indoors.	Postpone or cancel.	Postpone or cancel.

3. The Fairbanks North Star Borough provides information on air quality at <http://co.fairbanks.ak.us/airquality> School personnel may check this website for the current air quality index based on the 24 hour average particulate level. To receive a recent one hour particulate level, call 459-1326..

4. The district will consult with FNSB Air Quality personnel and make decisions concerning competitions scheduled for Friday by 9:00 pm on Wednesday night and by 9:00 pm on Thursday evening for competition scheduled on the weekend.

5. Principals and activity coordinators will be notified via electronic communication if the air quality warrants cancellation of field trips, athletic practices, competitions, or other outdoor activities taking place elsewhere in the Borough away from the school site

B. Cold Temperature

1. Interior Alaska experiences extreme cold temperatures each winter. Extreme cold temperatures can impact the health and safety of students, staff, other participants and spectators.
2. Guidelines for Activities in Cold Temperatures

Grade Level	Activity	Temperature	Action
a. Elementary	Recess (Cross reference Policy 960.6 Outside Elementary Recess)	Ambient air temperature or wind chill of minus twenty (-20) or colder	Move indoors
b. Elementary K-8	All outdoor competitions, practices, and athletic events	Ambient air temperature or steady wind chill of minus fifteen (-15) degrees or colder	Cancel outdoor competitions and athletic events. Cancel practices or move indoors.
c. Middle School High School	All outdoor competitions, practices, and athletic events	Ambient air temperature or steady wind chill of minus twenty (-20) degrees or colder	Cancel outdoor competitions and athletic events. Cancel practices or move indoors.
d. Elementary K-8 Middle School High School	Field trips and all inside student activities whether in or out of district	Minus thirty (-30) to minus thirty-nine (-39)	Principals' discretion
e. Elementary K-8 Middle School	Field trips, student activities, competitive activities requiring busing	Minus forty (-40) or colder	Cancel
f. High School	Field trips, student activities, competitive activities requiring busing	Minus forty (-40) or colder	Principals' discretion
g. High School	Out of district field trips, student activities, competitive activities, or outside sport activities.	Minus forty (-40) or colder	Cancel if transport by ground. Allowable if transport by commercial airlines

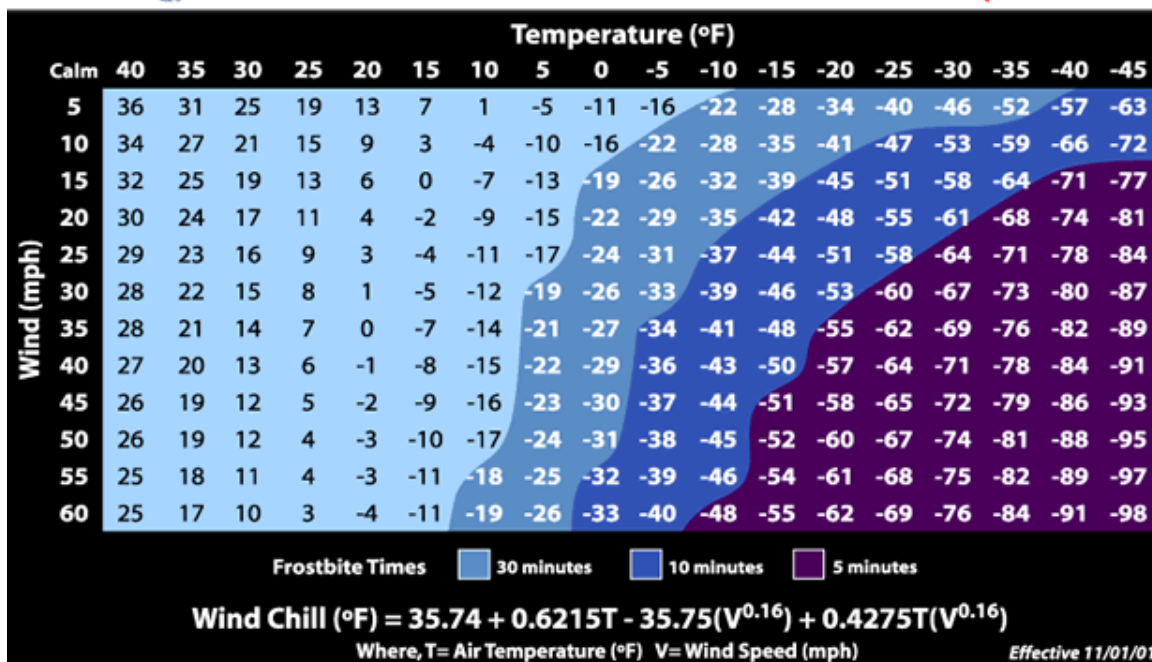
3. The ambient air temperature will be the air temperature recorded or reported at the site of the activity, whether determined by the official temperature recording device of the site (i.e. Birch Hill Ski Weather Box 457-4837) or by hand held thermometers. Official air temperature may also be determined by calling the National Weather Service for current conditions. (458-3745, option 1113) The National Weather Service wind chill chart (see below) shall be consulted for determining the effect of the wind speed on the ambient air temperature. If reliable weather reports are not available, the following guide may estimate wind velocity:

