

ISLAMIC FOUNDATION SCHOOL

CHARGERS

DEPARTMENT OF ATHLETICS

INTERSCHOLASTIC ATHLETICS HANDBOOK FOR

PARENTS AND STUDENTS

2022/2023

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Athletic Director's Letter

Dear Parents and Student Athletes:

The purpose of Islamic Foundation School (IFS) Athletic Handbook is to provide an understanding and appreciation of the athletic program, and to enhance communication among the coaches, athletes and parents. This handbook contains most of the practices, policies and regulations that govern extracurricular athletics at IFS. This handbook defines the regulations and procedures of IFS as well as Illinois High Schools Athletic Association (IHSA) and Illinois Elementary Schools Association that govern IFS's interscholastic athletic program. These are governing principles intended to ensure the safety and physical as well as emotional well being of all student athletes. They represent the collective experience of coaches, athletic directors, athletic committee, administrators and parents in IFS and throughout the State of Illinois. Islamic Foundation School is adopting these rules as the governing principles of its program. All the regulations and procedures in this handbook apply to all IFS athletic programs. While it is the responsibility of the Athletic Director to ensure compliance with these rules, a broad base of community support is necessary to meet their intent. Athletic competition should be an enriching experience that teaches social skills and contributes to the physical and emotional maturity of the student-athlete. Attaining this objective will be furthered by all in the athletic community supporting both the spirit and the intent of the regulations set forth in this handbook. I look forward to your participation in our athletic program. If you have any questions, please feel free to call me at (630) 941-8800 Ext. 2094 or email me at

aabuhlaleh@ifsyp.org

Sincerely,

Dr. Ali Abuhlaleh, CAA
Director of Athletics

PART I

MISSION

The mission of the athletic department at Islamic Foundation School (IFS) is to prepare our students to be servants to Allah, by developing Islamic character through the pursuit of excellence in competitive athletics. At IFS, we provide our student-athletes with modern and safe facilities to develop their athletic abilities to their full potential while safeguarding their physical welfare in an environment that promotes Islamic values and excellence in academics.

PHILOSOPHY OF ISLAMIC FOUNDATION SCHOOL INTERSCHOLASTIC ATHLETIC PROGRAM

At Islamic Foundation School, interscholastic activities are one of the most important aspects of our school. Our athletic program is an extension of the classroom. It is our mission to develop the whole student, not just the athlete, in mind, body, and spirit. Islamic Foundation School regards participation in sports as a privilege, not a right. Being a student-athlete brings responsibilities to the participant, the school, the student body, the community, the team, and their family. There is a higher level of expectation for our student-athletes. The athletic department seeks to provide interested students with the opportunity to participate in its program of interscholastic athletics and is committed to the following:

- To offer a well-balanced and varied program of athletics (based on numbers and the best interest of our student-athletes).
- To foster the development of athletic skills.
- To teach the value of commitment, teamwork, and cooperation.
- To encourage the development of judgment, character, and leadership.
- To teach the value of ethical conduct, sportsmanship, and fair play.
- To encourage the development of loyalty and pride in oneself, their team, and the school community.

- promote the physical and emotional well being of all participants,
- be an integral part of the total education program,
- have the same administrative governance as the total education program,
- be conducted by certified coaches with training in First Aid/CPR/AED, and
- be conducted within the letter and spirit of all applicable rules and regulations.

MIDDLE SCHOOL

The middle school interscholastic athletic program addresses the physical, social, and emotional needs of early adolescents. The approach to athletics is less competitive, with opportunities to participate expanded in recognition of the physical, mental, and social changes middle school students are experiencing. Participation is not based on athletic ability; students are encouraged to participate in a program that includes:

- 10 to 12 -week seasons to allow for exposure to more athletic activities.
- “No cut” policy except for basketball and volleyball, or unless the number exceeds the guidelines for health and safety.
- Coaches who value playing all team members in each contest.
- Voluntary participation in practices during vacation periods.

HIGH SCHOOL

Athletic participation at the varsity level is more competitive than the middle school program, and the junior varsity (JV) program functions as a transition between the two. Varsity competition is based on ability and participation in this program requires a significant commitment of time as well as adherence to more rigorous team and Athletic Department rules. Parents and athletes are advised to take this into consideration when deciding whether or not to participate at the JV or Varsity level. In order to fully appreciate a family’s commitment to JV/Varsity competition and to avoid miscommunication and unrealistic expectations, parents and students must understand that:

- Practices/contests are often scheduled on weekends and during vacation periods. Athletes are required to participate in all practices/contests unless excused by the coach. Excessive unexcused absences will result in disciplinary action, which might include dismissal from the team.
- Squad selection is based on ability and “cuts” are made at the discretion of the coach.
- “Playing time” is based on ability and substitutions are made at the discretion of the coach.
- Athletes who fail to complete a season may not be recognized as a team player or receive credit for the season.

MIDDLE SCHOOL / HIGH SCHOOL ACADEMIC RESPONSIBILITIES

Islamic Foundation School recognizes that a student’s first priority must be to the academic program. Since participation in the athletic program requires a significant commitment of time, parents are encouraged to monitor their child’s academic progress. When required to do so, student athletes must seek help to make-up classes, or the middle school study hall prior to practicing or competing with their team.

PART II

POLICIES & PROCEDURES ATHLETIC CODE OF BEHAVIOR

It is expected that all individuals involved with interscholastic athletics will display behavior that reflects the ideals of sportsmanship, ethical conduct, and a sense of fair play always. The benefits derived from playing the game fairly should be stressed and any actions, which tend to diminish those values, should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators, and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility, as well as to respect the integrity and the judgment of the sports officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players. **Most of all it is the duty of all concerned with school athletics to remember that each individual athletic contest is only a game and should be kept in that perspective.**

Statement on Sportsmanship:

Islamic Foundation School is committed to excellence as manifested in an atmosphere of sportsmanship and fair play.

- Sportsmanship is about demonstrating respect for opposing teams, coaches, and fans as well as Officials
- Competition and sportsmanship are compatible and complementary goals that will be exercised by all student-athletes, coaches, fans, and opponents.

In a unified effort to promote respect for student-athletes, coaches, fans, opponents, and officials Islamic Foundation School pledges to commit to a campaign to build a positive spirit throughout our respective divisions and in the community.

Conflict Resolution Process:

From time to time, student-athletes have conflicts with their coaches, other staff members or opponents. To resolve these conflicts, direct and honest communication between the individuals directly involved is strongly encouraged and expected.

Below is a process to bring about a satisfactory resolution of conflict:

1. Every effort should be made to address the concern directly. If a conflict is not resolved between individuals directly involved, a complaint should be made to someone of authority (Athletic Director, Coach, Dean, etc.).
2. It is the discretion of the Athletic Director to determine if an investigation will be conducted

internally or referred to an external mediation committee.

3. External committee shall be composed of the principal, the athletic director, and a dean of students. The committee shall conduct fact-finding interviews and meetings to bring about a mediated resolution.

At the conclusion of the interviews and meetings, the committee will make recommendations as to whether reparative or corrective actions are appropriate. The Athletic Director will oversee the implementation of any reparative or corrective actions

- It is the belief that athletics and behavior “Sportsmanship” go hand in hand and that we need to emphasize the importance of our student-athlete’s behavior along with successful participation in an athletic program.
- Therefore, Islamic Foundation School has adopted the following behavioral eligibility requirements.

ATHLETES ARE EXPECTED TO:

1. Understand and abide by the rules and regulations of the game and respect the integrity and judgment of the officials.
2. Conduct themselves in a mature fashion at all times.
3. Demonstrate self-control and mutual respect at all times.
4. Avoid the use of profanity, abusive language, or gestures in dealing with opponents, officials, or spectators.
5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that younger athletes emulate their behavior.
7. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
8. Place athletic competition in its proper perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
9. Remember that participation in athletics is a privilege that should not be abused.

SPECTATORS ARE EXPECTED TO:

1. Conform to accepted standards of good sportsmanship and behavior.
2. Respect officials, coaches and players and extend all courtesies to them.
3. Refrain from feet stomping, disrespectful remarks, and the use of noisemakers.

4. Be quiet when players need total concentration such as a free throw in basketball or a serve in volleyball.
5. Obey the regulations of the school. Those who do not conform will be brought to the attention of the school authorities.
6. Understand that schools are responsible for the conduct of their respective spectators, **whether at home or away.**
7. Refrain from shouting disapproval of calls made by officials.

All IFS student-athletes are expected to behave responsibly while in school and while participating in team practices and contests. During the season, student-athletes must conform to several Athletic Department policies as outlined in the Code of Behavior letter that athletes and parents are asked to sign. Signed copies of the letter are forwarded to the Athletic Director and kept on file.

