

**CHARIHO REGIONAL HIGH SCHOOL
CHARIHO REGIONAL MIDDLE SCHOOL**

**STUDENT HANDBOOK GOVERNING ATHLETICS AND EXTRACURRICULAR
ACTIVITIES**

FOREWORD

The purpose of this handbook is to provide students and their parents/guardians with an understanding of the policies and procedures established to facilitate the smooth, safe, and efficient operation of our athletic and extracurricular programs, including intramural sports, non-athletic clubs and other similar activities which require a student to make a continuous commitment. Athletics and extracurricular activities provide students with opportunities to develop important life skills, as well as to develop healthy relationships with peers and adults. With these opportunities come important responsibilities.

PHILOSOPHY

Athletic and extracurricular activities in the Chariho Regional School District are a key extension of the curriculum producing many important and positive benefits difficult to achieve in the classroom. Coaches of interscholastic sports and advisors of extracurricular activities often have a greater opportunity to achieve critical educational goals because they have the advantage of more time and smaller numbers of students who are highly motivated. Under these circumstances, students can often accomplish great things!

The athletic program promotes good sportsmanship, team play, a competitive spirit, and team and school loyalty in every athlete. Student athletes and parents are expected to display the proper ideals of ethical conduct and fair play and to show respect for officials, opposing teams and fellow players. Also, the athletic program strives to encourage a winning attitude while not losing sight of other related ideals. Similarly, extracurricular activities promote the ideals of teamwork, cooperativeness, mutual respect, school spirit and service.

The athletic and extracurricular programs provide instruction and encourage maximum participation in a wide variety of activities that are of interest to students. In administering the these programs, every effort will be made to support those activities that best serve the greatest number of students, to provide the best possible facilities and equipment, and to provide the best qualified coaching and advising personnel.

Every student wishing to participate in athletic and extracurricular programs at Chariho High and Middle Schools should make certain that they are well aware of the rules, responsibilities and obligations of these programs. Parents should also be familiar with the guidelines for participation in these programs. Each student and parent should realize that participation in the school athletic and extracurricular programs is a privilege that carries with it important responsibilities.

RULES AND REGULATIONS FOR ATHLETIC AND EXTRACURRICULAR ACTIVITIES

All rules apply to all students, including players, managers, and cheerleaders, representing a team or participating in an extracurricular activity.

**ACADEMIC REQUIREMENTS FOR PARTICIPATION IN ATHLETICS AND EXTRACURRICULAR
ACTIVITIES**

- A. Eligibility will begin or end, depending upon the circumstances, on the day report cards are issued.
- B. If a student fails more than one subject during a quarter he or she may not participate in any practice, game, match, activity or event the following quarter, except as indicated in C below. All participants in athletics and extracurricular activities are also required to maintain a minimum overall average of 70. Eligibility for fall sports and first quarter extracurricular activities is based on student academic performance during the 4th quarter of the previous school year. This does not apply to incoming freshman, but does apply to transfer students.

- C. If a student athlete meets the minimum academic standards set forth by the RIIL, but does not meet the Chariho eligibility requirements, that student athlete may be allowed to practice with the team but not compete in any games, matches or competitions while academically ineligible.
- D. All participants in athletics and extracurricular activities must adhere to the Secondary Grading Policy. Any student that appears on the missing assignment report will not be allowed to participate until all missing assignments are submitted.
- E. All participants in the athletic program must comply with the eligibility rules of the Rhode Island Interscholastic League and the Chariho Regional School District. Participation in credit recovery programs (e.g., summer school, night school) does not change eligibility status.

ADDITIONAL ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN ATHLETICS

To be eligible for interscholastic athletics, students must meet all of the requirements established by the RIIL Principal's Committee on Athletics as well as those of the Chariho Regional School District.

All participants in the athletic program must have a physical examination and approval by a physician before participating. The following criteria are also part of the medical procedure:

- A. The State of Rhode Island school physical form must be completed or a doctor's form must be attached.
- B. One successful examination is sufficient for all sports for up to one year. A current physical form must be completed before the student can participate.
- C. Effective with the 2017-2018 school year, we will no longer provide sports physicals.
- D. Emergency Medical Authorization Form – This form must be completed and signed by the parent/guardian prior to participation and returned to the coach. The form will be with the coach at all practices and contests. This form will provide the coach with necessary medical emergency information in the event of injury or illness.
- E. Accident Report – All injuries requiring medical attention must be reported to the coach or school nurse teacher. An Accident Report must be filed with the school nurse within a 24-hour period (or next school day) if the athlete seeks or is administered medical treatment.
- F. Medical Reinstatement – A physician's note is required before an injured or extensively sick athlete will be allowed to return to practices or contests. The note must indicate the date when participation may resume.

