



WATFORD CITY HIGH SCHOOL
STUDENT ACTIVITIES HANDBOOK
2025-2026

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ACTIVITIES DIRECTOR'S MESSAGE

Welcome to Watford City Public School Activities. The school district supports the activities programs as a positive extracurricular activity for all students. We will use the following guidelines:

1. Activity participants are treated as regular students. No special consideration is given to them for grades or assignments.
2. The activities programs are conducted for the benefit of the participants with maximum concern for their safety, health, and well being.
3. Full allegiance must be given to the North Dakota High School Activities Association and its constitution and by-laws.
4. Coaches/Advisors employed as regular faculty members and just as other teachers, are expected to exhaust all legitimate channels for promoting the highest level of excellence in the program, and are to be evaluated on the basis of their loyalty and contribution to the total school program.
5. All involved must be mindful that participation in activities is a privilege earned by meeting certain expectations.
6. It is the policy of McKenzie that educational activities, employment programs and services are offered without regard to race, national origin, sex, religion, disability or age. Dr. Holen is the contact for Title IX compliance, Dr. Holen for Section 504 and ADA compliance.

In pursuance of these policies and beliefs, the activities are organized under the direction of the Activities Director, who is directly responsible to the Superintendent.

Students are encouraged to participate in at least one of the activities offered by the Watford City Public Schools to bring added fulfillment to their school experience.

Bradley Foss
Activities Director
Watford City Public Schools

PHILOSOPHY

The program of interscholastic activities at Watford City Public Schools is organized and conducted as an integral part of the total educational program of the school. The objectives of the programs must conform in every respect to the general purpose of the school.

Strong and healthy bodies, alert minds, a high sense of sportsmanship, enjoyment, and a love of teaching and coaching should be the outcome of the activities programs at the school. For the student and alumni alike, the values include the development of a sense of pride in the total educational program, the development of tradition and school spirit, sportsmanship and loyalty.

Watford City Public Schools will attempt to fill head coaching/advisor positions with district certified personnel.

BASIC PRINCIPLES

This being the activities philosophy of the Watford City Public Schools, it follows that we adhere to certain principles.

1. Coaches/Advisors shall meet all requirements expected of faculty members and shall abide by the same rules and regulations and privileges pertaining to all other faculty members.
2. All participants shall be afforded the utmost protection while engaged in school sponsored events both on the field and while traveling to and from the events. In order to be considered a part of this Team and/or activity one must..
 1. Travel with the Group.
 - a. Unless approved by the Administration prior to the event.
 - b. Must be supervised by parents or guardians if not with the team.
 - c. When traveling with someone else is needed.
 - i. Must fill out a travel sheet
 - ii. Submitted to the AD and Coach prior to travel.
 2. Follow all rules and regulations of the School and NDHSAA.
 3. The participants' general health and physical welfare must be the FIRST concern.
3. Sound equipment, safe playing conditions, and channels for assuring proper training and medical attention shall be available at all times.
4. No member of the staff or faculty shall feel that his/her job depends on winning or losing, although we shall strive to the utmost to give our best effort.
5. Activities during school time will be kept to a minimum as much as possible.
6. When school is dismissed due to inclement weather, no practices will be held.

PHYSICAL EXAMINATIONS FOR ATHLETIC ACTIVITIES

Every athletic participant (Grades 6-12) will need a yearly physical exam. The physical form should be turned into the high school office to be kept as a record. Any athletes not having a physical exam prior to or on the first day of practice will not be able to participate in activities until an exam form has been handed in to the coach or the high school office. The physical exam must not have been taken before April 15th of the previous school year.

CONCUSSION POLICY / MANAGEMENT

If an athlete reports or exhibits any sign, symptoms, or behaviors of a concussion, that athlete must be removed from all physical activity, including sports and recreation. If signs or symptoms of a concussion occur, the athlete must (1) Be removed from play; (2) Ensure the athlete is evaluated by an appropriate health-care professional- MD (Doctor of Medicine), DO (Doctor of Osteopathic Medicine), LAT (License Athletic Trainer); with specialized studies in concussions; (3) Inform the athletes parents about the possible concussion and give them information; (4) Keep the athlete out of play the day of the injury and until an appropriate health-care professional says the athlete is symptom-free.

