

**CHARIHO REGIONAL HIGH SCHOOL
CHARIHO REGIONAL MIDDLE SCHOOL
CHARIHO ALTERNATIVE LEARNING ACADEMY
2024-2025**

**STUDENT HANDBOOK GOVERNING ATHLETICS AND
EXTRACURRICULAR ACTIVITIES**

Special note: The guidance offered in this handbook applies to all student activities listed in the Chariho High School Program of Studies and in the Middle School Student Handbook.

FOREWORD

The purpose of this handbook is to provide students and their parents/guardians with a clear understanding of the policies and procedures established to facilitate the smooth, safe, and efficient operation of our athletic and extracurricular programs, including intramural sports, non-athletic clubs and other similar activities which require a student to make a continuous commitment. Athletics and extracurricular activities provide students with opportunities to develop important life skills, as well as to develop healthy relationships with peers and adults. With these opportunities come important responsibilities.

PHILOSOPHY

Athletic and extracurricular activities in the Chariho Regional School District are a key extension of the curriculum, producing many important and positive benefits difficult to achieve in the classroom. Coaches of interscholastic sports and advisors of extracurricular activities often have a greater opportunity to achieve critical educational goals because they have the advantage of more time and smaller numbers of highly motivated students. Under these circumstances, students can often accomplish great things!

The athletic and extracurricular programs promote ethical, appropriate, polite, and fair behavior, responsibility, team play, a competitive spirit, and team and school loyalty and pride in every participant. Student participants and their parents are expected to display and show support for the proper ideals of ethical conduct and fair play and to show respect for officials and other adjudicators, opposing teams, and fellow participants. Also, the athletic and extracurricular programs encourage a winning attitude while not losing sight of other related ideals, such as teamwork, cooperativeness, mutual respect, school spirit, and service.

The athletic and extracurricular programs provide instruction and encourage maximum participation in various activities that interest students. In administering these programs, every effort will be made to support those activities that best serve the greatest number of students, to provide the best possible facilities and equipment, and to provide the best-qualified coaching and advising personnel.

Every student wishing to participate in athletic and extracurricular programs at Chariho High School, Chariho Middle School, and Chariho Alternative Learning Academy should be aware of these programs' rules, responsibilities, and expectations. Parents should also be familiar with

the guidelines for participation in these programs. Each student and parent should realize that participation in the school athletic and extracurricular programs is a privilege that carries with it important responsibilities.

RULES AND REGULATIONS FOR ATHLETIC AND EXTRACURRICULAR ACTIVITIES

All rules apply to all students, including players, managers, and cheerleaders, representing a team or participating in an extracurricular activity.

ACADEMIC REQUIREMENTS FOR PARTICIPATION IN ATHLETICS AND EXTRACURRICULAR ACTIVITIES

- A. Depending on the circumstances, eligibility will begin or end on the day report cards are issued.
- B. If a student fails two subjects at the close of the quarter, they may not participate in any game, match, activity or event until the following quarter. If a student fails more than two subjects at the close of the quarter, he or she may not participate in any **practice**, game, match, activity or event until the following quarter. All participants in athletics and extracurricular activities are also required to maintain a minimum overall average of 70. Any student failing more than one subject at the progress report time will be sent a **warning communication** regarding their eligibility status in advance of the quarter closing. Eligibility for fall sports and first quarter extracurricular activities is based on student academic performance during the 4th quarter of the previous school year. This does not apply to incoming freshmen, but does apply to transfer students.
- C. Grades for failures or incomplete work (INC) in which a make-up opportunity is granted at the end of a quarterly marking period must be made a matter of final record within two calendar weeks of the first day of the succeeding quarter/marketing period. After two-weeks the INC will be considered a failure and may affect eligibility for participation in athletics and extracurricular activities.
- D. All participants in athletics and extracurricular activities must adhere to the Secondary Grading Policy.
- E. All participants in the athletic program must comply with the eligibility rules of the Rhode Island Interscholastic League and the Chariho Regional School District. Participation in credit recovery programs (e.g., summer school, night school) does not change eligibility status.
- F. Any student who has an M (Missing Work) within PowerSchool for any graduation project component will be ineligible for extracurriculars. Eligibility reports will be run at the progress report date and at the end of each quarter.

ADDITIONAL ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN ATHLETICS

To be eligible for interscholastic athletics, students must meet all of the requirements established by the RIIL Principal's Committee on Athletics as well as those of the Chariho Regional School District.

