

Athletics



Washoe County School District

Every Child, By Name And Face, To Graduation



Interscholastic

Manual

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Disclaimer: This manual may contain references to Board Policy, Administrative Regulations and other documents pertaining to the rules and regulations of the District. The District reserves the right to revise any of these documents. To verify the current version of any of these documents, please check the District's website at www.wcsdpolicy.net.

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1. INTRODUCTION

A. Mission Statement

It is the role of the Student Activities and Athletics Department to support student athletes with the opportunity to develop their athletic abilities while supporting and providing supervision over their physical welfare in an environment that promotes academic standards and the development of leadership capabilities. These objectives are best achieved through a program which provides equal opportunity for all its students-athletes.

2. ATTENDANCE

A. Practice

The District recommends that high school practices should not exceed two and a half hours per day. No practices are held on Sunday, this would include team meetings, films, lifting, etc. Practices are not to conflict with a school day or Professional Learning Community (PLC) training of an on-campus coach.

No off-season practices are to take place during finals week or during in-season tryouts. In-session practices should be scaled down during finals weeks. No competition is to be scheduled during finals week without the approval of the Student Activities and Athletics Department.

B. School Day Attendance - 220 Minutes

1. A student must be reported as present for a minimum of 220 minutes each school day, in order to participate in an interscholastic athletic competition or practice.
2. An exception may be granted to allow student-athletes to attend for less than 220 minutes with pre-approval of the school's administration.
3. A student-athlete who does not attend school due to illness, shall not be allowed to compete or practice on that day. Special exceptions to this rule may be made by the principal at the school site.

C. SUSPENSION

1. A student-athlete who has been assigned an in-house or out-of-school suspension shall not be allowed to participate in practice or competition during the length of the suspension and until the next school day when the suspension is lifted.

3. DUE PROCESS/STUDENT BEHAVIOR

1. Student-athletes, through their participation, represent their teams, schools, and the District. They are, therefore, expected to support the value of academics and the educational process. Advocate, model and promote the development of good sportsmanship and character to include Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.
2. Students should be made aware of the standards of conduct related to participation. The coach shall:
 - a. Inform students of all rules, codes and standards expected of them.
 - b. Be fair and consistent in applying discipline.
 - c. Be honest in dealing with players.
 - d. Respect individual differences in players and not play favorites; and
3. A student who willfully performs or fails to perform any act which materially interferes with or substantially disrupts the orderly operation of the program or welfare of their team or school is subject to discipline, suspension, or expulsion from the activity. The student's parent/guardian shall be notified of the discipline being administered to the student.

Students are entitled to the Due Process Procedures for discipline resulting in expulsion from the activity which are outlined in Administrative Manual 5115, Student Behavior.

A. REMOVING STUDENT -ATHLETE FROM A TEAM

1. After the team has been selected, a head varsity coach, the coaching staff in collaboration with the school's athletic administration may request the suspension or removal of a student-athlete from a team. This decision will be made based on criteria established and provided to the team members for the specific athletic programs at the start of the athletic season.
2. The head coach shall follow due process procedures before considering removal of an athlete. The head coach shall, in collaboration with the school's athletic department, follow due process procedures before considering suspension or removal of a student-athlete.
 - a. Athletic due process procedures for a student-athlete removed from a team include an investigation by the athletic director that includes player(s) involved, coaches and teammates.
3. The Athletic Administrator shall be notified within 24 hours if a student-athlete is requested for removal or suspension from a team.
4. If a student-athlete is facing expulsion from a team, parents/legal guardians will be notified throughout the entire process of the investigation and its findings, and the final decision made to possibly remove the student-athlete from the team/squad. The parent/legal guardian and the student-athlete may appeal the decision by requesting a review hearing of the investigation and its findings to the Department of Student Activities and Athletics. During the investigation and any appeal, the student/athlete will not be able to participate on the team.

