

## PARKLAND ATHLETIC TRAINING CODE

### Introduction:

The Parkland Athletic Training Code shall govern all students during the time they are participating in an athletic program as identified and created from time to time at Parkland High School, Orefield Middle School and Springhouse Middle School (hereinafter collectively called Parkland Schools).

The purpose of Parkland's athletic program is to add to our student's mental, physical, social, emotional and ethical well-being. It is a positive step to prepare and enrich our athletes in becoming productive young adults.

Participation in athletics at Parkland Schools is a privilege and not a right. In the exercise of this privilege, all students shall comply with the Parkland Athletic Training Code beginning with the first day of each athletic season. As a condition precedent to a student's participation in the first scrimmage or contest of each season, the student and his or her parent/guardian shall acknowledge receipt of this Code by signing and returning to their coach the attached Consent Form.

A coach may distribute a separate code, which shall govern athletes who participate in a particular sport. The student and his or her parent/guardian shall also acknowledge receipt of the coach's code and return the acknowledgement to the coach at the same time as the Consent Form.

The same standard of behavior and discipline for the regular student shall apply to the athletic student participant. **Therefore, the Parkland Athletic Training Code shall supplement the "Parkland School District Code for Student Conduct, Rights and Responsibilities."**

- I. Athletic Eligibility
  - A. Eligible if a student has not reached the age of 19 prior to July 1st.
  - B. Eligible if a student is passing 4 full time subjects.
    - If a student becomes ineligible because of failing grades, he/she will remain ineligible for one week at a time. (Monday to Monday until he/she is no longer failing.)
  - C. Not eligible after completion of 8 semesters following a student's entrance into 9th grade.
  
- II. Attendance in School
  - A. To participate in any athletic activity a student must be in attendance at school before 10:30 AM on the day of the activity.
  - B. Exceptions to the above rule would be a doctor appointment, a family or medical emergency, or extenuating circumstances. These exceptions require a note from the student's parent/guardian

and the exceptions will be reviewed by the coach and the administration who will determine the eligibility of the student to participate.

III. Parkland Athletic Training Code – General Requirements

- A. All student/athletes shall be governed by and are subject to the athletic code during the athletic season in which they participate.
- B. The student/athletes shall conduct themselves at all times showing good sportsmanship, courtesy to fellow players as well as coaches, referees, and opposing team members.
- C. A student/athlete shall abide by the Parkland School District Code for Student Conduct, Rights and Responsibilities as printed or explained. Any infraction by the student/athlete will be handled by the administration and the coach.
  - 1. If a violation involves an exclusion, in-school or out, the student athlete will be suspended from practice/games during the exclusionary period. He/she becomes eligible the next calendar day immediately following the last day of exclusion. If multiple days occur for an exclusion, the athlete is ineligible until the exclusion is completed.
  - 2. If a student/athlete has detention, after serving the required time, he/she will report to the coach directly.
- D. If a student/athlete is late to practice because of academic reasons he/she must bring a note from his/her teacher stating the time of dismissal.
- E. A student/athlete must abide by the health and training routines as set forth in a coach's code or as otherwise established by the coach during the season.
- F. A student/athlete must be a team player and avoid any actions that would be detrimental to the unity of the team.
- G. A student/athlete may be permitted to move from one sport to another with the approval of the head coaches involved.

IV. The Parkland Athletic Training Code – Unacceptable Actions and Sanctions

- A. Ejection for misconduct during an athletic contest:
  - 1. 1st offense - coach's discretion
  - 2. 2nd offense - one game suspension
  - 3. 3rd offense - administrative review
- B. Use of Profanity is prohibited. All offenses will be addressed by the coach.
- C. Conduct unbecoming a student/athlete during an athletic contest or related activity will be addressed by the coach and may result in:
  - 1. 1st offense - 1 game suspension
  - 2. 2nd offense - 2 game suspension

D.

3. 3rd offense - suspension from the team

Tobacco

1. During the athletic season no student/athlete shall use, possess or distribute tobacco or tobacco products.
2. If the offense takes place on school property, the administration shall enforce the Code for Student Conduct, Rights and Responsibilities.
3. If the offense takes place on school property or during a school sponsored activity, the following will apply:
  - a. 1<sup>st</sup> Offense – Suspension of a number of pre-determined contests by sport - see listing \*. Student-athletes are expected to attend, but not participate in practices and games during the suspension period.
  - b. 2<sup>nd</sup> Offense – Dismissal from the team for the remainder of the season.

E. Alcohol and Other Drugs

These regulations have been developed in order to discourage our student/athletes from using harmful drugs and alcohol and to foster the good health and welfare of all our student/athletes.