All participants in the athletic program must have a physical examination and approval by a physician before participating. For those unable to access a physician or for those without health insurance, a free physical examination may be offered by the school district or other agencies. The following criteria are also part of the medical procedure:

- A. The Pre-Participation History section of the physical form must be completed.
- B. One successful examination is sufficient for all sports for up to thirteen months. A current physical form must be completed before the student can participate.
- C. Parents have the option for their child to be examined by a private physician at their own expense. The Chariho Regional School District Pre-Participation Physical Evaluation may be used and may be obtained in the school office or online at www.chariho.k12.ri.us.
- D. Emergency Medical Authorization Form – This form must be completed and signed by the parent/guardian before participation and returned to the coach. The form will be sent to the coach at all practices and contests. This form will provide the coach with necessary medical emergency information for injury or illness.
- E. Accident Report—All injuries requiring medical attention must be reported to the coach or school nurse teacher. If the athlete seeks or is administered medical treatment, an accident report must be filed with the school nurse, athletic director, or athletic trainer within 48 hours.
- F. Medical Reinstatement—A physician's note is required before an injured or extensively sick athlete is allowed to return to practices or contests. The note must indicate the date when participation may resume.

RHODE ISLAND INTERSCHOLASTIC LEAGUE ELIGIBILITY RULES

- A. After enrolling as a freshman in any high school, a student is eligible for eight semesters. There is no semester rule for middle school students.
- B. A high school student becomes ineligible if their nineteenth birthday occurs before September 1st, and a middle school student becomes ineligible if their fifteenth birthday occurs before September 1st.
- C. All transfer or exchange students must meet with the Athletic Director before participating in athletics. All eligibility forms must be completed and submitted to the RIIL before the student can participate in any sport.

ATTENDANCE POLICY

- A. A student may not take part in an activity if the student is absent from school on the day of the activity.
- B. Any student who is not in school after 8:15 a.m. may not participate in a practice, game or other activity that day without the permission of a school administrator or designee. If a student leaves early during the school day for a legitimate and documented reason, they must have a written note from a parent and must contact a Dean of Students and/or the Athletic Director in order to participate on that day.
- C. A student who is assigned an in-school, out-of-school suspension, or social suspension shall not participate in a practice, game, or other activity during the time of the suspension. When the suspension from school ends, the student may participate in an activity on the next school day or the first day of vacation. Consequences related to school discipline, such as detention, Saturday service, and extended school day, must be served as scheduled regardless of practice, game, or other activity.
- D. Students should take the initiative to notify coaches, advisors, and/or the Athletic Director Athletes if lateness or absence for a practice session is anticipated.

ADDITIONAL INFORMATION ABOUT ATHLETIC ATTENDANCE

Athletes are required to be at all practices and contests, prepared and on time, during the course of the season. Exceptions may include essential school obligations, sickness, injury, etc. Daily attendance will be taken by coaches.

- A. RIIIL or league-sponsored playoffs or tournaments are considered part of the season schedule of each team.
- B. Minimum Practice Day Requirement – According to the RIIIL, every athlete is required to practice for a specific minimum number of days in each sport before participating in an athletic contest. The number of practices varies with each particular sport. Coaches are responsible for sharing this information with athletes and for monitoring the same.
- C. School Vacation Periods – Athletes who miss practice and/or contests during the vacation periods will be subject to each coach's rules regarding this issue.

GENERAL INFORMATION

- A. There are three athletic seasons: fall, winter and spring.
- B. An athlete may not quit one sport and try out for another during the same season, unless the athlete has the written consent of both coaches and the Athletic Director.
- C. Students are expected to be neatly groomed and dressed when traveling to a contest or event in accord with the coach's or advisor's instructions.

