SODUS CENTRAL SCHOOL DISTRICT JUNIOR/SENIOR HIGH SCHOOL



EXTRA-CURRICULAR

Code of Conduct

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INTRODUCTION

This Extra-Curricular Code of Conduct has been prepared as a reference to students and parents or guardians of students who participate in the Sodus Jr./Sr. High School extra-curricular and athletic programs, grades 7–12, in an effort to define the student's and parents' responsibilities as they pertain to the rules and regulations, as well as policies and procedures for participation in the extra-curricular and interscholastic athletic program in the Sodus Central School District.

The opportunity to participate in extracurricular programs in the Sodus Central School District is afforded to all eligible secondary school students in grades 7-12 as set forth in the Commissioner's Regulations and the New York State Public High School Athletic Association Guidelines. A student who participates in extra-curricular and interscholastic programs should recognize that they have an obligation to themselves, their schoolmates, and the school community to strive for excellence. It is hoped that participation in extracurricular activities will enable students to exercise self-discipline, self- control, mature judgment, and above all else, a sense of good sportsmanship. The District also supports the idea that student participation in Extracurricular activities is a privilege, not a right. The privilege is earned by being a good student and a good citizen. It is an honor which carries responsibilities. When a student accepts the privilege, he/she must live up to a code of conduct beyond that of the general student body, both on and off school property, both during the season and off-season. This includes the responsibility to adhere to both the Student Code of Conduct as well as this Extra-Curricular Code of Conduct. Since Extra-Curricular activities are optional, those who choose to participate in them will be held to a higher standard in terms of their behavior and their performance in the classroom.

Extra-Curricular activities are defined as those activities that are District-sponsored, but are not curricular or co-curricular activities. Co-Curricular activities are part of the school program outside of the normal school day, such as participation in concerts for a credit-bearing music course. This Extracurricular Code of Conduct shall apply to all Extra-Curricular activities that generally meet at least one (1) time per week. Examples of Extra-Curricular activities to which this Extra- Curricular Code of Conduct apply at the High School include, but may not be limited to: athletics; FOR EXAMPLE: All sports that Sodus CSD offers in each season, student government; robotics; student play, student musical, pit band and production crew; jazz choir; madrigal choir; and The Sound, School Store, FBLA. This Extra- Curricular Code shall apply to the Middle School play/musical, athletics, production crew, jazz band, fiddle club, girls' chorale and middlemen, but shall not apply to the Middle School "Hobbies for Life" program. This Extra-Curricular Code shall not apply at the Elementary School level.

It is the policy of the District that all students participating in Extracurricular activities are required to abide by the same eligibility guidelines and disciplinary regulations as students participating in athletics. The establishment of this Extra-Curricular Code of Conduct is a reflection of the District's concern for the safety, well-being, and conduct of its students. The rules and regulations that are contained in this Extra-Curricular Code of Conduct are in the students', parents'/guardians', and District's best interests. When there is a question regarding a student's eligibility to participate in an extracurricular activity, the Advisor/Coach and Administrator will meet.

Applicability

The Extra-Curricular Code of Conduct is applicable during the entire school year, which is from July 1 through June 30. Any action deemed to be a serious breach of citizenship over the summer recess may result in disciplinary action. Any penalty will be administered during the academic year. The Extra-Curricular activity advisor or coach will submit an active roster to the principal or his/her designee so that the student record for daily attendance, academic performance, and any potential rules violations may be monitored.

As a prerequisite for participation in Extracurricular activities, students and parents/guardians must sign a statement that commits the student to follow the established rules, and requires parents/guardians to do everything in their power to make sure their student abides by the Student Code of Conduct and this Extracurricular Code of Conduct. Each year students will be required to sign a contract regardless if they had signed one in the previous year. A student who only intends to play a spring sport is still under training rules guidelines in the fall, even if that student does not have a signed contract on file. Although students will be required to sign each year as a reminder of the contract's key components, once signed, a contract will be in effect for the duration of the student's time with the District. A record that the student signed the contract will be on file with the District. At the beginning of the Extra-Curricular activity, at a required meeting of students with the applicable coach or advisor, this Extra- Curricular Code of Conduct will be reviewed. Those students who have not yet signed the contract on Family ID may not participate in any practices or contests.

ACADEMIC ELIGIBILITY

Interscholastic athletics and extra-curricular activities are an integral part of the total school program through which students develop as a whole person mentally, physically, socially and emotionally. Interscholastic athletics and extra-curricular activities function as extensions of the academic environment. Participation in interscholastic athletics and extra-curricular activities is a privilege, not a right, granted to any student who meets the standards set forth by the Sodus Central School District. In addition, students participating in interscholastic athletics shall meet the standards set by the New York State Public School Athletic Association.

