



CHS Athletics and Activities Handbook

2025-2026 School Year

CHS Athletic and Activities Handbook

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SECTION 1: ATHLETICS AND ACTIVITIES CODE

This code establishes minimum expectations for athletics and activities. The code will be administered by coaches/advisors in conjunction with the building administration. It is understood that participation in extracurricular activities and athletics is a privilege for students. Consequently, the students representing Canby High School are held to a higher standard than other students, and therefore, some policies may be more stringent than the Student Rights and Responsibilities Handbook issued to all students.

SECTION 2: CITIZENSHIP EXPECTATIONS

Membership in athletic and activity programs is an honor that should be carefully guarded. The privilege of athletics and activities also carries added responsibility for each participant. This privilege may be forfeited for conduct that is detrimental to the team, school, or program in general. As a member of a school program, behavior on campus, in the community, and at other schools, reflects not only on the student but on the program and school as well. Criminal acts, violation of school rules, violence, intimidation or discrimination, **whether at school or in the community**, will not be tolerated and may be cause for immediate suspension from the program.

Behavior, dress, and grooming standards are at the discretion of each head coach. It is expected that coaches recognize athletes as representatives of Canby High School. Any violations of rules or regulations that result in suspension or dismissal of individuals from teams or from participating in games must be cleared with the athletic director.

SECTION 3: ATTENDANCE POLICY

Attendance at school for the entire day is a prerequisite for participation in contests, practices, or performances. School related activities or appointments with a health care provider are exceptions to this rule. The Athletic Director, by request, may review emergency or extenuating circumstances on a case-by-case basis. The Athletic Director will communicate the outcome of the request with the student and the coach.

SECTION 4: ATHLETIC CLEARANCE

In order to participate in athletics, a student must be cleared by the athletic office through the online registration system. The athlete **must** be cleared by the athletic office prior to being issued any equipment and before beginning to practice. In order for an athlete to receive clearance from the athletic office, the athlete must have all of the following:

- 1) A physical and medical history on file on the OSAA form that expires after the end of the season requested. Physicals last up to 2 years after the date of physical.
- 2) An updated medical history completed for the school year requested in Register My Athlete.
- 3) Impact test completed online that expires after the end of the season requested. Impact tests last 2 years from the date of completion.
- 4) Documented medical insurance coverage.
- 5) Parent/Guardian and student release signatures on all required clearance forms.
- 6) Parent/Guardian and student signature accepting the policies listed in the student/parent athletic and activities handbook. Policy handbooks are given to the students online.
- 7) Pay to participate receipt, scholarship, waiver (if applicable), or payment plan is required before the first competition including jamborees.

SECTION 5: STUDENT LIKENESS RELEASE

By registering students for Canby High School Athletics/Activities, the parent/guardian is agreeing to release the use of the student's photograph for the purpose of publications, website entries, and promotional materials. Parent/guardian release on the clearance forms grants permission to use their student's likeness in photograph, video or digital or other medium in any and all of its publications, including website entries, or promotional materials without payment or any other consideration.

SECTION 6: INSURANCE REQUIREMENTS

Students participating in athletics are required to be covered by insurance. Due to the nature of the physical involvement in athletics, any athlete may be subject to physical injury. There is always danger of a serious permanent injury or death to an athlete and these accidents happen each year in school athletic programs in the United States. Canby High School's athletic programs are well conceived, carefully coached and well equipped. We are looking forward to a year that will allow our students to safely and successfully achieve their individual and team goals.

Although the School District believes that the risk involved in participation in athletic programs is well known, there have been instances in which students or parents have maintained that they have not been advised of the risk involved. This serves as such notification.

SECTION 7: ACADEMIC REQUIREMENTS

Students participating in athletics and activities must meet the requirements of the OSAA to become eligible, which includes club sports and non-OSAA activities associated with Canby High School. The OSAA requires that Canby High School students must be enrolled in and passing 4 classes during the current **and** previous trimester to athletic and activity participation. If a student fails to meet this requirement, they will be ineligible for athletic and activity performances or competitions. The equivalent of 4 out of 5 trimester classes is required to meet this requirement.