- D. Some teams or groups choose to 'dress up' on game or event day at the discretion of the coach or advisor to demonstrate pride for their team, club, activity, or school. If students 'dress up', appropriate attire is expected, as communicated by the coach or advisor, with the approval of the athletic director. As an option, uniforms may be worn on game day.
- E. General conduct in and out of school, before, during, and after the season, shall bring no discredit to the student, his family, school, or team/activity. Any violation of the Endangering Behavior section of the Standards for Student Behavior policy in or out of the school **(or when a trend of inappropriate conduct with multiple disciplinary infractions develops) will lead to an immediate three-game suspension or removal from the team.**
- F. Students will assume responsibility for all issued equipment and clothing and will be financially responsible for any lost or damaged items. All equipment must be turned in one week after the last event. The student will be barred from all extracurricular activities until the items are returned or replaced. Students will also assume responsibility for facility damage, including but not limited to broken windows, doors, lockers, etc.
- G. No athletic equipment or clothing will be used or worn except when participating in a practice, game, or other approved function.
- H. Any clothing bought by teams must be the approved green and/or white with CMS, CHS, Chariho, or the Charger as the logo unless approval is granted from the athletic director.
- I. An athlete who has been injured and treated by a doctor will not be permitted to practice or play until they submit a written note from that doctor (concerning the status of the injury) clearing the student to play.
- J. All athletes will abide by any additional training regulations as set forth by the coach with the approval of the Athletic Director.
- K. Coaches and advisors shall have the right to take reasonable disciplinary action pertaining to any issue not covered in this handbook. The Athletic Director is to be informed, in writing, of any significant disciplinary infraction and the related consequence involving an athlete. Advisors shall report the same to the building principal.
- L. All students are required to travel to and from off-site events on a bus with the team/club. Permission may be granted by a coach or advisor to allow a student to be released to their parent or guardian if such a request is received in writing or in person from the parent or guardian before such release. Coaches and advisors will not transport students in their private vehicles.

SPORTSMANSHIP AND ETHICAL CONDUCT FOR ATHLETES AND SPECTATORS

All students will adhere to the following expectations as recommended by the Rhode Island Interscholastic League (RIIL).

Student-Athletes...

- A. They must appreciate and understand that others, especially younger athletes, observe

and emulate their behavior.

- B. Live up to the high standard of sportsmanship established by our league, school administration, and coaching staff.
- C. Accept and understand the seriousness of their responsibility and the privilege of representing their school and community.
- D. Learn the rules of the game thoroughly and discuss them with parents, fans, peers, and younger students. This will result in a better understanding and appreciation of the game.
- E. Treat opponents the way you would like to be treated, as a guest or friend.
- F. Refrain from taunting, excessive celebrations, trash-talking, or making any kind of derogatory remarks to your opponents during the game. Refrain from intimidating behavior.
- G. Wish opponents good luck before the game and congratulate them respectfully following either victory or defeat.
- H. Respect the integrity and judgment of game officials and other adjudicators. It is expected that they will be treated with respect, even when in disagreement.
- I. Win with humility; lose with grace. Handle both with dignity. Avoid excessive celebration after a play or at the end of a game.
- J. Athletes ejected from a contest must meet with the Athletic Director the following day. The student/athlete may not attend the next contest, even as a spectator, until the proper sportsmanship ejection forms have been sent to the RIIL.

All parents, fans and spectators will adhere to the following expectations recommended by the Rhode Island Interscholastic League (RIIL).

Parents, fans, and spectators...

- A. Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- B. Remember that school athletics are student learning experiences, and mistakes will be made. Praise student-athletes in their attempts to improve themselves as students, athletes, and people.
- C. Remember that a ticket to a school athletic event is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- D. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- E. Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would a guest in your own home.
- F. Refrain from taunting or making any kind of derogatory comments that are ethnic, racial

or sexual in nature.

- G. Respect the integrity and judgment of game officials and other adjudicators. Understand that they are doing their best to help promote the student participant and admire their willingness to participate in full view of the public.
- H. Recognize and show appreciation for outstanding performance by either team.
- I. Refrain from the use of alcohol and other drugs before and during games. Alcohol, tobacco, and other drugs are not allowed on school grounds or at school-sponsored events.
- J. Use only those cheers that support and uplift the teams involved.
- K. Recognize and complement the efforts of school and league administrators for their efforts in emphasizing the benefits of athletics and extracurricular activities and the role of good sportsmanship, ethical, appropriate, polite and fair behavior, responsibility, team play, a competitive spirit, and team and school loyalty.
- L. Be a positive behavior role model through your own actions and by censuring those around you at events whose behavior is inappropriate.
- M. Parents, fans, and spectators who are ejected from a contest must meet with the Athletic Director within 48 hrs. The Athletic Director will be responsible for determining if further disciplinary action is needed including but not limited to suspension from future Athletic contests. The length of suspension will be determined on a case-by-case basis.

ACCESS TO EXCELLENCE SUBSTANCE ABUSE POLICY FOR STUDENTS WHO PARTICIPATE IN ATHLETIC AND EXTRACURRICULAR ACTIVITIES

PURPOSE

This policy is established for the purpose of setting forth the Chariho Regional School District Committee's support of state and federal laws and regulations governing the possession and use of alcoholic beverages and illicit drugs¹ by Chariho students who participate in athletics and extracurricular activities. Further, this policy defines expectations in the event such use or possession occurs on and/or off school property, at a school-sponsored activity or event, or is in any way related to the conduct of programs of the Chariho Regional School District.

