

## Athletic Training and Conduct Code

Athletic excellence requires the athlete to maintain high personal standards of health, conduct, and academics. Because the athlete wants to be a productive team member, bring only honor to themselves, their team, and their school, and because only a healthy mind and body will allow them to do so, the athlete agrees to the following training and conduct rules:

- I will not use, possess, or sell tobacco products or tobacco look-a-likes, e-cigarettes or vaping of any kind.
- I will not use, possess, distribute, or sell alcoholic beverages, marijuana or look-a-likes of any kind.
- I will not use, possess, distribute, or sell illegal narcotics or drugs or look-a-likes of any kind.
- I will not attend parties, social gatherings or events where drugs, alcohol or marijuana are present.
- I will leave within 5 minutes of arrival to a party, social gathering or event whereby drugs, alcohol or marijuana are present.
- I will treat my coach, teammates, officials and opposing team members with honesty, respect and courtesy. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, officials at every game, practice and/or other sporting events.
- I will make a sincere effort in my classes by being prepared, completing assignments on time, attending school regularly and showing good citizenship around school.
- I will not participate in any form of academic dishonesty which may include cheating on tests, quizzes or assignments, the sharing or distributing or receiving assignments/tests; submitting work of others as one's own, using unauthorized sources and/or altering one's grade.
- I will be at all scheduled practices and games for my school team unless excused by the coach.
- I will refrain from any involvement of harassment, intimidation or bullying either directly or indirectly or through the use of social media including but not limited to any negative communication, pictures, video and/or endorsements of illegal activity, harassment, intimidation, bullying, sexually explicit or suggestive image or disrespecting opponents or other schools.
- I will refrain from any involvement either directly or in-directly in any initiation or hazing activities of teammates or for other students participating in district athletics/activities. Initiation/hazing shall be considered harassment and may result in immediate disciplinary action.
- I will abide by the rules and expectations of all student athletes as outlined in the Mukilteo School District Eligibility packet, each individual High Schools Handbook, each individual team's rules and as prescribed in the Mukilteo School District's Student Rights and Responsibilities Handbook.
- I understand that violations of this code may result in disciplinary action which may be imposed by the coach and/or building athletic director. Disciplinary actions may include but not limited to suspension from team activities, contests and/or removal from the team.

### Athletic Discipline

- Probation: Students placed on athletic probation must turn out but cannot participate in any scheduled event. Failure to turn out may result in a season suspension from that activity.
- Suspension: Student placed on an athletic suspension may not turn out or participate in any scheduled event while on suspension.

Individual coaches/advisors have the right to administer additional consequences for violation team rules, school and district policies, which may include removal from the program.

Disciplinary consequences will be imposed if a co-curricular or extra-curricular participant violates this policy. **This policy shall govern twenty-four (24) hours per day from the first day of fall practice to the last day of the school year for all co-curricular and extra-curricular activities.** We expect that all

students will abide by all laws relating to drugs, alcohol, marijuana and tobacco and that all students will remain drug, alcohol, marijuana and tobacco free three-hundred and sixty-five (365) days of the year. We expect that all students shall refrain from being under the influence of, or show evidence of having used any substances capable of or intended, purported, or presumed to be capable of altering a student's mood, perception, behavior or judgment, other than properly used over-the-counter pain relievers and medications prescribed by a licensed health care provider for an individual student. We expect students to leave within 5 minutes of arriving at a party, social gathering or event where alcohol, marijuana and/or drugs are present.

Mukilteo School District holds the following as grounds for denial of participation and/or dismissal from co-curricular and extra-curricular activities;

**Tobacco, Vaping, Juuling or look-a-like in any form**

|                |   |
|----------------|---|
| First offense  | Probation - must turnout but cannot participate in any scheduled event for 5 school days, maximum 2 games/events. Successful completion of tobacco cessation class. Probation will carry over into the subsequent season if the probation period has not been fulfilled.      |
| Second offense | Season Suspension for which the offense occurred. Successful completion of tobacco cessation class. Suspension will carry over into the subsequent season for the athlete when the violation occurs late in the season and fulfillment of the suspension cannot be completed. |
| Third offense  | Calendar year suspension – immediately ineligible for participation for one calendar year for date of violation.  |