Signs and symptoms of concussions include, but are not limited to: Headache, neck pain, nausea, dizziness, blurred vision, balance problems, sensitivity to light and noise, and confusion.

Once the athlete is determined to be symptom free, they must complete the return to play protocol. This return to play protocol should be supervised by a licensed medical professional.

Graduated Return to play protocol: 1) Complete rest from physical activity until asymptomatic and Impact testing results return to baseline, 2) Light Aerobic activity for 20 minutes @ 30-40% of maximum exertion, 3) Sport specific exercise for 30 minutes should be done at 40-60% of maximum exertion, 4) Non-contact training drills for 30-60 minutes should be done at 60-80% of maximum exertion, 5) Full contact practice for the full duration of typical practice time.

Each stage is to take at least 24 hours, but may take longer. Each stage should be completed while asymptomatic. Full return to play should be to the discretion of the supervising, licensed medical professional.

S.W.A.Y. (Concussion Testing)

All student athletes will be required to complete baseline testing in the following categories:

- 1) All 7th grade football players
- 2) All Freshman
- 3) All Juniors
- 4) Any student athlete new to McKenzie county school district #1
- 5) Any student who missed testing in their freshman or junior years

Concussion Training

In accordance with North Dakota state legislation: any official, coach, or person designated to be responsible for athletes during practices or games; is required to receive biennial training concerning concussions. Completion of this training will be kept on file.

BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:

SECTION 1. A new section to chapter 15.1-18.2 of the North Dakota Century Code is created and enacted as follows:

1. Each school district and nonpublic school that sponsors or sanctions any athletic activity in this state and requires a participating student to regularly practice or train, and compete, is subject to the terms of a concussion management program.
2. The concussion management program must set forth in clear and readily comprehensible language the signs and symptoms of a concussion.
3. a. The concussion management program must require that a student be removed from practice, training, or competition if:
 1. (1) The student reports any sign or symptom of a concussion, as set forth in accordance with this section;
 2. (2) The student exhibits any sign or symptom of a concussion, as set forth in accordance with this section; or
 3. (3) A licensed, registered, or certified health care provider whose scope of practice includes the recognition of concussion signs and symptoms determines, after observing the student, that the student may have a concussion.
- b. The duty to remove a student under the conditions set forth in this subsection extends to:
 1. (1) Each official;
 2. (2) The coach of a student; and
 3. (3) Any other individual designated by the school district or nonpublic school as having direct responsibility for the student during practice, training, or competition.
4. The concussion management program must require that any student who is removed in accordance with subsection 3 must be evaluated as soon as practicable by a licensed health care provider who is acting within the provider's scope of practice and trained in the evaluation and management of concussion, as determined by the provider's licensing board.
5. a. A student who is evaluated in accordance with subsection 4 and believed to have suffered a concussion may not be allowed to return to practice, training, or competition until a licensed health care provider who meets the criteria set forth in subsection 4 authorizes the student's return.
- b. The authorization required by this subsection must be:
 1. (1) In writing;
 2. (2) Presented or forwarded to the individual designated by the student's school district or nonpublic school for receipt of such authorizations; and
 3. (3) Retained by the student's school district or school for a period of seven years after conclusion of the student's enrollment.
- c. Any health care provider who signs an authorization in accordance with this section is acknowledging that the provider is acting within the provider's scope of practice and is trained in the evaluation and management of concussion, as determined by the provider's licensing board.