These procedures apply to any Jr./Sr. High School student involved in or planning to attend interscholastic athletics and/or extra-curricular activities. Extra-curricular activities are defined as any club or organization that meets after the end of the regular school day (currently 2:11 PM) and is noncredit bearing.

- In order to participate in a practice or game, a student must participate in Physical Education class on the day of a practice or game.

- "Incompletes" (I) that are not the result of any prolonged medical excuse will be considered a failing grade for the purpose of academic eligibility until a passing grade is earned.

- Academic Warning List (Level 1)– Students who are failing one subject at the end of the interim/marking period are automatically placed on the Academic Warning List for participation in interscholastic athletic/extracurricular activities. Students will need to meet with their coach and/or advisor. Students will still attend and participate in practice, rehearsals, and games. If a student is still failing the same class at the end of the reporting time, they will be automatically placed on the ineligibility list (level 2).

- Academic Ineligibility List (Level 2) - In some cases, a student on the Academic Ineligibility List that is failing two or more classes must meet with the teacher(s) of the failed class(es) before he/she will be permitted to begin or continue participation in athletic/extracurricular activities. Academic Contracts are available to you under certain circumstances. Students will still attend and participate in practice, rehearsals and meetings. However, they will **not** be allowed to attend or participate in games, performances or school functions.

- Academic Contracts and Pass/Fail Sheets – Academic Contracts and Pass/Fail Sheets will be available in the Athletic Office. Each teacher must report a current pass/fail and sign the sheet before it can be submitted. All paperwork must be submitted to Ms. Seaman or Mr. Magin in the Athletic Office ONLY. If a student is currently passing the class(es) based on teacher signature, the ineligibility list and reinstatement of athletic/extracurricular privileges will be posted immediately.

- Athletic coaches, drama/musical directors and all other extra-curricular club and activities advisors are responsible for monitoring and enforcing students' eligibility status. Any oversight in the application of these procedures should be brought to the attention of the building administration.

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Ineligibility reports will be run every 5 weeks and student grades will be re-evaluated

Level 1 - Failing one class:

Still eligible
Must meet with coach
Will move to level two if failing the same course during the next report.

Level 2 - Failing two or more classes or failing one class for more than two weeks

Must practice
Must meet with coach
Ineligible to attend or participate in all extra-curricular contests, games, dances, etc. until they are passing.

To be removed from the active ineligibility list:

Students will need to email Ms. Seaman directly at mseaman@soduscsd.org and let her know what class he/she is currently passing. Ms. Seaman will verify the information by their LIVE grade in SchoolTool and/or a confirmation from the teacher!

This is the *STUDENT'S RESPONSIBILITY* and **not** the teacher's and/or coaches to communicate to Ms. Seaman at mseaman@soduscsd.org

Attendance Policy

To be eligible to participate in a practice, game, or other extra-curricular activity, students must be **in school by 7:38 a.m.** Students will not be allowed to participate in their practice, game, or other extra-curricular activity for any unexcused absence or tardy. If a student is tardy due to an appointment/medical issue, the student must bring a form of confirmation from that appointment to the main office upon signing into school (a note from a parent will not be accepted). If a student is departing school early due to an appointment, the student must bring a form of confirmation from that appointment to the main office the following day (a note from a parent will not be accepted). Failure to bring a form of confirmation from the appointment will result in not being eligible to participate in the practice/event that was scheduled the day of the appointment. Students that go home sick from school may not be in attendance at practices, games, or other extra- curricular activities. Students who leave school without permission will not be allowed to attend or participate in practice, games, or any other extra-curricular activities.

General Behavior

Students shall display respect for the rights and property of others in all matters relating to his/her extra-curricular or interscholastic participation. A student athlete who violates the Code of Conduct will be subject to appropriate discipline under these Athletic Rules and Regulations below, in addition to any other discipline imposed by the school. Consequences imposed on a student athlete might include:

- A single game suspension
- A multi-game suspension
- A one-year suspension from participating in athletic department activities
- Permanent removal from interscholastic athletics
- Any other consequence deemed appropriate

Please note that the referenced consequences are advisory recommendations. The Athletic Director and/or Administration have the authority to depart from these recommendations based on the nature of the offense and the disciplinary records of the student athletes.