RHODE ISLAND INTERSCHOLASTIC LEAGUE ELIGIBILITY RULES

- A. A student is eligible for eight semesters after he/she first enrolls as a freshman in any high school. There is no semester rule for middle school students.
- B. A high school student becomes ineligible if his/her nineteenth birthday occurs prior to September 1st. A middle school student becomes ineligible if his/her fifteenth birthday occurs prior to September 1st.
- C. All transfer or exchange students must meet with the Athletic Director before participating in athletics. All eligibility forms must be completed and submitted to the RIIL before the student can participate in any sport.

ATTENDANCE POLICY

- A. A student may not take part in an activity if the student is absent from school on the day of the activity. A student

must be in school on the last day classes were in session prior to a weekend or a vacation or the student will not be allowed to participate in an activity held on the next day.

- B. Any student who is not in school after 7:45 a.m. may not participate in a practice, game or other activity that day without the permission of a school administrator or designee. If a student leaves early during the school day for a legitimate and documented reason, he/ she must have a written note from a parent and must make contact with a Dean of Students and/or the Athletic Director in order to participate on that day.
- C. A student who is assigned an in-school or out-of-school suspension shall not participate in a practice, game, or other activity during the time of the suspension. When the suspension from school ends, the student may participate in an activity on the next school day or the first day of vacation. Consequences related to school discipline, such as detention, Saturday service, and extended school day, must be served as scheduled regardless of practice, game, or other activity.
- D. Students should take the initiative to notify coaches, advisors, and/or the Athletic Director Athletes if lateness or absence for a practice session is anticipated.

ADDITIONAL INFORMATION ABOUT ATHLETIC ATTENDANCE

Athletes are required to be at all practices and contests, on time, during the course of the season. Exceptions may include essential school obligations, sickness, injury, etc. Daily attendance will be taken by coaches.

- A. RIIIL or league-sponsored playoffs or tournaments are considered part of the season schedule of each team.
- B. Minimum Practice Day Requirement – According to the RIIIL, every athlete is required to practice for a specific minimum number of days in each sport before participating in an athletic contest. The number of practices varies with each particular sport. Coaches are responsible for sharing this information with athletes.
- C. School Vacation Periods – Athletes who miss practice and/or contests during the vacation periods will be subject to each coach's rules regarding this issue.

GENERAL INFORMATION

- A. There are three athletic seasons: fall, winter and spring.
- B. An athlete may not quit one sport and tryout for another during the same season, unless the athlete has the written consent of both coaches and the Athletic Director.
- C. Students are expected to be neatly groomed and dressed when traveling to a contest or event in accord with the coach's or advisor's instructions.
- D. At the discretion of the coach or advisor, some teams or groups choose to 'dress up' on game or event day to demonstrate pride for their team, club, activity, or school. If students 'dress up', appropriate attire is expected. Males are to wear ties that are pulled up with a tucked dress shirt with a collar; slacks with a belt are to be worn. Females are expected to wear dresses, pant suits, skirts, blouses, or sweaters. As an option, uniforms may be worn on game day.
- E. General conduct in and out of school, before, during and after the season, shall bring no discredit to the student, his family, school or team/activity. Any violation of the Endangering Behavior section of the Standards for Student Behavior policy in or out of the school environment will lead to an immediate three-game suspension.
- F. Students will assume responsibility for all issued equipment and clothing and will be financially responsible for any lost or damaged items. All equipment must be turned in no later than one week after the last event. The student will be barred from all extracurricular activities until the items are returned or replaced.