6. The concussion management program must require that each official, coach, and individual designated by the school district or nonpublic school as having direct responsibility for the student during practice, training, or competition receive biennial training regarding the nature and risk of concussion.
7. The student's school district or nonpublic school shall ensure that before a student is allowed to participate in the athletic activity described in subsection 1, the student and the student's parent shall document that they have viewed information regarding concussions incurred by students participating in athletic activities. The required information must be provided by the student's school district or nonpublic school and must be made available in printed form or in a verifiable electronic format.
8. This section does not create any liability for, or create a cause of action against:
 1. A school district, its officers, or its employees;
 2. A nonpublic school, its officers, or its employees; or
 3. An official.
9. A school district or a nonpublic school may contract for and accept gifts, grants, and donations from any public or nonpublic source, in order to meet the requirements of this section.
10. For the purposes of this section, "official" means an umpire, a referee, a judge, or any other individual formally officiating at an athletic event.

ACTIVITIES ATTENDANCE POLICY

All students involved in co-curricular activities are expected to be in school when not traveling to a game, contest, activity or practice! **A student who must miss school on any activity day must clear the absence with the principal or activities director before missing school to be certain of their eligibility for that particular contest.** Activities also include but are not limited to school dances, drama production, band and concerts, and vocational activities. The only acceptable reasons for missing any or all of the school day, and still being allowed to participate, are for scheduled appointments and family emergencies. All students are expected to be in attendance the entire day following an activity. Failure to comply with this policy may result in suspension from the next contest or event.

SCHOOL SPONSORED ACTIVITIES ON WEDNESDAY NIGHT

The building principal and activities director may permit groups to schedule school activities after 6:00 p.m. on Wednesday evenings. The Intent is to not have any activities after 6:00 p.m. In the event of scheduling an event on a Wednesday night this must be approved by the administration.

ATHLETIC ASSOCIATIONS AND CONFERENCES

The rules, principles and spirit of such rules and principles of the North Dakota High School Activities Association and other organizations to which the high school may belong will be considered minimum, and vigorously subscribed to and enforced.

TRANSPORTATION FOR EVENTS

Watford City Public Schools will provide transportation for all school-sponsored sanctioned events away from home. Any student traveling for an event between November 1 and March 31 will be required to have a stocking cap and gloves along with them. Bus drivers and coaches have the right to leave a student-athlete at home that does not comply. Students / Athletes are to make sure they use their electronic devices in a non-distracting way for the safety of all on the bus. If asked to turn them off by a coach and/or bus driver they are to be put away for the safety of everyone. Coaches have total discretion on the use of these devices. All students going on overnight sponsored activities will be subject to bag searches before they board the school bus / school vehicle.

PARTICIPATION FEES

A \$60.00 per sport/activity participation fee is required of all senior high students participating in any sport (\$50.00 per sport/activity for junior high students). A \$250.00 family participation max for senior and junior high students. All fees are to be paid before the student participates in the first event of a particular sport/activity. Scholarships are available for students needing assistance in paying the participation fees.

INSTRUCTOR'S AUTHORITY OVER STUDENTS

Every instructor has authority over all students at all times in all areas of the school premises whether during school hours, after school, Saturdays, or other times. Students are under jurisdiction not only of their classroom instructors but all instructors. If any instructor makes a reasonable request for a student to do something, the student should respect that request.

EXTRACURRICULAR ACTIVITIES ELIGIBILITY

Junior High/Senior High: In order to stress the importance of academics to the future of our youth, an eligibility policy is also in effect for participation of all students in activities. Parents and students are reminded that the best approach to improving achievement in school is to work with the teacher as a TEAM. Activities need to be kept in perspective as they are a benefit to the student if they are treated as part of total student growth.

In order to be eligible to participate in school sponsored extracurricular activities, students at WCHS or WCMS may only be failing one course at the time the report is run. Grades will be checked for all students on Midterm, End of the Quarter, Midterm and Semester for High School Students. For MS students the grades will be checked on a 3 week basis in terms of each quarter. The 3rd, 6th and 9th week of each MS quarter will be a full check. The dates of the grade checks will be determined in advance, usually the Wednesday following the end of the Quarter/Semester. Students that are failing more than one course will be ineligible for one week. The grades of the students identified on the initial grade check will be checked again the following Wednesday at noon. Should a student still be failing more than one course, they will be ineligible for another week. Grades of ineligible students will continue to be checked weekly until the next grade check for all students occurs. At the end of the semester for HS Students, grades will be checked after final grades have been stored. Any student failing more than one course at this time will be ineligible for two weeks. Any student failing more than one course at the end of the 2nd semester will be ineligible for two weeks at the start of the fall season or start of the semester whichever comes first. In Middle school, should a student be failing more than one course at the end of a Quarter a student will be ineligible for one week.

