

ROBINSON HIGH SCHOOL
IHSA SPORTS/ACTIVITIES HANDBOOK
2026-2027

The Robinson High School: IHSA Sports/Activities Handbook has as its primary function the informing and directing of students in regard to monitoring the conduct of participants.

Students are expected to be responsible, and violations of the athletic handbook will result in some type of disciplinary action. However, not all situations, penalties, or combinations thereof are included in the handbook. Because the athletic handbook has discussions of specific topics, which are designed to be a guide in maintaining a healthy school environment, no expectations of contractual rights should be assumed. If a situation occurs that is not covered in this handbook, the administration will make a final decision after consulting with the student-athlete and the parent or guardian.

The Robinson High School: IHSA Sports/Activities Handbook will be reviewed on a yearly basis. The committee will consist of eight people: two (2) school board members, two (2) coaches, two (2) parents of student-athletes, the principal and/or assistant principal of Robinson High School, and the athletic director of Robinson High School.

The Committee will meet each year to review the Handbook. Upon reviewing the Handbook, recommendations will be made from the committee to pass on to the board of education. The board has the right to approve or disapprove of the proposed Robinson High School: IHSA Sports/Activities Handbook change.

CODE OF CONDUCT PURPOSE

This IHSA Sports/Activities Code of Conduct and Responsibility has been adopted by the board of education of Robinson Community Unit School District No. 2 and applies to student-athletes in grades 9-12. This policy is in addition to other policies concerning student conduct and imposes additional requirements on student-athletes. It is intended to promote the health and safety of students, to encourage the development of self-discipline and self-control in student-athletes which are attributes the board finds to be necessary to make participation in athletics successful and rewarding for individual athletes as well as for the teams in which they participate.

The District recognizes that there is a high incidence of alcohol and drug abuse by students nationwide, which is epidemic in proportion. The District also recognizes that some Robinson students, and in particular, student-athletes have used alcohol and have or will experiment with illegal drugs during their high school years. Because student-athletes are especially respected and looked up to by the student body, they are expected to be good examples of conduct, sportsmanship, and training, which include abstaining from the use of drugs and alcohol. Moreover, a student-athlete who uses drugs can be a danger to himself, herself, or others, both on and off the athletic field.

Therefore, in order to provide for the health and safety of the individual athlete and other athletes, as well as provide a legitimate reason for the students to say "NO" to drug use, and to provide an opportunity for those using drugs to receive help in location programs which can provide assistance, the District is incorporating a mandatory drug testing program for student-athletes within the Athletic Code of Conduct and Responsibility. The program is not intended to be punitive. It is designed to prevent drug and alcohol usage, educate student-athletes as to the serious physical, mental and emotional harm caused by drug and alcohol abuse, create and maintain a safe, drug-free environment for student-athletes, and assist them in getting help when needed.

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I. OBJECTIVES

- A. To balance athletics and other extracurricular activities with all other student academic responsibilities and considerations.
- B. To encourage, build, and promote both the individual's moral character and physical development.
- C. To develop in each participant a feeling of pride, a sense of accomplishment, and a desire to excel within the ethics of the sport.
- D. To develop excellent athletic teams and extracurricular programs with which the participants, school, and community can be proud.
- E. To promote high regard for hard work and good sportsmanship. Help promote good sportsmanship at Robinson High School
- F. To promote drug/alcohol-free activities at all times for all students through the high school level.

II. COVERAGE

The Robinson High School: IHSA Sports/Activities Handbook applies to:

- 1. Grades 9 – 12
- 2. All high school athletic teams and activities
- 3. In and out of school hours from their first day of practice throughout their high school career

III. SPORTS/ACTIVITIES OFFERED AT ROBINSON HIGH SCHOOL

Boys

Cross Country
Football
Golf
Basketball
Wrestling
Track
Baseball
Tennis
Soccer
Sideline Cheer
Competitive Cheer
Scholastic Bowl

Girls

Cross Country
Volleyball
Golf
Basketball
Wrestling
Track
Softball
Tennis
Soccer
Sideline Cheer
Competitive Cheer
Scholastic Bowl

IV. DEFINITIONS

A. Student/Student-athlete

A student/ student-athlete is a boy or girl in grades 9 through 12 participating in athletic Practices and/or contests under the control and jurisdiction of Robinson Community Unit School District No. 2.