4. ELIGIBILITY

1. For a complete regulation guide please refer to [Nevada Administrative Code \(NAC\) Chapter 385B](#).
2. In order to participate in interscholastic athletics, a student must meet the standards set forth by the Nevada Interscholastic Activities Association (NIAA) and the District. Those standards include, but are not limited to:
 - a. Academic Eligibility.
 - b. Physicals.
 - c. Residence; and

d. Limits on Participation

A. Academic Eligibility

1. The following are the most critical aspects in regard to academic eligibility. Information related to athletic eligibility can be viewed in its entirety on the NIAA website at www.niaa.com.
 - a. Questions should be directed to the District's Student Activities and Athletics Department.
2. A student who enrolls in his/her first semester in the ninth grade is academically eligible to try out for and/or participate in a sanctioned sport once their athletic registration has been completed and approved.
3. For each semester a student participates in a sanctioned sport, the student must enroll in at least two units of credit consisting of at least four classes, achieve a minimum 2.0 grade point average (GPA), and meet NIAA attendance requirements to maintain eligibility.
 - a. School and athletic programs have the ability to increase the minimum standard GPA for participation in specific sport.
 - b. A student-athlete who takes an extension class is responsible for maintaining academic work and having it verified by the school's Athletic Department during three-week grade checks.
4. A student must successfully complete at least two units of credit for the immediately preceding semester.
 - a. If a student fails to successfully complete at least two units of credit for that semester, the student is ineligible to participate in a sanctioned sport for three weeks. The student has the ability to become eligible using the posted next three-week progress grades. The student must receive a passing grade for the two units of credit for the three-week grading period, at which time the student becomes eligible to participate in a sanctioned sport for the remainder of that sport season based on the subsequent grade checks.
5. Three Week Grade Checks

- a. Students must be enrolled in a minimum of two credits or four classes with traditional grade scale to be eligible.
- b. Grade checks take place every three weeks during the Fall, Winter, and Spring seasons.
 - i. Athletes who are deemed ineligible at the three-week grade check are given the following Monday thru Friday to bring their grade to passing or they will be declared ineligible the **following** Monday thru Saturday.
 - ii. A student-athlete who has an "F" in any course will be placed on a "warning week", in which the student-athlete is still eligible to participate. Parents/guardians are notified of the student-athlete's "warning week," and the student-athlete is given until Friday of the warning week to raise the grade.
 - iii. If the student-athlete fails to raise the grade, the student-athlete is ineligible to compete in games, matches, etc. from Monday through Saturday of the following week. A grade check will happen for a student-athlete with an "F" every Friday until they become eligible.

B. Ineligible Player

1. An ineligible player may not be released from class to participate in the competition; may not travel with the team under any circumstances; and may not be in uniform, on the bench, or on the sidelines with the team.
2. Ineligible players, who have been out due to grades, may become eligible when three (3) week grades are officially entered in the computer.
3. Athletes who have been eligible but failed to achieve a 2.0 GPA and/or two semester credits will be ineligible by noon Friday the week grades are recorded with the District.
4. Athletes who have started course work that is intended and approved to replace failing grades from the previous semester are required to complete that approved course work within three weeks of the start of the following semester.

C. Clearance Procedures

1. Schools shall use "Register My Athlete," an electronic database that allows schools to track student clearance information. Schools are to provide the opportunity for parents to complete "Register My Athlete" forms on campus if necessary.
2. All students-athletes and their parents/guardians shall register with "Register My Athlete." This is a requirement of the NIAA to determine eligibility of transfer students, for team rosters, and state academic championships.

D. School of Choice and Athletic Eligibility

1. High school athletic eligibility is governed by the NIAA Regulations.
2. Freshman, sophomore, and junior high school students granted a School of Choice placement shall be eligible to participate in sanctioned sports at the sub varsity level only for 180 school days. Senior high school students granted a School of Choice placement would not be eligible to participate in sanctioned sports.
3. If a student returns to their school of residence, the student loses athletic eligibility for 180 school days from their first date of enrollment upon return to their school of residence.
4. Student athletes who attend an alternative school to include AACT, TMCC High School, NorthStar, or another approved WCSD designated program are eligible. To participate in sanctioned sports at their school of residence only.

E. Enrollment

1. Students in the following situations must be enrolled in the school that the student is zoned for and be cleared in the sport in order to participate. Such students must meet all requirements in order to make and participate on a team to include academic eligibility, clearance, and selection.
 - a. Dual Enrollment
 - b. Home School.
 - c. Charter.
 - d. Private Schools; and
 - e. Foreign Exchange.

