

## Life of a Lancer Co-curricular Code of Conduct

Participation in a Londonderry High School athletics/co-curricular activity is a privilege which should elicit great pride in both the student and his/her family. It is also an acceptance of responsibility which requires an extra commitment from those who represent our school, their coaches/advisers, and community. Standards of behavior are necessarily high and a willingness to meet these standards is a condition for being a member of one of our teams/co-curricular activities. It is also noted that activities that are considered curricular-ones that are graded and award credit-are exempt from specific co-curricular code of conduct. However, school rules still apply as with any school related function/activity either on or off campus.

This contract has been designed to bring an understanding of the standards of conduct associated with participation in athletics/co-curricular activities at Londonderry High School. This contract is designed to be used by students, coaches/advisers, parents, and school administration as a framework of principles that define requirements and expectations for participation in athletics/co-curricular activities. National organizations may have separate contracts which can require additional sanctions beyond the Londonderry athletics/co-curricular code of conduct.

These Rules are in effect from the first day of participation in sanctioned school activities or the first academic day of school, whichever is earlier, to the last day of participation in sanctioned school activities or the last academic day of school, whichever is later. These rules are continuous in a student's time at Londonderry High School.

The following regulations have been set forth to govern participation in athletics/co-curricular activities at Londonderry High School:

### Substance Abuse Policy

NH State Statute prohibits underage alcohol use (RSA 179:10 and RSA 179:10-a), underage tobacco use (RSA 126-K:6), and use of controlled drugs (RSA 318- standard for sport and athlete specific athletic codes of conduct. B:2). The United States Supreme Court acknowledges the legal standard for sport and athlete specific athletic codes of conduct.

Transfer, use or possession of any form of tobacco, alcoholic beverages, drugs, drug paraphernalia, narcotics or hallucinatory agents by students is prohibited on or off school property. Disciplinary action consistent with the disciplinary code will be enacted. These Rules are in effect from the first day of participation in sanctioned school activities or the first academic day of school, whichever is earlier, to the last day of participation in sanctioned school activities or the last academic day of school, whichever is later.

I. Should the infraction occur on School District Property, or at a school related event, District Policy JFCH/JFCI states that the athlete/co-curricular participant shall be suspended from participation for a period of 180 school days. The suspension can be reduced to 90 school days upon successful completion of the Londonderry High School Alcohol/Drug Educational Intervention Program.

II. All violations of the substance abuse policy for an issue occurring off school grounds and/or not at a school sanctioned event will be considered in a cumulative fashion. A student who violates this policy for the first time will receive consequences appropriate to that offense as defined below. Any subsequent violation of this policy will be considered at the next sanction level. On a third or subsequent offense, a student will become immediately ineligible to participate in athletics/co-curricular activities until such time that an eligibility hearing is conducted and adjudicated with the Principal being the last avenue of appeal.

III. Substance Abuse Policy for an issue occurring off school grounds and/or not a school sanctioned event.

1. First Offense for an issue occurring off school grounds and/or not at a school sanctioned event

a. The athlete/co-curricular participant shall meet formally with the Athletic Director/Assistant Principal, coach/adviser, and parents.

b. Any athlete/co-curricular participant who is found to be in violation of the substance abuse policy will be suspended for 20 school days from participation in co-curricular activities/contests, which does not include weekends/holidays regardless of whether team practices/contests occur. Student athletes will still attend and participate in practices and other non-game/scrimmage activities.

c. Before an athlete/co-curricular participant can return to play/participate he/she needs to perform 10 hours of community service.

d. The athlete/co-curricular participant may also need to complete an approved substance abuse screening at the parents' expense.

e. Other appropriate treatment options may be recommended as well.

f. If the violation occurs at the end of the school year, or after the activity, the consequences will carry over to the next school year.

g. If this suspension includes senior night, the student athlete will not be present at senior night.

h. The student athlete will also forfeit his/her right to any post season team awards.

i. If the violator is a team captain, he/she will relinquish that role.