The OSAA and Canby High School also require that a student-athlete must be making satisfactory progress toward the District's graduation requirements. Any exceptions to individual eligibility are defined in the OSAA handbook, under rules 8.1, 8.1.1, 8.1.2, 8.1.3, 8.1.4 and 8.2. The OSAA handbook is on file in the high school athletic office and can be reviewed on the internet at www.osaa.org

- A. Minimum Enrollment Requirement:** In accordance with OSAA rule 8.1.1, a student athlete in Canby High School must be enrolled in a minimum of four (4) classes and must be passing four (4) classes in order to be eligible for competition.
- B. Satisfactory Progress Toward Graduation at Canby High School:** OSAA rule 8.1.2 states that to be scholastically eligible, a student must be making satisfactory progress towards the school's graduation requirements by earning a MINIMUM of the quantity of credits indicated on the chart below for the specified year.

Canby High School Credits to Graduate	24/26
Credits Available Per Year	7.5

In order to remain eligible, the student athlete must earn AT LEAST the number of credits listed below by beginning of the academic year specified:

By the beginning of 10 th grade	4.5
By the beginning of 11 th grade	10/11
By the beginning of 12 th grade	17.0/18.5

Refer to OSAA handbook (rule 8.1.2) referenced above for more detailed information regarding the number of credits earned per year.

SECTION 8: ATHLETIC AND ACTIVITY PROGRAM STANDARDS

Students must refrain from using alcohol, tobacco/vaping, and dangerous drugs. A dangerous drug is defined as any drug obtained with or without a prescription that has been used in a potentially harmful manner. This includes, but is not limited to: marijuana, cocaine, heroin, stimulants, depressants, hallucinogens, and illegal performance-enhancing drugs.

Any participant committing an infraction on school premises during school hours, away from school, on school or non-school days or at any school-sponsored event will be subject to the same sanctions as any other student. If students are suspended or expelled from school, they will be ineligible for athletics and activities during that period.

The use, possession and or distribution of tobacco/vaping, tobacco/vaping look alike products, alcohol, non-prescription drugs, or distribution of prescription drugs by any participant **will not be tolerated** in the athletic and activity programs. In addition to any student consequences, these infractions will carry athletic and activity consequences.

Violation of this rule will result in the following consequences:

A. First Violation: Alcohol - Drugs - Tobacco/Vape

A first violation will result in an athletic and/or activity **suspension from competitions or performances for 20% of the season beginning with the first contest or performance upon conclusion of investigation**. All calculations will be rounded up; for example 2.3 games will be three games missed. The suspension may be reduced to 10% if the student complies with interventions and/or administrative recommendations. With the permission of the head coach or advisor, the athletic director and the administration, the student may participate in practices and attend contests or performances during the suspension. **The student may not attend any practices or meetings in a co-curricular program for a mandatory one calendar week (Assessment Week).**

Chemical Abuse Assessment

During the Assessment Week, the student is encouraged to get a drug and alcohol assessment, meet with the CHS Intervention Specialist, and follow the prescribed assessment and/or treatment program. If deemed necessary, a meeting must be held with the student, parent/guardian, and CHS Prevention/Intervention Specialist to discuss the assessment and recommendations prior to returning to their athletic or activity program. Agreement to follow the recommendations and Associate Principal/Principal approval may be required for reinstatement.

B. Second Violation: Alcohol - Drugs - Tobacco/Vape

The District will follow the same procedure as set forth for a first violation, except that for a second violation the suspension from interscholastic competition/performance will be for **50% of the season beginning with the first contest or performance upon conclusion of investigation**. All calculations will be rounded up.