If a coach feels a student-athlete has violated the code of behavior, a team rule, or has accumulated an excessive number of unexcused absences that would result in a suspension or dismissal from a team, the coach must contact the Athletic Director and submit his/her recommendation for disciplinary action. The Athletic Director, after consultation with the school Principal, and after discussing the circumstances with parents, shall render a decision.

Islamic Foundation School Coaches also have a code of behavior to which they are expected to conform.

Student-Athlete's Code of Behavior

To represent IFS in the athletic arena entails responsibility and commitment, a student-athlete must be a disciplined and committed student as well as an athlete. He/she should:

- A. Abide by the principles of the IFS Code of Behavior.
- B. Submit all necessary forms at the start of practice sessions.
- C. Attend all practices and games, unless previously and personally excused by the coach for reasons beyond your control. Notify the coach ASAP if an emergency or illness prevents you from attending.
- D. Arrive punctually for games, practice sessions, and bus departures.
- E. Appropriate behavior on the bus and in the locker rooms is expected of all team members.
- F. Establish a cordial relationship with peers, teachers, players on opposing teams, and coaches from IFS and other schools.
- G. Respect the integrity and judgment of the sports officials.
- H. Refrain from resorting to verbal and physical abuse.

- I. Achieve a thorough understanding and acceptance of the rules of the game and standards of fairness.
- J. Understand the concept of teamwork and make the most of your abilities for the benefit of the team. Be ready to sacrifice personal goals for team goals.
- K. Demonstrate humility and appreciation for opponents' skills and efforts and be gracious in victory and in defeat.
- L. Understand that you cannot win every time but always try your best.
- M. Seek improvement and progress and be open to constructive criticism
- N. Demonstrate pride in your school, your team and yourself.
- O. Take proper care of the uniform and sports equipment.
- P. Adhere to a proper Islamic uniform in home and away games. Hijab MUST cover the head all the times.
- Q. Refrain from wearing cleats/spikes in the school building, locker rooms and buses.
- R. Take care of your body; smoking, alcohol, and drugs have no place in an athlete's life.

Code of Behavior of the Bus

- Islamic Foundation School student -Athlete's Code of behavior applies to all athletes on the bus.
- Appropriate behavior on the bus is expected of all team members.
- No athlete is to stand in the aisle of the bus while the bus is driving to and from the game or practice. Students are to remain seated at all times.
- Cleats/spikes are to be taken off before entering the bus.
- Students are to keep all their belongings and their person on the inside of the bus at all times.
- Students will keep their conversation, singing and noise level to a low level.
- All Equipment for the team (balls, nets, bats. etc) are to be placed in a secure area, and students should not be playing with or handling them.
- Hijab must cover the head all the times

Consequences for Athletic Participation Code Violation

a. 1st Level Offense

Suspension from co-curricular participation for the number of regularly scheduled contests, as shown in IHSA/IESA Bylaw.

If a player served in or out of the school suspension or detention, he or she can't participate in practice or contest for that day.

Carry Over: If the season for a co-curricular activity does not allow the participant to successfully complete the suspension, the suspension will carry over to the next season in which participation occurs. No awards for such participants will be given until the suspension is completed. The participant may be required to practice with his/her team during this period of suspension.

Self Admission: Self-admission of any behavior that could be construed as a violation of the Code without the knowledge of civil or school authorities may result in the consequences for a 1st Offense being waived. The purpose of this option is to provide a mechanism in which the participant can receive assistance.

b. 2nd Level Offense

Suspension from co-curricular participation for one month, and its carry over for next season

Before regaining eligibility from a 2nd offense violation, participants must arrange for and hold a meeting involving the participant, parent(s), and the administrator overseeing the program. The purpose of this meeting will be to discuss efforts undertaken by the student and family to correct problems. Failure to hold such a meeting will result in continued suspension from the activity for up to one calendar year.

If less than half of the regular season remains, this will result in dismissal from the team or activity. Participant may not compete or practice and will receive no school award. The participant will remain suspended from interscholastic competition or activity season for the balance of the suspension remaining from the season during which the violation occurred.

c. 3rd Level Offenses

A participant is suspended from co-curricular participation for one calendar year.

Process of Parental Notification and Review

Once administrators have determined that a violation has occurred, the parents of the student involved will be notified orally or in writing. The parents have a right to have the decision reviewed by the school Principal, whose determination is final.

ADMINISTRATORS' RESPONSIBILITIES

1. The school principal may delegate certain responsibilities and authority to the Athletic Director, but ultimate responsibility rests with her.
2. The Athletic Director is responsible for the conduct of coaches, players, spectators, and other employees of the school.
3. The Athletic Director assumes responsibility for informing these groups of the code of behavior expected during participation in all the athletic events.

ACADEMIC ELIGIBILITY POLICY

It is the belief that athletics and academics go hand in hand and that we need to emphasize the importance of our students learning the essential, lifetime academic skills along with successful participation in an athletic program. Therefore, the Islamic Foundation School has adopted the following academic and behavioral eligibility requirements.

Regulation

To be eligible to participate in the interscholastic competition as a member of any team or group approved by Islamic Foundation School, a student must be passing all subjects at all times and must maintain a Grade Point Average (G.P.A.) of at least 2.0 (70%) on a 4.0 scale for the quarter immediately preceding and during the season. No more than two grades may be below the level of "C" in that quarter.

A student must attend all classes a minimum of 90% during the semester immediately preceding the season and during the season. A waiver to this provision can be granted only by the principal upon presentation of documentation of serious illness, injury, or other extraordinary reasons. This documentation must include, in the event of illness or injury, a statement from a physician describing the nature of the medical condition that prevented the student-athlete from attending classes and certification of the student athlete's ability to participate in the requested sport.

A student-athlete must earn a minimum of seven (7) credits in the academic year immediately preceding the year in which they are to compete. Credits earned by attending summer school may count toward this requirement. This provision applies only to students in their second or later year of high school.

Procedures

The grades of all students who are currently members of a school's athletic team will be checked biweekly. Any student who fails a class/subject will be put on suspension and will be declared ineligible for competition during the suspension period. If at the end of the suspension period, the student is passing in all classes, the student may then be reinstated for interscholastic competition. During the suspension period of ineligibility, the student will not participate in any interscholastic contests but may continue to practice with the team.

If, after the suspension period, the student is still not passing all classes/subjects, he/she will be removed from the team. Removal means no participation in practice or games until he/she can verify that he/she is passing in all classes.

Any student who receives an incomplete at a grading period will be declared ineligible for interscholastic competition until the incomplete is cleared.

1st notice:

The student will be on probation for one week and can practice and play

If the grade is raised during the week student can continue participating.

If the grade isn't raised, the student becomes ineligible indefinitely (may practice, but can't compete). Student can compete again once their grade is raised

2nd notice:

In the same class or a different class, the student is ineligible for a minimum of one week - can practice but can't play

If the grade is raised during the week, the student can begin to compete again once the week is over.

If the grade is not raised by the end of the week, the ineligible status continues

indefinitely. The student can compete again once the grade is raised (after the one-week minimum)

3rd notice:

In the same class or a different class, the student is removed from the team for the remainder of the season.

Prior to the exclusion of any special education student from interscholastic competition under this regulation, the Academic Councilor shall be consulted.

In addition, student-athletes must also meet all eligibility requirements of the IHSA and IESA.

SEASON AND SPORTS

The Islamic Foundation School is an active member of the Illinois High school Athletic Association (IHSA) and adheres to its rules and regulations. IFS competes against Metropolitan Preparatory Conference member schools: Universal School, College Preparatory School of America (CPSA), Hinsdale Adventist Academy, Aqsa School, Chesterton Academy, Lycée François de Chicago, and Kindi School.

For middle school, IFS is a member of the Southwest Preparatory Conference and competes against Aqsa, CPSA, MCC, and Universal. The Southwest prep is comprised of teams pertaining to Elementary and Junior High levels.

