

# **Gervais High School**

## **ATHLETE & ACTIVITIES HANDBOOK**



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The purpose of athletic/activity a program is to promote student health, teach good sportsmanship, and develop friendly relations with other schools. The Oregon School Activities Association (OSAA) shall administer all interscholastic athletic/activities programs. Gervais School District #1, however, maintains final authority regarding the implementation of its athletic/activity programs.

- Gervais High School promises to uphold the rules and regulations set forth by the district and by the OSAA.
- Gervais High School encourages participation by all students.
- Gervais School District is proud of its programs.
- Our coaches, administrators, teachers, students, and community expect participants to consistently follow the program guidelines, to have good attendance records, to be neat and clean in appearance and to always behave in an appropriate manner.

The guidelines set forth in these rules have been established as a minimum code for athletes and approved by GHS club members. These will include all sport athletes, Aguilas de Oro, FFA, Leadership, NHS, and any other approved GHS clubs.

The coach and/or advisor in conjunction with the building administration will administer these rules. These rules do not supersede the district's student discipline policy and administrative rules.

The following guidelines have been established for student and parent approval before any student can represent Gervais School District in activities and or athletics:

**For the purposes of brevity, the term "student, athlete, participant" will refer to all athletes and approved GHS activity participants.**

### **Length of Agreement**

This District rule is in effect from the first day a student begins participation in a high school sport or activity for the current school year and throughout the remainder of the student attendance in the Gervais School District. It is in effect 24 hours a day, seven days a week.

### **Review Board**

In the event of disciplinary action against a participant, he/she may ask for a hearing before the Review Board. The purpose of the Review Board is to hear appeals concerning the discipline of student participants. Any decision made by the review board

may be appealed to the principal. The members of the Review Board can include head coaches, Athletic Director, administrator, and activities director.

### **Ejections**

Upon first ejection all players will pay \$50.00 to the high school to cover the fee imposed by OSAA. This fee will need to be paid before the player can participate again in a contest. After an ejection the player will have one OSAA game suspension and one additional game suspension imposed by Gervais High School. A player's second ejection will result in the player paying the entire fine imposed by the OSAA and the player must go before the school board at its next scheduled meeting and discuss their behavior. Athletes may also be suspended for the rest of the season.

### **Medical Guidelines for students participating in athletics.**

1. A physical on a certified OSAA form is required for each participant freshman and junior year as recommended by OSAA. Also, one will be required if you are participating for the first time in HS athletics.
2. After a major injury or significant illness requiring a doctor's treatment a participant will be required to submit a physician's clearance to the athletic department before resuming practice.

### **Gervais High School Academic Eligibility Requirements**

In addition to the Oregon School Activities Association (OSAA) minimum eligibility requirements, participating students are required to pass all classes. All student athletes will be subject to biweekly grade checks every two weeks of the school year conducted by the Athletics Office. Grade checks will be done on Monday's and athletes will be met with throughout the week by the athletic department. Club advisors will be responsible for their grade checks biweekly as well. (Extenuating circumstances may be considered by administration) A student whose grade in any class drops to an "F" during 1<sup>st</sup> grade check will be put on probation. They will have a two-week probation period until all the students' grades are returned to passing or the next grade check whichever comes first. During that time, they may be required to attend

homework club after school on Tuesday's and Thursday's. If a grade in another class drops to an "F" during probation the probation will continue until all grades are passing. At the end of that two-week probation period and if the student-athlete has not returned their grade to passing, or another grade has turned to an "F" that student athlete will become ineligible to participate in contests. This ineligible period will last two weeks until the following Monday of the next grade check date. If at the end of the ineligible period, the student athlete has still not returned his/her grade to passing he/she will be suspended from lay until all grades are passing. If at or during this two-week probation period or ineligible period, the student has returned to passing he/she will be eligible to participate in the following contest.

Suspended consequences may extend to the next sports season until all grades are passing.