Access to Excellence is about students and adults being dedicated, focused, and committed to doing what is required to succeed in every facet of life. It is about parents who set and support standards that are in the best interest of their children. It is about community leaders who are committed to protecting the health and safety of our youth now and in the future.

Access to Excellence is a comprehensive initiative based on research conducted by the American Athletic Institute. At its core is a set of expectations for all student-athletes that is fair and reasonable and will hold student-athletes accountable for their decisions.

EXPECTATIONS FOR ALL STUDENTS

Students compromise their participation in athletic and extracurricular activities when they use substances. Students who experiment with or possess, consume or distribute alcoholic beverages and/or illicit substances jeopardize school and program morale, reputation, and success. They do physical harm to themselves and risk personal injury and harm to others. Students **MUST** make the commitment not to possess, consume or distribute alcoholic beverages and illicit drugs and to refrain from being in the presence of such substances.

In order to ensure the highest possible standards of learning, as well as assuring the maintenance of the highest possible level of safety, health, and well-being for all students, the Chariho Regional School District Committee endorses a substance abuse policy which:

- Provides students with information and activities focused on preventing them from possessing, consuming and distributing alcoholic beverages and illicit drugs. Prevention activities will be centered on instructional programs, guidance and counseling, school climate, and family and community involvement.
- Contains restorative measures.
- Takes active disciplinary action when necessary.

¹ For the purposes of this document the term “illicit drugs” shall be defined in accordance with the RI Controlled Substance Act (Drug Laws) 21-28-1.01 and shall include the misuse of prescription and over-the-counter medications.

THIS POLICY IS SUPPORTED BY THE FOLLOWING RI GENERAL LAWS: 3-8-6; 3-8-9; 3-8-10; 31-27-2; 31-27-2.1; 31-272.4; 31-27-2.7; 21-28-1.01. FOR MORE INFORMATION, VISIT WWW.RILIN.STATE.RI.US/STATUTES

YEAR-ROUND GUIDELINES

The substance abuse policy of the Chariho Regional School District is in effect **year round, in and out of season, on and off the field, in and out of uniform for all students who participate in athletic and extracurricular activities, including intramural sports, non-athletic clubs and other similar activities which require a student to make a continuous commitment.** There is a reason for this. *We care about the welfare of our students.* We expect this commitment from students if they want to be involved in Chariho athletics and extracurricular activities. Once students have signed the Chariho contract they will be held to the following standards year round.

CIGARETTE, CIGAR, AND SMOKELESS TOBACCO

Students who use tobacco products including, but not limited to, cigarettes, cigars or smokeless tobacco, will be in violation of these rules. Any student found to be in violation will be subject to school sanctions per the Chariho Regional High and Middle Schools Handbooks.

DRUG-FREE ZONE

The use of, being under the influence of, intoxication, possession, and/or sale/distribution of alcoholic beverages and/or illicit substances and/or paraphernalia associated with substance use is prohibited within the Chariho school buildings, in school vehicles or on school grounds at any time, including during school hours and at school-sponsored activities. This policy also affects persons within the established drug-free zones (on school property) during non-school hours, vacations, and all activities on-site, etc.

A drug-free zone has been established by the office of the Attorney General to include any boundaries that mark the end of the school perimeter. It is further stated by the Attorney General's Office, persons convicted of distribution or manufacturing of a controlled substance on public school grounds shall be punished by a term of imprisonment or a fine or both, up to twice the amount as authorized by RIGL 21-28-4.01(A) or 21-28-4.07. This policy is inclusive and prohibits the use of illicit substances. Due process procedures governing suspension shall be applied.

ALCOHOLIC BEVERAGES AND ILLICIT SUBSTANCES

Students are considered in violation of this substance abuse policy if they use, unlawfully possess, consume (including being under the influence of) and/or distribute alcoholic beverages and/or illicit drugs (see Year Round Guidelines), whether during school, at any school activity, on school property, or at locations off school property. This policy makes exceptions for situations where alcohol is being consumed as part of a religious ceremony or ethnic custom, and also for students who lawfully use or possess for their own personal use, a medication prescribed for their own use by a physician.