The season is defined as the period between the dates officially designated by IHSA/IESA as the beginning of the season for that sport and the close of the post-season IHSA/IESA tournaments. Thus, IFS offer three seasons:

1. Fall season starts on the first week of August unless the IHSA/IESA regulations indicate something else and end on the first week of November. Fall sports are:
 - Boys HS Cross Country
 - Boys HS Soccer
 - Girls HS Cross Country
 - Girls HS Volleyball
 - Girls JH Volleyball
 - Girls JH Cross Country
 - Boys JH Cross Country
 - Boys JH Soccer (New)
2. Winter season starts on the third week of October and ends the last week of February. Winter sports are:
 - Boys HS basketball

- Boys HS Wrestling. (New)
 - Girls HS basketball
 - Boys JH Basketball
 - Boys JH Wrestling (New)
 - Girls JH Basketball
3. Spring season starts on the first week of March and ends the first week of June. Spring sports are:
- Girls HS track & field (New)
 - Boys HS track & field (New)
 - Girls JH track & field (New)
 - Boys JH track & field ((New)
 - Boys JH Volleyball (New)
 - Boys HS Volleyball

SCHEDULING PRACTICES, SCRIMMAGES AND GAMES

1. Each coach shall be responsible for planning and conducting practices on a regularly scheduled basis. Practices should be limited to a reasonable amount of time each day (generally 1½ to 2 hours at the varsity and JV level and 1 to 1 ½ hours at the middle school level. Athletes must be excused from practice with no penalty for religious reasons or for” extra help” sessions with classroom teachers. Coaches have the discretion on whether or not to excuse athletes from practices/games for all other reasons. **Coaches should review the absentee list emailed by the athletic director. *NO STUDENT WILL BE ALLOWED TO PARTICIPATE IN PRACTICE OR GAME IF HE/SHE MISSED THAT SCHOOL DAY.***

2. The Athletic Director will be responsible for the scheduling of all interscholastic athletic contests.

3. All contests rescheduled for weather or other reasons will be done by the Athletic Director after consultation with other schools and/or IHSA/IESA office.

4. Whenever regularly scheduled contests conflict with school or community activities (e.g. class trips, testing dates, religious education, etc.), the Athletic Director will attempt to resolve these conflicts by changing the contest date. Since changes in the schedule affect other schools, officials, and transportation, requests to change a scheduled contest cannot always be fulfilled.

5. The number of required practices and contests in any given sport shall be within the limits established by IHSA/IESA regulations and NFHS regulations.

TRYOUT AND TEAM SELECTION

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at IFS, we encourage coaches to select as many students as they can without compromising the integrity of their sport. Obviously, time, space, facilities, equipment, athletic ability and other factors will place limitations on the most effective squad size for any particular sport. However, when developing procedures in this regard, coaches should strive to maximize the opportunities for student-athletes without diluting the quality of the programs.

Choosing the members of athletic teams is the sole responsibility of the coach must and take into consideration the policies established by the head coach in each particular program when selecting team members.

Prior to trying out, the coach shall provide the following information to all candidates for the team:

- a) Extent of the tryout period.
- b) Criteria used to select the team.
- c) Number of students to be selected.
- d) Practice commitment for those who make the team.
- e) Game commitments.

Each candidate shall have a minimum of two practice sessions. Illness and injury to a student-athlete during a tryout period must not be held against the student-athlete, but the coach must make a fair judgment about time restrictions for tryouts.

ATHLETIC AWARDS POLICIES

It is important that student-athletes be recognized for their hard work and efforts when participating in the IFS athletic programs. At the conclusion of the school year, IFS will conduct an Annual Athletic Banquet for the purpose of recognizing these student-athletes in the presence of their teammates, families, and friends. The athletic department has established awards that are distributed to qualifying athletes. The purpose of this event is to recognize as many athletes as possible, with the highest accolades that can be given to them.

The award winners will be selected by the Athletic Award Committee which is formed by the athletic director and head coaches at a meeting arranged by the Athletic Director at least one month before the Athletic Annual Banquet.

Islamic Foundation School has enacted the following award selection process for all sports and coaches to follow, for fairness and consistency. The following guidelines and nomination forms are to be delivered to coaches at the end of each sports season.

All high and middle school sports, basketball, soccer, volleyball, cross country, track & field, and wrestling can nominate athletes for the following six (6) award categories. These awards are presented to equally one (1) male and one (1) female athlete if it applies.

1. Athlete of the year one male and one female student
2. Leadership one male and one female student
3. Islamic Character and Sportsmanship (each sport)
4. Most Valuable Player (each sport)
5. Most Improved Player (each sport)
6. Participation Certificate (all HS and MS athletes)

Athlete of the Year Criteria

The purpose of the Athletic of the Year Award is to encourage our student-athletes to participate in multi-sport programs. The award also should provide all our student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values and a realization of their self-worth.

- The name of the award shall be the “Athlete of the Year Award.”
- Two awards would be given annually to one male and one female who best exemplify the term “student-athlete” by achieving excellence in academics and athletics.
- Selection is made by the Awards and Recognition Committee: The Athletic Director and the sports head coaches.

Award criteria:

1. To be eligible all nominees must have earned at least a 3.5 cumulative GPA out of 4.0.
2. Earned first team all-Conference Metropolitan Prep Sport Conference)
3. To be eligible all nominees must have demonstrated superior athletic achievement and brought significant recognition to IFS.
4. To be eligible all nominees must participate in two athletic teams.
5. To be eligible all nominees must participate in two athletic years before the senior year unless the student enrolled in IFS in the junior year.
6. Contributed significantly to the team’s season (starter or another significant role)
7. Exhibited an Islamic character and some or all the following positive qualities on and off the court/field: teamwork, pride, loyalty, character, attitude, ethics, dedication, leadership, sportsmanship, enthusiasm, perseverance, integrity, sacrifice, desire, and honesty.
8. One-page reference letter from a coach, teammate, or mentor highlighting why you are a suitable recipient for this award
9. After reviewing all nominations, the Awards and Recognition Committee will select the award winners.

Leadership Criteria

- Inspires and engages others in sports
- Exemplifies qualities of fair play and good sportsmanship
- Demonstrates expertise, experience, and leadership in a variety of sports

- Commitment to the overall school and/or community sports programs
- One-page reference letter from a coach, teammate, or mentor highlighting why you are a suitable recipient for this award

Islamic Character and Sportsmanship and Leadership Awards

- The award of Sportsmanship and Leadership shall be awarded by IFS upon the recommendation of the coach who will consider the following award criteria:
- Attend practice and games on a consistent basis
- Display a cooperative spirit with the coach, teammates, and opponents
- Display respect for others on and off the field
- Demonstrate extraordinary exemplary behavior
- Observe all rules and regulations as outlined in this handbook

Most Valuable Player Criteria

- No restriction on years or seasons played
- Individual athlete who has the most impact on a team, considerations are the leading scorer or stopper/defender, and the player who leads in assists, rebounding, etc.
- Shows strong leadership on court or field

Most Improved Player criteria

- This is awarded to any player on the team as voted by the players and coaches. The winner will have increased the impact they have on the team in a positive way the most from the beginning to the end of the season. This is done by improving the overall skill level of play but other factors, such as attitude towards teammates and coaches are also considered.

Participation Award

- An award of participation will be awarded to each athlete who finishes an athletic sports season and is on the final athletic award roster.

USE AND ISSUE ATHLETIC EQUIPMENT

It is important to emphasize to all student-athletes their responsibility as team members to take good care of school equipment and report any abuses to their coach or Athletic Director. Replacing or repairing equipment can be expensive.

- A check in the amount of \$200.00 “registration fees for the first and second sport. For the third sport, \$150.00 is required from the HS student-athlete before equipment and uniforms are issued. At the conclusion of the season all uniforms and equipment must be collected.
- When equipment or uniform is LOST, STOLEN or DAMAGED the student will pay all replacement or repair costs.
- Athletic Department-issued equipment to be worn only during practice and interscholastic contests, or with the permission of the coach. At no time are student-athletes to wear school-issued equipment or uniforms for:
 - a) Physical education classes.
 - b) Work or job.

c) Social events.

- If student-athletes personally purchase a portion of their practice or game uniform, they may wear these items at their own discretion.
- Elementary sports (soccer, volleyball, basketball, and wrestling) will pay a registration fee to cover the cost of the uniform and equipment not more than \$ 250.00. (Elementary students will keep the team uniform)
- Each head coach is directly responsible for the care and control of all equipment used in his/her program and they are responsible for the missing equipment.
- Coaches should establish a system to distribute and collect athletic equipment.
- Coaches should carefully select student managers and thoroughly explain their duties. These individuals are a key to good equipment control and maintenance.
- The head coach, although he/she may delegate the issuing of equipment to assistant coaches, is ultimately responsible for the issuing of equipment to all team personnel. Each coach should have the knowledge to ensure properly fitting equipment-do not leave this to the student manager.
- Coaches must instruct players in the proper use, care (cleaning), and maintenance of their equipment at the time of issue.
- Coaches must periodically inspect and review the equipment issued to the student-athletes to ensure safety. Helmets, bats, nets, supporting poles, etc., may break or deteriorate and become unsafe during the year. Inform the Athletic Director of unsafe or defective equipment. Facility hazards should be reported to the Athletic Director immediately.