HS Grade Check dates for 2025-2026 are Sept. 24th, October 22nd, Nov, 26th, Jan 2nd, Feb.11th, March 11th, and April 8th.

MS Full Grade check dates are Sept. 10th, October 1, Oct.22, Nov. 12, Dec 3, Jan 2nd, Jan 21, Feb, 11, March 11th, April 8th, April 29th, May 13th.

DUAL-ACTIVITY STUDENTS

Student-athletes are allowed to participate on more than one extra-curricular team during the same season but must indicate a primary activity to eliminate any confusion on any conflicting dates. Coaches will work together with the athlete to determine daily schedules, but the student needs to realize that not being fully committed to an activity could impact their playing time. Dual-sport athletes are required to attend practice and/or contests for at least one of their respective sports per day, and are encouraged to do both, if possible. **Dual-activity students will only be allowed to be dismissed early from school for contests three times per week unless approved by administration. JH students/athletes will only be able to miss school two times per week, unless participating on the high school team. If at any time during the season a dual-activity student is on the ineligible list they will only be able to participate in one activity the rest of the season. The student will pick which activity they will continue to participate in.**

NDHSAA Eligibility

Since WCHS is a member of the North Dakota High School Activities Association (NDHSAA), all students must meet the NDHSAA eligibility rules to participate in NDHSAA sponsored activities. Your coaches and advisors will provide you with a pamphlet listing the NDHSAA eligibility rules.

NORTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION CONDENSED ELIGIBILITY RULES

YOU ARE ELIGIBLE

- - if you have been IN CLASSES AS MANY DAYS AS YOU HAVE MISSED from the opening of the semester
- - if you ENTERED SCHOOL WITHIN THE FIRST 10 DAYS OF THE SEMESTER
- - if you have COMPETED IN A SPORT FOR LESS THAN EIGHT SEMESTERS as a high school student
- - if you have not COMPETED IN A SIMILAR ATHLETIC CONTEST ON AN OUT-OF-SCHOOL TEAM DURING THE SAME SPORTS SEASON, EVEN WHILE UNDER SUSPENSION
- - if you have not ENROLLED IN AN INSTITUTION OF HIGHER RANK except as an accelerated student carrying advanced work in addition to physically attending at least one class at your member school of attendance
- - if you EARNED **2.5** CREDITS the preceding semester (VIEW WCHS POLICY)
- - if you maintain SATISFACTORY PROGRESS TOWARDS GRADUATION
- - if you have not GRADUATED from a 4 YEAR HIGH SCHOOL or equivalent
- - if you have not ACCEPTED AWARDS other than those having symbolic value and costing no more than three hundred dollars
- - if you have not ACCEPTED NON-MONETARY COMPENSATION totaling more than \$500 during the current Association year (July 1 – June 30)
- - if you are not TWENTY YEARS OF AGE or over
- - if you are an AMATEUR in the sport in which you are competing or if you have not competed under an ASSUMED NAME
- - if you have not TRANSFERRED FROM ANOTHER SCHOOL without corresponding change of residence by your parents
- - if you are in your eighth semester and your SEVENTH AND EIGHTH SEMESTERS ARE CONSECUTIVE
- - if you have a current file of a DOCTOR'S OR NURSE PRACTITIONER'S CERTIFICATE of physical fitness - if you have not used or have in your possession tobacco, alcohol or illegal drugs
- <https://ndhsaa.com/files/SafeguardEligibility.pdf>
- https://ndhsaa.com/files/Eligibility_Condensed.pdf
- PLEASE MAKE SURE TO CHECK WITH BUILDING ADMINISTRATION FOR SCHOOL POLICIES

In-School, Out-of-School Suspension

Students are not allowed to practice or participate in activities during the day(s) that they are in in-school or out-of-school suspension.