BEING "IN THE PRESENCE OF" ILLEGALLY POSSESSED, CONSUMED OR DISTRIBUTED ALCOHOLIC BEVERAGES AND/OR ILLICIT SUBSTANCES

If a student is in a situation where alcohol and/or illicit substances are being illegally dispensed and/or consumed, the student must leave the location immediately or risk being subject to the related restorative and corrective measures of this substance abuse policy. This policy makes exceptions for students who are lawfully in the presence of alcohol while accompanied by a parent or legal guardian; students who are in the presence of alcohol while in a public place where alcohol is being lawfully served to adults; and students who lawfully use, or possess for their own personal use, a medication prescribed for their own use by a physician. This policy makes exceptions for situations where a student is in the presence of alcohol as part of a religious ceremony or ethnic custom.

VIOLATIONS OF THIS POLICY

Tobacco, Alcohol, and Other Drugs

Health educators, coaches, and advisors believe students perform best when they follow healthy intelligent guidelines, which include no use of these substances. Medical research confirms that the use of any of these substances produces harmful effects on the mind and body and impedes performance.

Consequences: in addition to consequences detailed in the Chariho High School, Chariho Middle School, Chariho Alternative Learning Academy Standards for Student Behavior, the following will be implemented.

	First Offense:	Second Offense:	Third Offense
Tobacco Use/Possession	The student and their parent or guardian will re-sign the Chariho contract. Ten hours of school service to the athletic department or extracurricular program.	Fifteen hours of school service to the athletic department or extracurricular program. Immediate 3 game suspension.	Expulsion from all activities for one calendar year from a third offense.
Illicit Drug, Natural or Synthetic Substances, and Alcohol Use, Possession or Distribution	Ten hours of school service to the athletic department or extracurricular program. The student and their parent or guardian will re-sign the Chariho contract. Immediate 3-game suspension. The student-athlete will submit a 500 word reflective essay on the effects of their policy violation and related lessons learned to the Athletic Director.	Expulsion from all activities for one calendar year for a second offense.	

When serving suspensions, students are expected to attend, but not dress for, all competitions, practices, scrimmages, meetings, rehearsals, and events.

INVESTIGATION

A. Reporting a violation

Substance abuse policy violation(s) may be reported orally or in writing to the principal or to an assistant principal, athletic director, teacher, coach, advisor, or school nurse. Anyone receiving a report of violation must inform the Principal and Athletic Director immediately.

B. Process

The investigation process will occur as follows:

- The parent/guardian will be notified of the suspected violation and their cooperation in the investigative process will be sought.

- Any suspected violations of this substance abuse policy will be investigated as thoroughly as possible to ensure fairness to the student involved. If a student comes under investigation, it is expected that they will be honest, truthful, forthcoming with information, and will fully cooperate.
- The student and others with information will be interviewed regarding the conduct in question.
- Evidence will be considered to determine whether or not there is sufficient cause to investigate the incident further.

C. Confirmation of Violation

Confirmation of the student's violation of the substance abuse policy may be provided by, but not limited to, any one of the following:

- An admission by the offending student.
- Substantial and credible evidence.
- The coach's or advisor's evaluation of signs, symptoms and/or actions demonstrated by the student that would support the reasonable conclusion of a violation with substantial and credible evidence.

HAZING

The Chariho Regional School District is committed to maintaining a safe, positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the District and are prohibited.

Hazing is not acceptable in any form as defined by Rhode Island law. Any student who willfully or recklessly endangers the physical or mental health of any student or other person, including a teammate or member of any other school activity, will be suspended from that activity for one year and reported to the police.

Rhode Island Hazing Law 11-21-1 Penalty for Hazing

- A. Any organizer of, or participant in, an activity constituting hazing as defined in subsection (b), shall be guilty of misdemeanor and, upon conviction, shall be fined not more than five hundred dollars (\$500) or punished by imprisonment for not less than thirty (30) days nor more than one year, or both.

The term "hazing" as used in this chapter shall mean any conduct or method of initiation into any student organization, whether on public or private property, which will fully or recklessly endanger the physical or mental health of any student or other person. Such conduct shall include, but not be limited to, whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of the student or any other person, or which subjects the student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Hazing perpetrators are subject to appropriate disciplinary action, including, but not limited to, expulsion from the activity or team. Hazing is covered by the Statewide Bullying Policy and Standards for Student Behavior.

Please note: This Handbook applies to all students who participate in athletics, intramural sports, and other similar extracurricular activities which require a student to make a continuous commitment. This Handbook does not apply to single events, such as dances, lock-ins, field trips, etc., which are governed by other policies.