- G. No athletic equipment or clothing will be used or worn except when participating in a practice, game, or other approved function.
- H. Any clothing bought by teams must be the approved green and/or white with CMS, CHS, Chariho, or the charger as the logo.
- I. An athlete who has been injured and treated by a doctor will not be permitted to practice or play until he/she submits a written note from that doctor (concerning the status of the injury) clearing the student to play.
- J. All athletes will abide by any additional training regulations as set forth by the coach with the approval of the Athletic Director. Additional training regulations will be posted in the locker rooms.
- K. Coaches and advisors shall have the right to take reasonable disciplinary action pertaining to any issue not covered in this handbook. The Athletic Director is to be informed, in writing, of any significant disciplinary infraction and the related consequence involving an athlete. Advisors shall report same to the building principal.
- L. All students are required to travel to and from off-site events on a bus with the team/club. Permission may be granted by a coach or advisor to allow a student to be released to his/her parent or guardian if such a request is received in writing or in person from the parent or guardian prior to such release. Coaches and advisors will not transport students in their private vehicles. Exceptions will be granted only with the permission of the Superintendent of Schools.

SPORTSMANSHIP AND ETHICAL CONDUCT FOR ATHLETES AND SPECTATORS

All students will adhere to the following expectations as recommended by the Rhode Island Interscholastic League (RIIL).

Student-Athletes...

- A. Must appreciate and understand that their behavior is observed and emulated by others, especially younger athletes.
- B. Live up to the high standard of sportsmanship established by our league, school administration and coaching staff.
- C. Accept and understand the seriousness of their responsibility, and the privilege of representing their school and community.
- D. Learn the rules of the game thoroughly and discuss them with parents, fans, peers and younger students. This will result in a better understanding and appreciation of the game.
- E. Treat opponents the way you would like to be treated, as a guest or friend.
- F. Refrain from taunting, trash talking, or making any kind of derogatory remarks to your opponents during the game. Refrain from intimidating behavior.
- G. Wish opponents good luck before the game and congratulate them in a respectful manner following either victory or defeat.
- H. Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event.
- I. Win with humility; lose with grace. Handle both with dignity. Avoid excessive celebrating after a play or at the end of a game.
- J. Athletes ejected from a contest must meet with the Athletic Director the following day. The student/athlete may not attend the next contest, even as a spectator, until the proper sportsmanship ejection forms have been sent to the RIIL.

All parents, fans and spectators will adhere to the following expectations as recommended by the Rhode Island Interscholastic League (RIIL).

Parent, fans and spectators...

- A. Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- B. Remember that school athletics are learning experiences for students and that mistakes will be made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- C. Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- D. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- E. Show respect for the opposing players, coaches, and spectators and support groups. Treat them as you would treat a guest in your own home.
- F. Refrain from taunting or making any kind of derogatory comments that are ethnic, racial or sexual in nature.
- G. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.
- H. Recognize and show appreciation for outstanding play by either team.
- I. Refrain from the use of alcohol and other drugs before and during games. Alcohol, tobacco, and other drugs are not allowed on school grounds or at school sponsored events.
- J. Use only those cheers that support and uplift the teams involved.
- K. Recognize and compliment the efforts of school and league administrators for their efforts in emphasizing the benefits of athletics and the role of good sportsmanship.
- L. Be a positive behavior role model through your own actions and by censuring those around you at events whose behavior is inappropriate.

ACCESS TO EXCELLENCE SUBSTANCE ABUSE POLICY FOR STUDENTS WHO PARTICIPATE IN ATHLETIC AND EXTRACURRICULAR ACTIVITIES

PURPOSE

This policy is established for the purpose of setting forth the Chariho Regional School District Committee's support of state and federal laws and regulations governing the possession and use of alcoholic beverages and illicit drugs¹ by Chariho students who participate in athletics and extracurricular activities. Further, this policy defines expectations in the event such use or possession occurs on and/or off school property, at a school-sponsored activity or event, or is in any way related to the conduct of programs of the Chariho Regional School District.

Access to Excellence is about students and adults being dedicated, focused, and committed to doing what is required to succeed in every facet of life. It is about parents who set and support standards which are in the best interest of their children. It is about community leaders who are committed to protecting the health and safety of our youth now and in the future.

Access to Excellence is a comprehensive initiative based on research conducted by the American Athletic Institute. At its core is a set of expectations for all student athletes that is fair and reasonable and will hold student athletes accountable for their decisions.