F. Participation Limits

A player cannot be a member of two District sanctioned athletic teams during the same season. No overlapping participation is permitted: i.e., a boy on a football team may not participate in basketball until the school's football season is officially concluded. The regular season ends for student participants the day following the last game/match/contest. A student-athlete may transfer to another sport in any one season if he/she transfers prior to the first scheduled contest or game after being registered with the NIAA.

5. END OF SEASON

A. Awards Banquet

1. Any awards or recognition event must comply with the policies and regulations of the District, to include:
 - a. Regardless of the location of the event, no alcohol may be served at a school or District-sanctioned activity; however, if the event is held at a non-District owned or operated location, unopened alcoholic items may be used for auction items or other fundraising purposes; and
 - b. Events may not be cost prohibitive for the student-athletes and families to attend.
2. Coaches should keep in mind the confidentiality provisions related to student educational records and not disclose a student's grades, academic eligibility, medical information, or other applicable information.

B. Lettering

1. Each school is encouraged to develop and maintain a set of criteria and procedures related to presenting letters and other awards to students.
2. Each head coach establishes requirements for team awards and lettering requirements which must be approved by the school's athletic department.
3. Student-athletes will receive information at the start of the season on the possible types of team awards that can be earned following the end of the athletic season. Student-athletes must complete the entire season in good standing and follow all team, District and NIAA policies to be eligible for awards. At the conclusion of each

season, athletes who finish in good standing will be eligible and invited to an awards banquet arranged by their school.

4. Athletic letters may be awarded to participants of District-sanctioned and District recognized athletic teams.
5. It is the option of the individual school to provide letters for approved district recognized sports.

6. EQUITY AND ACCESS

A. Title IX

1. The District seeks to comply with the provisions of Title IX of the Education Amendments of 1972 which prohibits discrimination, harassment, and violence based on sex. As such:
 - a. Game, practice, and other facilities must be comparable for both sexes; and
 - b. Funding shall not be disproportionately applied between like sports of boys or girls (i.e., basketball).

B. Gender Identity

The following are the most critical aspects in regard to Administrative Regulation 5161, Gender Identity and Gender Non-Conformity. Questions on Board Policies (BP), Administrative Regulations (AR), or Administrative Procedures (AP) governing student activities or athletics should be directed to the District's Student Activities and Athletics Department.

In accordance with AR 5161, Gender Identity and Gender Non-Conformity, all athletes shall be addressed on a case-by-case basis, consistent with the rule and bylaws governing interscholastic sports competition, the NIAA, Title IX and any other applicable laws, rules, or bylaws.

1. This manual does not anticipate every situation that might occur and, therefore, the needs of each student must be assessed on a case-by-case basis. In all cases, the goal is to foster the safe and healthy development of the transgender or gender non-conforming student while maximizing the student's social integration into the school setting and minimizing stigmatization of the student.

2. The District will not require proof of medical treatments as a prerequisite for respecting a student's gender identity or expression. If a student has demonstrated a consistent, insistent, and persistent gender presentation over a period of time, school employees and volunteers shall not question whether that student's asserted gender identity is genuinely held.
 - a. Tryouts and participation
 - i. Participation in interscholastic athletics by transgender and gender non-conforming students in a manner consistent with their gender identity will be addressed on a case-by-case basis, consistent with the rules and bylaws governing interscholastic sports competition, the Nevada Interscholastic Activities Association (NIAA), Title IX, and any other applicable laws, rules or bylaws.
 - b. Locker room use
 - i. Locker Rooms or Other Facilities – Students shall have access to use facilities, including but not limited to locker rooms, that correspond to their gender identity as expressed by the student and asserted at school, irrespective of the gender listed on the student's records. Transgender and gender non-conforming students shall not be forced to use the locker room corresponding to their physiological or biological sex at birth.
 - c. Lodging during travel
 - i. Gender Segregation in Other Activities – In other circumstances where students are separated by gender in school activities (e.g., class discussions, field trips, etc.), transgender and gender nonconforming students shall be permitted to participate in accordance with their gender identity that is asserted at school. Activities that may involve the need for accommodation to address student privacy concerns will be addressed on a case-by-case basis.

In such circumstances, employees shall make a reasonable effort to provide available and reasonable accommodation for the student that can address any such concerns.