RE-ADMITTANCE TO ATHLETIC ACTIVITY FOLLOWING AN INJURY OR ILLNESS

1. In the event an athlete sustains an injury (sprain, concussion, laceration, bruise), serious enough to require a physician's examination and treatment, the athlete must obtain written permission from a physician and his/her parent/guardian before being allowed to resume practice/competition. **All such injuries must be reported to the Athletic Director or coach as soon after the injury as possible.**
2. All doctors' notes regarding an athlete's fitness to resume athletic competition must be submitted to the Athletic Department to be noted and kept on file on the student's record.
3. In cases where an athlete is absent from school for more than five consecutive days due to illness, the fitness of the athlete to resume athletic activity must be established. Written permission from the physician or written permission from the parent/guardian must be obtained before the athlete is allowed to return to athletic competition.

4. In the event an athlete sustains a broken bone or an injury that requires the application of a cast or splint, the athlete will be automatically excluded from participation in athletic competition as well as in the physical education program.

CANCELLATIONS

1. All cancellations due to weather or any other unforeseen circumstances will be made by the Athletic Director after consultation with the coach.
2. After consultation with the coach, the Athletic Director will reschedule all canceled contests.
3. The coach will be responsible for notifying athletes of any changes in the schedule.
4. Cancellation of contests is usually made by the home team when activities are outdoors and involve the conditions of the playing field. Cancellations made for hazardous road conditions are usually made by the visiting team.
5. Cancellations on school days for whatever reason will be made between 1:00 and 2:00 p.m. There may be exceptions to this timeframe, especially during playoffs.
6. When school is closed or closes early due to inclement weather or other emergencies, scheduled contests and practices on that day will be canceled.

CONFLICTS WITH EXTRACURRICULAR ACTIVITIES

Islamic Foundation School provides numerous opportunities for its students to participate in extracurricular activities. These activities are conducted according to an overriding philosophy that is consistent with the academic program. Students are encouraged to take advantage of these opportunities; however, students should not be allowed to sacrifice the quality of their academic program to participate in athletics.

The Athletic Department recognizes that students should have the opportunity to engage in a broad range of learning experiences. However, a student who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position of conflicting responsibilities. Students are cautioned not to overextend themselves. Parents and student-athletes have a responsibility to notify a coach immediately whenever a conflict arises, and they should attempt to resolve the conflict. If it becomes apparent that conflicts will continue on a regular basis and a student cannot fulfill his/her obligation, he/she should withdraw from one of those activities.

TRANSPORTATION

- Islamic Foundation School provides appropriate transportation for players to and from all athletic events not played at IFS. At least one coach will always accompany players on the bus.
- If a student-athlete misses the school-provided transportation to a contest or practice and arrives at the site by other means, that individual cannot participate in that practice or

contest unless written permission has been granted by the school principal, athletic director, or coach. This individual is not considered part of the team for this contest.

- Under certain circumstances or in exceptional situations where it creates an inconvenience for the family, student-athletes may be excused from riding to or from an athletic event in school-authorized transportation. This privilege is to be kept to a minimum since our philosophy is that a student-athlete is a part of a team in all phases of team activity.
 - a) A permission slip is available to all student-athletes in the athletic department office.
 - b) The parent(s) of student-athletes must make arrangements with the coach in advance of the trip by having the approved permission slip at the contest.
 - c) The coach will release the student-athlete to the parent(s) or designated adult upon presentation of the approved permission slip or a letter approved by the athletic office.
 - d) Should a parent approach a coach at an away contest and request that his/her student-athlete ride home with him/her, the coach may agree.
 - e) A student-athlete will not be allowed to ride home with another student.
 - f) Coaches are not allowed to transport student-athletes in their private vehicles.
 - g) Food and beverages are permitted, but leftovers and empty containers must be discarded, and the bus cleaned.

PARENT PARTICIPATION

It will be the responsibility of each coach to maintain positive relations with parents, community, organizations, and the media. When representing IFS, coaches should use good judgment, refrain from using profanity or abusive language, and should not lose their temper. Parents are entitled to answers to legitimate questions, regarding their child's performance or status; however, coaches should not be subjected to verbal abuse. In the event that hostile feelings or arguments ensue, the meeting should be immediately terminated, and another meeting scheduled with the Athletic Director.

CONCUSSION POLICY

SUBJECT: CONCUSSION MANAGEMENT

Islamic Foundation School recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. Therefore, IFS adopts the following policy to support the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While IFS Athletic Department personnel will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, and other appropriate staff will receive training to recognize the signs, symptoms, and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms or behaviors while participating in a school-sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The head coach, PE teacher, or another supervising adult will notify the student's parents or guardians and recommend a medical evaluation.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, IFS expects the parent/guardian to report the condition to the school's main office so that the school can support the appropriate management of the condition.

The student shall not return to athletic activity until he/she is symptom-free for at least 24 hours, has been evaluated by, and provides written authorization from an appropriate health care professional. The student's private physician will make the final decision on return to activity including physical education class and after-school sports. Any student who continues to have signs or symptoms upon return to activity must be removed from play and reevaluated by their health care provider. Any parental consent forms required for participation in athletics will include information on head injuries.

CONCUSSION PROTOCOL: CONCUSSION GUIDELINES AND PROCEDURES

Prevention

Islamic Foundation School developed regulations and protocols to guide the return to activity. The school shall periodically review this policy to ensure its continued compliance with state regulations and guidance. IFS recognizes that protecting students from head injuries is one of the most important ways of preventing a concussion. Although the risk of a concussion is present with certain types of sports; education, proper athletic equipment, and supervision will help minimize the risk(s) of such injuries. IFS equipment for our athletic teams is all certified to meet the national safety standards approved by the National Organization for Care and Safety of Athletic Equipment (NOCSAE).

Islamic Foundation School Athletic Director and Coaches will inform athletes and parents of the signs and symptoms of concussions, how such injuries occur, and possible long-term effects

resulting from such injuries. Islamic Foundation School Athletic Department will provide a supporting written informational hand-out entitled “Concussions: The Invisible Injury”.

In addition, it is imperative that students know the symptoms of a concussion and to inform appropriate personnel, even if they believe they have sustained the mildest of concussions. This information should be reviewed periodically with student athletes throughout each season. Emphasis must be placed on the need for medical evaluation should such an injury occur to prevent persisting symptoms of a concussion, and to follow the guidelines for return to school and activities. It is extremely important that all students be made aware of the importance of reporting any symptoms of a concussion to their parent/guardian and/or appropriate district staff.

Education

Concussion education should be provided for all administrators, teachers, and coaches. Education of parents should be accomplished through preseason meetings for sports and/ or information sheets provided to parents. Education should include, but not be limited to the definition of concussion signs and symptoms of concussion, how concussions may occur, why concussions are not detected with CT Scans or MRI's, management of the injury, and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school activity.

Concussion Management Team

Islamic Foundation School has established a concussion management team (CMT). The CMT includes the Athletic Director, school nurse, athletic trainer, physical education teachers, and head and assistant coaches. The CMT will collaborate with the private medical provider, the student and the student's family to assist the student to recovery. The Athletic Director will coordinate training for all coaches and. Training is mandatory for all physical education teachers, coaches, assistant coaches and volunteer coaches that work with student athletes. In addition, information related to concussions will be provided to parents at the beginning of sports seasons.

Students also need to be educated as a concussion is primarily diagnosed by reported and/or observed signs and symptoms. These guide the members of the team in transitioning the student back to activities. Therefore students should be educated in the following areas

- Prevention of head injuries
- Signs and symptoms that must be reported to the coach, physician, parent/guardian, or other staff
- Risk of concussion,
- Informing their coach, parent/guardian about injuries and the symptoms they are experiencing.
- Risk of severe injury, permanent disability, and even death that can occur with re-injury by resuming normal activities before recovering from a concussion.
- Following the instructions from their private medical provider
- Asking for help and informing teachers of difficulties they experience in class and when completing assignments
- Encouraging classmates and teammates to report injuries
- Promoting an environment where reporting signs and symptoms of a concussion are considered acceptable.

Training should also include: signs and symptoms of concussions, post-concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. Particular emphasis should be placed on the fact that no athlete will be allowed to return to play on the day of the injury and also that all athletes should obtain appropriate medical clearance prior to returning to play or school.

The CMT will act as a liaison for any student returning to school and/or play following a concussion. The CMT will review and/or design an appropriate plan for the student while the student is recovering.

