



# **Rules and Regulations for Athletic Participation**

## **POLICY AND PROCEDURES CONCERNING THE USE OF ILLEGAL SUBSTANCES FOR ALL EXTRACURRICULAR AND SCHOOL SPONSORED OR SUPPORTED ACTIVITIES**

The school recognizes that the use of mood altering chemicals is a significant health problem for adolescents, resulting in negative effects on behavior, learning and the total development of each individual. Adolescent use and abuse of alcohol and other drugs likewise affects the development of skills related to participation in extracurricular activities.

The school supports education and awareness training for administrators, athletic directors, coaches, student advisors, athletes and parents. This training would cover adolescent chemical dependence use/abuse problems, including the symptomatology of chemical dependency and special problems affecting athletic activities.

The school recognizes that any extracurricular policy related to the use of alcohol and other drugs, including look-alike drugs and steroids, needs to be incorporated within the context of a broader school and community effort to deal with alcohol and other drug prevention programs. Extracurricular policy and procedures need to be consistent with other school policies and procedures in order to be effective.

Extracurricular activities participants will be subject to general school policy as well as to the policy governing athletics and interscholastic academic activities.

For all school-sponsored or supported activities such as field trips, outings, travels abroad, etc. all school policies are in effect. Student use of alcohol and other prohibited substances is prohibited and disciplined by school policy, even if the trip is to a destination where local law and custom may be otherwise.

Moreover, in effect is an **“in the presence of”** policy: A student participating in a school-sponsored activity, including trips of any duration to any destination, must immediately leave a situation where alcohol or other prohibited substances are being used/consumed. Failure to do so will result in the issuance of school discipline as prescribed in *Part III of the Drug and Alcohol Policy*. Students in such a situation are encouraged to immediately report the matter to a chaperone.

Activities covered by policies and procedures include those school sponsored activities for which there is a schedule of interscholastic contests or events, inclusive of league-sponsored tournaments, listed in the coaches' manual and recognized by the Maine Principals' Association. Offenses and subsequent disciplinary procedures shall be cumulative throughout the student's years at Erskine Academy.

During the season of practice, play or rehearsal, a student shall not use a beverage containing alcohol (regardless of the quantity), use tobacco or vaping products, or use, have in possession, buy, sell or give away marijuana, or any other substance defined by the law as a drug, a look-alike drug or steroids. Moreover, attendance at functions (i.e., parties) where these substances are present is prohibited and will result in disciplinary action. Erskine Academy also enforces what is known as an “in the presence” policy. If a student involved in an extracurricular activity shows up at a function where drugs and/or alcohol are being used/consumed, he/she must leave immediately. Failure to do so will result in dismissal from the school-sponsored team/activity for the remainder of the season.

1<sup>st</sup> Offense - 1-year dismissal from school-sponsored team/activity

2<sup>nd</sup> Offense - dismissal from school-sponsored team/activity until graduation

## **EXTRACURRICULAR PROCEDURES FOR TWO TYPES OF REFERRALS**

There are four types of referrals under two broad categories that might be made using these procedures. Extracurricular procedures are separate yet consistent with general school rules and procedures. Extra-curricular procedures pertain to off-campus, unsupervised activities as well as school activities because they involve training rules.

### **1. DISCIPLINARY REFERRALS:**

#### **A. Type I Using/Possessing**

##### **First Offense**

- verify incident
  - notify administration of incident
  - discuss concerns with student
  - inform parent(s)
  - suspend student for the remainder of that extracurricular season
  - require student to attend awareness/education/group/or other recommended services
- Note: The suspension would not be carried into the next season

##### **Second Offense**

- verify and discuss the incident with student
- notify administration
- notify parent(s)
- suspend for one calendar year from extracurricular activities
- require student to attend awareness/education/group/or other recommended services before participating in another team activity

##### **Third Offense**

- verify incident
- notify administration
- discuss procedure with student
- inform parent(s)
- suspend student from participation in extracurricular activities for the remainder of his/her high school career.

#### **B. Type II – Selling and Furnishing**

##### **First Offense**

- verify and notify administration of incident
- notify the parent/guardian
- suspend for one calendar year
- student to attend an educational group or follow other recommendations

## 2. VOLUNTARY REFERRALS

Coaches need to inform participants that disclosing information about a peer is actually helpful. Participants need to know how to make a “concerned person referral.” Such a referral needs to be distinguished from “narcing.” The important message is that it is not okay to use, but that if someone needs help, it is safe to seek help. Team captains need to take an active role in supporting chemical-free alternatives and insisting on a team norm of nonuse.