DRUG, ALCOHOL, TOBACCO RULE

The following rules and regulations concerning the extra-curricular activities in Watford City Public Schools are set up to govern all school-sponsored activities and performances. Exempt from these rules would be classroom-sponsored activities.

SECTION 1: OFFENSES / SUSPENSIONS

Any Watford City Public Schools student will be subjected to a suspension from any school-sponsored activity or performance for the following:

1.1 The mere presence of tobacco, alcohol, or any controlled substance as defined by North Dakota Law. (See 1.3 for definition of mere presence.)

1.2 Steroid Policy: the use, possession or sale of non-prescriptive anabolic steroids by any student at any time during the year is prohibited. Any student found to be in violation of this policy shall be subject to the penalties provided in this policy. The use or possession of anabolic steroids prescribed or directed by a physician shall not be a violation of this section.

1.3 Mere presence: the administration will take into consideration whether the student was in a vehicle, hotel room, house or at a location where the student had knowledge that alcohol, tobacco, or controlled substances were present, and whether or not the student had a reasonable opportunity to remove himself or herself from said location.

1.3-A An intention to leave is not a defense. Nor is being the “designated driver.”

1.3-B Stay and risk the loss of eligibility for extracurricular activities.

1.4 Involvement in an act, which, if done by an adult, would be designated a felony under the laws of North Dakota, another state, or the United States. A violation of the laws governing the operation of a motor vehicle does not fall under this paragraph.

Violation

Students violating this policy will be suspended from representing WCHS in any extracurricular activities for 6 weeks for the first offense and an 18 weeks suspension for any subsequent offense. The period of suspension shall begin from the date and time; the school administrator gives notification to the student. The student may still practice, but cannot represent the school at functions.

Extracurricular activities include all sports, music, and drama activities, all clubs and organizations, and any other activities that are not part of the normal classroom (for example: dances, prom, banquets, regional science fair, state fair, school plays, concerts, Skills USA, pep band, homecoming candidates, etc.).

In addition to meeting the eligibility rules of the NDHSAA, students must also meet the eligibility rules of WCHS.

Spring Suspensions

Any student who receives a six-week suspension in the spring of the year shall serve the entire suspension.

- A. If a student is involved in a spring sport his/her suspension will continue until the state meet is concluded for the sport or the last day of the school year, whichever is later. Any days left in the suspension shall be served the following fall term.
- B. If a student is not involved in a spring sport, his/her suspension will continue until the last day of the school term. Any days left in the suspension shall be served the following fall term.
- C. Students involved in fall sports shall begin their suspension, which was carried over from the spring, at the beginning of their fall sports season first practice date.
- D. Students not involved in fall sports begin their suspension, which was carried over from the spring, at the beginning of the fall term.
- E. If any student is in the process of serving an eighteen-week suspension when school ends in the spring he/she will be required to serve a minimum suspension of six weeks. If the six-week minimum was not met in the spring of the year, the days necessary to serve a minimum six-week suspension shall be carried over to the fall term. The administration of this suspension shall follow the guidelines of A-D above.
- F. Suspensions carried over from the spring shall not factor into a student's violations when determining multiple infractions during a school year.

Summer Infractions

Any student determined by law enforcement personnel or self / parent reported to be in possession of alcohol, drugs, or tobacco during the summer, including multiple infractions shall be declared ineligible for the first 2 occurring varsity dates of events, if not on varsity the student will be ineligible for 2 events at his/her level of play for each season the student-athlete participates in throughout the school year. However, summer infractions shall not factor into a student's violation when determining multiple infractions during a school year. Students active in Co-Curricular Activities such as FFA, Skills USA, Music, Speech, Drama and School sponsored events will become eligible the 2nd Monday in September.