For information related to the signs and symptoms of concussions and the appropriate return to play protocols. A handout describing the Concussion Management team is also available on the Concussion Legacy Foundation's website <https://concussionfoundation.org/>

Concussion Management Protocol

1. Prior to the beginning of each sports season, all athletes participating in contact sports (cross country, soccer, volleyball, basketball, track & field, and wrestling) will have the IFS Concussion Information Sheet. This information will be used to assess any changes in the event a student experiences a concussion. Parents will be notified about the testing and can notify the trainer if they wish to exclude their student athlete from the testing. Results of the testing will be made available to the parents on request.
2. If a student sustains a possible head injury during school hours, the student is to be seen by the school nurse. It is the responsibility of the supervising adult to ensure that the school is called or the student is taken to the.
3. The school will follow the first aid protocols for a suspected head injury. The school will also provide parents/guardians with oral and/or written instructions on observing the student for concussive complications that warrant immediate emergency care.
4. If the student sustains a possible head injury after school hours, the coach, or supervising adult will remove the student from the activity, follow the first aid protocols and follow the notification protocol. The supervising adult will notify the school nurse on the next school day and complete the accident report.
5. The school will be responsible for follow-up and coordination between the student, parents, physical education teachers, coaches, athletic director, and student's health care provider.
6. **In keeping with the law, if the student is suspected to have a concussion, either based on the disclosure of a head injury, observed or reported symptoms, or by sustaining a significant blow to the head or body, the student must be removed from athletic activity and/or physical activities (e.g. PE class, recess) and may not be returned to athletic activities until he/she has been symptom-free for a minimum of 24 hours and has been evaluate by and receives written and signed authorization to return to activities by a licensed physician, , or physician assistant. Due to the need for cognitive rest, a student should not be required to write a report if they are not permitted to participate in PE class by their medical provider.**
7. When the student's parent has provided the physician authorization to return to activities, the school nurse will review the medical provider's written clearance for the student to begin graduated physical activity. If the student is still experiencing symptoms, or if the medical history, concussion severity etc., concern the, she will consult with the medical director to determine if the student is ready to return. **The physician will make the final decision when a student will be allowed to return to physical activities.**
8. When the physician determines it is safe for the student to return to play, the athletic director will be notified that the athlete can begin the return to play protocol.

9. If the student sustains a head injury other than in a school activity, the parents should notify the school nurse and the student will not return to physical activity until the school receives written and signed authorization to return to activities by the student's health care provider (licensed physician, nurse practitioner or physician assistant).
10. Elementary students and secondary students who are not involved in sports must have written authorization from their health care provider and be symptom free without medication for seven days before returning to physical education, recess or any other physical activity at school. Due to the need for cognitive rest, a student should not be required to write a report if they are not permitted to participate in PE class by their medical provider. The school will notify the physical education teacher that the student has sustained a concussion and is ready to return to physical activity. The physical education teacher will remove the student from play if there are any complaints of headaches, dizziness or any other adverse reactions. The nurse will then notify the parents that the student is being removed from physical activity and discuss follow-up care with the medical provider.

IFS Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • "Pressure in head" • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • "Don't feel right" • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent 	

- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Return to play - Athletes

The law requires that students who sustain, or are suspected to have sustained a concussion during athletic activities be immediately removed from such activities. Student may NOT return to athletic activities until they have been symptom-free for a minimum of 24 hours and have been evaluated by, and receive written and signed authorization to return to activities from a licensed physician, nurse practitioner or physician assistant.

Return to play following a concussion involves a stepwise progression once the individual is symptom free for at least 24 hours. There are many risks to premature return to play including a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. No student-athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student-athlete is symptom free at rest for 24 hours without pain medication and has a signed release by the treating clinician, and has been cleared by the school, she/he may begin the return to play progression below (provided there are no other mitigating circumstances).

Return to play – Non-Athletes

The Athletic Director, Nurse, Coach, and Physical Education Teachers will be responsible for the return to play for non-athletes. The same documentation will be required from the student's private physician will make the final decision as to when a student will return to physical activities. When the student is cleared, the school will notify in writing the physical education teacher and the return to play will be initiated. The first week will involve rest, no physical activities and then the student will be slowly returned to play with the school nurse monitoring the progress.

Classroom Teacher

The school will notify the student's teachers and guidance counselor that the student has sustained a concussion. Teachers should make accommodations that minimize aggravating symptoms so that the student has sufficient cognitive rest. Teachers can refer to the following web sites for more information:

<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>

<http://www.nationwidechildrens.org/concussions-in-the-classroom>

Students transitioning into school after a concussion might need academic accommodations to allow for sufficient cognitive rest. These include, but are not necessarily limited to:

- Shorter school day
- Rest periods
- Extended time for tests and assignments
- Copies of notes
- Alternative assignments
- Minimizing distractions
- Permitting student to audiotape classes
- Peer note takers
- Provide assignments in writing
- Refocus student with verbal and nonverbal clues

Information Sources and Accommodations for Classroom Teacher

Teachers should make accommodations that minimize aggravating symptoms so that the student has sufficient cognitive rest. The school will provide information from the private medical provider regarding limitations on the student during the recovery phase. Students transitioning into school after a concussion might need academic accommodations to allow for sufficient cognitive rest. These include, but are not necessarily limited to:

- Shorter school day
- Rest periods
- Extended time for tests and assignments
- Copies of notes
- Alternative assignments
- Minimizing distractions
- Permitting student to audiotape classes
- Peer note takers
- Provide assignments in writing
- Refocus

Concussion Signs and Symptoms for Classroom Teacher

Physical Symptoms

- Headache
- Neck pain
- Nausea
- Lack of energy and constantly feeling physically and mentally tired
- Dizziness, light-headedness, and a loss of balance
- Blurred or double vision and sensitivity to light
- Increased sensitivity to sounds
- Ringing in the ears
- Loss of sense of taste and smell
- Change in sleep patterns especially waking up a lot at night

Cognitive Symptoms

- Difficulty concentrating and paying attention

- Trouble with learning and memory
- Problems with word-finding and putting thoughts into words
- Easily confused and losing track of time and place
- Slower in thinking, acting, reading, and speaking
- Easily distracted
- Trouble doing more than one thing at a time
- Lack of organization in everyday tasks

Social and Emotional Symptoms

- Mood changes including irritability, anxiousness, and tearfulness
- Decreased motivation
- Easily overwhelmed
- More impulsive
- Withdrawn and wanting to avoid social situations especially if there is a lot of people

SOCIAL MEDIA POLICY FOR STUDENT-ATHLETES

Student-athletes are high-profile representatives of the Islamic Foundation School (IFS), and their behavior is subject to scrutiny by their peers and the school community. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete but also on his or her team and coaches, the Athletics Department, and the entire school. Therefore, student-athletes are expected to represent themselves and the school with honor, dignity, and integrity at all times – including when interacting on social networking websites and in other online environments.

The popularity of social networking websites (e.g., WhatsApp, Facebook, Instagram, TikTok, MySpace, YouTube, Twitter, Ning, Blogspot) has grown tremendously during the last few years. These apps and websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school. Almost anything student-athlete posts on a social networking site may be viewed by others, and both the media and the public are more likely to view the profiles of student-athletes than the profiles of other students. The Athletic Department has developed this social media policy for IFS student-athletes in order to: (1) provide recommendations and suggestions for student-athletes to help them use social media in a safe and responsible manner; and (2) outline important rules that student-athletes must follow when using social media.

Important Suggestions & Recommendations Regarding Social Networking Sites

Some students mistakenly believe social networking websites have a veil of privacy over them and assume that their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the public unless security and privacy features are used.

The public nature of these apps and websites has created personal safety and personal welfare concerns. For example, student-athletes have been stalked or sexually harassed, and assaulted because of their Facebook profiles. Student-athletes also have been contacted through social networking sites by criminals. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites.

Student-athletes also should be aware that college admission officers now regularly screen applicants by conducting “Google” searches of an applicant’s name and by reviewing the applicant’s social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles.

Student-athletes should be very careful about what personal information they share on the internet. For their own security, protection and welfare and of their teammates and friends, the Athletics Department strongly recommends and advises student-athletes to:

- **Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student-athlete’s personal online profile.**
- **Limit the access of others to e-mail addresses and screen carefully those whom a student-athlete may accept as “friends” on a social**

networking site.