- a. a 5 mph wind will move a light flag
- b. a 10 mph wind will fully extend the flag
- c. a 15 mph wind will raise a newspaper sheet
- d. a 20 mph wind will drift and blow snow

4. All students traveling outside the district by ground transportation from October 1 – April 1 must have in their possession the following: winter hat, winter coat, gloves or mittens, boots, snow pants and a winter sleeping.



NWS Windchill Chart



C. Lightning

1. Lightning can cause injury and death. Coaches, administrators and leaders of outside activities must be aware of signs indicating thunderstorm development. Risk is always present when lightning can be seen or thunder heard.
2. Coaches, activity leaders and onsite administrators are responsible for making the appropriate decisions regarding delay, suspension, cancellation, and resumption of activities due to the threat of or presence of lightning. The decisions will be guided with the health and safety of students, staff, other participants, and spectators in mind. Decision makers shall follow the guidelines for lightning safety established by the National Federation of State High School Associations.
3. Guidelines for Lightning Safety
 - a. Monitor weather patterns
 - 1) Monitor local weather forecasts and scan the sky for signs of potential thunderstorm activity.
 - 2) A storm watch indicates severe weather may develop.
 - 3) A warning indicates severe weather has been reported.
 - b. Assess *flash-to-bang* to determine the distance away of strike
 - 1) Count the number of seconds it takes to hear a clap of thunder after witnessing a flash of lightning. Divide the number of seconds by five (5) to get the distance, in miles, to the lightning flash.
 - 2) If 30-seconds or less flash-to-bang, the lightning strike is within 6 miles; the next strike could be 2-3 miles closer.
 - 3) Generally a 30-second or less flash-to-bang suggests removal of the students from the exposed area to a safe shelter is advisable.
 - c. Evacuation to safe structures or shelters
 - 1) The safest structures are fully enclosed, substantial buildings with plumbing, electrical wiring and telephone service. A fully enclosed automobile with hard metal roof and rolled up windows is also reasonable. School buses are an excellent shelter but avoid contact with any metal while inside the vehicle.
 - 2) If unable to reach safe structures, follow these guidelines:
 - a. Avoid being the highest object. Seek out small trees surrounded by taller trees.

- b. Stay away from freestanding trees, poles, antennas, towers, bleachers, baseball dugouts, metal fences, standing pools of water and golf carts.
 - c. Crouch down with legs together, weight on the balls of feet, arms wrapped around knees, and head down with ears covered.
- d. Apply 30 minute rule before resuming activity
- 1) Wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.
4. Reference: Guidelines for Lightning Safety, NFHS Sports Medicine Handbook, 1st ed., National Federation of State High School Associations. <http://www.nfhs.org>

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Play for Keeps

ALASKA SCHOOL ACTIVITIES ASSOCIATION

Student, Parent/Guardian Acknowledgement Form

Please read the following statements, sign below and return to your school's office

