

# Forest Area School District



## Athletic Handbook 2020-2021

Board Approved: July 15, 2020

# Forest Area Athletic Program

Nickname: Fires  
Colors: Black and Gold  
PIAA District: IX  
PIAA Classification: A  
Website: [www.forestareaschools.org](http://www.forestareaschools.org)

Sports Offered: Grades 9-12

## FALL

CC – co-op @ NC  
Golf  
Boys Soccer  
Girls Soccer  
Volleyball  
Football – co-op @ Kane

## WINTER

Girls JV/Varsity Basketball  
Boys JV/Varsity Basketball  
Cheerleading  
Wrestling co-op @ Kane

## SPRING

Softball  
Baseball  
Track – co-op @ NC

Sports Offered: Grades 7-8

## FALL

Golf  
Soccer  
Football (Co-op @ Kane)  
CC - co-op @ NC

## WINTER

Girls Basketball  
Boys Basketball  
Wrestling (Co-op @ Kane)

## SPRING

Volleyball

## Team Selection

Each coach is given the autonomy to make cuts. The coach must inform the team if there will be cuts. The coach will clearly define the criteria that will be used to evaluate each student-athlete trying out for the team, and providing a time frame for the team tryouts. Tryouts must be a minimum of at least 2 practices.

## Scrimmages and Games

Teams are permitted to have only two varsity interscholastic scrimmages per season. Scores of scrimmages will not count towards regular season record. The number of regular competitions may not exceed the maximum allowed by PIAA. This number varies per sport. All scrimmages and games have to be set up by the athletic directors.

## EDUCATIONAL PHILOSOPHY/MISSION

### **Mission Statement**

Forest Area School District creates a foundation for life-long learners prepared to excel in a diverse world. PREPARE TO EXCEL

### **SHARED VALUES**

The District recognizes that:

- All students have the potential to be contributing citizens through their achievements and will instill positive behaviors which encourage respect for self and others.
- All actions will instill a collaborative attitude among students, faculty, and staff focused on engaging family and the community in reaching the highest levels of success for students.
- Our schools will be a safe, welcoming and productive environment.
- In order to maximize learning potential, individual and diverse learning approaches will be utilized.

### **To the Parent**

This material is presented to you because your daughter or son has indicated a desire to participate in scholastic athletics and you have expressed your willingness to permit her/him to compete. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that assists students in personal adjustments.

We, who are concerned with the educational development of boys and girls through athletics, feel that properly controlled, well-organized sports program meets with the students' needs of self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

### **To the Athlete**

Participating as a member of a Forest Area School District athletic team is the fulfillment of an ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad in the Forest Area School District, you have inherited a wonderful tradition, a tradition you are challenged to uphold. It will not be easy to contribute to such a great athletic tradition. When you wear the colors of our school, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them.

- 1. RESPONSIBILITIES TO YOU:** The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as sports, prepare you for your life as an adult.

- 2. RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility you assume as a squad member is to your school. Forest Area School District cannot maintain its position as an outstanding district unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic squad. The student body, our community and other communities judge our school by your conduct and attitudes, both on and off the field of play. Because of this leadership role, you can contribute greatly to your school spirit and community pride. Make Forest Area School District proud of you, and your community proud of your school, by your faithful exemplification of these details.
  
- 3. RESPONSIBILITIES TO OTHERS:** As a squad member you also bear a responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all the team expectations, that you have practiced to the best of your ability everyday, and that you have played the game “all out” you can keep your self-respect and your family can be justly proud of you. The younger students in the schools are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

### **Philosophy of Forest Area Athletics**

Interscholastic athletics are an extension of the basic educational program of Forest Area School District. As such, they provide the individual student with the privilege of participating on a more competitive level than afforded by physical education classes or intramural programs.

Athletics provide the student with the opportunity to develop mental and physical skills, discipline, and with the opportunity to strive for individual and group achievement and recognition. The athlete learns to appreciate the value of rules, authority, and fair play.

An active effort on the part of the coaching staff will make athletics a true learning experience and the goals of athletics will remain basic, rather than incidental, objectives

### **Objectives of the Forest Area School District Athletic Program**

The major objectives of the athletic program in the FASD are:

1. To provide a quality athletic program for the students of the Forest Area School District.
2. To develop in each participant the group ideals of good sportsmanship, fair competition, and team play, as well as the individual ideals of self-sacrifice and self-denial.
3. To develop such desirable qualities of citizenship as: a sense of responsibility, respect for authority, leadership, and respect for the rights of property of others.