- **Use whatever security and privacy features are available to restrict the ability of others to view a student-athlete's site or to post pictures, messages, and other content on a student-athlete's site.**
- **If an individual contacts a student-athlete via a social networking site and the nature of the contact makes the student-athlete concerned for his or her safety or uncomfortable in any way, the student-athlete should immediately contact his/her coach, the Athletic Director, Dean of Students, or the school Principal.**

Rules Regarding Social Networking Sites

Participation in interscholastic athletics at the IFS is a privilege and not a right. As a condition of being a student-athlete at the IFS, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Student-athletes may not post online any pictures, information, or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the school. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
2. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the school which is not public information (examples: tentative or future team schedules, student-athlete injuries, eligibility status, and travel plans).
3. Student-athletes must provide their coaches with access to their social networking sites if requested. The Athletic Department monitors student-athletes' public social media sites in order to protect the IFS and its students.

STUDENT-ATHLETES AT THE IFS ARE REQUIRED TO ABIDE BY RULES SET FORTH IN THIS POLICY. THE FAILURE TO DO SO WILL BE CONSIDERED A VIOLATION OF THE STUDENT-ATHLETE CODE OF CONDUCT AND/OR THE IFS STUDENT CODE OF CONDUCT. THE VIOLATION MAY RESULT IN DISCIPLINARY ACTION BY THE ATHLETICS DEPARTMENT AND THE SCHOOL.

Hazing Policy

Purpose - The purpose of this policy is to maintain a safe learning environment that is free from hazing for students and staff members, Hazing activities of any type are inconsistent with the educational goals of IFS and are prohibited at all times.

General Statement of Policy

No student, coach, volunteer, administrator, or other school employee, shall plan, direct, encourage, aid, or engage in hazing.

No student, coach, volunteer, administrator, or other school employee shall permit, condone or tolerate hazing.

Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy.

A person who engages in an act that violates school policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act.

This policy applies to hazing behavior that occurs on or off school property and during and after school hours.

The school principal will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, coach, volunteer, teacher, administrator, or other school employee who is found to have violated this policy.

Definitions

"Hazing," means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose. The term hazing includes, but is not limited to:

Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.

Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.

Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.

Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.

Any activity that causes or requires the student to perform a task that involves a violation of state or federal law or of Universal School policies or regulations.

Reporting Procedures

Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct that may constitute hazing shall report the alleged acts immediately to an appropriate school official designated by this policy.

The building Head of School is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to the school Head of School. Coaches, teachers, administrators, other school employees, and volunteers shall be particularly alert to possible situations, circumstances or events that might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building Head of School immediately.

Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades or work assignments.

School Action

Upon receipt of a complaint or report of hazing, the school Head of School shall undertake or authorize an investigation by school officials or a third party designated by the school. The school may take immediate steps, at its discretion, to protect the complainant, reporter, students or others pending completion of an investigation of hazing.

Upon completion of the investigation, the school will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination or discharge. Disciplinary consequences will be administered consistently. They will appropriately discipline prohibited behavior and deter others from hazing. School action taken for violation of this policy will be consistent with other school policies and applicable collective bargaining agreements and statutory authorities.

Reprisal: The school Head of School will take appropriate action against any student, coach, teacher, administrator or other employee of the school who retaliates against anyone who makes a good faith report of hazing, or who testifies, assists or participates in an investigation or hearing about a hazing incident. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

Dissemination of Policy: This policy shall appear in the Student Athletic Handbook and in Student Handbooks. Further, it will be disseminated to parents and presented to attendees of the first meeting of the school year of each student organization (including all athletic teams and clubs).

STUDENT ATHLETE DRUG TESTING POLICY

I. General Policy Statement

Islamic Foundation School recognizes the importance and special need of maintaining a drug-free environment for all students, but especially its student athletes. The use of illegal drugs and/or controlled substances by student athletes that are not prescribed for medical conditions can be detrimental to the well-being and safety of those student athletes and others involved in athletics.

In order to maintain a drug-free and safe atmosphere for student athletes, IFS believes that drug testing is an effective way to deter students from using illegal drugs and/or controlled substances. Islamic Foundation School also views this as a way to detect recreational drug usage at an early stage so that intervention and counseling can be provided to deter future dependency upon the use of illegal drugs and / or controlled substances.

The purpose of this drug testing program is not to punish students; rather, this program's primary objectives are to deter drug use among student athletes and to assist these students in receiving education and counseling about drug abuse.

II. Rationale for Drug Testing of Student Athletes

Islamic Foundation School enacts this program based on the following findings:

1. Drug and substance abuse by students is a significant problem throughout the United States.
2. There have been incidents of alcohol and drug abuse among our community.
3. The primary responsibility for addressing substance abuse by students rests with parents/guardians/legal custodians, but the school also has a responsibility to address substance abuse by its students.
4. Islamic Foundation School has implemented various prevention education and intervention programs to reduce substance abuse among its students, and is committed to continue addressing this problem in a proactive fashion.
5. The United States Supreme Court has authorized the use of suspicion less drug testing for students who voluntarily elect to participate in extracurricular activities, with these activities determined to be privileges rather than rights.
6. An increasing number of Illinois school districts have enacted suspicion less drug testing policies for student athletes and have reported positive results in reducing drug use and discipline problems and fostering a school culture resistant to drug and alcohol abuse.
7. Student-athletes are representatives of the school system and are often viewed by other students as role models.

8. A suspicion-less drug testing policy for student athletes is likely to be an effective tool in reducing substance abuse for all students.

III. Goals of Drug Testing Program

This drug testing program is not intended to punish student athletes but instead, help them and deter drug and alcohol abuse among the general student population. The goals of the program are as follows:

1. Educate students about the dangers and problems associated with drug and alcohol use and abuse;
2. Deter drug and alcohol use and abuse by students;
3. Identify student athletes who may be abusing drugs and alcohol;
4. Provide information to parents / guardians / legal custodians so they may take appropriate steps to assist their son or daughter;
5. Motivate student to resist negative peer pressure and have a good reason to “say no” to drugs and alcohol;
6. Provide opportunities for counseling and treatment for any student who is determined to be using or abusing drugs and alcohol;
7. Help to ensure the safety of student athletes;
8. Remove the stigma of drug use and abuse from those students who do not use drugs;
9. Develop a drug-free athletic program that produces student athletes who can serve as role models and influence their peers to lead healthy and responsible lives; and
10. Complement the school system’s overall drug education program.

IV. Students Subject to Drug Testing

All students in grades 9-12 who participate in interscholastic athletics must agree to participate in the Student Athlete Drug Testing program. The student athlete and his or her parents/guardians /legal custodian must sign a Consent Form and return the Form to the athletic department prior to the beginning of the sport’s season and the first athletic practice. The student athlete will not be allowed to practice with the team until the Consent Form has been signed and returned to the athletic office. The signed Consent Form shall be filed in the student athlete’s official student file and will be valid for all sports during that academic year.

The student athlete or his or her parents / guardians / legal custodian may revoke the student’s consent to drug testing at any time by completing a Withdrawal of Drug Testing Consent Form; however, once revoked, the student athlete will no longer be eligible to participate in any interscholastic athletic activities for the remainder of that school year.

The Student Athlete Drug Testing program is only one element of the school’s mission to educate students on the dangers of alcohol and drug abuse and to maintain safe, drug-free schools. The consequences of testing positive under this policy may be different than a student would receive from a positive test under a different testing program or for a student found possessing or using alcohol or drugs on a school campus or at a school event.

STUDENT ATHLETE DRUG TESTING ADMINISTRATIVE REGULATIONS

I. Notification to Student Athletes

Prior to or shortly after the beginning of each sports season, which begins on the first official practice date as set by the Illinois Association of Private and Parochial Schools (IHSA/IESA), all participating student athletes will be given a copy of this Policy, a copy of these Administrative Regulations and a Consent Form. Each student athlete and his or her parents / guardians / legal custodian must sign and return the Form to the coach before being allowed to participate in any practices. The executed Form shall be filed in the student athlete's official student file and will be valid for all sports during that academic year. The student athlete or his or her parents / guardians / legal custodian may revoke the student's consent to drug testing at any time by completing a Withdrawal of Drug Testing Consent Form; however, once revoked, the student athlete will no longer be eligible to participate in any interscholastic athletic activities for the remainder of that school year

II. Initial Test and Random Selection

A. Initial, Mandatory Test

Around the beginning of each athletic season (i.e. fall, winter, spring), all student athletes participating in a sport that season shall be tested. The head of school shall decide the date for the test. If a student is absent on the day of the test or must leave school before the test is administered for a valid reason, he or she shall be tested as soon as practical. A student that is present at school on the day of testing and avoids testing by leaving campus without a valid reason shall be considered having refused the test. A refusal to be tested or an attempt to alter, substitute, adulterate or otherwise tamper with a test sample shall result in a declaration of a positive test and result in the requisite offense.