Drug/Alcohol/Tobacco/Nicotine/Vaping Violation Procedure

The possession, use, sale or distribution of an alcoholic beverage, drugs, illegal or controlled substances,any tobacco, vapes, e-cigs, or any similar products by students while either actively participating in an extra-curricular activity of while out of season is prohibited. **Guilt by Association: Students who are present at a location (party, event, etc.) where alcohol and/or drugs are being consumed must make every effort to remove themselves from the location as safely and quickly as possible. Students who fail to remove themselves from these situations will be considered in violation of the drug and alcohol expectations and will be subject to the previously stated consequences.**

Each suspension is determined by the number of offenses the student has incurred. The suspensions are cumulative over the course of the individual student's Jr./Sr. High School career. Offenses have been differentiated by in/out of season offenses. (*In the case of activities and clubs, out of season refers to any point of the year when the activity or clubs are not actively meeting.*) Out of season

offenses have community service options that may *choose* to complete in place of game suspension time. It is important to note that community service must be completed prior to the first day of the next season of participation.

IN-SEASON/PARTICIPATION DRUG/ALCOHOL:

First Offense – A student found guilty of violating the drug and alcohol rule while in season will be suspended from 25% of the remaining contests/events. (This must equal a minimum of 2 games/events. In the event that the remaining season does not equal at least 2 games/events the remainder of the penalty will be served during the next available season or activity in which the student participates.) A student who has been found guilty must continue to attend practices and meet team/activity expectations. If the student fails to attend practice and meet team/activity expectations he/she will be subject to further consequences. The student will also be required to serve and complete 10 hours of community service prior to being allowed to re-enter extra-curricular activities. Students must submit a completed community service form to building administration.

Counseling – Any student found guilty of violating the drug and alcohol rule must participate in a minimum of 5 hours of drug and alcohol counseling. Any cost incurred from this counseling must be covered by the student and/or their family. Official documentation must be submitted to building administration for counseling that takes place off campus. Students are encouraged to undergo a drug and alcohol screening in order to ascertain if they have a substance abuse problem.

Second Offense – A student found guilty of violating the drug and alcohol rule a second time while in-season will be suspended from participating in the remaining portion of the current season plus an *additional* 20% of the contests/events of the next extra-curricular activity in which they participate. A student who has been found guilty must attend practices at the start of the next season in which they choose to participate and meet team/activity expectations. If the student fails to attend practice and meet team/activity expectations he/she will be subject to further consequences. The student will also be required to serve and complete 20 hours of community service prior to being allowed to re-enter extra-curricular activities. The student must submit a completed community service form to building administration.

Third Offense – A student found guilty of violating the drug and alcohol rule for a third time while either in or out-of-season, will meet with the Athletic Director and/or Principal to determine the loss the privilege of participating in any extra-curricular activities for the duration of their Jr./Sr. High School career.

OUT-OF-SEASON/PARTICIPATION DRUGS/ALCOHOL:

First Offense – A student found guilty of violating the drug and alcohol rule while out of season will be suspended from 20% of the contests/events of the next season in which they participate plus 10 hours of community service. The student may *choose* to complete the 10 hours of community service prior to the beginning of the next extra-curricular activity in which they participate. The student must submit a completed community service form to building administration.

Counseling - Any student found guilty of violating the drug and alcohol rule must participate in a minimum of 5 hours of drug and alcohol counseling. Any cost incurred from this counseling must be covered by the student. Official documentation must be submitted to building administration for counseling that takes place off campus.

Students are encouraged to undergo a drug and alcohol screening in order to ascertain if they have a substance abuse problem.

Second Offense – A student found guilty of violating the drug and alcohol rule a second time

while out-of-season will be suspended for 40% of the contests/events of the next extra-curricular event in which they participate.
The student may *choose* to complete 25 hours of community service prior to the beginning of the next extra- curricular activity in which they participate. The student must submit a completed community service form to building administration.
Third Offense - A student found guilty of violating the drug and alcohol rule for a third time while either in or out-of-season, will meet with the Athletic Director and/or Principal to determine the loss the privilege of participating in any extra-curricular activities for the duration of their Jr./Sr. High School career.

Technology/Social Media Policy

Improper use of social media has become a growing problem among all segments of society. Students and Coaches must use the utmost discretion when they choose to use social media sources to address issues that are related to extracurricular activities.

Students and Coaches will be considered in violation of the Technology/Social Media agreement if they break any of the following guidelines:

- Post derogatory or profane comments about their teammates.
- Post derogatory or profane comments about their coaches.
- Post derogatory or profane comments about opponents.
- Post derogatory or profane comments about spectators.
- Posts of illegal/controlled substances in any capacity.
- Insight conflict or violence through the use of social media.
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A formal meeting with the student will take place with the Principal and/or Athletic Director. Based on the investigation, consequences will be assigned based on the severity of the comment(s) / incident(s).