B. Sport Season

Fall, winter, and spring seasons begin on the first day of practice allowed by the Illinois High School Association and end the day of the State Final in that particular sport.

C. "In good standing"

1. All equipment and uniforms have been returned or replaced at present-day cost. An athlete will be denied future equipment and the privilege of participating in athletics until the financial charges have been paid.
2. The athlete has attended practice on a regular basis.
3. The coach may give the athlete his/her awards if injury or illness has prevented him/her from finishing the season with the team.

A student-athlete serving an athletic suspension due to an athletic code infraction for any length of time must attend all practices and contests. He/she must contribute positively to the team for the duration of the season(s) affected by the suspension. If the suspended athlete quits the team during the suspension, or if the suspended athlete's behavior during practices and/or contests negatively affects the team or is a poor representation of RHS, the athlete will be considered "not in good standing" in regard to RHS athletics. As a result, the athlete's suspension will be applied in full to the next season in which he/she makes the team.

D. Drug

Any substance considered illegal or controlled by the Food and Drug Administration; this is to include alcohol, Nicotine, vapes/any component of a vape, drug paraphernalia, and look-a-like products.

E. Athletic Suspension

Athletic suspension means loss of the privilege to participate in athletic contests. During the athletic suspension, the student will be expected to practice and travel with the team but shall NOT be permitted to dress in uniform.

F. Exclusion

An exclusion means loss of the privilege to participate in practice, team travel, or participation in athletic contests. At the request of the coach with Administrative approval, practice and team travel may be allowed.

G. Evidence

Verifiable information/data such as a police report.

H. Illegal Party

A gathering of 2 or more individuals where alcohol, drugs, or other illegal substances are present and available for a minor's use. This will include activities within vehicles, etc.

V. STUDENT EXPECTATIONS

- A. The student shall not possess, use, deliver, sell, transmit or attempt to possess, use, deliver, sell or transmit any alcoholic beverage, any non-prescribed or illegal drug, or any substance which the student believes or represents to be any of the foregoing, including, but not necessarily limited to look-a-likes.
- B. The student shall not violate any criminal offense of any jurisdiction, except for petty offenses such as speeding, stop and signal light violation, and the like. Conviction of a criminal offense is conclusive evidence that the student committed the offense. Other evidence may also demonstrate that an offense occurred, but mere arrest or charges are insufficient in and of themselves, to show that the student committed the offense.
- C. The head coach of each sport (subject to the approval of the athletic director) shall have the authority to specify additional training rules relating to health, safety, conduct, attitude, language use, and the like and may discipline students for violation of those training rules. Such discipline may include exclusion for serious offenses, or when lesser penalties have failed to deter violation.

VI. STEROID AND DRUG TESTING PROCEDURES

- A. Consent: The parent and/or guardian and the student give consent for drug and/or steroid testing when they sign the Unit #2 Athletic Code of Conduct and Responsibility as a condition to the student's participation in the athletic program. Any student who refuses to sign a written consent for drug testing will not be allowed to participate in any sport/activity until the student signs such a consent. Any student who refuses to be tested will be suspended from the team for the remainder of the season and must submit to a test before entering another sport.
- B. Medication: students who have been or who are taking prescription medication must provide verification (either by a copy of the prescription or by doctor's authorization) prior to being tested. Students who refuse to provide verification and test positive will be subject to the actions specified below for "positive tests."
- C. Student Selection: All students may be tested at the beginning of each sport season. During each sport season, fall, winter, and spring, all athletes may be randomly tested for drugs and or steroids. At intervals of the sports season, testing may be conducted at random, unannounced times. Each student will be assigned a number at the beginning of his/her participation in sports/activities. The athletic director shall make a list of all such students cross-referencing the student and his/her respective number. Such list shall be maintained by the athletic director and the contents of the same shall remain confidential. When a selection is to be made, the numbers of all students shall be placed in a box and student leaders, with faculty supervision, will blindly draw the numbers of the appropriate number of students randomly from the box. Each testing cycle shall include at least 7 student-athletes to be tested for drugs and or steroids. After testing, a student-athlete's number will be returned to the testing population and subject to re-selection. The District specifically reserves the right to test any student-athlete at any time where reasonable suspicion of drug use is found to exist.
- D. Testing: Once a student is selected, the student will be accompanied by the testing agency personnel and/or school official of the same sex to a bathroom, where the student shall provide a sample of his/her urine in a verifiable manner. The student will not be under direct visual observation while