B. Random Selection

After the initial, mandatory test, students will be randomly selected for testing by the Principal. The number of random students to be tested and the frequency of testing dates shall be determined by the Principal and may change during the course of the year. The Principal shall devise a selection method which is totally random.

There shall be no advance notification of which students will be tested or when the test will occur. The Principal shall maintain documentation of the selection process. A selected student that is absent on the day of testing or must leave school before the test is administered for a valid reason shall be excused from testing but shall be added to the pool to be tested on the next testing date. A student that is present at school on the

day of testing and avoids testing by leaving campus without a valid reason shall be considered having refused the test. A refusal to be tested or an attempt to alter, substitute, adulterate or otherwise tamper with a test sample shall result in a declaration of a positive test and result in the requisite Offense.

III. Method of Collecting Urine Samples

The following procedures shall be used for the collection of urine samples at the individual schools.

1. Notice of Collection. The Principal and the Athletic Director will notify each selected student individually and immediately prior to the test. The student shall not be allowed to go to his or her locker for any reason. The student may not leave the testing area (nurse's office) until he or she has provided a urine sample.
2. Cooperation. If the student refuses to cooperate, such refusal shall be declared a positive result.
3. Protection of Student Privacy. The student may produce the urine sample inside a stall in the designated restroom. The Principal and athletic director shall designate an individual to monitor each student while providing a sample in a non-intrusive but controlled manner to detect any attempt to provide a false sample. If it appears to the monitor that the student is attempting to produce a false sample, the monitor shall report the student to the Principal and Athletic Director. The Principal and Athletic Director may require the student to produce a second sample. Immediately upon receipt of the sample, it shall be tested to determine its temperature. All samples outside of a normal temperature limits will be considered invalid and the student shall be required to provide another urine sample.
4. Chain of Custody. The Head of School, Principal, and Athletic Director shall implement procedures to ensure that each student's urine sample is appropriately labeled and secured to prevent it from being lost, misplaced or contaminated. At a minimum, the Principal and / or their designee shall:
 - A. Provide each student with a sanitized kit containing a sample bottle. The bottle will remain in the student's possession until a seal is placed on the bottle by the collection staff. The student will sign a form certifying that the bottle contains his or her urine sample and that it has been sealed. The seal may be broken only by the Principal and Athletic Director testing the sample.
 - B. After the bottle has been sealed, it shall be transmitted to the Principal and Athletic Director.
 - C. In order to maintain confidentiality, the bottle shall be labeled with a number that corresponds to the student. The Principal and Athletic Director shall maintain a list of all students and their corresponding number.
5. Refusal or Inability to Provide a Sample. A refusal to be tested or an attempt to alter, substitute, adulterate or otherwise tamper with a test sample shall result in a declaration of a positive test. If a student has a "shy bladder," eight (8) ounces of water will be given to the student every thirty (30) minutes for up to three (3)

hours. If, after three (3) hours a student is unable to produce a specimen, it will be considered a refusal to be tested and result in a declaration of a positive test and result in the requisite Offense.

6. Right to Retest for a Refusal. Any refusal by the student to perform the test shall be considered a positive test and the consequences according to IFS policy shall apply.

IV. Testing and Results

Each student's sample will be split into two samples.

1. The Principal and athletic director will test one of the student's samples using an approved testing system. If the results are negative, the matter will be considered closed. If the results are positive, the second sample shall be sent to a licensed laboratory approved by the state of Illinois and accredited to conduct testing in this state and tested by a certified medical person.
2. The certified medical person shall test the sample. If the results are negative, the Principal or the athletic director shall be contacted and the matter will be considered closed. If the results are positive, the Principal or the athletic director shall be contacted.
3. The Principal and the athletic director or the certified medical person shall inform the student and his or her parents / guardians / legal custodian of the result and further inform the student and his or her parents / guardians legal custodian that they have up to three (3) days to present a signed physician's note to the Principal or the athletic director of any lawful prescription or non-prescription drugs that the student was taking at the time of the test that would result in a positive test. The student shall not participate in athletics during this three day period. If the physician's note is not presented to the school within the proscribed period, the matter will result in the appropriate consequence as listed below. If the student and / or his or her parents / guardians / legal custodian does present a physician's note to the school within the proscribed time period, the certified medical person will analyze the sample to make sure the result was not a false positive based on the student's use of any substances contained in the physician's note. The certified medical person will contact t with his or her final decision. If the results remain positive, the Principal will implement the requisite consequence.
4. The Superintendent and their designee and the Principal, athletic director, student affairs are the only school officials that will be informed of positive test results.
5. Any written information of a positive test result will be kept in a separate student file and will not be maintained in a student's cumulative education record.

Heat Policy for Outdoor Practices/Activities

IFS is adapting the IHSA weather safety policy

Managing Heat and Humidity

Required Use: These guidelines will be used by managers or their designees at all IHSA state series events when the air temperature is at least 80 degrees. State series tournament managers will make the decisions to suspend and resume activity in accordance with these guidelines using those devices or systems usually used at the state series venue/site.

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity. Using a device that can automatically calculate heat index, like a digital sling psychrometer, is recommended. Record the readings in writing and maintain the information in files of the tournament manager and/or host school administration. Tournament managers may designate someone other than themselves to take these readings.
2. Factor the temperature and humidity in the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.
3. If the Heat Index is:
 - a. **Below 95 degrees**
 - i. All sports
 1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
 3. Ice-down towels for cooling.
 4. Watch/monitor athletes carefully for necessary action
 - b. **Between 95-99 degrees**
 - i. All sports
 1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 2. **Recommended water breaks (example: every 30 or 40 minutes for 5-10 minutes in duration)** Coordinate breaks with assigned contest officials.
 3. Ice-down towels for cooling.
 4. Watch/monitor athletes carefully for necessary action
 - ii. Contact sports and activities with additional protective equipment (in addition to the above measures)

1. Helmets and other possible equipment removed while not involved in contact.
- iii. Reduce time of outside activity. Consider postponing activity to later in the day.
- iv. Recheck air temperature and humidity every 30 minutes to monitor for increased Heat Index.

c. Between 100 (more than 99 degrees)-104 degrees

i. All sports

1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.

1. Mandatory water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.

2. Ice---down towels for cooling.

3. Watch/monitor athletes carefully for necessary action

4. Alter uniform by removing items if possible.

5. Allow for changes to dry t---shirts and shorts.

6. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.

7. Consider postponing activity to later in the day or another day (with approval from IHSA Administration)

ii. Contact sports and activities with additional protective equipment (in addition to the above measures)

1. Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.

iii. Recheck air temperature and humidity every 30 minutes to monitor for increased Heat Index.

b. Above 104 degrees

i. All sports

1. Stop all outside activity, and stop all inside activity if air conditioning is unavailable.

NOTE: When the air temperature is below 80 degrees, there is no combination of heat and humidity that will result in need to curtail activity or implement this policy. While most attention will be given to outdoor sports in the fall and spring, indoor venues/facilities (gymnasiums, wrestling rooms, and swimming/diving facilities) that are not air conditioned should not be neglected for the purposes of this policy. Additionally, sometimes conditions will vary for different aspects of the same competition. For example, one part of a cross---country course may be hotter or more humid than other parts. The best course of action for managers is to take the heat index at the place of the most severe conditions.

Heat Index Chart

Heat Index in °F (°C)

Temp in °F/°C	Relative Humidity (%)												
	40	45	50	55	60	65	70	75	80	85	90	95	100
110 (47)	136 (58)												
108 (43)	130 (54)	137 (58)											
106 (41)	124 (51)	130 (54)	137 (58)										
104 (40)	119 (48)	124 (51)	131 (55)	137 (58)									
102 (39)	114 (46)	119 (48)	124 (51)	130 (54)	137 (58)								
100 (38)	109 (43)	114 (46)	118 (48)	124 (51)	129 (54)	136 (58)							
98 (37)	105 (41)	109 (43)	113 (45)	117 (47)	123 (51)	128 (53)	134 (57)						
96 (36)	101 (38)	104 (40)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	132 (56)					
94 (34)	97 (36)	100 (38)	103 (39)	106 (41)	110 (43)	114 (46)	119 (48)	124 (51)	129 (54)	135 (57)			
92 (33)	94 (34)	96 (36)	99 (37)	101 (38)	105 (41)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	131 (55)		
90 (32)	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	103 (39)	106 (41)	109 (43)	113 (45)	117 (47)	122 (50)	127 (53)	132 (56)
88 (31)	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	98 (37)	100 (38)	103 (39)	106 (41)	110 (43)	113 (45)	117 (47)	121 (49)
86 (30)	85 (29)	87 (31)	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	102 (39)	105 (41)	108 (42)	112 (44)
84 (29)	83 (28)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	92 (33)	94 (34)	96 (36)	98 (37)	100 (38)	103 (39)
82 (28)	81 (27)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	91 (33)	93 (34)	95 (35)
80 (27)	80 (27)	80 (27)	81 (27)	81 (27)	82 (28)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	86 (30)	87 (31)

Category	Heat Index	Possible heat disorders
Extreme Danger	130° F or higher (54° C or higher)	Heat stroke or sunstroke likely
Danger	105°-129° F (41°-54° C)	"Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Caution	90°-105° F (32°-41° C)	"Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	80°-90° F (27°-32° C)	Fatigue possible with prolonged exposure and/or physical activity.