(If an "F" occurs at the end of the semester the student athlete is suspended for 1 week for every "F" of games at the start of athletic competition. If the team that the athlete competes on is in the playoffs, they will not be eligible to participate at that level with their team. After the suspension is served OSAA and GHS grade check rules apply and will be followed.)

A student whose grade in any class drops to an "F" will receive the following consequences.

1. They will have a two-week probation period to return all grades to passing.
2. They may be required to attend homework club on Tuesday's and Thursdays after school.
3. If at the end of that two-week probation period, the student-athlete has not returned their grade(s) to passing or has an "F" in any other class that student athlete will become ineligible for contests.
4. This ineligible period will last two weeks until the following Monday or the next grade check date.
5. If at the end of the ineligible period, the student athlete has still not returned his/her grade to passing he/she will be suspended from play until passing all classes.
6. If at or during the end of the two-week probation period or ineligible period, the student has returned all to passing he/she will be eligible to participate in the following contest.

Steps:

1<sup>st</sup> Grade Check      F Grade      = Probation 2 Weeks  
(Can compete, can practice)

2<sup>nd</sup> Grade Check      F Grade = Ineligibility 2 Weeks  
(Cannot compete, can practice)

3<sup>rd</sup> Grade Check      F Grade = suspended until passing

### **Facilities and Equipment Use**

1. Participants are expected to immediately report any equipment that needs to be repaired to a coach or advisor.
2. Equipment or clothing lost or damaged will be billed to the athlete at replacement cost.
3. **All participants are expected to help keep the locker rooms and playing fields clean at home and on trips.**
4. Participants will limit physical activity in the dressing room to avoid injuries.
5. Participants are asked not to bring valuables to the locker room. The participant assumes responsibility for all lost or stolen articles.
6. **Cell phone will not be out in the locker rooms at any time.**
7. Equipment will be used in a safe manner as intended by the manufacturer.

### **Lettering and Awards**

An athlete at Gervais High School will receive a letter if they have participated in at least half of the scheduled varsity contests or at the discretion of the varsity coach or serve on the varsity team in some capacity (i.e., manager, statistician, etc.) In regard to wrestling, a wrestler will letter if they fulfill the above-mentioned requirement or qualify for the state-wrestling tournament.

Only one letter (block "G") will be awarded to each qualified varsity participant and manager. Emblems will be awarded for each varsity letter in each sport. Certificates will be awarded to all junior varsity participants, scorekeepers, and statisticians as designated by the coach/advisor.

### **Practice Sessions**

1. Practice sessions will comply with OSAA guidelines.
2. Practices will be conducted outside of school hours and run no later than 9:30 PM on school nights.

3. Practices may be held on weekends at the discretion of the coach as approved by the Athletic Director.
4. Injured and/or ill participants who are unable to take part in practice sessions are expected to attend practice unless excused by the coach.
5. If school is not held due to weather conditions or other emergency situations no practices will be held and no contests will be played.
6. Staying home sick will not participate.

### **Wednesday Early Release Practices**

If practice does not begin directly after school on an early release Wednesday students must leave campus when the last bell rings and may return for practice when the coach is present to supervise. There will be no loitering in the halls waiting for practice to begin, and all locker rooms will be locked until a coach is present to appropriately supervise.

If students must remain on campus they should report to the library for supervision and not wander around the building or campus.

### **Student Managers, Scorekeepers and Statisticians**

1. Will be appointed by the coach/advisor.
2. Will care for all equipment and perform duties as assigned by the coach/advisor.
3. Will be treated courteously by all teams' members.
4. Will complete and sign an Athletic/Activities Participation Agreement.

### **Team Rules**

A copy of the Athletic/Activity Participation Agreement and individual team expectations will be given to each participant and parent. It will be explained at the mandatory pre-season team meeting ***which will include parents.***

Coaches will also review and discuss the Athletic Participation agreement with the participants during an early season team meeting.