4. To foster the development of student morale and school spirit.
5. To provide athletes with an opportunity to reach their educational, personal and potential.

## **SPORTSMANSHIP**

### **GOOD SPORTSMANSHIP IS EVERYONE'S RESPONSIBILITY**

Below are guidelines and fundamentals of good sportsmanship that parents and student athletes should review together. They give us a roadmap to follow on a journey toward a more educational atmosphere for interscholastic athletes.

Athletic events are always among the most popular activities for participants and spectators, and these contests provide another learning experience. Integrity, fairness and respect, and the principles of good sportsmanship are lifetime values taught through athletics. With them, the spirit of the competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

The role of the parent in the education of a youngster cannot be overestimated. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school, in the classroom and through co-curricular activities.

Parents have a major influence on their youngster's attitude about academics and athletics. The leadership role parents take in sportsmanship will help influence their child, and the community, for years to come.

There is a value system – established in the home, nurtured in the school – which young people are developing. Their involvement in the classroom and other activities contributes to that development.

FASD is a part of and in support of the PIAA program called "SPORTSMANSHIP: The Only Missing Piece Is You!" This is a program designed to positively change behavior in our schools and reinforce and reward the need for sportsmanship as one of the values taught through educational athletics.

A good sport, whether a student or a parent, is a true leader within the school and our community. Parents' and students' sportsmanship goals should include:

- Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a Contest;
- Encouraging our students to perform their best, just as we would urge them on with their class work, knowing that others will always turn in better or lesser performances;
- Participating in positive cheers that encourage our athletes; and discouraging any cheer that would redirect that focus;
- Learning, understanding, and respecting the rules of the Contest, the officials who administer them and their decisions;

- Respecting the task our coaches face as teachers; and supporting them as they strive to educate our youth;
- Respecting each official and realizing they are an essential part of every Contest;
- Respecting our opponents as students, and acknowledging them for striving to do their best;
- Developing a sense of dignity under all circumstances;
- Being a FAN... not a fanatic!

Parents and student athletes are spokespersons for our school when attending an athletic, or any co-curricular event. Family and friends, opposing fans, the local community and the media, view your actions. Your display of good sportsmanship will show the most positive things about you and our school; and hopefully remind us that sport is meant to be fun. Negative displays by students and parents will be addressed by school official with disciplinary actions assigned as needed in order to maintain a positive environment for all.

Have a great school year!

## **FUNDAMENTALS OF GOOD SPORTSMANSHIP**

1. GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST.
2. EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.
3. RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES OF BOTH THE HOME AND VISITING TEAMS.
4. EXHIBIT RESPECT FOR OFFICIALS.
5. OPENLY DISPLAY A RESPECT FOR THE OPPONENT AT ALL TIMES.
6. DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.

## **REMEMBER**

**SPORTSMANSHIP, THE ONLY MISSING PIECE IS YOU!**

## FOREST AREA ELIGIBILITY POLICY

The Forest Area School District shall follow the student eligibility requirements as put forth in the P.I.A.A. Handbook, **See Appendix A**. The P.I.A.A. is the governing of organization of interscholastic sports for the state of Pennsylvania and the requirements quoted below are consistent with the requirements that will be followed by our fellow competitors. PIAA rules and regulations will supersede district policies/procedures if there is a conflict in language or interpretation. They read as follows:

Section 1: To be eligible for interscholastic athletic competition, a pupil must pursue a curriculum defined and approved by the principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the State Board of Education and the Pennsylvania School Code, as well as any local policies established by the local school board. The pupil must be passing at least four full-credit subjects, or the equivalent. Eligibility shall be cumulative from the beginning of a grading period, shall be reported on a weekly basis, and shall be filed in the principal's office. In cases where a student's cumulative work from the beginning of the grading period does not as of any Friday meet the standards provided for in this section, he shall be ineligible from the immediately following Sunday through the Saturday immediately following the next Friday as of which his cumulative work from the beginning of the grading period meets the standards provided for in this section. Where a school is closed on a Friday for any reason the principal may, at his/her election, determine whether the student as of that day meets the standards provided for in this section