In a concerned person referral, the coach gets the student help and does not suspend him/her. Often the help begins with a referral to qualified helping personnel. The parents would not necessarily be involved in the first report, but would be involved in the second report.

### A. Type I – **Concerned Person** (not actual incident, only suspicion)

#### **First Report**

- consult with others to evaluate behavior of student, as needed
- meet with student to establish relationship and to discuss concerns over use/abuse (if student admits problem, follow self-referral – 1<sup>st</sup> report)
- review policy and procedures
- refer to school or community resources where effective and/or helpful
- notify parents, if appropriate

#### **Second Report**

- follow up the report about alcohol or other drug use/abuse pattern with others and/or parents (if there is proof of use, follow disciplinary procedures – Type I)
- contact parents about concern
- recommend referral to school resources

### B. Type II – **Self Referral**

#### **First Report**

- talk with student
- refer to qualified helping personnel for a non-clinical assessment
  - assess to determine if participant is successfully participating in recommended programs
  - follow up to determine if resources are effective and/or helpful

#### **Second Report**

- talk to student
- same as disciplinary referral, Type I, first offense

## REQUIREMENTS FOR ALL EXTRACURRICULAR ACTIVITIES (ATHLETICS AND ACADEMIC)

- I. To compete in any interscholastic athletic or academic program a student must be a regularly enrolled student at Erskine Academy.
- II. A student must maintain a minimum overall grade-average of 70 and be passing all subjects to participate in extracurricular activities without restrictions.
  - a. If a student participating in extracurricular activities should have one subject drop below a grade average of 70 or has an incomplete, he or she will be given 2 weeks to bring the subject up to passing. If in 2 weeks the subject has not been brought up to a minimum passing grade, and all subjects are not passing and complete, the student will be suspended from the activity until he or she meets the minimum requirements of passing all subjects. **NOTE:** Grades will be monitored during the issuance of midterm warnings and rank cards for each trimester at which time the determination of passing or failing will be by the teacher(s) involved.
  - b. Any student participating in athletics or interscholastic academic activities who has two or more subjects drop below a 70 average or has two (2) or more incompletes or any combination thereof will be suspended from the team or club for a minimum of 2 weeks, and longer if necessary, until those subjects are brought up to a passing and/or complete and a minimum overall grade average of 70 is maintained with all subjects passing and complete.
    1. During the two-week ineligibility period, a student/athlete may continue to practice with his/her team. The athlete will not be allowed to participate in any scrimmages, exhibitions or regular season games during this time.
    2. During this time a student may try out for an athletic team. If chosen for the team, the athlete may participate in practices but may not participate in any scrimmages, exhibitions or regular season games for two weeks or until all grades are above 70, whichever is longer.

**NOTE:** Grades will be monitored during the issuance of the midterm warnings list and at the issuance of rank cards for each trimester, at which time the determination of passing or failing will be by the teacher(s) involved. A student who is failing and/or incomplete in 2 or more subjects will become ineligible to participate in the involved activities on the first Monday following issuance of midterm warnings or rank cards. If all failed and incomplete subjects are brought up and a minimum grade of 70 is established with all subjects complete, the student's eligibility to participate in the given activity will begin on the first Monday following the termination of the ineligibility period.

## FOR ATHLETES ONLY

### III. Student-Athlete Physical Examination –

All incoming ninth grade student-athletes and *new* upper-class student - athletes must show proof of having had a physical examination, by their health care provider within the previous twelve months, prior to participating in Erskine Academy Athletics. A copy of the exam findings or confirmation and authorization to participate in athletics from the health care provider's practice is acceptable.

All students must also complete and submit a *Pre-Participation Health Form/History Form, Concussion Management Information and Acknowledgement Form, All Sports Boosters Information Card, and a Parent/Student Permission-Contract Form to be eligible for athletic Participation*. All information will be collected and documented in the Athletic Department.