providing the sample unless there is reason to believe that the student will alter or substitute the specimen to be provided. The sample will be labeled with the date and the student's number. The athletic director shall verify with the student the accuracy of the cross-referenced number to assure that it is the student's number. Thereafter, the sample shall be sent to a competent laboratory, which shall test the sample for the presence of drugs. The laboratory shall first test the sample using the enzyme multiplied immunoassay technique ("EMIT"). Any sample which tests positive is then re-tested using the gas chromatography/mass spectrometry method ("GC/MS"). The sample will not be tested for pregnancy or birth control or for prescription medications. The District and the testing laboratory shall closely monitor and record the chain of custody of the sample to assure accuracy and anonymity of the testing procedure. The only school personnel who will know of a selection shall be the athletic director, the head coach, and any staff member obtaining the sample. The only persons who shall be informed of the results of the drug test are the student-athlete, his or her parents or custodial parents or guardian, the athletic director, principal, assistant principal, and superintendent.

E. "Positive" Test: If a student's sample tests positive under both the EMIT and GC/MS tests, the student, and his or her parents or guardians shall be notified of the results and shall meet with the athletic director and principal who shall give them an opportunity to explain the positive result. The student and his parents may also have the original sample retested using the tests described in the testing section at another lab if they so desire. This lab must be approved by the school district and the test will be at the expense of the student and their parents. If no satisfactory explanation is made to the athletic director and principal, the student shall be subject to the consequences of violations.

F. Falsifying Test: If a student alters or substitutes a specimen in an attempt to falsify results, the student and his/her parents or guardian shall be notified of the infraction and shall meet with the athletic director and principal. If the student is found to have altered or falsified a specimen the student will be suspended for one calendar year from the date of the infraction. If a second party is proven to have provided or aided in an attempt to falsify the results of a drug test, his/her parents will be notified of the incident. A meeting will be set up with the athletic director and principal. If the student is found to have assisted with falsifying a specimen, the student will be suspended for one calendar year from the date of the infraction.

G. Consent: By signing the Parent/Student Permission and Information Sheet, and Acknowledgement of Code of Conduct and Responsibility, we hereby acknowledge that we have received and have read and understand the Drug Testing procedures. We desire that our son/daughter participate in this program and in the interscholastic sports/activities of Robinson High School and hereby agree to be subject to its terms. I accept the method of obtaining urine samples, testing and analyses of such specimens, and all other aspects of the program. I agree to cooperate in furnishing such urine samples, which may be required from time to time.

I further agree and consent to the disclosure of the sampling, testing, and results as provided for in this program. This consent is given pursuant to all State and Federal Privacy Statutes and is a waiver of rights to non-disclosure of such test records and results only to the extent such disclosure is authorized by this program.

VII. CONSEQUENCES OF VIOLATIONS AND AUTHORITY FOR DECISIONS

- A. The coach, athletic director, and principal shall be responsible for decisions relative to the violation of training rules. Penalties will be imposed based upon the verifiable evidence (within the scope of these rules) in the overall best interests of the athlete, the sport, the team, and the school.

Consequences for violations include:

- a. If there was a drug violation, the student-athlete shall be re-tested before beginning the next season for which he/she is eligible and at any time during any sports season/activity in which he or she chooses to participate for the remainder of their high school career. If the athlete is participating in two concurrent sports, then the consequences will apply to both seasons concurrently.
 - i. **First Violation** will result in a one season suspension or completion of an approved 10 hour assistance program will result in a reduction of the suspension to $\frac{1}{4}$ of the season. The athlete will also complete 10 hours of community service set by the administration.
 - ii. **Repeat Violation(s)** will result in a two season suspension or completion of an approved 10 hour assistance program, at athletes expense, will result in a reduction of the suspension to $\frac{1}{2}$ season. The athlete will also complete 20 hours of community service set by the administration.