Consequences are cumulative throughout the course of the student's Jr./Sr. High School career.

Sport/Club Specific Rules

Coaches and club advisors may establish additional rules and regulations that govern training, practice and competition (these rules may supplement the District Athletic Rules and Regulations but must not conflict with said rules). Note that coaches have the authority to initiate discipline of team members engaging in conduct that is unacceptable of a student athlete, both on and off campus, as noted above. In the event of an inconsistency between Team Rules and this Code, this Code shall control.

Risk Factors in Sports

Participation in sports involves a certain degree of injury or risk. To minimize the risk of becoming injured, athletes should:

- Learn skills and techniques associated with their sport.
- Learn the rules associated with their sport.
- Practice some form of pre-season conditioning

Injuries

It is extremely important to report any injury an athlete suffers immediately to his/her coach. Medical expenses resulting from any injury must first be submitted to your own insurance carrier. A claim for any balance should be submitted by the provider or parent, directly to the school's accident policy or insurance carrier.

Sports Physicals

Sports physicals are valid for one calendar year. However, after 30 days a sport physical form must be turned in for each team an athlete joins. Athletes can obtain a sports physical through their primary health care provider and will be finalized by the school medical professional. Athletes will not be allowed to practice without a sport physical. Also, athletes that miss six consecutive days of practice must be re-evaluated by the school nurse before playing in their next game. All athletes who are seen by a doctor during their season must be released (signed statement) in order to resume participation with their team. This release must be filed with the school nurse.

School Uniforms and Equipment

It is the responsibility of the athlete to return to the coach all clothing and equipment issued. ***Failure to do this will result in the athlete having to pay for any missing equipment or articles of clothing***. Athletes not returning or paying for missing uniforms and equipment will not be permitted to try out for the next sport season unless the uniforms or equipment has been returned or paid for. Further, athletes will not receive their certificate, pin, or letter for their sport season until all debts have been paid and law enforcement may be contacted.

Changing Sports/Quitting a Team or Activity

Students may change from one sport to participate in another once the teams have been selected as long as they obtain permission from the Athletic Director. Changing teams/activities should take place during the first two/three weeks of the season, changes that come after this time period may be disallowed. Any student who quits a team/activity must meet with his or her coach and/or Athletic Director upon doing so. Athletes that choose to quit a team will not be allowed to participate on another team in that season or future seasons until they have met with their coach and/or Athletic Director.

Removal From a Team

The coach may remove a player from their squad at any time. The coach will make attempts to contact the parents of the athlete involved in an attempt to avoid removing the athlete from the team. The coach will notify the parent that their child has been removed from the team within one (1) day of the removal. In certain situations, it may not be possible to afford parents an opportunity to talk to their child before removal takes place. In either case, the parent will be called once their child has been removed from the team. Athletes that are removed from a team will not be permitted to participate in another sport during that season and may not participate in future seasons until they have met with their coach and/or athletic director. Parents may request a conference with the Athletic Director after they have spoken with the coach concerning the circumstances surrounding their child's removal from the team.

Dual Participation

Student-athletes must declare their **primary sport** to be eligible to participate in two sports in one season. Student-athletes must not be failing any classes to be considered for dual participation. The Director of Athletics will meet with the athlete and coaches. Student-athletes and coaches must understand that while offering this opportunity is a positive, it will cause many adjustments on behalf of coaches and teammates. It is inherent in the compressed nature of our schedules that student-athletes will not be able to attend all games and practices for both teams. The student-athlete and coaches will work together to create a schedule that works for all. If there are games or sectionals on the same day the primary sport chosen will be the sport that the student must attend. Final approval will be given by the Director of Athletics

Hazing

"Hazing" activities are prohibited. "Hazing" includes any action or situation which recklessly or intentionally causes embarrassment to an athlete's mental or physical health or involves the forced consumption of food or other matter or alcohol or drugs by an athlete for the purpose of initiation into an association with an organization or team. Athlete's that are involved in "hazing" activities will be suspended from their current sport season for 10 weeks. The 10 weeks will carry over into the next sport season they elect to participate in. Administrative consequences may also be assigned.

Transportation

No athlete is allowed to participate in an away-game unless he or she rides the team bus to the game.
All athletes must ride the team bus home unless a parent fills out the online google form to give permission to take them home. Notes are not accepted, they must fill out the google form at least 24 hours prior to the away match. Athletes must be transported by their legal Parent or Guardian. Athletes can be transported by an adult over the age of 18 with parent/guardian written consent. The transporting adult cannot be a currently enrolled student. Athletes that are told to ride the bus and refuse will lose their privilege to participate on any team for ten (10) weeks. The 10-week suspension will carry over into the next sport season.