### **Transportation**

The Athletic Director or Activities Director will arrange transportation. Participants will ride to and from practices and contests in school approved transportation. Coaches / Advisors may grant permission for students to leave an event given the following conditions:

1. A request in writing from the parent or guardian has been filed with the Athletic Office prior to the start of school on the day of the event. (Requests must be approved before permission is granted.)
2. Student is signed out with Coach / Advisor at conclusion of event by **parent or guardian only.**
3. A phone call is not a reasonable means of request.
4. A student that has been removed from the bus during the day will not be allowed to ride the bus for sporting events or school activities and will not be eligible to participate in away contests/events.

### **Dual Participation**

Participants will only be allowed to participate in one school sponsored sport during the same season unless a mutual written agreement has been made by affected coaches, the athlete, parents, and with the approval of administration.

### **Quitting a Team**

If an athlete quits a team, they may become ineligible to compete for any other team for the remainder of the current season and the next season that the student historically participates in.

This determination will be made after a meeting with the Athletic Director (this meeting may include the coach to help make the determination).

### **Criminal Behavior**

The admission of facts which constitute a criminal offense, or conviction of a criminal offense, either felony or misdemeanor, (excluding minor traffic violations), may result in suspension from participation for a maximum of six (6) weeks from the date of admission or conviction, or the beginning of the competition season. A second offense will result in suspension from all athletic and activity programs for one calendar year.

### **Suspension Out of School/In School**

Students cannot participate in interscholastic practices, activities, or competitive events for the duration of an out-of-school suspension. The accumulation of two (2) out of school suspensions during a sport season will result in dismissal from the squad for the duration of the sport season. ASB and class officers who acquire (2) out of school suspensions will be dismissed for the remainder of the year.

## **Detention**

An athlete with any unserved detentions will not be eligible for any athletic activity (practice, game, match, etc.) until all such detentions have been cleared.

## **Behavior**

Participants are expected to model exemplary behavior. Students in violation of a severe disciplinary infraction or who establish a pattern of noncompliance as defined by the student code of conduct or the athletic and activities handbook will have the incident(s) reviewed by the administration. The administrative review may result in discipline up to and including being declared ineligible to participate in district activities for a length of time to be determined by the administration:

- Student athletes or officers who use threats or threatening actions against others, who are inappropriate toward any student, staff member, fans, coach, or other schools on social media.
- Who use profane or obscene language directed at school employees, coaches, fans, other players, team members or officials.
- Who uses any actions or words considered insubordinate to coaches, advisors, teachers or who use actions or words that bring discredit to the team or GHS.

If any of the above behavior has been determined by GHS administration participants may be suspended from the team or office held at the discretion of the Coach, or Athletic Director.

## **Attendance**

Student-Athletes must be in **ALL** their scheduled classes **and on time** on each day of competition OR practice. Failure to attend all scheduled classes will result in a loss of participation for the day.

If a student is tardy for school this may result in a meeting with the Athletic Director, loss of practice, and/or loss of competition time.

Exceptions to these guidelines (doctor/dental appointments) must be approved through the main office. An admit slip from the doctor or dentist will be required upon return to school.

If any class period is missed due to illness, the student-athlete will not be able to compete or practice on that day.

Family requests and emergencies do not automatically count as excused absences.

Students are responsible for any schoolwork missed.

Time spent on a school-sponsored field trip is not counted as an absence. A religious holiday does not count as an absence. Coaches may appeal an individual case to the GHS Athletic Director. Irregular attendance may be reviewed by the administration at any time and could result in a loss of eligibility, this includes any tardies.

## **Flagrant Fouls and Unsportsmanlike Penalties**

Athletes who receive a flagrant foul or an unsportsmanlike penalty may be removed at the time or for the remainder of the game. The coach will discuss the incident with the Athletic Director, when a determination of how many games the athlete will be suspended for, the athlete and parents will be informed. Multiple Flagrant Fouls and/or unsportsmanlike penalties will result in removal from his/her team.