SECTION 2: In order to be eligible for interscholastic athletics, a pupil must have passed at least four full-credit subjects, or the equivalent, during the previous grading period, except as provided in Section 5. Back work may be made up, providing it is in accordance with the regular rules of the school. Students who participate in co-curricular activities must meet minimum academic requirements to maintain their eligibility. Students must maintain passing grades in four (4) full time classes or the equivalency for the nine (9) week grading period to be eligible. Students not meeting academic standards will be ineligible to participate in co-curricular activities for fifteen (15) days. At the end of the student's 15-day exclusion, the student's work will be re-evaluated to determine if he/she is maintaining passing grades in four (4) full-time classes or their equivalents. If not, the student's exclusion from co-curricular activities will be extended an additional 15 days. At that time, the work will be re-evaluated again. At the end of the school year, a student's final credits in his/her subjects, rather than his/her eligibility for the last grading period, shall be used to determine his/her eligibility for the next grading period. The building administrator will notify the parent and the student of his/her ineligibility.

SECTION 3: A student who has been absent from school during a semester for a total of twenty (20) or more school days shall not be eligible to participate in any co-curricular activity until the student has met the prescribed requirements of Section 3 of Article 3 of the PIAA By-Laws, accepting absences certified by a physician as due to illness, injury or quarantine. In cases where a student's work in any preceding grading period does not meet the standards provided for in Section 2, said student shall be ineligible to participate in interscholastic athletics for at least fifteen (15) school days of the next grading period where the school has four (4) grading periods per school year, or for at least ten (10) school days of

the next grading period where the school has six (6) grading periods per school year, beginning on the first day report cards are issued, except as provided in Section 5.

1. Grades will be posted by teachers by 3:00 Thursday of each week. The Athletic Director/Principal is responsible for checking eligibility for athletes and letting them know if they are ineligible for the coming week.
2. The principal or his designee is responsible for checking the eligibility of students engaged in the following activities: cross country, soccer, volleyball, boys and girls basketball, softball, baseball, golf, track, and cheerleading.
3. A student who is ineligible may not physically practice with the team and may only attend practice with permission from the coach. Ineligible students may not travel with the team or dress in uniform for a game or scrimmage.
4. Should a student be ineligible three successive weeks, that student may be removed from the team if the student has not made measurable efforts to improve their status.
5. A student, who is ejected from an athletic contest by P.I.A.A. officials, shall not be permitted to participate in the next contest.
6. Students who use, sell or are in possession of drugs, alcohol, paraphernalia, or shall be removed from the team for the remainder of the season. If the remainder of the season is less than 45 practice/game days, then the remainder of the suspension will continue into the next season in which the student participates. Students, at the coach's discretion, may resume play the next sports season after any remaining days are served. The second offense will result in a one calendar year suspension from all sports activities. A third offense would deny the student the chance to participate in Forest Area School District athletics.
7. The use, sale and/or possession of tobacco or tobacco alternatives/products, including vaping, by a student shall result in the suspension from athletic activities. The first offense will result in a minimum 30 practice/game day suspension or the remainder of the season as determined by the principal. In lieu of 30 practice/game day suspension for the first offense, the principal may administer a 10 practice/gameday athletic suspension, if the student/parent agrees to participate in the SAP program and follow any recommendations including a tobacco education program. The second offense will result in a 30-45 practice/game day suspension or the remainder of the season, as determined by the principal.
8. Students and parents will be required to sign the forms in the appendix of this handbook.
9. Students should attend all scheduled practices/contests. Missing practices/contests may result in a reduction of playing time. Making a commitment to your team is an important part of any sport.