7. PRACTICES AND GAMES

The coach should communicate to both student-athletes and parents in regard to practice schedules and length of practices. It is professional to stick as closely to the schedule as possible so parents can arrange for transportation and other scheduling needs for their students. Practice schedules should be in writing with copies given to the Athletic Director, student, and parent. Practice is required and athletes are expected to attend. Communication is the key to success. In the event a practice is going to be missed, the athlete must notify the head coach. If this is not possible, the athlete should leave a message and make personal contact as soon as they return. It is recommended that **high school practices should not exceed two and a half hours per day.**

A. Practice Sessions

Most practice sessions will be held after school; however, morning practices and some evening practices will have to be held due to the many school teams (boys and girls) using facilities. All vacation/holiday practices should be cleared through the principal or athletic director. There is no practice held on **Sunday**, this would include team meetings, films, etc. Practice sessions should not conflict with the school day or scheduled faculty meetings. Professional training and experience should guide the length and number of practice sessions, but they may not exceed two and a half hours per day. Work with the Athletic Trainer to ensure that enough breaks are given for water.

B. Finals Week

No extracurricular activities or athletic contests should be scheduled during finals week. Events and games scheduled for the last day that finals are taken will be allowed, provided participating students not miss any time from the final schedule. Activities Advisors and Coaches should also be sensitive in regard to meeting and practices during finals weeks; it is suggested that varsity sports practices be two hours or less, sub varsity practices 90 minutes or less. Student activity practices should follow a similar time frame protocol. Student academic needs should be taken into consideration and late night and early morning meetings or practices should be avoided. Encourage all Activities Advisors and Coaches to communicate to administrators their finals week practice plans for approval

ahead of time. No off-season sports or open gyms practices are to take place during finals week.

C. Practice Availability

All coaches need to understand that reasonable and prudent use of an athletic facility will be scheduled on a priority system consisting of the following:

- In-Season: Sports will receive first priority in the use of athletic facilities.
- Preseason: Sports will be given second priority in the scheduling of athletic facilities; and
- Other activities: Will be given priority on a first-come, first-served basis.

8. STUDENT HEALTH

A. Physicals

Students must have a physical at the start of their freshman and junior years. Transfer students must also show proof of a current physical. All physicals must be documented on the NIAA approved "Pre-Participation Physical Evaluation" form which is available on the NIAA.com website.

B. Concussion Protocol

1. All student-athletes are offered comprehensive concussion screening through the WCSD Memorandum of Understanding (MOU) Contracted Facility.
 1. The WCSD MOU Contracted Facility will work with your Family Medical Doctor (FMD) to aid in the management process of the injury.
 2. This testing is not required by District but is highly recommended.
2. In order to be cleared for Return-to-Play (RTP), the student-athlete must have two clearance notes once the student-athlete's symptoms are no longer present:

1. A note from the **FMD** stating instructions and/or clearance to return to sport activity (it is preferred this is the same **FMD** the student-athlete saw at initial diagnosis); and
2. A clearance letter from the WCSD MOU Contracted Facility stating the student-athlete has met the minimum requirements to begin RTP.
 - a. This letter can be obtained by seeing the designated member of the WCSD MOU Contracted Facility or working with the Athletic Trainer or athletic secretary.
3. Each student with a concussion must undergo a supervised RTP tiered progression management plan. It is advised that the WCSD MOU Contracted Facility Professional supervise the program.
4. Once cleared to begin RTP, a supervised tiered progression management plan will be initiated by the Athletic Trainer or designated official.
5. If the RTP management plan is successfully completed, the student-athlete will be cleared to return to sports.

C. Exertional Testing:

Determination to begin the Return to Play (RTP) progression is done by WCSD MOU Contract Facility in addition, to the Athletic Trainer. This occurs when the Student athlete's physical exam has normalized. The student-athlete returns to a full day of school without symptoms, Return to Learn (RTL). Post-ImPACT Test, Tandem Gait, and VOMS testing have approximated the athlete's baseline. The RTP protocol has five stages.

D. Return to Play Tiered Progression Management Plan

STAGE 1

Light aerobic activity (without resistance training)

- Start with a 20 min stationary bike workout. Exercise intensity at about 50% maximum heart rate
- If at any point symptoms return, the student-athlete will stop and be reevaluated the next day.