VIII. RIGHTS OF REVIEW IN CASE OF EXCLUSION

- A. If a student is excluded from participation in athletics, the student and parents/guardians shall have the right to request a meeting with the coach, athletic director, and principal within seven (7) days of exclusion.
- B. If unsatisfied with the first meeting, a student and parents/guardians shall have the right to request a hearing before the superintendent and board of education, or board committee or hearing officer which the board may appoint within seven (7) days of the first meeting. The athletic director, and/or principal shall present information to the board that violation(s) occurred which justify exclusion. The student and parents may present whatever relevant information they desire concerning the alleged violation(s) or the penalty which should be imposed. At such a hearing, there shall be no right to cross-examination or other formal procedures. The students and parents/guardians shall have no right to legal representation. The decision of the board of education shall be final.

IX. REHABILITATION STATUS

A student who comes forward to address an alcohol or drug problem not relating to any violation of the Robinson High School: IHSA Sports/Activities Code of Conduct and Responsibility will be offered resources relating to the identified problem.

- 1) Parents or guardians will be notified.
- 2) Formal medical evaluation and assessment of their condition will be recommended
- 3) Approved assistance programs will be offered.

If player health and safety is a concern, then the student may return to playing status when it is medically safe for them to participate. This will be kept confidential and will NOT be considered a violation.

X. PARTICIPATION REQUIREMENTS

A. Each student must have completed the following in order to participate in Unit #2 district sports/activities practices or competitions:

1. **Current physical exam** - Each student must have a current physical exam form or statement from their doctor indicating that they are physically fit to participate in sports/activities practices or competitions. A copy of this exam or statement must be on file in the Athletic Office (High School) BEFORE the student may practice or compete in their sport. All physical exams are good for 395 days from the date the physical was completed.

2. **Participation Fees** - Each student is to pay a sport/activity fee NO LESS THAN ONE WEEK after the first scheduled practice to be eligible to compete. The fees will be \$50 per sport/activity, maximum of 2 sport/activity, for RHS student-athletes max of \$100 per athlete per year. The fees may be paid in Skyward at registration, at the high school main office, or given to the Head Coach. If tryouts are conducted in a sport the student may pay the participation fee after tryouts are completed.

3. **Parent/Student Permission and Information Sheet/Acknowledgement of Code of Conduct and Responsibility** - This is to be completed and signed by the parent/guardian once per school year. This sheet is to be filled out by the parent/guardian and the student-athlete BEFORE a student can start practice. You will also verify on this form that your son/daughter is properly covered by medical insurance. Unit District #2 recommends that you purchase, at your expense, a medical insurance policy that covers all high school sports. The district DOES NOT provide medical insurance coverage for injuries to students involved in athletics.

Each coach is required to have their own pre-season parent/guardian meetings. The pre-season meetings are designed for the parent/guardian to meet with the coach before the start of their season.

XI. ACADEMIC ELIGIBILITY

- A. Each student must pass thirty (30) credit hours (4 of 5 classes) of high school work per week.
- B. Each student must have passed thirty (30) credit hours of high school work (4 of 5 classes) in the previous semester to be eligible for the current semester (except first semester freshmen or transfer students)
- C. WEEKLY REQUIREMENTS: The minimum standard is that a participant must be passing four of five classes. Failure to meet this standard causes the individual to forfeit all eligibility the following week. Turning in extra credit, missing homework, etc..., will not take a student off the ineligibility list until the week of ineligibility is completed. Each Friday after 8:00 am the athletic director will check students' grades on the skyward program to determine eligibility. Coaches and students will be notified immediately of any student who is ineligible for the following week. The week for ineligibility runs from Monday through Sunday. The grade in each class must be the cumulative grade from the first day of the semester to the last day of the semester. It is the responsibility of the student-athlete to make sure they are taking at least THREE ACADEMIC CLASSES to maintain their RHS/IHSA academic eligibility.
- D. If an athlete is ineligible for three (3) weeks during the season, they may be removed from the team.

XII. SUSPENSION FROM SCHOOL

Students who are suspended from school (in or out of school) will not be allowed to practice with their team during the duration of their suspension. Suspension days will be considered as unexcused absence days. The student will therefore not participate in at least the next scheduled contest. Absence from practice may also affect playing time adversely.