C. Third violation or more: Alcohol - Drugs - Tobacco/Vape

In the case of a third violation or more, the student-athlete will be removed from their current athletic and activity program and not be allowed to participate with any other athletic or activity program for **one calendar year beginning with the first contest or performance upon conclusion of investigation**.

If the athlete does not have a third infraction, the cycle of violations for an athlete will start over after two calendar years following their last infraction.

D. Association Violation

Any student participating in athletics or activities who finds himself/herself in the company of others who illegally possess, use, transmit, or are under the influence of alcohol, any form of dangerous drugs, or a controlled substance is expected to leave immediately (within a reasonable time frame – time to secure a ride, safe transportation). Failure to do so will result in notification to parent/guardian and the possibility of the same consequences listed above in Section A above as determined by the Athletic Director. A second offense will result in discipline as if in violation of this policy. The only exception to this section of the policy would be when a parent/guardian accompanies a student to a family, social, or cultural function where alcohol is served. However, students must refrain from personal use. Students who receive wine as part of a religious ceremony such as Holy Communion or Jewish Seder will not be penalized.

E. End of or Out-of-Season

If the student is nearing the end or is not currently in a season, a **first violation will result in an athletic or activity suspension that follows the penalties for in-season violations except that the suspension will commence from the first contest or performance from the student's next season of participation.**

Any student serving an athletic or activity suspension will be required to attend and participate in all practices, team meetings after Assessment Week, and competitions, although they will not be permitted to actively participate in competitions.

F. Self-Reporting

Prior to being investigated or apprehended for a violation involving the use of alcohol, dangerous drugs or a controlled substance, the student may voluntarily request assistance from school officials. In the event of this self-reporting, the disciplinary consequences for the student may be lessened or waived provided that:

F.1 The report is independent and in advance of the investigation;

F.2 The student completes a drug assessment and complies with their recommendations; and

F.3 Subsequent incidents of alcohol, dangerous drugs, or controlled substance use will result in a Second Violation.

G. Transfer of Violations

Students who transfer to Canby High School will maintain accumulative offense status under this policy from any offenses from the school from which they are transferring. Furthermore, the school district to which students are transferring will be notified of any previous applicable athletic consequences they have received.

H. Law Enforcement

Canby High School will seek the assistance of the Canby Police Department as well as other law enforcement agencies to work together to provide a safe and drug/alcohol free environment in which to live. The police agencies, in accordance with the state and federal laws, will work with our high school administrators to assist in the enforcement of this policy.

SECTION 9: DUE PROCESS

When a violation of the Athletic Policy is reported, the Athletic Director will investigate the alleged violation. This process may include gathering written or verbal statements from the student-athlete, coach(es), staff members, and other relevant witnesses. The student-athlete and their parent/guardian will have an opportunity to provide their perspective during the investigation. Based on the findings of the investigation, the Athletic Director will determine if a violation has occurred and, if so, will apply the appropriate consequence as outlined in the Athletic Handbook. The Athletic Director will consider the nature and severity of the violation, past conduct, and consistency with previous decisions. The Athletic Director will communicate the outcome of the investigation and the resulting consequences to the student-athlete and their parent/guardian in a timely manner. The coach of the student-athlete's team will also be notified. A student-athlete and/or parent/guardian who disagrees with the Athletic Director's decision may submit a written appeal to the building Principal within five school days of receiving notice of the decision.

SECTION 10: SPORTSMANSHIP

Athletic contests should be conducted in an atmosphere that places maximum emphasis on good sportsmanship, positive relationships between schools, and the educational benefits of competition. Student athletes should compete under conditions which:

- 1) Provide a fair and equal opportunity for success.
- 2) Make maximum provisions for the safety of participants.
- 3) Provide for a broad sense of activities and a balance in competitive levels.
- 4) Preclude the embarrassment, humiliation, or demeaning of any team or individual.
- 5) Emphasize the highest possible level of professionalism and personal integrity on the part of all teachers, coaches and administrators involved.