## **RULES AND EXPECTATIONS**

1. During a season or period of an activity, any student assigned detention, including in or out of school suspension, will not be eligible to participate in activities that day.
2. Students must be in school by 9:30 AM to practice or play for the day. Students who miss more than 1½ hours of school must have an excuse signed by a doctor to be eligible to participate in any activity that day. Students who sign out or leave early cannot return to practice or play without a doctor's note. The building principal may make limited exceptions to this based upon individual circumstances. Students are encouraged to seek pre-approval.
3. Students visiting a college, university, or other postgraduate school for academic reasons are considered present and eligible to participate. Absences for other reasons may be reviewed and approved at the discretion of the principal.
4. All athletes are required to ride the activity bus to all practices and games unless prior approval has been received from principal. Requests to the principal should occur 24 hours before the exception. All students must ride the game bus home unless riding home with their parent/guardian and with the approval of the coach.
5. Unacceptable behavior at an activity or on a bus shall result in appropriate disciplinary action. Violations of the school discipline code will be dealt with according to school disciplinary procedures.
6. Before and after all games and practices, students are to be in their assigned area only and should never be in the building without the supervision of their coach or other school employee. If practices and contests take place outside, students are to only use the entrances designated by their coach(es), go immediately to the locker room, then leave the building using the designated exit. For sports and activities that take place inside the building, no student is to be in the locker room or on the gym floor until their coach is present, and then only with their required warm-ups and footwear.
7. Consequences for missing practices will be at the coach's discretion according to their team rules. Consequences may include removal from the team.
8. Parents/guardians are not to be in or around the team's area unless requested by a district official. This includes approaching the court/field/dugout during practices or games.
9. If a player or parent has a concern, the order in which they should proceed is as follows:
  - coach, athletic director, principal, superintendent, school board
10. At the beginning of the season, players should inform coaches if they are requesting an additional bus stop other than one that is already scheduled.
11. Students and parents must adhere to the COVID-19 procedures in the athletic plan.

## FOREST AREA SCHOOL DISTRICT DISCIPLINE CODE

The district discipline code applies to all students. See the board approved Forest Area District's discipline policy on the FASD website. All students and parents/guardians must sign the attached Athletic Handbook Acknowledgement Agreement form and return to the coach. **See Appendix C**

### Hazing

Hazing is defined as any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a person or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition of continued membership in, any organization. Hazing activities of any type, including initiation into an athletic team, are inconsistent with the educational goals of the school district and are prohibited at all times. No student shall plan, direct, encourage, aid or engage in hazing.

## INSURANCE COVERAGE

The district does not provide student insurance coverage, parents or caretaker are responsible for athlete's coverage and must show proof of insurance prior to participation. **See Appendix D.** Athletes must also complete impact testing as required by the district or PIAA and sign the sign the Liability Form prior to the start of activity. **See Appendix F.**

## REQUIREMENTS FOR LETTERING

1. Basketball - Students must participate in at least half the quarters throughout the season.
2. Baseball and softball – Position players must play in at least 50% of the innings throughout the season. Specialty players such as pitchers and pinch hitters must make a noticeable contribution to the team and may be recommended by the head coach to earn a letter.
3. Soccer – Students must play at least five (5) minutes of at least half the halves throughout the season.
4. Golf – Students must play as one of the top six in at least half the matches.
5. Volleyball – Students must play in half the games throughout the season.

6. Cheerleading – Cheerleaders must cheer in at least 90% of the games and 90% of practices.
7. Seniors who have been with the team for two or more seasons but have not met the requirements may receive a letter at the discretion of the head coach. First year seniors must meet the requirements to letter.
8. Managers who attend at least 90% of the games over two seasons to earn a letter.
9. Statisticians must attend 90% of the games over two seasons to earn a letter.
10. Students who miss five (5) or more games or matches during a season for illness must have permission from the athletic director to receive a letter.
11. Exchange students who participate as part of an athletic program may receive a letter at the discretion of the head coach.
12. The first time a student letters in a sport he/she is eligible to purchase a varsity jacket that will have a letter sewn onto it with the emblem of that sport on the letter. The student will also receive a certificate for lettering in that sport.
13. For each successive letter earned by a student he/she shall receive a gold pin to represent the sport and/or year in which they received the letter. The pin is to be placed on the jacket. The student shall also receive any other certificates and/or awards that they earn.
14. Students receiving more than two letters shall receive a certificate and a bar for each successive letter.

### **Requirements for Transportation:**

1. All students are expected to ride on the district provided transportation for district sponsored athletic activities.
2. Requests from parents for students to drive **will only be accepted in writing**.
  - a. The only acceptable reasons for students to drive will include work and medical appointments.
  - b. Students will not have passengers when driving to or from practice/games.
  - c. Arrangements due to family situations will be reviewed and accepted by the principal or designee.
3. Students are expected to follow all school handbook rules during transportation.