XIII. ABSENCE POLICY

- A. If a student is absent for the entire school day, they will NOT be allowed to participate in practice or a scheduled contest. In order to participate in practice or scheduled contests, on a particular day, the student must have been in attendance no later than 9:30 am, **this includes if the student is absent because of mental health.** With prior communication, extenuating circumstances will be taken into consideration. A doctor's note will be accepted if you arrive past 9:30 am to excuse the absence.
- B. If a student misses practice/competition the day before the game, the coach will determine the playing time in a game or contest based on missed practice.
- C. All other absences must be dealt with through the head coach prior to the absence. The head coach will determine whether the absence is excused or unexcused, which could also lead to additional expectations or consequences which may vary and can include game suspensions.

XIV. IHSA HATE SPEECH AND HARASSMENT POLICY & PROCEDURE

Students are expected to be respectful in words and actions at all times to all individuals. For more information: <https://www.ihsa.org/documents/board/2020-21/Hate%20Speech%20and%20Harassment%20Policy.pdf>.

XV. CARE AND RETURN OF SCHOOL UNIFORMS AND EQUIPMENT

- A. All school-issued uniforms and equipment must be returned.
- B. Lost or stolen items are the responsibility of the player, and he/she must pay the present-day replacement cost of any items issued but not returned.
- C. Any returned items, which have been damaged, not as a result of normal wear and tear, must be replaced or repaired. The replacement or repair bill (s) becomes the responsibility of the student.
- D. No awards are to be given to the student until all equipment and uniforms issued to him/her have been returned and accounted for.
- E. No student will be allowed to begin the next athletic season, or any high school activity, until all equipment and uniforms have been returned and accounted for or paid for at present-day cost if damaged or lost.

XVI. TRANSPORTATION POLICY

- A. All students are required to ride the school bus to all away games.
- B. Students, with the approval of their coach, may leave the bus after the game or contest if their parents or legal guardian completes the "Student-Athlete Transportation Form." A student-athlete may leave with a designee ONLY if their parent/guardian received permission from the Head Coach, **prior** to the contest. Failure to follow this policy will result in consequences determined by the coach and/or administration.
- D. If an emergency arises and the parents are not at the game, the coach can make an exception to allow the student to leave.

XVII. SENIOR NIGHT

- A. Seniors will be honored at a selected contest each year if appropriate. It will usually be the last home contest of the season. The purpose of this night is to recognize the senior players and their parents/guardians for their participation, cooperation, and effort in the sports season they are playing.
- B. Seniors are not guaranteed playing time on senior night; they will be introduced with their parents before that game.
- C. Due to the weather and nature of fall and spring sports, Senior Night may be on the same night as the awards night.

XVIII. CHAIN OF COMMAND FOR COMMUNICATION

A. If the players have any concerns or questions about the sports program or playing time, the player should contact the head coach first except in cases where there is danger of perceived physical or mental harm. Upon meeting with the coach, the student-athlete will be provided with a “Problem-Solving Communication” form to be completed at each step of the process. If a parent/guardian or student-athlete does not abide by the chain of command, they will not be allowed to attend any athletic contest until a meeting with the administration is held.

1	Student	Head Coach
2	Parent & Student*	Head Coach** & Athletic Director
3	Parent & Student*	Athletic Director & Principal
4	Parent & Student*	Superintendent
5	Parent & Student*	Board of Education President & Superintendent
6	Parent & Student*	Board of Education
<i>*Depending on circumstances, a student-athlete's attendance at problem-solving meetings may be requested.</i> <i>**Depending on circumstances, assistant coaches may be requested to attend problem-solving meetings</i>		

B. If the parents or guardians of the student have any questions or concerns about their son/daughter or the program, they should contact the head coach by email or phone call to schedule a meeting. **BEFORE, DURING, OR IMMEDIATELY AFTER A GAME OR CONTEST IS COMPLETED IS NOT CONSIDERED A MUTUALLY AGREED UPON TIME BY THE COACHING STAFF.** If an incident occurs at the above-stated time it would be considered inappropriate and unacceptable. Before the parent can attend another contest, they must attend a meeting with the administration.