SECTION 11: OPTIONAL LAY-OFF

Athletes may have the option of up to one week (calendar week) interval layoff between the end of a sport season and the beginning of a new sport season. Athletes will communicate this with the head coach of the new sport season if they choose to exercise this option.

SECTION 12: ATTENDANCE AT CALLED PRACTICES

Athletes will attend all practices to be eligible for contests. There shall be no games, mandatory practices, equipment issue or any other athletic activities held on Sundays or holidays without administrative approval. If an absence is unavoidable, it is the responsibility of the athlete to notify his/her coach or advisor prior to the practice. Athletic and activity programs may have consequences due to any missed practices for any reason. Any athlete who is serving an out of school suspension **from school** will not be eligible for athletic practice or competition for the length of the suspension. **Students must be in attendance at school for the full school day to participate as outlined in Section 3 of this handbook.**

If a school or the district is closed due to inclement weather, all practices and games will be canceled at our facilities. The only exception will be if the Canby School District Office grants permission to hold a practice or game.

SECTION 13: PAY-TO-PARTICIPATE POLICY

A participation fee of \$150 per student each season for sports and activities will be charged with a maximum of \$300 per year for an individual student. Families with students in several OSAA sports will pay a maximum fee per year of \$450. A fee to participate in clubs or activities will be charged depending on the cost of the club or activity to operate through the district.

Student Athletes who qualify for free and or reduced lunch may be eligible to waive the participation fee. This form is available from the athletic office:

- 1) All athletic fees must be paid in full, a payment plan approved through the athletic office, or a scholarship or waiver granted prior to any competitions or performances with the athletic or activity programs.
- 2) Fee reimbursement will be made on the following conditions:
 - a. Athletes who are cut from participation with the team by the coaching staff prior to the first regularly scheduled league contest will be reimbursed in full.
 - b. Students who withdraw from participation will be issued a refund in full if they withdraw before participating in any competitions.
 - c. Athletes who are dismissed from participation with the team by the coaching staff for disciplinary reasons will not be issued a refund.
 - d. The reimbursement is received prior to the conclusion of the regular season.
- 3) Canby High School will develop a system to assess/collect participation fees, including payment plans, in accordance with district guidelines. No student will be allowed to perform or compete in any event until they have met the pay-to-participate guidelines set above.

SECTION 14: COMMUNICATION PLAN

During an athletic or activity season, a student and/or parent/guardian may have a concern about their or their student's experience. Frequently, emotions run high at athletic events. As such, a 24 hour period between any incident and meeting is required. This allows the initial emotions from the game or event to calm and a more reasoned, thoughtful and productive discussion can ensue about the issue.

Issues that **are** appropriate to discuss include but are not limited to: the treatment of the student, questions about how the student can improve, and concerns about the student's behavior or attitude. Issues that **are not** appropriate to discuss include but are not limited to: playing time, game strategy, and other students. The procedure outlined below describes the meeting order for such concerns:

Procedure

1. Athlete and Coach Meet
2. Athlete, Parent, and Coach Meet
3. Members of Step Two Will Meet with the Athletic Director
4. Members of Step Three Will Meet with the Principal
5. Members of Step Four Will Meet with the Superintendent of Schools or his/her designee

Do NOT attempt to confront a coach before, during, or after a contest or practice. The meeting to begin a grievance procedure must be scheduled on a mutually agreed-upon date and time.

SECTION 15: PARENT AND STUDENT APPEALS

The district encourages parents and students to appeal a rule or a procedure if they feel it has been unfairly enforced or if there are extenuating circumstances.

Coaches are expected to listen to such appeals with an open mind and with an understanding of and support for the value of such dialogue.

If an appeal is requested, the appeal procedure is as follows:

- 1) The appeal shall be in writing.
- 2) The initial meeting will be with the coach(es) of that particular sport.
- 3) If necessary, the next meeting will involve the student, parents, coaches, and the Athletic Director.
- 4) If a further review is desired, the principal will meet with the above parties to determine an outcome.
- 5) If not resolved, the final appeal will be to a district administrator assigned by the superintendent.