- If the student-athlete does not experience symptoms at the conclusion of the bike workout, they will progress to the running workout.

□

A light aerobic run can also be completed instead of/or in addition to the bike test

STAGE 2

Sport Specific Activity

- The athlete will perform sport specific or position specific drills while out of the practice setting, testing change of direction and agility.
- Run Exertion testing can be conducted at this level - running and sprinting - (for example ... This is a ____ minute workout will consist of anaerobic activity like speed ladder, sprints, and SO+ (50+) yard runs plus individual drills specific to their sports.
- If at any point symptoms return, the student athlete will stop and be reevaluated the next day.
- If the Athlete completes the sport specific drill; the athlete may progress to non-contact practice the next day.

STAGE 3

Limited Return to Practice- Non-contact practice with progressive resistance training

- Limited return to practice will consist of non-contact drills and activities.
- Resistance training can begin (weightlifting).
- If at any point symptoms return, the athlete will be pulled from practice and reevaluated the next day.
- If the athlete does not experience symptoms at the conclusion of the workout, **the Athletic Trainer will make the determination if the athlete is ready for progression to full contact.**
- If the athlete has no symptoms, the athlete may progress to full contact.

E. Cardiac Issues

All athletic programs and coaches have access to Automated External Defibrillator (AED) during practices and athletic events.

All District coaches and Certified Athletic Trainers are required to complete and update their CPR/AED certification every two years. It is the responsibility of the individual school sites athletic department to manage and track the completion of this requirement.

F. Heat Acclimatization

Heat Advisory:

Consider the following to help determine modification of activity/practice: Temperature, humidity, heat index, age of students, students with health conditions, length of time outdoors, adequacy of clothing, condition of outdoor activity/practice area.

Heat Index is a measure of how hot it really feels when relative humidity is factored in with air temperature. The National Weather Service (NWS) will initiate alert procedures when the Heat Index is expected to exceed 105-110 degrees Fahrenheit for at least two consecutive days. NWS offers a Heat Index chart for areas with high heat but low relative humidity. Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase the heat index by up to 15 degrees Fahrenheit. Strong winds with very hot, dry air can also be extremely hazardous.

During high temperature/heat index conditions:

Slow down: reduce, eliminate, or reschedule strenuous activities. Students with health conditions should stay in the coolest place, not necessarily indoors.

Recess and Outdoor Physical Activity Considerations: Temperature index above 95 degrees, reconsider moving activities indoors to air-conditioned space. Provide water break before and after Recess/Practice.

Physical Education (PE) Classes- heat index reaches 90 degrees or higher and PE in unair-conditioned locations, move to air-conditioned location or modify activity, provide frequent water breaks.

1. Required the first two days of District/NIAA Football Training

GOOD LEVELS:	85-DEGREES OR LOWER	NO RESTRICTIONS
MODERATE LEVELS:	85-95 DEGREES	NO RESTRICTIONS
UNHEALTHY FOR SENSITIVE GROUPS:	96-102 DEGREES	REVIEW KEYS CHART FOR PRACTICE ALTERNATIVELY, TRAINING GUIDELINES AND PLANNING ALTERATIONS/ ADJUSTMENTS
VERY UNHEALTHY LEVELS: 103 AND OVER:		PRACTICE OR TRAINING OUTSIDE SHOULD BE RESCHEDULED OR RELOCATED INDOOR FACILITY OR MOVED TO A MORNING OR LATE AFTERNOON TO ACCOMMODATE LOWER TEMPERATURES.

H. Non-concussion Injury Procedures

Student-athletes who see a doctor for an injury must bring the **written doctor's release** to the head coach or athletic trainer before they may participate.

When a head coach receives the doctor's release, he should make two copies of the release. The coach should keep a copy for his files and give a copy to the Athletic Trainer.

8. Who Can Transport

Coaches

In order for coaches to transport student athletes in their private vehicles, they **MUST** fill out an [Annual Request to Transport Students](#), and it must be completed with a minimum

of three (3) weeks in advance **and** cleared through district transportation department as well as the school's athletic administration.

Coaches that decide to transport students may only do so in the Reno/ Sparks area only.

Athletes

Athletes **are allowed** to drive to contests within the **Reno/ Sparks area**, if they return to their residence after they are released from school. They are **not allowed** to transport or carpool with other students.