- Appendix A: PIAA Eligibility Rules**
- Appendix B: Athlete's Pledge**
- Appendix C: Handbook Acknowledgement Form**
- Appendix D: Proof of Insurance coverage**
- Appendix E: Liability Form**
- Appendix F: Emergency Card for Athletes**

## **Appendix A**

### **PIAA Eligibility Rules**

#### **Know Your Eligibility Rules for Pennsylvania Interscholastic Athletic Association, Inc. Sponsored Athletic Competition**

(Revised: July 1, 2011)

#### **Know Your Eligibility Rules**

A student who participates in interscholastic athletics at a school which is a member of the Pennsylvania Interscholastic Athletic Association, Inc. ("PIAA") must comply with PIAA eligibility rules. If you fail to comply with these rules, you will lose your eligibility to participate in interscholastic athletics. If you participate while ineligible, you, your school, and/or your Team will be penalized. It is, therefore, important for you to be aware of applicable eligibility provisions.

The information set forth below highlights and summarizes the major requirements you must meet to be eligible. It does not identify every rule or every detail. Unless otherwise indicated,

each requirement applies to students in grades 7 through 12.

The Principal of your school is responsible for certifying as to your athletic eligibility. If you have any questions concerning your athletic eligibility, either now or in the future, you should discuss the matter with your school Principal or Athletic Director. If they are uncertain about a matter, they can request guidance and even a formal ruling from PIAA as to your athletic eligibility. A complete copy of the PIAA eligibility rules may be viewed on the PIAA Website at [www.piaa.org/resources/handbook](http://www.piaa.org/resources/handbook), or may be obtained from your Principal or Athletic Director.

## **Age**

To be eligible to participate in grades 10 through 12, you must not have reached your 19th birthday by June 30 immediately preceding the school year. Where you will participate only in grades 7 and 8, you may not have reached your 15th birthday by June 30 immediately preceding the school year; where you will participate only in grades 7 through 9, you may not have reached your 16th birthday by June 30 immediately preceding the school year.

## **Amateur Status and Awards**

To be eligible to participate in a sport, you must be an amateur in that sport. Amateur status, and eligibility, is lost if you, or your parent(s) or guardian(s), receive money or property for or related to your athletic ability, participation, performance, services, or training in a sport.

You may receive be recognized and receive awards for your participation only from your school or school-affiliated booster club, the sponsor of an athletic event, a non-profit service organization approved by your school Principal, or the news media. Permissible awards include items of apparel, a blanket, watch, ring, scroll, carry-on or warm-up bag, photograph, medal, plaque, or similar award, which must bear appropriate institutional insignia or comparable identification. The fair market value of all of the items provided to you may not exceed \$200. If they do, you must return the items in excess of \$200.

## **Attendance**

You must be enrolled in and in full-time attendance at a PIAA member school, Charter, Cyber-Charter School, or be home-schooled.

Generally, you are eligible only at the school at which you are enrolled or, if a home-schooled student, at a public school in the public school district in which you reside. If you are a student enrolled in either a Charter School or Cyber Charter School, you should consult with your Principal to determine the school at which you are eligible.

If you are absent from school during a semester for a total of 20 or more school days, you will lose your eligibility until you attend school for a total of 45 school days following your 20th day of absence.

## **Consent of Parent or Guardian**

You are eligible only if there is a certificate on file with the Principal of your school signed by

your parent(s) or guardian(s) consenting to your participation in the particular sport(s) involved.

### **Comprehensive Initial Pre-Participation Physical Evaluation**

You are eligible only if you have completed a comprehensive initial pre-participation physical evaluation ("CIPPE"), performed by an Authorized Medical Examiner (as that term is defined in the GLOSSARY of the PIAA By-Laws) before your first sport season's first Practice of that school year. If you want to participate in subsequent sport(s) in the same school year, you may be required to be re-evaluated and re-certified that your physical condition is satisfactory. Check with your Principal or Athletic Director to determine whether re-evaluation and re-certification is needed.

Wrestlers must also obtain a certification of the minimum wrestling weight at which they may wrestle during that season.

In all cases, an Authorized Medical Examiner must certify, on the PIAA CIPPE form, as to your physical fitness to participate in the particular sport(s) involved. A CIPPE may be performed no earlier than June 1st; and, regardless of when performed during the school year, remains effective only until the next May 31st.