XIX. CUT POLICY

- A. Students may be cut from all levels of competition.
- B. Coaches or advisors may cut the squads based on the following criteria:
1. Tryouts may be conducted by the coaching staff at each level of play
 2. Improper attitude of the individuals
- C. The selection of the team members should be based upon:
1. overall talent and ability
 2. character, attitude & personality of the individual
 3. work habits and loyalty to the program
 4. positions needed on the team or activity
 5. classroom work/attendance

- D. Student-athletes that try out for a team and fail to make the team will not have to pay a participation fee.

XX. PARTICIPATION IN TWO CONCURRENT SPORTS

Student-athletes will be allowed to participate in two concurrent sports. The athlete must notify the athletic director of their intention to participate in two concurrent sports by IHSA Calendar Week 5 for Fall Sports, Week 17 for Winter Sports, Week 28 for Spring Sports. The coaches of shared student-athletes will meet with the athletic director to determine expectations of practice and contest participation for the duration of both seasons.

XXI. NON-SCHOOL SPONSORED SPORT POLICY

Statement of Purpose

The situation has arisen in the past and anticipated in the future that we may have interest from our student body to participate in IHSA sports that Community Unit #2 does not offer. We as a district have a wide base of activities offered to our students, however, we are not able to offer everything. We will do our best to accommodate our student body where practical and feasible.

The sports that are offered and the board approved by Community Unit #2 are listed in section V of this handbook.

If any student or group of students wishes to participate in any other IHSA-sponsored sport, the following guidelines must be met and adhered to.

1. The sport must be for individuals only, not a team sport. Students will compete as individuals only. The activity will be considered a club sport.
2. The club sport must be approved by the board of education.
3. Community Unit #2 will assume NO financial obligations whatsoever. This will include salaries, entry fees, transportation, lodging, meals, and any other expenses incurred by the club sport.
4. The club sport sponsor/coach must be IHSA approved and meet all guidelines outlined by the IHSA.
5. All IHSA bylaws must be followed. This will include but not be limited to eligibility, academic standing, age requirements, and any other guidelines pertinent to the activity.
6. All members of the club sport must have on file with the sponsor/coach the following: parental acknowledgment, verification of insurance coverage covering the activity, and a medical physical.
7. If the club sport will be entering the IHSA state series, all participants must have on file a signed Community Unit #2 Athletic Code of Conduct and Responsibility and abide by these regulations and consequences.
8. Any other regulations specified by the administration prior to board approval.
9. Any fund-raisers must be approved by the RHS principal and assistant principal.

XXII. CONCUSSION PROTOCOL

CMH Athletic Training Services Concussion Protocol

According to the Vienna Concussion Conference Recommendations, athletes should complete the following step-wise process prior to return to play and Learning following sports-related concussion:

- Immediate removal from contest following signs and symptoms of concussion
- Document LOC (loss of consciousness), and confusion (name, city, month, day of week)
- Any LOC event will be transported to emergency services
- Rule out more serious intracranial pathology
- No return to play in current game or practice
- Medical evaluation following injury (by ATHLETIC TRAINING STAFF/MD or ER)
- Within 48 hours – XLNTBRAIN post-injury Test (*or as symptoms resolve to tolerable level*)
- Coordinate with Athletic training Staff to set up appointment
- XLNTBRAIN test results will be given to evaluating Physician, Nurse Practitioner, or Physician Assistant (as per guardian's request) licensed to practice medicine in all its branches in Illinois per IHSA rules.

Return To Learn

Guidelines

- May begin progression when 30 minutes of light cognitive activity is tolerated. This may include reading, writing, and drawing.
- Must report to case manager daily, usually school AT
- Teachers may need to apply mastery learning to reduce workloads and anxiety related to the perceived volume of makeup work.

Phase 1 (rest)

- Complete cognitive and physical rest for 24-48 hours.
- Will be re-evaluated to determine status at what level accommodations will be made.
- This will be based on daily symptom scores completed by the athlete in XLNTBRAIN SYSTEM

Phase 2 (part-time attendance with accommodations)

- Part-time attendance
- No note-taking (notes will be provided by instructors)
- Core subjects only and these may be alternated morning and afternoon until full-time attendance is tolerated
- Rest breaks away from triggers
- Prioritize assignments based on the necessity of students participation
- No tests or quizzes, homework based on symptom severity
- No physical activity unless directed otherwise by MD or AT

Phase 3 (full day with accommodations)