1. No student/athlete shall use, possess, or distribute alcohol, drugs, steroids, controlled substances, look-alikes, or possess drug related paraphernalia on or off school property.

will

- a. If the offense takes place on school property or during a school sponsored activity, the following apply:

1) For use or possession

a) 1<sup>st</sup> Offense

- 1) suspension of a number of pre-determined contests by sport – see listing. Student/athletes are expected to attend but not participate in practices and games during the suspension period.
- 2) 3 to 10 day suspension from school
- 3) referral to SST
- 4) referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly

- 5) encouraged to comply with all recommendations. if appropriate, referral to proper law enforcement agency

b) 2<sup>nd</sup> Offense

- 1) dismissal from the team for the remainder of the season
- 2) 3 to 10 day suspension from school
- 3) referral to SST
- 4) referral for a drug and alcohol evaluation at the Lehigh Valley drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations
- 5) if appropriate, referral to proper law enforcement agency

2. Distribution of alcohol, drugs, steroids, controlled substances, look-alikes or drug related paraphernalia.

a) 1<sup>st</sup> Offense

- 1) suspension of a pre-determined number of contests by sport. Student/athletes are expected to attend but not participate in practices and games during the suspension period.
- 2) 10 day suspension from school and possible recommendation for expulsion
- 3) referral to SST
- 4) referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations

- 5) if appropriate, referral to proper law enforcement agency

b) 2<sup>nd</sup> Offense

- 1) dismissal from the team for the remainder of the season
- 2) 10 day suspension from school and possible recommendation for expulsion
- 3) referral to SST
- 4) referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations
- 5) if appropriate, referral to proper law enforcement agency.

b. Any student/athlete who has been charged as an adult or juvenile with a crime committed off school property which constitutes a misdemeanor or felony related to the use, possession or distribution of alcohol, drugs, controlled substances, look-alikes and drug paraphernalia:

1. upon conviction or a plea of guilty or a plea of no contest, the student/athlete will be;

a) 1<sup>st</sup> Offense

1) suspended from a pre-determined number of contests by sport. Student/athletes are expected to attend but not participate in practices and games during the suspension period.

2) Referral to SST

3) Referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations.

b) 2<sup>nd</sup> Offense

- 1) dismissal from the team for the remainder of the season
- 2) referral to SST
- 3) Referral for a drug and alcohol

evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations.

- c. Except as otherwise provided under section E.1.b., for all incidents occurring off school property where there exists a reasonable suspicion that inappropriate behavior as defined in this athletic code has occurred, the coach and or administrator may take one or more of the following steps:
    - 1)Athletic Director and Coach conference
    - 2)Athletic Director, Coach, student/athlete and parent/guardian conference
    - 3)Possible referral to SST
    - 4) Notify the administration of the situation
  - d. If the student/athlete does not follow the procedure and recommendation in either a, b or c, he/she will not be permitted to participate in any future Parkland athletic program until the student/athlete comes into compliance.
2. A student/athlete with a drug and alcohol problem may voluntarily come forward to request assistance without consequence. He/she will receive a referral for an evaluation by the Lehigh Valley Drug and Alcohol Intake Unit. Once a student/athlete has been properly evaluated and appropriate recommendations set forth, the student/athlete is strongly encouraged to comply with all recommendations
- V. A parent or legal guardian and the student athlete must sign the Parkland Athletic Training Code consent form and return it to the coach before participating in any scrimmage or contest of the season. This will assure the coach that the athlete and parent/guardian have read this Code and agree to abide by it.

**PARKLAND ATHLETIC TRAINING CODE  
SUSPENSION CHART**

The following chart is used to determine the length of suspension for violation of the Parkland Athletic Training Code rules. The number of games/contests a student is suspended is determined as a third of the regularly scheduled contests allowable by PIAA rules. It was determined that Cheerleading would mirror the sports it is associated with on a seasonal basis. All club sports that follow the Parkland Athletic Training Code would also follow a suspension practice of a third of their scheduled regular season contests.

Scrimmages and practice games are not counted as contests under suspension. All student/athletes under suspension should attend all practices and games in street clothes, but are prohibited from participation.

<b><u>Fall Sports</u></b>	<b><u>Winter</u></b>	<b><u>Sports</u></b>	<b><u>Spring Sports</u></b>
Cross Country (5 meets)		Boys Basketball (7 games)	Baseball (6 games)
Field Hockey (6 games)		Girls Basketball (7 games)	Boys Lacrosse (6 games)
Football ( 3 games)		Swimming/Diving (6 meets)	Girls Lacrosse (6 games)
Golf (6 contests)		Wrestling (7 competitions)	Girls Soccer (6 games)
Boys Soccer (6 games)		Cheerleading (7 contests)	Softball (6 games)
Girls Tennis (6 contests)			Boys Tennis (6 contests)
Girls Volleyball (7 contests)			Track (5 meets)
Cheerleading (5 games)			Boys Volleyball (7 contests)

**CLUBS**

Ice Hockey	1/3 of all regularly scheduled contests
Indoor Track	1/3 of all regularly scheduled contests

# **PARKLAND ATHLETIC TRAINING CODE**

## **CONSENT FORM**

I have read the Parkland Athletic Training Code and agree to abide by it.

**STUDENT'S NAME(PRINT)** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_ **SPORT** \_\_\_\_\_

**PARENT/GUARDIAN NAME(PRINT)** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**RELATIONSHIP(CIRCLE) MOTHER                      FATHER                      GUARDIAN**

**PLEASE RETURN THIS FORM TO YOUR COACH**