**Alcohol/Marijuana (consumption, possession, distribution or sale of alcoholic beverages/marijuana and/or look-a-likes)**

|                |  |
|----------------|--|
| First offense  | Suspension for 20 days from all activities. Suspension will carry over into the subsequent season for the athlete when the violation occurs late in the season and fulfillment of the suspension cannot be completed. The 20-day suspension may be reduced to 10 days (two game minimum) if the student has a drug/alcohol assessment and complies with the recommendations. |
| Second offense | Calendar year suspension – immediately ineligible for participation for one calendar year for date of violation.   |
| Third offense  | Permanent suspension – prohibited from participation in any WIAA sanctioned activity.  |

**Drugs (including marijuana); Legend drugs (including anabolic steroids) and controlled substances (RCW 69.41.020-050; RCW 69-50; consumption, possession or sale of legend drug, controlled substance and/or any look-a-likes)**

|                |  |
|----------------|--|
| First offense  | Suspension: Student shall be immediately ineligible for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student accesses the assistance program outlined in B (below.) An athlete who is found to be in violation have two options. A. The athlete will be ineligible for participation in contests for the remainder of that interscholastic sports season and must meet the school's requirements in order to be eligible to compete in the next interscholastic sports season. The school principal will have the final authority regarding the student's participation in further interscholastic sports programs. B. The athlete may choose to seek and receive help for a problem with use of legend drugs or controlled substances. Successful utilization of school and or community assistance programs may allow him/her to have eligibility re-instated in that athletic season, pending recommendation by the school. Minimum suspension is 30 calendar days with successful completion of drug/alcohol assessment and compliance with the recommendations. |
| Second offense | Calendar year suspension – immediately ineligible for participation for one calendar year for date of violation.   |

|               |   |
|---------------|---|
| Third offense | Permanent suspension – prohibited from participation in any WIAA sanctioned activity. |
|---------------|---|

**Inappropriate Behavior** (Examples may include but not be limited to; academic dishonesty; truancy, harassment, intimidation, bullying; initiation/hazing; theft; vandalism; fight/assault; gang related activities; inappropriate use of technology including use of varied forms of social media; threats; insubordination; illegal activities; being at a party and not leaving; activities found in the Students’ Rights and Responsibilities Handbook)

|                |   |
|----------------|---|
| First Offense  | Probation - must turnout but cannot participate in any scheduled event for 5 school days, maximum 2 games/events. Probation will carry over into the subsequent season if the probation period has not been fulfilled.      |
| Second Offense | Season Suspension for which the offense occurred. Suspension will carry over into the subsequent season for the athlete when the violation occurs late in the season and fulfillment of the suspension cannot be completed. |
| Other          | Any violation of school rules that would result in a long-term suspension or expulsion from school would result in the removal from any activity for an equivalent time period.   |

Appeal Procedure

Students who violate established District and/or co/extra-curricular rules and are subjected to adverse action may appeal the decision to the school Assistant Principal/Athletic Director within three (3) school days.

1. The Assistant Principal/Athletic Director must have a conference with the student and parent to discuss the nature and severity of the violation of established rules in an attempt to resolve the issue.
2. If the student or parent chooses to appeal the Assistant Principal/Athletic Director’s decision, the student or parent may appeal the ruling to the Building Principal. The appeal must be filed within three (3) days of the Assistant Principal/Athletic Director’s decision.
3. If the student/parent chooses to appeal the Principal’s recommendation, the student or parent may appeal the ruling to the Director of Student Services and Athletics or the Superintendent’s designee. The Director of Student Services and Athletics shall schedule a conference with the student and the parent at the earliest possible time as mutually agreed and, when possible, prior to the next scheduled event or activity. During this conference, the Director of Student Services and Athletics shall review with the nature and severity of the violation and shall rule upon the recommended action within three (3) school days.
4. If the student/parent is not satisfied with the disposition of the grievance, the student may appeal within three (3) days, in writing, to the Board through the Superintendent. The Superintendent shall place the grievance on the agenda of the next regularly scheduled Board meeting. The student/parent has the right to choose a representative to assist in the grievance process and to call any witnesses the student deems necessary to develop facts pertinent to the grievance. The hearing shall be closed if either the Board or the grievant chooses. The decision by the Board within ten (10) days shall be final.