

FAIRFIELD PUBLIC SCHOOLS
ATHLETIC TRAINING RULES

Participation in all sports requires an acceptance of risk of possible injury. Athletics, and competitive athletics in particular, demand great expenditures of energy and a high level of physical conditioning from the participant. Without an adequate program of training and conditioning, the health and safety of the individual are placed in jeopardy; the individual cannot perform at maximum efficiency, and competitive discipline dissipates. Therefore, for the safety and welfare of the individual and team, the following rules are established and shall apply to all pupils participating in the inter-scholastic sports program, including cheerleaders:

1. EXTRA-CURRICULAR RULES: Pupils who participate in the athletic program of the Fairfield Schools are subject to all rules and regulations governing extra-curricular activities (Policy 976).
2. PHYSICAL EXAMINATION: All pupils participating in competitive sports must have a physical examination by a qualified physician before they will be allowed to practice for the sport. Evidence of the examination must be filed with the Principal.
3. MINIMUM PRACTICE DAYS: For the safety of the athletes, each individual in a given sport must comply with the M.H.S.A. minimum number of practice days prior to the first competition.
4. ACADEMIC STANDARDS: MHS A Activities: A student must have passed all classes the previous semester. If the student has not passed all classes the previous semester, he/she is not eligible for Fairfield High School MHS A sponsored extra-curricular activities the following semester. During that time that a student is ineligible, the student will be allowed to practice but not travel or represent Fairfield at any MHS A sponsored extra-curricular activity.
5. CURFEW: For the protection of the athlete's health and to assure the opportunity to perform to the best of his/her ability, adequate rest is essential. Student athletics, whether they reside in the city limits or in our rural community, are required to abide by the Fairfield city curfew ordinance. Any variance from compliance with this ordinance must be pre-arranged with the student's respective coach.

6. **ATHLETIC TRAINING RULE:** The use or possession of any form of tobacco, alcohol, illegal narcotics or drugs is expressly forbidden at any time by the participating pupil from the first day of practice until the pupil returns home from the final scheduled game or contest of the respective season, or until he/she is released from the supervision of the coach/sponsor of the activity. (Association shall be interpreted to include the student athlete's physical presence where there is illegal use of alcohol, narcotics, or drugs. The student athlete who unexpectedly finds himself/herself in a compromising situation must take immediate steps to disassociate himself/herself from the situation.)

PENALTY FOR VIOLATION OF ATHLETIC TRAINING RULE
NUMBER 6:

A participating student who violates the Athletic Training Rule will be immediately suspended from participating in the sport, or from cheerleading, for the duration of the respective season.

Class and/or school suspension may result if the violation occurs during a school-sponsored activity - including travel to and from.

Should any student be charged with an M.I.P. during the sport season in which he/she is participating, and the case adjudicated after the season is completed, he/she will relinquish all awards and honors received while a member of said sport.

7. **COMPLAINTS AND GRIEVANCES:** Students have both the right and the responsibility to express concerns to the administration. The procedure for filing a complaint or grievance is outlined in Policy 925.

We have read and agree to abide by the Athletic Training Rules.

I realize that any sport may be a contact sport in which participants face a risk of receiving a catastrophic injury. No member of the Board of Trustees of Fairfield Public Schools or employee there of will, under any circumstances be held liable for accident, illness, fatality or medical bills incurred as a result of participation in the athletic program or associated trips.

PARENT

DATE

STUDENT

DATE

Please keep a copy for your records