EXPECTATIONS FOR ALL STUDENTS

Students compromise their participation in athletic and extracurricular activities when they use substances. Students who experiment with or possess, consume or distribute alcoholic beverages and/or illicit substances jeopardize school and program morale, reputation, and success. They do physical harm to themselves and risk personal injury and harm to others. Students **MUST** make the commitment not to possess, consume or distribute alcoholic beverages and illicit drugs and to refrain from being in the presence of such substances.

In order to ensure the highest possible standards of learning, as well as assuring the maintenance of the highest possible level of safety, health, and well-being for all students, the Chariho Regional School District Committee endorses a substance abuse policy which:

- Provides students with information and activities focused on preventing them from possessing, consuming and distributing alcoholic beverages and illicit drugs. Prevention activities will be centered on instructional programs, guidance and counseling, school climate, and family and community involvement.
- Contains restorative measures.
- Takes active disciplinary action when necessary.

¹ For the purposes of this document the term "illicit drugs" shall be defined in accordance with the RI Controlled Substance Act (Drug Laws) 21-28-1.01 and shall include the misuse of prescription and over-the-counter medications.

THIS POLICY IS SUPPORTED BY THE FOLLOWING RI GENERAL LAWS: 3-8-6; 3-8-9; 3-8-10; 31-27-2; 31-27-2.1; 31-272.4; 31-27-2.7; 21-28-1.01. FOR MORE INFORMATION, VISIT WWW.RILIN.STATE.RI.US/STATUTES

YEAR-ROUND GUIDELINES

The substance abuse policy of the Chariho Regional School District is in effect **year round, in and out of season, on and off the field, in and out of uniform for all students who participate in athletic and extracurricular activities, including intramural sports, non-athletic clubs and other similar activities which require a student to make a continuous commitment.** There is a reason for this. *We care about the welfare of our students.* We expect this commitment from students if they want to be involved in Chariho activities. Once students have signed the Chariho contract they will be held to the following standards year round.

CIGARETTE, CIGAR, AND SMOKELESS TOBACCO

Students who use tobacco products including, but not limited to, cigarettes, cigars or smokeless tobacco, will be in violation of these rules. Any student found to be in violation will be subject to school sanctions per the Chariho Regional High and Middle Schools Handbooks.

DRUG-FREE ZONE

The use of, being under the influence of, intoxication, possession, and/or sale/distribution of alcoholic beverages and/or illicit substances and/or paraphernalia associated with substance use is prohibited within the Chariho school buildings, in school vehicles or on school grounds at any time, including during school hours and at school-sponsored activities. This policy also affects persons within the established drug-free zones (on school property) during non-school hours, vacations, and all activities on-site, etc.

A drug-free zone has been established by the office of the Attorney General to include any boundaries that mark the end of the school perimeter. It is further stated by the Attorney General's Office, persons convicted of distribution or manufacturing of a controlled substance on public school grounds shall be punished by a term of imprisonment or a fine or both, up to twice the amount as authorized by RIGL 21-28-4.01(A) or 21-28-4.07. This policy is inclusive and prohibits the use of illicit substances. Due process procedures governing suspension shall be applied.

ALCOHOLIC BEVERAGES AND ILLICIT SUBSTANCES

Students are considered in violation of this substance abuse policy if they use, unlawfully possess, consume

(including being under the influence of) and/or distribute alcoholic beverages and/or illicit drugs (see Year Round Guidelines), whether during school, at any school activity, on school property, or at locations off school property. This policy makes exceptions for situations where alcohol is being consumed as part of a religious ceremony or ethnic custom, and also for students who lawfully use or possess for their own personal use, a medication prescribed for their own use by a physician.

BEING “IN THE PRESENCE OF” ILLEGALLY POSSESSED, CONSUMED OR DISTRIBUTED ALCOHOLIC BEVERAGES AND/OR ILLICIT SUBSTANCES

If a student is in a situation where alcohol and/or illicit substances are being illegally dispensed and/or consumed, the student must leave the location immediately or risk being subject to the related restorative and corrective measures of this substance abuse policy. This policy makes exceptions for students who are lawfully in the presence of alcohol while accompanied by a parent or legal guardian; students who are in the presence of alcohol while in a public place where alcohol is being lawfully served to adults; and students who lawfully use, or possess for their own personal use, a medication prescribed for their own use by a physician. This policy makes exceptions for situations where a student is in the presence of alcohol as part of a religious ceremony or ethnic custom.