### **Transfers**

You are treated as having transferred whenever you seek eligibility to participate in interscholastic athletics at a school other than the one at which you were previously either enrolled or otherwise eligible. You are considered to have transferred even if you are promoted to a higher level school or are out-of-school for a period of time before entering the new school. If your Transfer from one school to another is materially motivated in some way by an athletic purpose, you will lose your athletic eligibility in each sport in which you participate within a period of one year immediately following the date on which you transferred. This requirement applies even if you would be otherwise eligible at the school to which you transferred. If your school eliminates a sport for budgetary reasons, you may be permitted to Transfer to another school to participate in that sport. You must enroll and attend the other school. If you desire to participate in any other sports at that school, your PIAA District Committee will assess whether the Transfer was materially motivated in some way by an athletic purpose relating to those sports.

### **Period of Time After Eighth Grade, Participation, and Grade Repetition**

Your athletic eligibility extends only until you have reached the end of your fourth consecutive year (8th consecutive semester or the equivalent) beyond the eighth grade. Therefore, if you repeat a grade after eighth, you will be ineligible as a senior.

Additionally, you may participate in (1) a maximum of six seasons in each sport during grades seven through twelve, (2) a maximum of four seasons in each sport during grades nine through twelve, and (3) a maximum of three seasons in each sport during grades seven through nine.

You may participate in only one season in each sport during each school year.

## **Outside Participation**

If you participate in a non-school athletic program during the PIAA Season for that sport, while enrolled at a school which has a Team in that sport, you will not be eligible for District and Inter-District Championship Contests in that sport unless you are in uniform and available to participate as a member of your school Team for at least 75% of its Regular Season Contests.

## **Academic and Curricular Requirements**

You must pursue a full-time curriculum defined and approved by your Principal.

You must be passing at least four full-credit subjects, or the equivalent, as of each Friday during a grading period. If you fail to meet this requirement, you will lose your eligibility from the immediately following Sunday through the Saturday immediately following the next Friday as of which you meet this requirement.

You must have passed at least four full-credit subjects or the equivalent during the previous grading period, except that eligibility for the first grading period is based on your final grades for the preceding school year. If you fail to meet this requirement, you will lose your eligibility for at least 15 or 10 school days of the next grading period, beginning on the first day that report cards are issued. If your school has four grading periods, you will be ineligible for at least 15 school days; if your school has six grading periods, you will be ineligible for at least 10 school days.

## **All-Star Contests**

You will lose your eligibility in a sport for one year if you participate in an all-star Contest in that sport. Your eligibility will not be affected if you participate in an event that (1) is not advertised or promoted as an all-star Contest; (2) is open to all participants on the basis of a tryout or a uniform standard of qualification; and (3) you do not represent your school and do not wear any school-affiliated uniform or apparel in the event.

## **Out-of-Season Participation**

All PIAA sports have a defined season. If your school Team conducts Practice and/or participates in Inter-School Practices, Scrimmages, and/or Contests outside that PIAA defined season, your school will be penalized.

If you desire to play interscholastic football for a PIAA member school, and you engage in Physical Contact (as that term is defined in ARTICLE XVI, SEASON AND OUT-OF-SEASON RULES AND REGULATIONS, Section 2, Rules and Regulations, subsection C, Football, sub-subsection 1, of the PIAA By-Laws) outside the PIAA-defined football season, you will be ineligible to participate in interscholastic football for a period up to one year from the date of such participation.

## **Use of Anabolic Steroids**

By state law, all Pennsylvania school districts are required to adopt and enforce rules and regulations prohibiting the use of anabolic steroids, except for a valid medical purpose, by students involved in school-related athletics. School Boards are also required to establish penalties for students found in violation of the adopted rules and regulations. As penalties may vary from school district to school district, you should consult with your Principal or Athletic Director as to the penalties that your School Board has adopted.

### **Concussion Recognition and Management**

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Athletes at your age are particularly vulnerable to the effects of concussions. Once considered little more than a minor "ding" on the head, it is now understood that a concussion has the potential to result in death or short- and/or long-term changes in brain function.

If a sports official removes you from a Contest because you have exhibited signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, and/or balance problems) you may not return to participating in Practices, Inter-School Practices, Scrimmages, and/or Contests until cleared by a licensed physician of medicine or osteopathic medicine who is sufficiently familiar with current concussion management.

