

# Extracurricular/Athletic Rules and Code of Conduct

In order to promote open communication and understanding between families and the 4J Athletic program, we are asking you to read this District 4J Extracurricular/Athletic Rules and Code of Conduct.

## Code of Conduct

While the Extracurricular/Athletic Rules and Code of Conduct addresses the expectations and consequences with regard to use or possession of alcohol, non prescribed drugs, or tobacco, Sheldon HS sets additional standards with regard to behavioral expectations of our student athletes. A team members conduct both on and off the playing field/court impacts his/her individual performance, the team's success, and the school's reputation.

For these reasons, student athletes need to know that if the SHS administration determines that they are quality of "serious misconduct" as explained in the Eugene School Districts 4j Students Rights and Responsibilities handbook, then they may be suspended from athletic competition, consistent with the penalties for use or possession of alcohol, drugs, or tobacco as outlined in the Extracurricular/Athletic Rules and Code of Conduct. This would likely be in addition to other disciplinary consequences for the misconduct (ie: suspension from school). Prior to beginning practice, students and parents must sign below to acknowledge their understanding of these behavioral expectations and consequences.

## Extracurricular & Athletic Rules

The following rules apply to high school OSAA sponsored and non-sponsored athletics.

### **Alcohol/Non-Prescription Drugs/Tobacco Use Rule**

The use of alcohol/non-prescription drugs/tobacco is prohibited. It is the position of the Eugene School District that athletes who are in jeopardy because of a substance abuse problem should receive professional assistance. No student involved in interscholastic athletics may knowingly possess, use, transmit or be under the influence of alcohol, a tobacco product, performance enhancing drugs, inhalants, or controlled substances of any kind (except as prescribed by a medical professional), during the school year, including winter and spring vacations.

Athletes who voluntarily request assistance from school officials with regards to an alcohol/tobacco/drug use problem and who have not previously committed such an offense, shall receive no discipline provided that:

1. The athlete meets with the school substance abuse counselor or other appropriate professional person and follows his or her recommendations.
2. There are no subsequent incidents of either alcohol/tobacco/non-prescribed drug use.

**Extracurricular/Athletic Rules and Code of Conduct** are **in effect from the first day an athlete signs this form** with the intent to participate in athletics' and **remains in effect throughout his/her HIGH SCHOOL CAREER**. It is **in effect 24 hours a day, during the school year, including winter and spring vacations**. The following are violations of these rules.

- Failure to voluntarily request assistance as described above
- Possession, use, or transmittal of alcohol, a tobacco product, performance enhancing drugs, inhalants, or controlled substances
- Determination by a school official that an athlete has used, possessed or transmitted alcohol, tobacco, performance enhancing drugs, or controlled substances

Violations of these rules will subject the athlete to the following consequences in addition to any other disciplinary action taken by the school.

**First Offense** in the Student-Athlete's school year:

- Three weeks suspension from participation in interscholastic athletic competition from the date the school official becomes aware of the possession, use, or transmission. If offense occurs prior to first contest, the three week suspension will begin with the first contest.
- The three week suspension for an offense that occurs outside of the athlete's sports season, will be served beginning on the date of the first regularly scheduled contest of their next season.
- Suspension(s) that occur at the end of a season and are less than three weeks in length, shall carryover from the participant's next sports season until suspension has been served.
- Mandatory meeting(s) with the school substance abuse counselor or other appropriate professional person and a willingness to follow his/her recommendation for treatment. \*By agreement of the coach and athlete director the student athlete may attend practice sessions.
- A PROBATIONARY period of one full calendar year following the three week suspension.
- Any subsequent violation during a probationary period shall be considered a second offense.
- At the conclusion of the probationary period without a violation, the athlete obtains first time athletic status.

**Second Offense:**

- Suspension for the remainder of the sports season and an additional suspension, if necessary, from the participant's next sports season, until the six week suspension has been served. Suspension from participation in interscholastic competition will be from the date the school official becomes aware of the possession, use or transmission.
- A PROBATIONARY period of one full calendar year following the six week suspension. Any subsequent violation during a probationary period shall suspend individual for one full calendar year.
- The six week suspension for an offense that occurs outside of the athlete's sport season, will be served beginning on the date of the first regularly scheduled game of the next season.
- At the conclusion of the probationary period without a violation, the athlete obtains first time athletic status.

Before any suspension is implemented, the building principal shall follow the notice and grant the opportunity for review as required by the district's Student Rights and Responsibilities Handbook. Athletic Directors are responsible for interpreting Athletic Eligibility Rules and providing information to students and parents. An appeal of an interpretation shall be initiated by placing in writing such an appeal with the building principal who refers it to the high school Athletic Director for review.

We understand that participation in athletics activities is contingent upon completion of this form.

We have read and understand this Extracurricular/Athletic Rules and Code of Conduct and agree to its terms and conditions.

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**Student Signature**

**Date**

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**Parent/Guardian Signature**

**Date**