- IV. To compete in any interscholastic sport at Erskine Academy, an athlete must have an athletic participation contract signed by him or her and a parent or guardian. Athletes must be present at the start of and during the preseason training period. Absence from the start of the preseason period will result in an athlete not participating in game competition until he/she has attended a minimum of seven consecutive practices. Individual coaches' policies may be in effect beyond the general policy.
- V. The health and safety of Erskine Academy student-athletes is of the highest priority. Given the demands of in-season training and play, athletes who miss scheduled team activities (practices, scrimmages, games) may jeopardize the conditioning standards necessary for safe game play. The following chart outlines an athlete's return to play process for missed team activities:

<b>Consecutive Missed Activities</b>	<b>Return to Live Competition</b>
1-2 Consecutive Activities	Coach's discretion
3-5 Consecutive Activities	The equivalent number of days of training before live competition resumes. For example, if an athlete misses four consecutive days from scheduled team activities, that athlete will need four days of training before continuing live play.
Five or More Consecutive Activities	Mandatory five days of training before live competition resumes

Any student-athlete that has been absent due to a serious accident, injury, or illness that required medical attention and intervention, must provide a return to play confirmation date from their physician to the Erskine Academy Nurse or Athletic Department and must also meet the required re-entry program specified by the Erskine Academy Athletic Training staff. NOTE: School-sponsored trips/activities are included in this re-entry process, thus providing the student-athlete proper time to recondition and then safely resume live competition.

- VI. A student shall be ineligible to participate in any interscholastic secondary school athletic contest if:
- a. he/she has attained the age of twenty (20) years of age.
  - b. he/she has attended any approved secondary school(s) or its equivalent of eight (8) semesters.

### ***PHILOSOPHY***

An activities program enhances curriculum by providing student members with educational experiences that will develop sportsmanship, fair play and good citizenship.

### ***ATTENDANCE***

If a participant is absent from school the day of a scheduled contest, he/she may not participate unless the absence was not for illness and was excused in advance and in writing by the parent or guardian and approved and signed by the administration or athletic director.

### ***TARDIES***

The administration or the athletic director must clear unexcused tardiness on the day of a scheduled contest or event. For the purpose of establishing regular attendance from extracurricular participants, students arriving to school after 10:10 a.m. will be considered absent for the day; arrivals prior to 10:10 a.m. will be deemed tardy.

### ***TRANSPORTATION***

All participants traveling to or from school sponsored activities or practices must use school provided transportation except in the following circumstances:

1. A parent or legal guardian may at any time transport his/her own son/daughter to or from an athletic event.
2. A parent or legal guardian may write a note giving his/her permission for their son/ daughter to be transported by the parent of another athlete. This note must be presented to the coach prior to leaving the venue.

### ***FIGHTING***

Fighting shall be defined as an engagement in an act for the purpose of hurting another person. If a participant in an extracurricular activity is involved in fighting during an event (including pre- and post-game time), he or she will be suspended for the remainder of the event plus the following event in which he or she is normally involved. If the participant aggresses on another person in an unprovoked incident, punitive action will be determined by the administration, athletic director and coach upon reviewing the given incident.

### ***STUDENT ACCIDENT/ATHLETIC INSURANCE***

Despite steps taken to ensure safe and healthful activity around the school, its campus, and its athletic program, student injuries can and do occur. Injuries that are sustained through regular student activity in school or participation in athletics are not covered by the school's liability coverage. Therefore, parents—particularly those of student athletes—are urged to acquire the insurance coverage necessary to meet the health and medical needs of their participating student. Parents electing such coverage at their own expense should contact their insurance carrier; may wish to contact the school's insurer, the Tilton Insurance Company

### ***TRAINING RULES AND REGULATIONS FOR THE SPORTS SEASON***

1. Athletes must meet all requirements set by their coach for attendance, practice and behavior.
2. Coaches may set their own standards for a curfew.



3. Athletes represent the school and the community. In order to project a good image of both, athletes and managers must be well groomed and neat in appearance. When traveling to away games, athletes will be neatly dressed. If special conditions exist which the traveling team may encounter, the coach will use his/her discretion.
4. An athlete may participate in only one sport per season.
5. A player or manager will be allowed to switch from one sport to another with the mutual consent of the coaches involved.
6. The privilege of participation may be revoked by a coach, athletic director or an administrator if the athlete does not conduct him/herself in a manner that reflects favorably on the school. Upon dismissal of an athlete from a sport, parents will be notified by letter or by the coach of the sport.