The district level decision is final and not subject to further appeal.

SECTION 16: TRANSPORTATION

Student athletic participants must be transported to and from another school in compliance with the transportation policy only.

Transportation Waiver:

Transportation waivers for parents to grant permission for their student to transport him or herself to a school sponsored athletic event, or to be transported by another student's parent, are available in the athletic office. This waiver must be completed at least 24 hours in advance of the event. A member of the coaching staff should accompany student-athletes on two-way bus trips. That school shall be responsible for acts of its school team, school groups or individuals while on trips, or while participating in any such event. If the district has provided transportation to an event, it is expected the student-athlete will ride with the team to the event. Parents may transport their own children home from competitions after visual contact is made with the school representative at the event.

SECTION 17: 2025-26 PRACTICE AND FIRST CONTEST DATES

During the **Association** year, practice in a sport shall not be held after the conclusion of a school's sport season in that sport as defined in OSAA Rule 6.1.6.

Fall Sports

Practice Starts	August 17
First Contest or Jamboree	August 28

Winter Sports

Practice Starts	November 13
First Contest or Jamboree	November 29

Spring Sports

Practice Starts	February 26
First Contest or Jamboree	March 11

SECTION 18: TEAM SELECTIONS, CUT PROCESS, PLAYING TIME

In order for athletes in a given sport to be successful, there may be a participation limit on a team inside a program. Reasons for this include but are not limited to: safety, funding, OSAA requirements, and creating the best environment for athletes in a program to succeed. Each head coach will create a tryout/selection process for athletes to demonstrate their skill and potential. Questions about this process should be directed to the head coach of the given sport. If there is a concern about this process, follow the communication plan outlined in Section 13.

While there is a participation fee, please do know this does not guarantee playing time in the sport or activity. During all but varsity events, an attempt will be made to play as many participants as possible, however there may be specific situations where all may not play in a contest (team rules, safety issues, close contests). In varsity events, not all participants may play in every contest.

SECTION 19: VARSITY LETTERING POLICY

The requirements for earning a varsity letter vary by program and are determined by each team's coaching staff. Because each sport and activity has unique expectations, lettering criteria are not standardized across all programs.

Some programs award varsity letters based on the number of varsity competitions in which an athlete participates. Other programs determine lettering based on performance at the district and/or state level. In some cases, additional factors such as leadership, commitment, or overall contribution to the team may also be considered.

Athletes and families should consult directly with the head coach of each program to understand the specific requirements for lettering. Each program's policy is communicated at the beginning of the season.

SECTION 20: ATHLETIC AWARDS

Canby High School values the dedication, commitment, and achievements of our student-athletes both on and off the field. Each year, we recognize outstanding contributions through the following awards:

- **Multi-Sport Athlete Recognition** - Awarded to athletes who participate in three or more sports within a single school year. To qualify, the sport must practice at least five days per week and maintain a weekly competition schedule throughout the season. This recognition highlights student-athletes who demonstrate versatility, commitment, and resilience by competing across multiple athletic programs.
- **Senior Multi-Sport Recognition** - Awarded to graduating seniors who have competed in ten or more sports during their high school careers. This distinction honors sustained dedication to athletics and a lasting contribution to the school's athletic culture.
- **Scholar-Athlete Awards** - Recognizes the top male and female scholar-athletes. Recipients are selected using a rubric that evaluates academic achievement, athletic performance, and service to the school and community. This award emphasizes the balance of excellence in the classroom, in competition, and in character.
- **Senior Athlete of the Year** - Presented to the top male and female senior athletes.
- Recipients are nominated and voted on by the coaching staff based on their athletic accomplishments, leadership, and overall impact on their teams.
- **NFHS Award of Excellence** - Recognizes one male and one female student-athlete for their outstanding achievement and sportsmanship as defined by the National Federation of State High School Associations (NFHS). This award represents the highest standard of character, integrity, and athletic commitment.