Parents/Chaperones

Any non WCSD employee wishing to chaperone or volunteer in any way on a trip must be cleared through Volunteer Services (775) 348-0346 and fax (775) 851-5669, using an [Adult School Volunteer Application](#). This should be done a minimum of 3 weeks prior to the event. Parents are only allowed to transport their own child unless the appropriate documentation has been provided and pre-approved the Head coach and/or Athletic Department.

Defensive Driving Class

This course is **MANDATED** for all personnel who drive district owned vehicles, MPVs or MPVs (Multiple Passenger Vans/Vehicles) obtained through a rental agency for the purpose of transporting student/athletes in or out of State.

1. Registration for this course is done through the MyPGS/Professional Growth System. Participants are then required to view four videos within the individuals [Safeschools](#) Account that will go through Safe Driving Skills and discuss traffic laws (State and County).
2. Upon completion of all four Safeschools videos, the participant will need to print the certification of completions at the end of each course then directly to Xiomara Interiano Xinteriano@washoeschools.net so she may update your completion status in the MyPGS system.

Access to the MyPGS and Safeschools system must be requested by the Athletic Director or Administrator for non WCSD employees.

Annual Request to Transport

Approval must be received annually for all drivers who transport students (other than the driver's own child(ren)). This includes District employees who may operate any motor

vehicle owned, leased, rented, or otherwise obtained using Washoe County School District (District) funds to transport students.

1. All drivers must be cleared to drive by providing a copy of his/her Department of Motor Vehicles driving record and completing an [Annual Request to Transport Students](#). These should be sent to the Washoe County School District Transportation Department or the athletic administrator of the school to obtain authorization to transport students. **THIS MUST BE DONE ANNUALLY and should be done well in advance of the trip; plan on a minimum three (3) weeks turn around.**
2. A driver will not be allowed to transport students if he/she has been convicted of three (3) moving traffic violations within the past two (2) years. Also, this request will not be approved if the driver has been convicted of driving while intoxicated or under the influence of drugs or reckless driving within the past ten (10) years or has a violation code 400 or higher.
3. Drivers and passengers shall **wear seat belts at all times** when vehicle is being used for district purposes. The number of passengers will be limited to the number of seat belts in the vehicle.
4. **Only school district employees can drive district vehicles or rented vehicles.** Volunteer coaches are allowed to drive district vehicles or rented vehicles as long as they have completed all procedures for district hiring of volunteer coaches.
5. **When vehicles are rented, schools should purchase additional insurance for liability and damage to vehicle.**

9. Release of Student from District Event

Release to parents

Student athletes can always be released to parents upon parent request. The coach should make contact with the parents after the competition before releasing the student. It is also recommended that the parent provide a note to the coach or athletic administrator/ athletic director prior to or at the time of release. Having parents, sign for their student on the bus roster is an excellent way of notifying that the student will not be returning on Washoe County School District transportation.

Release to Person Other Than Parent

Parents may also request **prior to a specific event** that their son/daughter be released to a relative or friend after an event; however, the procedure for doing so is meant to discourage those from using it unless absolutely necessary. Please do the following exactly: Submit to the school's athletic administrator/athletic director a completed copy of the [Specific Event Transportation Release Form SA001*](#). The coach should not release the student unless they have been directed to by Administration or the Athletic Director. The Athletic Director should verify this form's authenticity with a call to the parent or meeting with the parent. A copy of the form is given to the student athlete (signature of AA/AD required) and the original is kept on file in the Athletic office. **Again, this must be done prior to the event. The person transporting the student must discuss the release with the coach or administrator at the site of the activity and present a copy of the form that has been approved by the Athletic Administrator, Athletic Director, or Principal.** Without the form the student cannot be released to anyone other than their parent/guardian.

10. TRYOUTS

Choosing the members of any particular squad is the responsibility of the athletic coach of that team. The coach should implement a system that justifies the selection of players, such as an objective scoring rubric. Coaches must allow students an adequate time for the student to try out for the team during the allotted tryout dates as set forth by the NIAA/Student Activities and Athletics Department. It is mandatory that try-outs be held for a minimum of two days. When it becomes necessary to eliminate a player during the selection process, the coach should be prepared to discuss his/her reasons with the athlete and/or parent or guardian. It is recommended that coaches use an objective scoring rubric to serve as documentation of required standards used for team selection. Before starting try-outs, the coach should discuss with all students involved the standards for making the team and the responsibilities and details involved with being a team member. **All students trying out for a team must own a current student body activity sticker.**

1. Cutting Policies

a. Responsibility

- i. Choosing the members of athletic squads is the sole responsibility of the coaches of those squads.