VIOLATIONS OF THIS POLICY

Tobacco, Alcohol, and Other Drugs

Health educators, coaches, and advisors believe students perform best when they follow healthy intelligent guidelines, which include no use of these substances. Medical research confirms that the use of any of these substances produces harmful effects on the mind and body and impedes performance.

Consequences:

	First Offense:	Second Offense:	Third Offense
Tobacco Use/Possession	If a student has been found to be in possession, purchasing, or using tobacco, they will be subject to school policy and regulations. The student will serve a <u>one</u> competition or event suspension. The student and his/her parent or guardian will re-sign the Chariho contract.	Participation in counseling as directed by a Student Assistance Counselor. Assignment of ten (10) community or school service hours. Removal from 20% of the season’s competitions or events, to begin immediately and run consecutively. If there is not sufficient time remaining in the season to complete the suspension, it will be carried over to the next interscholastic sports season or activity in which the student participates.	Expulsion from all activities for one calendar year from offense.
Illicit Drug, Natural or Synthetic Substances, and Alcohol Use, Possession or	Participation in counseling as directed by a Student Assistance Counselor. Assignment of ten (10) community or school	Expulsion from all activities for one calendar year from offense.	

Distribution	<p>service hours.</p> <p>Removal from 20% of the season's competitions or events, to begin immediately and run consecutively. If there is not sufficient time remaining in the season to complete the suspension, it will be carried over to the next interscholastic sports season or activity in which the student participates. The student and his/her parent or guardian will re-sign the Chariho contract.</p> <p>Random drug screening may be required.</p>		
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When serving suspensions, students are expected to attend, but not dress for, all competitions, practices, scrimmages, meetings, rehearsals, and events.

INVESTIGATION

A. Reporting a violation

Substance abuse policy violation(s) may be reported orally or in writing to the principal or to an assistant principal, athletic director, teacher, coach, advisor, or school nurse. Anyone receiving a report of violation must inform the Principal and Athletic Director immediately.

B. Process

The investigation process will occur as follows:

- The parent/guardian will be notified of the suspected violation and their cooperation in the investigative process will be sought.
- Any suspected violations of this substance abuse policy will be investigated as thoroughly as possible to ensure fairness to the student involved. In the event that a student comes under investigation, it is expected that he/she will be honest, truthful, forthcoming with information, and will fully cooperate.
- The student and others with information will be interviewed regarding the conduct in question.
- Evidence will be considered to determine whether or not there is sufficient cause to investigate the incident further.

C. Confirmation of Violation

Confirmation of the student's violation of the substance abuse policy may be provided by, but not limited to, any one of the following:

- An admission by the offending student.
- Substantial and credible evidence.

- The coach's or advisor's evaluation of signs, symptoms and/or actions demonstrated by the student that would support the reasonable conclusion of a violation with substantial and credible evidence.

HAZING

The Chariho Regional School District is committed to maintaining a safe, positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the District and are prohibited.

Hazing is not acceptable in any form as defined by Rhode Island law. Any student who willfully or recklessly endangers the physical or mental health of any student or other person, including a teammate or member of any other school activity, will be suspended from that activity for the remainder of the year and reported to the police.

Rhode Island Hazing Law 11-21-1 Penalty for Hazing

- A. Any organizer of, or participant in, an activity constituting hazing as defined in subsection (b), shall be guilty of misdemeanor and, upon conviction, shall be fined not more than five hundred dollars (\$500) or punished by imprisonment for not less than thirty (30) days nor more than one year, or both.

The term "hazing" as used in this chapter shall mean any conduct or method of initiation into any student organization, whether on public or private property, which will fully or recklessly endanger the physical or mental health of any student or other person. Such conduct shall include, but not be limited to, whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of the student or any other person, or which subjects the student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Hazing perpetrators are subject to appropriate disciplinary action including, but not limited to, expulsion from the activity or team. Hazing is covered by the Statewide Bullying Policy and Standards for Student Behavior.

Please note: This Handbook applies to all students who participate in athletics, intramural sports, and other similar activities which require a student to make a continuous commitment. This Handbook does not apply to single events, such as dances, lock-ins, field trips, etc., which are governed by other policies.