<http://www.piaa.org/schools/eligibility/default.aspx>

## Appendix B

### FASD ATHLETE'S PLEDGE & RESPONSIBILITY

LIST SPORT(S): \_\_\_\_\_

As a participant in Forest Area School District athletics, I have read and understand Forest Area's Drug, Alcohol, and Tobacco Policy for Student Athletes. I understand that this pledge is for the entire school year, not just the current sport season. I agree to abide by all rules regarding the use of alcohol, drugs, and tobacco. Chemical dependency is a progressive but treatable disease, characterized by continued drinking and drug use in spite of recurring problems resulting from that use. Therefore, I accept and pledge to abide by the rules listed on the title page of this policy and others established by my coaches.

I understand that risks are involved in all forms of athletics. I agree to abide by all the rules established by the Forest Area School District, P.I.A.A., and my coaches. I agree to be responsible for equipment and uniforms issued by the school and agree to return all equipment and uniforms issued at the end of the season. Should any equipment or uniform be lost or ruined (other than normal wear and tear), I agree to pay the cost of replacement. With this in mind, I hereby request permission to participate in the Forest Area School District's Athletic Program during this current school year.

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Student Signature

Date

## Appendix B cont.

### PARENT'S PLEDGE AND RESPONSIBILITY

I/We have read and understand the Forest Area School District's Drug, Alcohol, and Tobacco Policy in the Athletic Handbook. I/We understand that this pledge is for the entire school year, not just the current sport season. As a parent/guardian of an athlete participating in Forest Area School District athletics, I/We will support our son/daughter's agreement to abide by all the training rules because chemical dependency is a progressive but treatable disease, characterized by continued drinking and drug use in spite of recurring problems resulting from that use.

I/We understand that my son/daughter is required to ride the district transportation to and from practices/games. I/We further understand that I/we are responsible for my/our son/daughter's transportation to and from practices and/or games and competitions when district transportation is not provided. Ex: Open Gyms.

I/We understand that my son/daughter is expected to attend all practices/games unless excused by illness, injury, or any other approved absence from school.

I/We understand the procedures and protocols for COVID-19 and agree to abide by them for the safety of the athletes, coaches, and community.

I/We understand that risks are involved in all forms of athletics. In consideration for the making arrangements for athletic participation by Forest Area School District, I/we hereby release and save harmless Forest Area School District and any and all employees of the school from any and all liability for any injuries, loss, or other claims arising out of or resulting from my/our son/daughter's participation in athletics. The undersigned parent/guardian(s) agree to accept all responsibility for the risks, conditions, and hazards which may occur whether or not they are now known. By signing this acknowledgement and assumption of risk and release as the parent/guardian(s), I/we am/are consenting to my/our son/daughter's participation and acknowledge that I/we understand any and all risks, whether known or unknown, is expressly assumed by me/us and all claims, whether known or unknown, are expressly waived in advance. With these things in mind, I/we hereby request that my/our son/daughter be allowed to participate in athletics at Forest Area School District during this current school year.

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Parent/Guardian's Signature

Date

**Appendix C**

**FOREST AREA SCHOOL DISTRICT  
ATHLETIC HANDBOOK  
ACKNOWLEDGEMENT AGREEMENT**

**(Please sign and return this form to your COACH)**

Student:

I have read and I understand the Rules/Regulations/Policies that are set forth in the Athletic & Forest Area Student handbook. I also understand that I am to abide by the handbook as an approved document of the Forest Area School Board.

Student Name (Print) \_\_\_\_\_

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent:

As the parent/guardian, I have read and discussed the handbooks with my child. I understand that the Rules/Regulations/Policies set forth are designed to provide a quality education for the students and that the handbooks will be enforced. I also understand that I can schedule meetings with the coach, athletic director, or principal to discuss my concerns but I can not approach the coach during a practice or game.

Parent/Guardian Name (Print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Appendix D

### PROOF OF INSURANCE COVERAGE

Dear Parent:

The Forest Area School District requires all participants in Interscholastic Athletics be required to have medical insurance coverage. Be advised that the school district provides **NO** insurance but suggests to the parent/guardian of a young person participating in such activities these two (2) alternatives:

- 1) Purchase the insurance as offered on the school district website.
- 2) Sign the form below indicating you will cover the cost of any needed medical services arising because of your son/daughter's participation in Interscholastic Athletics by providing, at your own expense, personal medical insurance covering any such cost.