- ii. Non-varsity coaches shall take into consideration the policies established by the head coach in that particular program when selecting final team rosters.
- iii. Prior to squad selection, the coach shall provide the following information to all candidates for the team:
 - 1) extent of try-out period;
 - 2) criteria used to select the team; a written rubric is mandatory to justify cuts;
 - 3) number to be selected.
 - 4) practice commitment if they make the team; and
 - 5) game commitments.

b. Procedure

- i. When a squad selection becomes a necessity, the process will include three important elements:
 - 1) Each candidate shall have competed in a minimum of two days of practice sessions.
 - 2) Each candidate will be evaluated on a rubric based on measurable objectives for the sport; and
 - 3) The coaching staff may be able to take into consideration a candidate, attendance history, discipline, and grades as per their evaluation.
- ii. Cut lists are not to be posted and it is suggested that the coach communicate with each athlete individually who is being cut from the team.
- iii. Coaches will discuss alternative possibilities for participation in the sport, or other areas of the activities program, such as team managers, team media/videographer, etc.

- iv. If a coach anticipates difficulties arising as a result of squad selection, he/she should discuss the situation with the athletic administrator.

A. Notification of Selection

Notification of making a team must be done face to face. Posting of a roster to notify athletes is not allowed.

B. Tryout Rubric

Rubrics that are to be used in cut sports must be developed in coordination with the Athletic Administrator and or the Athletic Director.

11. WEATHER

A. Air Quality

GUIDELINES ON HANDLING CONTEST AND PRACTICES DURING SMOKE DISTURBANCES

There are times throughout the school year, especially in the fall and winter months, when air pollution levels are higher than typical.

Because air quality index (AQI) levels can vary from one area of the county to another, the Athletic Administrator/Principal should decide whether to keep some of all of their students indoors when air quality is poor.

Before making a final decision about whether or not to keep students and practices indoors or canceling contests, Athletic Administrators/Principals are advised to check the U.S. EPA "[Air Now](#)" website. Also, refer to the Washoe County Health District's recommendations for schools.

Athletic Administrators/Principals are encouraged to take a conservative approach to student health and safety, keeping all students indoors and deferring outdoor aerobic activity when levels are between 100 and 149. If needed, practice times may be adjusted and/or practices locations may be moved to indoor venues. Once the AQI level is 150 or above ALL District outdoor activities are cancelled.

Please note that District Level Administrators or Departments can/may cancel activities or athletic events at any time before or after an individual site decision has been determined.

The purpose of the AQI is to help you understand what local air quality means to your health. To make it easier to understand, the AQI is divided into six categories:

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health warnings of emergency conditions. The entire population is more likely to be affected.
Hazardous	301 to 500	Health alert: everyone may experience more serious health effects.

B. School Cancellation

The District has the ability to cancel or suspend any Athletic Events or Extracurricular Activities on individual school sites and/or the entire District based on a number of circumstances such as:

- Major Weather Event
- Community safety concerns

- Direction of the Police or Sheriff Department
- Smoke and Fire Danger
- Others

During such events, all afterschool events are cancelled as well. If these school closures are at specific locations or sites, then only those schools will have their afterschool activities or events cancelled.

- Please refer to the NIAA or your Regional Athletic Commissioner regarding the make-up requirements of games that are impacted by any game cancellation.

12. Associated Policies and Regulations

The following associated documents can be found at www.wcsdpolicy.net.

Board Policy 5325, District-Recognized Athletics.

Board Policy 5340, District-Sanctioned Interscholastic Athletics; Administrative Regulation 5326, District-Recognized Athletics; and

Administrative Form 5327, District-Recognized Athletics Application.

13. NIAA Rules and Regulations

The NIAA is the sanctioning body for high school sports in Nevada. For the latest updates you can visit www.NIAA.com.

NIAA Governance and policies regarding interscholastic competition can be found in [NAC Chapter 358B](#).