The weight training room is to be used by Erskine Academy students only when supervised or under the instruction of an Erskine coach, trainer, administrator or by another adult with prior approval by the administration or by the athletic director. Those who use the weight room do so at their own risk of injury.

## **Concussion Management Policy**

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

The Erskine Academy Board of Trustees recognizes that concussions and other head injuries are serious and could result in significant brain damage and/or death if not recognized and managed properly. The Board has formally adopted a concussion management policy, in line with Maine state statute (Sec. 1.20-A MRSA §254, sub-§16), to promote the safety of students participating in school activities, both academic and co-curricular.

Any student suspected of having sustained a concussion or other head injury and is exhibiting symptoms during a school activity, including learning, must be removed from the activity immediately. A student and his/her parent(s)/guardian(s) will be informed of a suspected concussion and the possible need for an evaluation by a licensed health care provider trained in concussion management, e.g., the student's primary care physician, licensed physician's assistant or nurse practitioner. If referred for the evaluation, the student is prohibited from further participation in any school activities including learning until the evaluation takes place and the student receives written medical clearance to participate from a licensed health care provider trained in concussion management. More than one evaluation conducted by the licensed health care provider may be necessary before the student is cleared for full participation.

If at any time during the return to full participation in school activities the student exhibits reoccurring signs and symptoms of the concussion, the student must be removed from the activity and be re-evaluated by the treating licensed health care provider trained in concussion management.

## INTERSCHOLASTIC SPORTS PROGRAM

	<b>BOYS</b>	<b>GIRLS</b>
<b>FALL SEASON</b>	Varsity Soccer J.V. Soccer Freshman Soccer Cross-Country Golf	Varsity Soccer J.V. Soccer Cross-Country Golf Field Hockey J.V. Field Hockey
<b>WINTER SEASON</b>	Varsity Basketball J.V. Basketball Freshmen Basketball Indoor Track Swimming Wrestling Ice Hockey (Co-op)	Varsity Cheerleading Ice Hockey (Co-op) Varsity Basketball J.V. Basketball Freshmen Basketball Indoor Track Swimming Wrestling
<b>SPRING SEASON</b>	Varsity Baseball J.V. Baseball Track Tennis Lacrosse	Varsity Softball J.V. Softball Track Tennis Lacrosse

## **QUALIFICATIONS FOR ATHLETIC AWARDS**

Qualifications for awards encompasses not only active game time but also a dedication to practice good sportsmanship and an attitude that is positive towards the sports program while the athlete is on or off the field or court.

1. The following requirements for playing time and/or performance have been established to determine an athlete's qualifying for an athletic letter in girls' or boys' sports.

**SOCCER:** Play in 50% of halves during the regular season.

**FIELD HOCKEY:** Play in 50% of halves during the regular season.

**CROSS-COUNTRY:** Any top 5 finish among the team during the regular season or participation in the regional or state meets.

**GOLF:** Participation as a top 5 player in 2/3 of the regular season meets.

**BASKETBALL:** Play in 50% of the quarters during the regular season.

**CHEERING:** Participation in all regular season meets and in the conference meet or qualifying for the state meet.

**WRESTLING:** Competition in ½ of the regular season matches.

**SWIMMING:** Participation in all regular season meets and/or scoring points in the conference meet or qualifying for the state meet.

**BASEBALL:** Participation in 2/3 of the games during the regular season.

**SOFTBALL:** Participation in 2/3 of the games during the regular season.

**TENNIS:** Participation in 2/3 of the matches during the regular season.

**TRACK:** Score points in the conference meet or qualify for the regional

2. With approval of the athletic director, coaches may use their discretion in awarding letters to seniors who have shown a dedication to the sport by participating in a given sport for three (3) years but who may not have met the season's requirements in playing time.

3. Under extenuating circumstances a coach may refuse to grant an award to an athlete if his or her behavior warrants such action.

4. Athletes will receive athletic letters or service bars.

5. Athletes will be denied their letter and admission to the next sport's season for failure to return all equipment or compensation for lost equipment.

\*Authorized absences that are accepted by the administration are allowable.

**EAGLE AWARD:** Participants must earn a minimum of nine (9) varsity sports letters.

*(Adjustments will be made for athletes who missed Spring 2020 season due to Covid-19)*