PROCEDURES

- 3.1 The school administrator (principal or athletic director) shall immediately investigate any alleged violation of the alcohol, tobacco, and controlled substance rule of the NDHSAA.
- 3.2 If the administrator has reasonable grounds to believe that these rules have been violated, they shall give the student immediate notice of suspension in writing.
- 3.3 The period of suspension shall begin from the date and time the notification is received by an administrator.

TRAVEL/PARTICIPATION WHILE INELIGIBLE

Students who are ineligible either academically or through suspension will not be allowed out of school for an early dismissal to attend activities, or be allowed to travel with a team or group. Ineligible students will not be allowed to represent the school during a contest-public performance. Students will be allowed, and are encouraged, to attend all practices during the time of ineligibility. Students who are ineligible because of a NDHSAA Drug, Alcohol, or Tobacco violation cannot participate, but can practice with the team or group at the coach's discretion. Students in the activity can still attend home games to either sit on the bench (street clothes) or be assigned a duty to help run the event. This will be at the discretion of the coach / advisor.

HOME SCHOOLED STUDENT/ATHLETES

Home schooled students with residence within McKenzie County School District # 1 will be able to compete at the high school level when they have reached grades 7-12. Each home schooled student will be required to take 6 classes. The home school parent will send grades to the AD at Midterm, Quarter, Midterm, and End of the Semester. These dates will be provided by the school. The grades should be based on the semester grade for the student / athlete. Home school students will follow all NDHSAA and WCHS rules and guidelines.

WATFORD CITY HIGH SCHOOL TEAM RULES (FOR ALL VARSITY ACTIVITIES)

A. Practice

1. Participants are expected to attend every practice.
2. An unexcused absence from practice will result in a warning for a one game/meet/match suspension.
3. A second unexcused absence will result in a one game/meet/match suspension.
4. A third unexcused absence will result in a two game/meet/match suspension.
5. A fourth unexcused absence will result in removal from the team.
6. Excused absences include family emergencies and illness. Personal appointments should be scheduled so they do not conflict with practices. Coach's discretion will also be used.
7. Any school disciplinary action that results in a participant missing practice will be considered unexcused.
8. Contact coaches ahead of time in case of a conflict.

B. Curfew

1. Weeknights – 10:30 pm
2. Weekends – 12:00 am
3. Nights before games – 10:30 pm
4. First offense will result in a one game/meet/match suspension.
5. Second offense will result in a two game/meet/match suspension.
6. Third offense will result in removal from the team.
7. Contact coaches ahead of time if there is a conflict.

C. Travel

1. Participants will ride to away games with the team.
2. Exceptions include family or medical reasons.
3. Parents may sign their child out to take them home after a game or contest.
4. At times, coaches may request cell phones to be collected or turned off to ensure there are no distractions to the athlete or other athletes.

D. Dress Code

1. Dress codes for home and away games will vary by sport. Head coaches will notify participants before the season begins.

E. Uniforms

1. Participants are responsible for any uniforms or practice gear issued to them.
2. Any gear returned at the end of the year that is considered to be less than satisfactory may require full or partial reimbursement to the school.
3. Any gear that is not returned/lost will be required to be reimbursed in full.

F. Conduct

Any conduct detrimental to the team will not be tolerated. Punishment, which may include suspension or removal from the team, will be determined by the coaching staff and administration. McKenzie Co Public School athletes will also follow any rules or enforcements as set by the Rough Rider Center or Parks and Recreation involving their facilities, property and/or staff and MCPSD#1 athlete.

BAG CHECKS

All bags/luggage/travel items are subject to search before and during the trip. Bags will be checked by authorized personnel prior to an overnight trip. Bags/ Backpacks may be checked at any time while in school at the discretion of the administration.

COMPLAINT PROCEDURES

1. Depending on the nature of the complaint, try to resolve it directly with the coach involved by setting up an appointment with them the day after the event.
2. If the complaint is not resolved satisfactorily, the following chain of command is to be followed: assistant coach, head coach, activities director, superintendent, and school board.
3. Complaints given in writing will be shared with the coach.
4. "Playing time" is a non-negotiable matter and will be left to the discretion of the coach.
5. Do not text / email coaches with a complaint. Set up a time with the coach and / or administration.