SECTION 21: CONCUSSION MANAGEMENT

ORS 336.485 requires that all coaches receive annual training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person who is suspected of having a concussion, and restricts participation of athletes who have been diagnosed with a concussion.

- o All coaches are required to complete concussion training before the first day of practice provided by the OSAA and NFHSLearn.
- o A coach may not allow a member of a school athletic team to participate in any athletic event or training on the same day that the member:
 - o Exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body; or
 - o Has been diagnosed with a concussion.
- o A coach may allow a member of a school athletic team to participate in any athletic event or training at any time after an athletic trainer licensed by the Board of Athletic Trainers, or a physician determines that the member has not suffered a concussion.

After being diagnosed with a concussion, the athlete must follow the 5-step Return-To-Play protocol.

1. Symptom-Limited Activity: Relative rest up to 48-72 hours. Allow low intensity physical and cognitive activity. May include staying home or limiting school hours and/or homework. Gradually reintroduce very light activity while limiting symptoms.
2. Light Aerobic Exercise: Walking or stationary bike at low to moderate intensity; no contact, resistance or weight training.
3. Sport Specific Exercise: Sprinting, dribbling basketball or soccer; no helmet or equipment, no head impact activities.
4. Non-Contact Training: More complex drills in full equipment. Weight training or resistance training may begin.
5. Full-Contact Practice: Participate in normal full-contact training activities.
6. Unrestricted Return-to-Participation / Full Competition: Game play against opposing team.

SECTION 22: CHECKLIST FOR ATHLETIC PARTICIPATION

In order to participate, each athlete:

- o Must have passed 4 classes from previous trimester;
- o Must be enrolled in and passing a minimum of 4 classes during the term of participation;
- o Must have a physical on file in the athletic office on the OSAA School Sports Pre-Participation Examination form Part 1 by parent and Part 2 by a licensed physician every two years;
- o Must have online Impact test completed in the last 2 years;
- o Must have completed athletic registration on FinalForms; and
- o Must have participation fee paid to the Bookkeeper (\$150), waiver, pay plan, or scholarship filled out.

All student athletes must be cleared prior to any participation through the athletic department. All student athletes must have their fees paid through the bookkeeper prior to competition or performance.

SECTION 23: EQUIPMENT AND UNIFORM CHECK IN

When students check out school district uniforms or gear, they are responsible for turning it in at the conclusion of the season. Students who have gear outstanding will not be allowed to participate in the next school season (example would be boys soccer to basketball) until all of the gear is turned in. This will include the ability for that student to practice. For teams that make playoffs and have longer seasons, coaches will have one week to collect and record inventory.

If students have lost any uniform or gear, they will be billed for the amount and will have to pay that before they can participate in the next sports season.

SECTION 24: QUITTING A TEAM, MULTIPLE TEAMS, AND OFF SEASON CONDITIONING

When a student decides to participate in athletics and activities, they make a commitment to themselves and others. As such, each student can commit to only one sport per season. Any exception must be signed off by both coaches and the athletic director. Our goal in the department is to have them finish what they begin. In the event an athlete decides to quit a team, they will not be able to join another team that season or another team's upcoming off-season workouts. The purpose is to encourage students to honor the commitment they have made.

Coaches who are approached by a student/parent about this being a possibility will support the idea of finishing the current season. In order for an exception to be made of this policy the current season head coach, next season head coach, and athletic director must agree.

SECTION 25: PARENT/SPECTATOR RESPONSIBILITIES

Parents/guardians are expected to support the school's athletic code and citizenship expectations as detailed in this handbook. Parents/guardians must support the decisions of the athletic department and coaching staff in the presence of their child even if they personally do not agree with the decisions. Parents/guardians should act as positive role models through their own actions to ensure their child has the best athletic experience possible.