Taunting or Unsportsmanlike Conduct

Any athlete involved in taunting or unsportsmanlike behavior towards an opponent, official, spectator, or other individuals in connection with an athletic event may be suspended for practices, games or from the team. Each occurrence will be reviewed by the coach and/or Administration.

Fighting

Any athlete involved in a fight with an opponent, official, spectator, or any other individual(s) in connection with an athletic contest will face suspension of events. All cases of a Sodus Central School athlete fighting must be reported to the Director of Athletics. A written report must be filed in writing and then must be submitted to the Director of Athletics by the coach. Consequences will be given after discussion of the extent of the player's involvement in the fight, with the Director of Athletics/Administration, who shall make the final decision with regards to consequences

DISCIPLINARY PROCESS

The coach or advisor will notify the Athletic Director or Principal, respectively, when he/she receives information that an athlete or participant has broken one of the training rules. The Athletic Director/Principal will conduct an investigation, which may include, but not limited to questioning the accused athlete or participant, the complaint and other possible witnesses. If the Athletic Director/Principal determines that there exists a fair preponderance of credible evidence to support the allegations, the previously described penalties shall be imposed immediately. The Athletic Director/Principal will submit their findings and decisions in writing to the Athletic Director/Principal, coach, student and the student's parents/guardians.

The only level of appeal shall be to the Superintendent of School who shall review the decision, afford the parent and student the opportunity to explain their position. The determination of the Superintendent shall be final and binding with no additional level of appeal.

Behavior of an Athlete/Parent/Students at Contests Not Hosted at Sodus

Visiting team members, students, and adult spectators are guests and should be accorded all the courtesy and consideration that a friendly, well mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guest, using the home school's facilities with care and respecting the rules and customs of the home school. ***Sodus has adopted a yellow/red card policy that all spectators must abide by***.

- Athletic opponents and officials are guests and shall be treated as such.
- Spectators should watch the game from those areas designated by each school as a spectator area
- Verbal abuse by opposing athletes, officials, team members or spectators shall be considered unsportsmanlike conduct.
- It shall be the responsibility of authorized school personal attending games, either at home or away, to make sure students from their school conduct themselves appropriately.
- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Cheering should be in support of either team and should not be directed toward creating unfriendly rivalries among athletes and fans.
- Per Section V rules, spectators displaying poor sportsmanship will be asked to leave and may be denied admission to future events. They may also be required to complete an online sportsmanship course through NFHS Learn
- Spectators, coaches and athletes must recognize that their conduct plays an important role in establishing the reputations of their schools and that their positive actions can relate directly to the success of their teams.

The conduct of an athlete is closely observed in many areas of life. It is important your behavior be above

the reproach in all of the following areas:

- <u>IN THE CLASSROOM</u> - The academic life of an athlete is paramount. As an athlete you must plan your schedule so that you give sufficient time and energy to your studies, to ensure acceptable grades. In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times.

- <u>ON THE CAMPUS</u> – The way we act and look on campus is of great importance. Athletes should be leaders and models for fellow students.

Concussion Management

Requirements of School Districts

Information:

Provide concussion management information and sign off with any parental permission form. The concussion management and awareness information or the State Education Department's web site must be made available on the school website, if one exists.

Removal from athletics:

Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury. No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician.

For interscholastic athletics, clearance must come from the school physician.

*Such authorization must be kept in the pupil's permanent health record.
*Schools shall follow directives issued by the pupil's treating physician.

Symptoms:

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover. It is imperative
that any student who is suspected of having a concussion is removed from athletic activity (e.g., recess, PE class,
sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

****Parents should refer to the Student and Parent Information Sheet list of symptoms and also signs or worsening symptoms that should be seen and evaluated immediately at the nearest hospital emergency room.**

Return-to-Learn and Return-to-Play protocols:

Cognitive Rest -Activities students should avoid include, but are not limited to,
the following: Computers and video games
Television viewing
Texting
Reading or writing
Studying or homework

Taking a test or completing significant projects
Loud music
Bright lights

*****_Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments_**.**

Physical Rest - Activities students should avoid include, but are not limited to, the following:

Contact and collision
High speed, intense exercise and/or sports
High risk for re-injury or impacts
Any activity that results in an increased heart rate or increased head pressure

Return-to-Play Protocol – Once the student is symptom free for 24 hours and cleared by School Medical Director: Day 1: Low impact, non-strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. *No* resistance training. Day 3: Sport specific non-contact activity. *Low* resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. *Higher* resistance weight training with a spotter. Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Physical

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.