- I have participated in ASAA's "Play for Keeps" orientation and have watched the DVD presentation.
- I understand the terms of the Tobacco, Alcohol and Controlled Substances Policy as explained during the presentation, including the penalties for violations.
- I further understand that it is solely the school's responsibility to determine if a violation has occurred and that the school's decision may not be appealed to ASAA.
- I further understand that schools are required to report each violation to ASAA and to maintain strict confidentiality as specified in the policy. More specific wording of the confidentiality statement is found in the policy which is available from the school or at www.asaa.org.
- I further understand that students must sign this form each season prior to competition.
- I further understand that a student's parent/guardian must participate in the orientation and sign this form at least annually for the student to gain eligibility.
- I further understand that a copy of this signed form must be returned to the school before the student is permitted to participate in interscholastic activities.
- I further understand that schools shall keep a copy of the signed forms on file.
- After participating in the "Play for Keeps" orientation and having the opportunity to review and understand ASAA's Tobacco, Alcohol and Controlled Substances Policy, the violations, penalties and reporting requirements, I agree (both student and parent/legal guardian) to be bound by the terms of the policy.

Printed Name of Student

Student Signature

Date

Printed Name of Parent/Guardian

Parent/Guardian Signature

Date

Sport or Activity

School

CONCUSSION RETURN TO PLAY PROTOCOL

The following Return to Play (RTP) protocol shall be the minimum standards for medical providers to follow in managing student athletes who have sustained a concussion. Some athletes complete one step each day. An individual athlete may be guided through the Protocol more slowly if they are at risk for prolonged concussion or additional brain injury. If symptoms recur during exercise, then exercise is ended and begins the next day at the preceding day's level.

Symptomatic Period

- Rest until complete resolution of all major systems. Physical and cognitive rest.
- If some minor symptoms persist, but the athlete feels capable of trying school, then depending on the nature and severity of the symptoms, an incremental return to school can be attempted, e.g. two (2) hours, then half day, then full day.
- If symptoms are exacerbated by attending school, then decrease or discontinue attendance. If attending school does not exacerbate the symptoms, then school can be continued, but exercise should not be initiated until all symptoms have resolved at rest.
- When there are no symptoms for 24 hours, and the medical provide has cleared the athlete to begin the Return to Play Protocol, then Day 1 begins.

Return to Play Protocol

Only when the concussion symptoms have been entirely absent for 24 hours, and the healthcare provider has cleared the athlete to begin the RTP, does Day 1 of the progressive return to physical activity begin.

- The RTP is to take place over a minimum of six (6) days, with at least 24 hours between each step.
- The rate of progression through the steps in the program is individualized by the supervising healthcare provider. Factors which may slow the rate are young age (18 or less), history of previous concussions, number/severity/duration of concussion symptoms, medical risk factors, and the concussion risk of the sport to which the athlete will return.
- Physical or cognitive activity that provokes recurrence of concussive symptoms will delay recovery and increase risk of future concussion. Therefore, if symptoms recur at any step, then physical activity should stop for 24 hours and resume at the previous step.

Gradual Return to Play

Day 1

- ❖ Begin when symptoms free for 24 hours
- ❖ 15 minutes **light aerobic** activity (walk, swim, stationary bike, no resistance training)
- ❖ **If no symptoms, then:**

Day 2

- ❖ 30 minutes **light to moderate aerobic** activity (jog, more intense walk, swim, stationary bike, no resistance training)
- ❖ **Start PE Class** at previous day's activity level
- ❖ As RTP Protocol activity level increases, PE activity level remains one day behind
- ❖ **If no symptoms, then:**

Day 3

- ❖ 30 minutes of **moderate to heavy aerobic** activity (run, swim, cycle, state, Nordic ski, no resistance training)
- ❖ **If no symptoms, then:**

Day 4

- ❖ 30 minutes **heavy aerobic** activity (hard run, swim, cycle, state, Nordic ski)
- ❖ 15 minutes **Resistance Training** (push-up, sit-up, weightlifting)
- ❖ **If no symptoms, then:**

Day 5

- ❖ **Return to Practice, non-contact limited participation** (routine sport-specific drills)
- ❖ **If no symptoms, then:**

Day 6

- ❖ Return to full-contact practice
- ❖ If not symptoms, then:

Day 7

- ❖ Medically eligible for competition when RPT protocol is completed and is cleared by healthcare professional
- ❖ ASAA eligibility criteria must be met before return to competition.