Leveling Up

- Levels are
1. Varsity
 2. JV
 2. Sophomore
 3. Freshman
 3. 7 -8 Grade
 4. 6th Grade – No 6th Graders may play at any other level than 6th Grade.

Leveling up consideration...

1. If you are moving up a level a meeting needs to take place between the Coach, and the Parents and if necessary, the AD.
2. The questions that will be asked will be...
 1. Is the athlete physically mature enough for that level? (Safety)
 2. Is the athlete mentally mature enough for that level?
 3. What will be the effect of the teams involved?
 4. What are the parents' thoughts and concerns?

If parents and coaches and AD are satisfied with this move, then it can take place. This must be presented to the AD for documentation purposes.

- A one level jump is usually not an issue, but a two or more-level jump is very much a concern.
- A coach must be aware that this can be reversed at any time by the parents.
- If we do not have a team at a level does not mean, we skip that consideration.
- We will not fill in just because it is a numbers issue.

SPORTSMANSHIP

The Watford City Public School District believes that sports programs serve educational purposes in the lives of the district's students. One of the purposes is the development of good sportsmanship. The primary focus of the challenge of achieving good sportsmanship is on the student, but others are involved.

The School Board believes that administrators must insist that good sportsmanship is the goal; activities directors must realize the value of sportsmanship and set the tone for the implementation of its good practice.

The coaches/advisors must accept the responsibility of making each activities contest a showcase for education. They are expected to be models of self control and dignity for participants and spectators.

The participants must be taught to handle themselves in a sportsmanlike way; they are also expected to project good sportsmanship in the activities in which they participate.

Spectators must realize that they also must exhibit good sportsmanship at all activities. Spectators serve as a model for their own children and for other young people in the community. Spectators also need to demonstrate self control and dignity while participating in activities.

Good sportsmanship practices will be demonstrated by administrators and coaches, students will be taught good sportsmanship and be held accountable for their actions, and spectators will be reminded and encouraged to be appropriate role models for young people. Below are the NDHSAA Sportsmanship Expectations!

NDHSAA BEHAVIOR EXPECTATIONS FOR REGULAR AND POSTSEASON COMPETITIONS:

***Respect the American flag and the National Anthem.**

***Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.**

***Spectators must wear appropriate clothing. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.**

***The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators. Any discriminatory slur will result in immediate removal from the facility.**

***Any attendee ejected from a NDHSAA regular season or tournament contest will incur a minimum three (3) game/event suspension.**

***Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.**

***Handheld signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.**

***Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.**

***Laser lights or any other lights deemed distracting to participants are strictly prohibited.**

***The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited at all contests.**

Revised: 8/14/2024

**WATFORD CITY PUBLIC SCHOOLS EXTRACURRICULAR PARTICIPATION GUIDELINES
2024-2025**

Watford City Public School students are encouraged to participate in extracurricular activities to round out their educational program. However, it must be clearly understood that participation in extracurricular activities is a privilege, not a right, and with privileges come certain responsibilities.

Students are representatives of the school at all extracurricular events. The conduct of the students at such events determines the reputation of our school and its students. Disciplinary action could result if any student's conduct is detrimental to his/her school or community. In addition to the NDHSAA rules, the Watford City High School Activities Department have established the following:

1. Students in grades 7-12 may earn letters in extracurricular activities.
2. Participants must follow and abide by all North Dakota High School Activities rules. (Copies of NDHSAA laws are available in the office for review.)
3. A participant's academic eligibility will be determined by compliance with the weekly Academic Performance Report. In order to be eligible to participate in school sponsored extracurricular activities, students at WCHS or WCMS may only be failing one course at the time the report is run. Grades will be checked for all students on Midterm, End of the Quarter, Midterm and Semester. Students that are failing more than one course will be ineligible for one week. The grades of the students identified on the initial grade check will be checked again the following Wednesday at noon. Should a student still be failing more than one course, they will be ineligible for another week.
4. Coaches/advisors will notify all participants of curfew hours and rules before the season begins.
5. All students involved in extracurricular activities are expected to be in school attendance for the last four periods of the day of a game, contest, or activity. **A student who must miss school on any activity day must clear the absence with the principal or activities director before missing school to be certain of their eligibility for that particular contest.**
6. A participant receiving school suspension will not be allowed to attend any school activity during the days of suspension.
7. A participant is to travel to and from an event with the team/group unless a parent requests and a coach/advisor permits the student to travel with the parent.
8. The proper procedure to address a positive or negative situation with a specific extracurricular activity is to visit with the following personnel in the stated order:
 - 1) Advisors/Directors/Coaching Staff
 - 2) AD
 - 3) Principal
 - 4) Superintendent
 - 5) School Board
9. I have read the Concussion policy / ND Law on Concussions

Student's and parent's signatures of receipts and adherence to the Watford City Public Schools extracurricular guidelines must be on file with the Activities Director before a student will be allowed to participate in an activity or sport.

CERTIFICATION OF RECEIPT OF AND ADHERENCE TO THE
WATFORD CITY PUBLIC SCHOOLS EXTRACURRICULAR GUIDELINES

PRINT STUDENT'S NAME

STUDENT'S SIGNATURE AND DATE

PARENT'S SIGNATURE AND DATE

- **This Document is also a part of your Registration Process, this is for referral only.**

Watford City High School Medical Consent to Treat Form

Watford City High School Athletic Trainers (“WCHS Athletic Trainers”) provide “Athletic Training” services to WCHS athletes, whose services include the prevention, emergency care, first aid, treatment, and rehabilitation of Athletic Injuries using certain physical modalities (i.e. methods of treatment). “Athletic Injuries” means the types of musculoskeletal injury or common illness and conditions, incurred by athletes, which prevent or limit participation in sports or recreation and which WCHS Athletic Trainers are educated to treat or refer to.

I, the undersigned, certify that I am the parent or legal guardian of the child or children listed below and that I am authorized to provide informed consent for any Athletic Training provided to the applicable child below by WCHS Athletic Trainers. I hereby consent to the following (please initial where giving consent):

The child or children below may receive Athletic Training from WCHS Athletic Trainers for Athletic Injuries, as needed. WCHS Athletic Trainers may contact or otherwise communicate with other health care providers (including, without limitation, other WCHS Athletic Trainers or other healthcare professionals working with the student at WCHS) as needed for purposes of providing Athletic Training.

The above consents are intended to cover any Athletic Injury sustained in connection with any WCHS athletic competition or practice, whether on or off WCHS property, and while traveling to or from any such competition or practice under the supervision of WCHS. I understand the nature of the athletic training services which I have consented to above, and I acknowledge that no guarantees have been made to me or my child as to the results thereof.

I hereby specifically release and agree to indemnify and hold harmless Watford City High School, its board members, employees, contractors and agents (including, without limitation, WCHS Athletic Trainers) from any and all claims associated with taking or refraining from taking any action in accordance with the above instructions, including, without limitation: giving, obtaining, or refraining from giving or obtaining, Athletic Training services.

I acknowledge that I am financially responsible for the payment of any medication, medical or surgical care, treatment or procedures provided to my child. I further acknowledge that the instructions set forth above will remain in effect until the minor child reaches the age of majority or I provide written notice to WCHS that I am revoking the instructions provided for in this document.

I also grant permission to the attending physician and/or emergency medical personnel to carry out any and all necessary medical and/or first aid procedures in the case of an emergency for all students listed below. I understand that every effort will be made to contact us before any procedures are carried out, if possible. However, we understand that there may be a situation in which emergency care must be undertaken immediately. We hereby give our consent to the above listed medical personnel to carry out such procedures if immediately necessary.

I further understand that Watford City High School does not carry or provide insurance to participants in school activities who may be injured or become ill while participating in a Watford City High School Sponsored Activity. All such costs are the responsibility of I, the parent or guardian.

- **This Document is also a part of your Registration Process, this is for referral only.**