- Progress time at school and workload demands
- Allow symptom-based breaks
- Prioritize in-class learning
- No Physical exertion unless advised by MD or AT otherwise

Phase 4 (full day no accommodations)

- XLNTBRAIN test returned to baseline level
- No symptoms triggered and released to full academic workload

Phase 5 (progress to extracurricular)

- Must remain symptom free 24 hours

Return to Play Progression

1. May begin sub-symptom threshold cardiovascular activity such as walking or stationary biking for 10 min daily following 24-48 hours rest
2. When asymptomatic for 24 hours and Impact has returned to baseline levels then he or she can perform a more strenuous cardiovascular activity such as stationary bike and treadmill walking for 20 min.
3. If no return of symptoms with the more strenuous activity he or she can perform non-contact sport-specific drills.
4. If no return of symptoms during step 3 the athlete is released to participate in practice.
 - a. At this time post-exertional XLNTBRAIN testing will be performed.
5. If no return of symptoms during step 4 the athlete is released to full participation in the previous activity level.

IHSA policy requires athletes to provide a written release from a *Physician or Certified Athletic Trainer working with a physician prior to returning to play after being removed from interscholastic play with an apparent head injury.

**This refers to Physicians licensed to practice medicine in all branches*

[Consensus statement on concussion in sport: the 6th International Conference on Concussion in Sport—Amsterdam, October 2022 | British Journal of Sports Medicine \(bmj.com\)](http://www.cdc.gov/concussion/headsup/return_to_play.html)

http://www.cdc.gov/concussion/headsup/return_to_play.html

<https://www.ihsa.org/documents/sportsMedicine/current/Sports%20Medicine%20Consent%20and%20Acknowledgement.pdf>

XXIII.

ROBINSON HIGH SCHOOL

Problem-Solving Communication Form

The following order of communication should be used in order to most effectively resolve any issues within sport or activity.

Order of Communication	Date and Time of Meeting	Signature of Robinson CUSD #2 Employee(s)	Non-District Employee Attendees
Head Coach	____/____/____ Start ____:____ End ____:____	_____ Postion_____ _____ Postion_____ _____ Postion_____	Name_____ Relationship_____ Name_____ Relationship_____
Head Coach & Athletic Director	____/____/____ Start ____:____ End ____:____	_____ Postion_____ _____ Postion_____ _____ Postion_____	Name_____ Relationship_____ Name_____ Relationship_____
Athletic Director & Principal	____/____/____ Start ____:____ End ____:____	_____ Postion_____ _____ Postion_____ _____ Postion_____	Name_____ Relationship_____ Name_____ Relationship_____
Superintendent	____/____/____ Start ____:____ End ____:____	_____ Postion_____ _____ Postion_____ _____ Postion_____	Name_____ Relationship_____ Name_____ Relationship_____

ROBINSON HIGH SCHOOL

STUDENT ATHLETE TRANSPORTATION FORM

"Maroons are Winners"

Board of Education President & Superintendent	____/____/____ Start ____:____ End ____:____	_____ Postion_____ _____ Postion_____ _____ Postion_____ _____ Postion_____	Name_____ Relationship_____ Name_____ Relationship_____
<i>If no resolution is found during the meeting with the superintendent and the board of education president, the process of being added to the Robinson CUSD#2 Board of Education meeting's agenda will be provided and discussed.</i>			

Matt Music, Assistant Principal	Jamie Schultz, Principal	Scott Albright, Athletic Director
MaryAnn Kidwell, Jr/Sr Guidance		Mandy Cooley, Fr/So Guidance

It is expected that all student-athletes will use the transportation provided by the school district to travel to and from athletic contests. In the event a parent/guardian is requesting to transport their child from an athletic event when district transportation is being provided, this form should be completed and returned to the coach.

As the parent/guardian of the below listed student athlete, I agree to transport said student athlete to and/or from the listed athletic event. I do understand that my signature on this release from releases Robinson CUSD #2, its agents and employees, from and against any liability, loss, damages, claims or actions to the maximum extent permissible by law, arising out of such transportation.

SPORT:

EVENT:

DATE:

#	Player Name	Parent/Guardian Signature

ROBINSON HIGH SCHOOL
STUDENT ATHLETE TRANSPORTATION FORM
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