If symptoms recur at any step, the athlete should cease activity and be reevaluated by their health care provider.

ACTIVITY CONSENT & EMERGENCY MEDICAL FORM

The participating student and parent/guardian must sign a Fairbanks North Star Borough School District Activity Consent & Emergency Medical form. This form is available at your school or at the District Administration Center.



**Activity Consent &
Emergency Medical Info. Form**

for ASAA or Approved Interscholastic or Extracurricular Activities

Name of Activity	Student Name
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Parent/ Guardian Permission to Participate:

I hereby give permission for the above-named student to engage in ASAA or Fairbanks North Star Borough School District approved interscholastic activities as a representative of his/her school. I also give my consent for this student to accompany the team or group as a member on its out-of-town trips. I understand that the local Board of Education through the Fairbanks North Star Borough carries insurance for accidental injuries sustained in intramural or interscholastic sports events.

Parent/ Guardian Medical Consent:

I hereby give my consent, in the event of injury or illness, for emergency medical treatment, hospitalization, or other medical treatment as may be necessary for the welfare of the above-named student, by a physician, qualified nurse, certified athletic trainer, and/or hospital during all periods of time in which the student is away from his/her legal residence as a member of an interscholastic activity team or group. Further, I hereby waive, on behalf of myself and the above-named student, any liability of the School District, its agents, or employees arising out of such medical treatment.

Parent/ Guardian and Student Rule Awareness verification:

I have read and understand the rules, regulations, policies, and responsibilities as stated in the district's appropriate Student Activities Handbook and the penalties for violation of them. I understand and accept these rules, regulations, policies, and accompanying penalties as conditions for participation.

Parent/ Guardian and Student Risk Awareness Verification:

I understand and acknowledge that organized secondary athletics involve the potential for injury, which is inherent in all sports. I acknowledge that even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

Hazing Awareness Pledge:

I promise not to be involved in any hazing/ harassment incident, no matter how minor it may seem. I understand that I may be suspended or expelled from the team and/or school for any incident as a result of my participation or being an idle witness.

EMERGENCY MEDICAL AND CONSENT INFORMATION (PLEASE PRINT)

Student Name		Parent/ Guardian Name for above-listed student	
Mailing Address		Residence Address	
Parent/ Guardian Phone #s	Home Phone	Work Phone	Cell Phone
Emergency Contact if parent/ guardian is not available:	Name of Contact		Phone
Name of Student's Medical Doctor			Phone
Name of Student's Dentist			Phone
Name of Insurance Co.		Policy Number	
Any Medical Conditions?			
Any Medications?			
Any Allergies?			
In case of any medical emergency, I authorize a school district employee to take my son/ daughter to the nearest medical facility for necessary treatment. We, the undersigned, acknowledge that we have read and understand all aspects of this form, including all the above parts and grant permission and consent as required.			

Responsible Behavior/Communication

Parents are reminded that they serve as role models not only for their children, but for students who observe them in the stands and at school. Please remember that the behavior you show at contests and in contact with athletic and school officials can be observed by many who will follow what you do. Always use responsible behavior in dealing with other adults and with students. Keep your communications on a civil and adult level, whether in person or by other means.

PARENT'S CODE OF CONDUCT

I hereby pledge to provide positive support, care and encouragement for my child participating in FNSBSD sports/activities by following this Parents' Code of Conduct:

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other sports event.
2. I will place the emotional and physical well being of my child ahead of a personal desire to win.
3. I will insist that my child play in a safe and healthy environment.
4. I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
5. I will demand a sports environment for my child that is free of drugs and alcohol, and will refrain from their use at all youth sports events.
6. I will remember that the game is for youth – not for adults
7. I will do my very best to make FNSBSD sports and activities fun for my child.
8. I will ask my child to treat other players, coaches, fans, and officials with courtesy and respect regardless of race, sex, creed or ability.

I understand I may be asked to leave any athletic contest and school grounds should my behavior be deemed to be unsportsmanlike and/or disruptive by a School District administrator or their designee.