## **Athletic Suspension**

**During suspension periods, the participant will be required to practice and to sit on the team bench in street clothes at all games. All athletes who are suspended at the end of their sport season, or late in the season, and are unable to complete their suspension time in that sport will continue their suspension time at the beginning of the next sport season in which they compete. Athletes who choose to drop the sport rather than complete the assigned suspension period will serve the suspension over the next two (2) sport season in which they compete.**

## **Illegal Substances**

No student involved in an interscholastic athletic/activity program shall knowingly possess, use, transmit or be under the influence of alcohol, a tobacco product, performance enhancing drugs, inhalants, vaping, look-a-like drugs, or controlled substances of any kind (except as prescribed by a medical professional). See Student Discipline Policy JG-AR.

If a determination of such use has been made student athletes will be suspended from one-third of contest for the rest of the season. If there are not enough contests left to fulfill this requirement this consequence will be carried over into the next season the athlete participates in.

Possession medications of any kind needs documentation, either self-carry documentation gained

through the front office, approved by an administrator, or checked in through the office that a coach is responsible for administering.

### **In the Presence of Illegal Substances**

Any athlete, club member, or officer who finds himself/herself in the company of persons who illegally use, possess, transmit or are under the influence of alcohol, controlled substances, inhalants, or performance enhancing drugs, (i.e., frequenting places, areas, or sites where drugs and/or alcohol are present) is expected to leave immediately. Failure to leave will result in the violation of this administrative rule. The consequences will then be considered to be the same as those for possession, use or transmission of controlled substances as stated in policy JG-AR.

### **Substance Abuse Disciplinary Action Plan**

The possession, use or transmittal of alcohol, a tobacco product, performance enhancing drugs, inhalants or controlled substances, a determination by a school official that a student-athlete used either alcohol, tobacco, performance enhancing drugs, or controlled substances, or a determination that an athlete did not leave the company of those who were using, will subject the student-athlete to the following consequences in addition to school disciplinary procedure book.

#### **FIRST OFFENSE: ONE-THIRD OF SEASON CONTESTS**

Suspension will be from activities, or participation in interscholastic athletic competition from the date possession, use, or transmission became known to a school official. By agreement among the coach, staff and Athletic Director, the student athlete must attend all practice sessions and undergo a current drug assessment. The student must also undergo a drug test and/or screening. They will follow the recommendations from the assessment report including participation in an approved community alcohol or other drug education program. Pre-season practice time will not be considered as part of the suspension time. Suspension time may be carried over into the next participating season as determined by administration.

Reinstatement of the student to the athletic or activity program is contingent upon the student complying with any written recommendations made by a substance abuse counselor, or other appropriate person, and the athletic/activity director's approval for reinstatement in the program. Successful completion of any recommendations by a substance abuse counselor

or other appropriate official will be evaluated and approved by the Athletic Director and principal.

Failure to comply with the recommendations following a first offense will result in the imposition of a sanction under **SECOND OFFENSE** of the Disciplinary Action Plan.

#### **SECOND OFFENSE: ONE CALENDAR YEAR SUSPENSION**

Suspension from participation in scholastic athletic competition for ONE CALENDAR YEAR from the date the possession, use, transmission, or being under the influence became known to a school official. The student-athlete must also undergo a drug test. The athlete will follow the recommendations from the assessment report including participation in an approved community alcohol or other drug education program. Reinstatement of the student or athlete to a program is contingent upon the student complying with any written recommendations made by a substance abuse counselor, or other appropriate person, and the Athletic Director's approval for reinstatement in the program. Successful completion of any recommendations by a substance abuse counselor or other appropriate official will be evaluated and approved by the Athletic Director. Failure to comply with the recommendations following a second offense will result in the imposition of a sanction under **THIRD OFFENSE** of the Student Discipline Policy.

#### **THIRD OFFENSE & SUBSEQUENT OFFENSES:**

Full suspension from all programs for an additional calendar year for each offense.