Before you become critical of a particular coach please consider the following:

- a. A head coach has all of his players and assistant coaches to consider with every decision that is made.
- b. Coaches may give athletes feedback in a variety of ways. This does not diminish their loyalty or concern for their players. Athletes need to learn how to take criticism and understand that it is not personal.
- c. Our coaches are students of the game. They have analyzed countless hours of video, read instructional books, attended clinics/college practices in order to educate themselves about the game.

Athletics and activities are passionate experiences. If you have a concern, follow the rules listed in the Communication Plan listed in this handbook including the 24 hour rule. If you have a formal complaint, send the complaint in writing to the athletic director and an investigation will be completed by the athletic department.

SECTION 26: SOCIAL MEDIA

Student-athletes are high-profile representatives of the Canby School District, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletics Department and the entire school campus and community. Therefore, student-athletes are expected to represent themselves and Canby with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments.

The popularity of social networking websites has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students. The Athletics Department has developed this Student-Athlete Social Networking Guideline in order to provide recommendations and suggestions for student-athletes to help them use social media in a safe and responsible manner, and outline important rules that student-athletes must follow when using social media

Rules Regarding Social Networking Sites

Participation in Canby Athletics is a privilege and not a right. As a condition of being a student-athlete in Canby, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocate the violation of any school or team policy is unacceptable.
2. Student-athletes may not post online any pictures, information, or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach, or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the Canby Student Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPAA), and student-athletes are personally liable for any violations of those laws.

If an individual contacts a student-athlete via a social networking site and the nature of the contact makes the student-athlete concerned for his or her safety or uncomfortable in any way, the student-athlete should immediately contact a parent, a coach, or a campus administrator. Student-athletes in Canby are required to abide by the rules set forth in these guidelines. The failure to do so will be considered a violation of the student-athlete code of conduct and/or the Canby student code of conduct. The violation may result in disciplinary action by the athletics department and the campus.

APPENDIX A: PERCENTAGE BREAKDOWN

It is the goal of the athletic and activities department at Canby High School to create full schedules for all of our athletics and activities. The numbers below will represent what a full schedule is, and how many games a student-athlete would be suspended in the event of a violation. In the event a schedule is not full, the school will base the percentage off of the amount of games scheduled for that season.

Example: Baseball has 26 games and only 19 scheduled; a student in violation would be suspended for 1.9 games where we would round up to two, rather than serving a three game suspension with the 26 total number of games.

*Cheer and Dance will be based on how many school events they perform at, as well as their individual team events they have scheduled for the season. These will be set by the athletic director in the summer.

Sport	Full Season	10%	20%	50%
Cross Country	14	2	3	7
Cheer	TBA		TBA	TBA
Dance	TBA		TBA	TBA
Football	9	1	2	5
Soccer – Boys	14	2	3	7
Soccer – Girls	14	2	3	7
Volleyball	18	2	4	9
Basketball – Boys	24	3	5	12
Basketball – Girls	24	3	5	12
Swimming	12	2	3	6
Wrestling	14	2	3	7
Baseball	26	3	6	13
Golf – Boys	20 (9 Holes)	2	4 (9 Holes)	10 (9 Holes)
Golf – Girls	20 (9 Holes)	2	4 (9 Holes)	10 (9 Holes)
Softball	26	3	6	13
Tennis – Boys	16	2	4	8
Tennis – Girls	16	2	4	8
Track	12	2	3	6

Note:

- All percentages have been rounded up as mentioned in Section 7.
- Cheer and Dance calculations will be set in the Summer after the Athletic Director gets their schedules and sets how many events in which they will be performing.
- Students who participate in both JV and Varsity team (swing players) will sit out for both as their suspension. For example, in Football, a student would be ineligible for both games during the week they have been suspended. This would not allow a student to miss a JV game and play in a varsity game during the same week.
- Other activities and clubs will be determined once their full schedule is set for the school year.