#### Complete and return to the school:

1. \_\_\_\_\_ I have purchased the insurance as offered on the school district website.
2. \_\_\_\_\_ I will be responsible for any needed medical service arising because of my son/daughter's participation in Interscholastic Athletics by covering such through my personal medical insurance and will provide evidence of such coverage to the school district upon request.

Policy Holder's Name \_\_\_\_\_

Insurance Company \_\_\_\_\_

ID Number \_\_\_\_\_ Group Number \_\_\_\_\_

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

## Appendix E

### WARNING, AGREEMENT TO OBEY INSTRUCTION, RELEASE, ASSUMPTION OR RISK, AND AGREEMENT TO HOLD HARMLESS.

-Both the applicant student and a parent/guardian must read carefully and sign.

---

**List ALL sports student will be participating in for the school year**

#### **STUDENT**

I am aware playing or practicing to play/participate in any sport can be a dangerous activity involving **MANY RISKS OR INJURY**. I understand that the dangers and risks of playing or practicing to play/participate in the above sport(s) include, but are not limited to: death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular and skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of playing or practicing to play/participate in the above sport may result not only in serious injury but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in the above sport(s), I recognize the importance of following coaches' instructions regarding play techniques, training and other team rules, etc., and agree to obey such instructions.

In consideration of the Forest Area School District permitting me to participate in this sport and to engage in all activities related to the sport, including, but not limited to, trying out, practicing or playing/practicing in that sport. I hereby assume all the risks associated with participation and agree to hold the Forest Area School District, its' employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demand of any kind and nature whatsoever which may arise by or in connection with any participation in any activities related to Forest Area School District. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### **PARENT OR GUARDIAN**

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_. I have read the above warning and release and understand its terms. I understand that all sports can involve many **RISKS OF INJURY**, including but not limited to those risks outlined in the above student section.

In consideration of the Forest Area School District permitting my child/ward to try out for this sport(s) to engage in all activities related to, but not limited to, trying out, practicing or playing/participating in this sport, I hereby agree to the Forest Area School District, its employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with participation of my child/ward in any activities related to the Forest Area School District. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Appendix F

SPORT: \_\_\_\_\_

## FOREST AREA SCHOOL DISTRICT SPORTS EMERGENCY CARD

|  |              |
|--|--------------|
| Student's Name:                                  | DOB:         |
| Address:   | Telephone #  |
| Father's Name:                                   | Cell Phone # |
| Father's Place of Employment:                    | Telephone #  |
| Mother's Name:                                   | Cell Phone # |
| Mother's Place of Employment:                    | Telephone #  |
| Next of Kin (18 or older):                       | Telephone#   |
| Place of Employment:                             | Telephone#   |
| If child resides with someone other than Parent: |              |
| Relationship/Telephone #:                        |              |

Dear Parent:

The purpose of this card is to assist the school/Coach in contacting you in case of an illness or emergency. Please inform the school immediately when any of this data changes. In case of an accident or illness requiring emergency care, I request the school to contact me. If the school is unable to reach me immediately, I hereby authorize the school to call the physician listed below and follow his/her instruction.

|                         |         |             |
|-------------------------|---------|-------------|
| Family Physician's Name | Address | Telephone # |
|-------------------------|---------|-------------|

Do you belong to an ambulance association? \_\_\_\_\_ Which one? \_\_\_\_\_

If it is impossible to reach the parent/guardian or next of kin (listed above), I hereby authorize the school to take the student to a local hospital? \_\_\_ YES \_\_\_ NO

|                   |               |
|-------------------|---------------|
| Insurance Carrier | Policy Number |
|-------------------|---------------|

|                              |      |
|------------------------------|------|
| Signature of Parent/Guardian | Date |
|------------------------------|------|

**Please Complete if your child has any of the following:**

|                       |                        |
|-----------------------|------------------------|
| Allergies: Food _____ | Diabetes: _____        |
| Medication _____      | Epilepsy: _____        |
| Insect Stings _____   | Asthma: _____          |
| Other Allergies _____ | Hearing Loss: _____    |
| _____                 | Heart Condition: _____ |

List any illness or health problem which you or your family physician feels should be known to school Authorities: \_\_\_\_\_

Is your child under medical treatment: \_\_\_ YES \_\_\_ NO Reason: \_\_\_\_\_

Does your child require special equipment or devices for sports participation: \_\_\_ YES \_\_\_ NO

If yes, what? \_\_\_\_\_

**\*Use the back for further explanations.**