* reproduced from NWS, Birmingham, AL

Cooling Methods Due to Heat Related Illness

Exertional heat stroke (EHS) is relatively uncommon among exercise associated medical conditions, but is a frequent cause of exercise related death. The majority of evidence shows that early institution of body cooling is the most effective method of decreasing mortality in EHS. The following contains recommendations regarding the methods of body cooling, including tubs, ice bags, iced towels (towels with water that have been frozen) water, fans, and shade. The recommendations are classified as essential (foundational to the implementation of treatment, should have resources and personnel directed towards implementation), and desirable (important in maximal implementation, should have resources and personnel directed towards implementation as budget and resources allow). The recommendations are only guidelines, are not intended as a standard of care, and should not be considered as such. These guidelines should only be considered in the care of athletes who can be expected to be at risk of EHS due to the sport or the environmental situation of the activity. Sports especially at risk include football with and without equipment, soccer, and long distance track. Other sports and activities, such as cycling, golf, baseball, tennis, track and field, and band, may also be at risk due to long duration exposure to extreme environmental conditions.

It is essential that member schools and school administrators/officials:

- Establish a written plan for emergency treatment of EHS, and conduct drills in the implementation of the plan.

- Know how to assess environmental conditions and determine when extreme conditions exist.
- Identify a specific spot at the athletic facility that has shade.
- Have immediate access to ice and bags to contain ice.
- Have access to water, and provide water breaks as outlined in the IHSA Managing Heat and Humidity Policy.
- Know the most effective sites for application of ice to the body.

It is highly desirable that member schools and school administrators/officials:

- Obtain and use, when environmental conditions are determined to be extreme, a tub or pool, filled with water and ice before activity begins, to be used in body immersion for maximal cooling, and have personnel trained in this technique.

It is desirable that member schools and school administrators/officials:

- Have a certified athletic trainer (ATC) on staff, as budget and resources allow, to develop and implement these guidelines.
- Have immediate access to water.
- Provide shade breaks.
- Provide fans when environmental conditions are determined to be extreme.
- Have close access to an air conditioned room.
- Have access to and use iced towels that can be rotated to appropriate areas of the body, including the axilla, groin, and back of the neck.

PART IV FORMS

The following pages include sample copies of:

1. Acknowledgement Form that must be signed by the student-athlete and his/her Parent/guardian and returned to the coach. This form is a declaration that all concerned have read the handbook and understand the rules and regulations governing the Athletic Program. Student-athletes who participate on one of our athletic teams will not be allowed to participate in a game until the signed form has been returned to the coach prior to each sport season they participate in. Once the coach has collected all of his/her forms, the coach will submit them to the Athletic Department to be kept on file.
2. Code of Behavior Letter to be signed and submitted by each athlete, prior to each sports season.
3. Health History Update to be signed and submitted by a parent/guardian, prior to each sports season.

Islamic Foundation School

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ACKNOWLEDGMENT FORM FOR COACHES

It is the responsibility of the parents and students to read **IFS Parent Student Interscholastic Athletic Handbook and the Equipment and Fees Policies** prior to participating in our interscholastic athletic program. The information contained in this handbook outlines the Policies, Rules and Regulations that govern our program. The school requires that you and your student-athlete sign this Acknowledgment Form online. No student-athlete will be allowed to participate in a game until this form is signed. I/we have read IFS Parent-Student Interscholastic Athletic Handbook and understand the Policies, Rules and Regulations that govern the program. **I acknowledge paying the team fees of \$250.00 for each sport prior to my son/daughter's participation in any practice or game.**

I also acknowledge that IFS do not provide insurance coverage for athletic injuries during practice and games.

Student-Athlete Signature:-----

Date:-----

Parent/Guardian Signature:-----

Date:-----

Islamic Foundation School
Department of Athletics

CODE OF BEHAVIOR LETTER

Dear: Parent/Guardian

I am pleased that your son/daughter has expressed his/her desire to participate in IFS athletic program. By becoming a member of an athletic team, you and your child have a responsibility to fulfill a significant and important commitment to IFS Athletics. Please sign and return this page to your coach.

As a participant of IFS Athletic Team, I hereby agree to abide by the rules and regulations stated in the Athletic Code and the Athletic Code of Conduct located in the Parent/Student Handbook.

I agree to assume full responsibility for all equipment issued to me, and to pay for any and all equipment that I may lose, misplace, or damage through carelessness or intent.

Athlete's Signature: _____ Date: _____

I, as a parent, have read the policies and rules set forth for athletic participation at IFS, and give my son/daughter permission to participate under those conditions. I also understand medical insurance is not provided by the school for students participating in

Islamic Foundation School

Department of Athletics

Consent Form for Drug Testing

The reputation of a school and its athletes is dependent upon the performance of each participant. As a student-athlete, I understand that the use of illegal drugs and/or controlled substances that have not been prescribed for my use is not only detrimental to my team and individual performance but can also present a safety hazard for myself and others.

In order to participate as a student-athlete, I hereby give my consent to be tested for the presence of certain illegal drugs and controlled substances. In addition, I consent to give a urine specimen for testing under the Student-Athlete Drug Testing Program, if there is reasonable suspicion or cause that I have consumed alcohol or drugs, or a follow-up test is required for participation in the athletic program. I further authorize the medical facility conducting the drug testing to release the results of my test to the athletic director and/or the principal of Islamic Foundation School and to my parent/guardian / legal custodian. In addition, I waive any privilege I may have in connection with such information.

I understand that if my name is chosen for testing if there is reasonable suspicion or cause for a test or a follow-up test is required for participation in the athletic program, I will be responsible for following the procedure that has been set forth at my school for collecting urine specimens and providing a urine specimen at the time it is requested.

I am aware that the tests will be conducted by a certified medical laboratory designated by Islamic Foundation School and the Medical Review Officer and his/her technicians will be responsible for ensuring a secure chain of custody for the urine specimen I provide.

I have read the policy and related consequences and by signing this form, my parent/guardian / legal custodian and I consent to test under the Student-Athlete Drug Testing policy as well as reasonable suspicion or cause/follow-up drug testing and understand that the IFS administrators, employees, and agents are hereby released from legal responsibility or liability for the release of such information and records as authorized by this form.

Printed Name of Student

Student's Signature

Date

Printed Name of Parent/ Guardian

Parent Signature

Date

Islamic Foundation School

Department of Athletics

Liability Waiver

Student's Name _____ Grade _____ Jersey Size _____

Parent's Name: _____

Address _____ City _____ Zip code _____ State: _____

Primary Phone _____ Sport _____

Email Address: _____

Date of birth (M) _____ (D) _____ (Y) _____

By its nature, participation in interscholastic athletics includes the risk of injury which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants can and have the responsibility to help reduce the chance of injury; players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

By signing this Permission Form, we acknowledge that we have read the above information, PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN-THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

I HEREBY GIVE MY CONSENT FOR THE ABOVE-NAMED STUDENT:

To represent IFS in approved athletic activities.

To accompany any school team of which he/she is a member on its local or out-of-town trips.

To receive emergency medical care, which may become reasonably necessary in the course of such athletic activities or travel?

I further agree not to hold the school or anyone acting on its behalf responsible for any injury occurring to the above-named student in the proper course of such athletic activities or travel.

PHOTO RELEASE

I hereby grant IFS the right and permission, in respect of the photographs that are taken of my child alone, or included with others, to copyright the same, and to use, reuse, and publish in any media now and hereafter known for illustration, promotion, art, advertising, website, or any purpose, and to have the option of using my child's name. I hereby release and discharge IFS from any and all claims and demands arising out of or in connection with the use of photographs including without limitation any and all claims for libel or invasion of privacy. I am the legal guardian of the named child and have read the foregoing contents. This release shall be binding upon me and my heirs, legal representative, and assigns.

I have read this form and will abide by the principles and regulations contained in this permission form.

Parent's or Legal Guardian's Signature _____ Date _____