

Extracurricular/Athletic Eligibility Rules & Code of Conduct

In order to promote open communication and understanding between families and the 4J Athletic program, parents and students are asked to read and sign this District 4J Extracurricular/Athletic Eligibility Rules & Code of Conduct.

Eligibility

Grades: Every athlete must meet OSAA and 4J School District academic requirements. This includes earning 2.0 credits in the previous (high school) tri-mester. In addition, at the time of the sport, they must be enrolled and in good standing of at least four classes. OSAA additionally has added an “on track to graduate” requirement that states: at the beginning of the school year, 10th graders must have earned 4.5 credits, 11th with 10 credits and 12th grade with 17 credits.

1. Student athletes who enroll in authorized 4J School District on-line courses are responsible to notify the athletic department by showing a hard copy of proof of enrollment and grades at the beginning/end of each quarter. This includes on-line college credits/classes, independent PE and work-experience.

Physical Exams: Students who play interscholastic sports must be examined by a physician before participating. An athlete participation permit form, available in school offices, must be completed and placed on file for each student athlete. Athletes need one physical exam every two years. These physicals are to be given no earlier than May 1 of the school year in which the student participates. Additional physical exams may be required in certain cases. Athletes in specified sports may be required to participate in the ImPACT concussion testing program. Please contact your school's athletic director for more information.

Insurance: Athletes must be covered by some form of accident insurance. Additional insurance is not required if a parent certifies that an athlete is already covered by an accident and hospital plan. Voluntary accident insurance coverage information is available through the school. All fees and insurance coverage must be in place by the start of the sport season.

Medical Clearance: All athletes who participate in OSAA sponsored athletics have access to a certified athletic trainer (ATC). The ATC is an expert in the prevention, evaluation, treatment & rehabilitation of athletic injury/illness. ATCs work in collaboration with physicians and other healthcare providers to optimize the care of the athlete. Anytime an athlete sees a physician, it is REQUIRED that the physician release the athlete back to sport with written documentation. Athletes are considered ineligible without proper documentation. Final clearance back to athletics is at the discretion of the certified athletic trainer.

Code of Conduct

While the Extracurricular/Athletic Eligibility Rules & Code of Conduct addresses the expectations and consequences with regard to use or possession of alcohol, drugs, or tobacco, Sheldon HS sets additional standards with regard to behavioral expectations of our student athletes. A team member's 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 Sheldon administration determines that a student athlete is guilty of “serious misconduct” as explained in the Eugene School Districts 4J Students Rights and Responsibilities handbook, then he/she 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 Eligibility Rules portion of this document. This would likely be in addition to other disciplinary consequences for the misconduct (i.e.: suspension from school). Prior to beginning practice, the student athlete and parent must sign below to acknowledge their understanding of these behavioral expectations and consequences.

Extracurricular & Athletic Rules

Alcohol/ Drug/Tobacco Use Rule

The use of alcohol/tobacco/drugs 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, 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 regard 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/drug use.

Extracurricular/Athletic Eligibility Rules & 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, drugs, inhalants, or controlled substances
- Determination by a school official that an athlete has used, possessed or transmitted alcohol, tobacco, 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 Student-Athlete's school year:

- Two 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 two week suspension will begin with the first contest.
- The two 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 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 sport 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 two 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 sport season and an additional suspension, if necessary, from the participant's next sport season, until a four 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 four week suspension. Any subsequent violation during a probationary period shall suspend the individual for one full calendar year.
- The four 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.

Nutritional Supplements in Athletics: The use of any drug, medication or dietary supplement as a performance-enhancing agent (steroids, bronchial dilators, creatine, androstenedione, etc.) is strongly discouraged. All student athletes and their parents/guardians should consult with their physician before taking any supplement. In order to minimize health and safety risks to student athletes, maintain ethical standards and reduce liability risks, no coach or school staff member, when in the course and scope of employment by the district, shall ever recommend, supply or encourage the use of any drug, medication or dietary supplement for performance-enhancing purposes.

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 extracurricular athletic activities is contingent upon completion of this form.

We have read the Extracurricular/Athletic Eligibility Rules & Athletic Code of Conduct. We understand and agree to the terms and conditions stated above.

Student Signature Date

Parent/Guardian Signature Date