2. Second Offense

a. A second offense will result in a 90 school day suspension from participation in co-curricular activities which does not include weekends/holidays regardless of whether team practices/contests occur. Student athletes will still attend and participate in practices and other non-game/scrimmage activities.

b. The athlete/co-curricular participant shall meet formally with the Athletic Director/Assistant Principal, coach/adviser, and parents.

c. Before an athlete/co-curricular participant can return to play/participate he/she needs to perform 20 hours of community service.

d. The athlete/co-curricular participant will also need to take an approved substance abuse prevention course at the students' expense.

e. Other appropriate treatment options may be recommended as well.

f. If the violation occurs at the end of the school year the consequences will carry over to the next school year.

g. If this suspension includes senior night, the student athlete will not be present at senior night.

h. The student athlete will also forfeit his/her right to any post season team awards.

i. If the violator is a team captain, he/she will relinquish that role.

3. For any Subsequent event after the second offense a student will become immediately ineligible and removed from his/her team/activity until such time that an eligibility hearing is conducted and adjudicated with the Principal being the last avenue of appeal.

4. With the responsibility of being an athlete, comes a commitment for the athlete to be truthful and forthcoming with information. An athlete who is under investigation is expected to:

Be truthful about the violation being investigated

Be forthcoming with all information

Not be deceptive or untruthful

Be cooperative

If it is found that the student does not adhere to any of these expectations then school consequences may apply.

#### IV. Academic

A. A student must pass five (5) units of work during the previous quarter.

For the fall, the spring ranking quarter is used from the previous school year.

The determination of academic athletic/co-curricular eligibility is based upon report card grades and it is made only on the day that the report cards are issued and not before that date.

B. To participate in a school activity, a student must be present in school on the day of the activity. If the activity is on a non-school day, the student must be present on the last day prior to the activity. A student dismissed from school on the day of an activity or on the last school day prior to a non-school day activity, must return to school prior to the close of the school day. A waiver can be granted by an Assistant Principal in order to be eligible for participation in the school activity.

V. Any student who has been suspended or whose conduct or character is such as to reflect discredit upon the school may be declared ineligible.

#### VI. Londonderry High School Athletic Rules-that only pertain to athletics

A. An athlete may not quit one sport and try out for another after the season has begun without mutual consent of the coaches and Athletic Director.

B. It is understood that any athlete that participates in a sport is subject to injury. All injuries must be reported to the athletic trainer.

C. A student who has been injured and is seen or referred to a doctor must have a written release from the physician to be reinstated.

D. Athletes are financially responsible for all uniforms and equipment issued to them. Students who cannot account for the equipment issued to them will receive no further equipment until settlement is made.

E. Completion of the sport's season is required to be eligible for an award. Any deviation from this will be determined by the coach, Athletic Director and Principal.

F. Students must ride to and from all athletic events on transportation provided for them by the school. Students may only be released to their parents or guardians.

G. A participant in the Interscholastic Athletic Program must be covered by an insurance policy.

#### VII. NHIAA Regulations-rules that pertain to athletics only

A. Athletes may participate in an outside sport during their period of high

school competition. However, priority must be given at all times to the high school team, its practices and contests. Failure to do so will result in sanctions by the NHIAA.

B. Any action that results in the disqualification of a player from a game will be an automatic one game suspension on the next game date. There is a two (2) game suspension for fighting. The player must meet with the Athletic Director before reinstatement.

C. A student must pass a physical examination prior to the beginning of

the athlete's high school career. In every subsequent year, athletes shall complete an updated medical form signed by the parent and submitted to the athletic department.

D. A student may not participate in interscholastic athletics for more than eight (8) consecutive semesters.

We have read, agree to abide by, and understand the above athletic/co-curricular agreement. I hereby give my son/daughter permission to participate in athletics/co-curricular activities at Londonderry High School.