

Shoreline School District  
**STUDENT ATHLETIC EMERGENCY INFORMATION**

SPORT \_\_\_\_\_  
 Boys       Girls

Student Name (please print) \_\_\_\_\_ Grade \_\_\_\_\_

Student's Primary Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Guardian 1 Name \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Guardian 2 Name \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Parent email address: \_\_\_\_\_

Person to call in event parent/guardian cannot be reached

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Physician \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Medical history information/medications \_\_\_\_\_

Student/Athlete has a life threatening condition ie: asthma/severe allergy etc

*• In case of an emergency when authorized people noted above cannot be reached, school personnel have my/our permission to take whatever action is reasonable and appropriate under the circumstances for the welfare of my/our child*

Parent/guardian signature(s) \_\_\_\_\_ Date \_\_\_\_\_

***This card MUST be stamped  
Signed by the Athletic Director  
before your coach can accept it***

<b>OFFICE USE ONLY</b> Physical expires on: _____
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**Shorewood High School**  
**ATHLETIC PARTICIPATION PERMISSION FORM**

SPORT \_\_\_\_\_ Grade \_\_\_\_\_

Boys  Girls

All forms must be returned to Mrs. Magaoay (Business Office) before a student can participate. In order to insure eligibility for the first day of turnout, forms must be returned in advance of the first practice.

*New forms are required for each new sport or sport season.*

Student Name (Please print) \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 Street City Zip

Person(s) with whom student resides \_\_\_\_\_  
*If living with guardian, by WIAA rule, proof of court ordered/appointed guardianship must be presented.*

School currently attending \_\_\_\_\_ Month & year enrolled \_\_\_\_\_  
 Month/Year

School attended last year \_\_\_\_\_

**STUDENT ATHLETIC CONTRACT AGREEMENT**

*Please answer the following questions pertaining to athletic eligibility. It is extremely important to give accurate information. False information may result in the participant being declared ineligible for interscholastic competition.*

- Yes  No I have read the *Student Athletic Contract* and the *Student Academic Athletic Eligibility Guidelines* pertaining to the responsibility of a member of a Shoreline School District athletic program and understand the responsibility to the team as well as to the school.
- Yes  No Does the above student reside within the boundaries of the Shoreline School District?
- Yes  No Does the above student reside with his/her parent?
- Yes  No Is Shorewood the only high school this student has ever attended?
- Yes  No Was the above student enrolled in **5 or more classes the previous and current semesters?** (New WIAA rule)
- Yes  No Did the above student pass all classes last semester?
- Yes  No Is this student a:  *Running Start*  *Home School* or  *Alternative School* student?
- Yes  No Did the above student repeat the 7<sup>th</sup> or 8<sup>th</sup> grade?
- Yes  No Did the above student repeat any grade during 9<sup>th</sup> – 12<sup>th</sup> grade?

**HEALTH INSURANCE ACCIDENT PLAN COVERAGE**

*A student cannot participate in interscholastic athletics unless he/she is covered by the School Accident Coverage Plan or an equivalent plan provided by the family.*

- Yes  No The above student is enrolled in an insurance plan equivalent to or better than the Washington State Industrial Insurance Fee Schedule for doctors' services or hospitalization and will continue to keep it in force throughout the sports season; therefore, I do not wish to enroll my student in the School Accident Coverage Plan.

NAME OF COMPANY PROVIDING COVERAGE \_\_\_\_\_

- Yes  No The above student has purchased **School Accident Coverage Plan Insurance.**

Students cannot participate in interscholastic athletics until the following have been turned in to the Business Office:

- Shoreline School District Secondary Student Health Report form signed by a medical authority licensed to perform a physical examination, which provides clearance for athletic participation in secondary school for up to 24 months.
- Student Athletic Emergency Information form signed by parent/guardian. • Head Injury/Concussion Information Form
- Athletic Participation Permission form completed with Parent/Guardian signature **AND** student signature.

In addition to the above requirements, the following fees must be paid after cuts are made and prior to the first competition:

1. Payment of \$100.00 Athletic Participation Fee (per sport)
2. Purchase of a \$40.00 Associated Student Body sticker for student I.D. card.

- I accept full responsibility for the cost of treatment for any injury that my student may suffer while taking part in the program.
- I agree to meet all of these requirements, give my permission for the above student to participate and agree to abide by the Shoreline Student Athletic Contract.

\_\_\_\_\_  
 Parent/guardian signature

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Student signature



## CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
|--|--|

### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

**What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date



## SHORELINE SCHOOL DISTRICT Sudden Cardiac Arrest Information Sheet

SSB 5083 has amended RCW 4.24.660 to show awareness of Sudden Cardiac Arrest (SCA). SCA is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year. SCA is also the leading cause of sudden death in young athletes during sports.

**What causes Sudden Cardiac Arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball or softball) or by chest contact from another player.

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

### CARDIAC 3-MINUTE DRILL

#### 1. RECOGNIZE Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

#### 2. CALL 9-1-1

- Call for help and for an AED

#### 3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

#### 4. AED

- Use AED as soon as possible

#### 5. CONTINUE CARE

- Continue CPR and AED until EMS arrives

### How to prevent and treat sudden cardiac arrest?

Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

***Remember, to save a life: recognize SCA,  
call 9-1-1, begin CPR,  
and use an AED as soon as possible!***

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Shorewood High School

## Guidelines for Team and Group Events

**The primary purpose for team events is to honor, recognize and include all members of the group, including new members.**

**GUIDELINES FOR ACCEPTABLE HONORING:**

Activities need to have a meaningful, positive purpose.

Activities must create a positive team feeling, bonding and atmosphere.

Activities cannot be disruptive to the school or the educational process.

Activities should be carried out only with the consent of members.

Teams and groups must clean up after activities.

All school rules apply, including Shoreline School District Policy #3308 regarding Harassment, Intimidation and Bullying.

There shall be no hazing activities. Hazing includes, but is not limited to:

Anything that potentially humiliates an individual or members of the group

Anything dangerous or unsafe

Distasteful or vulgar humor, language or behavior

Coercion or peer pressure that may force someone to do something they may not want to do

The coach or a member of the coaching staff must be present and involved in all team-forming events. Any inappropriate team/group event where coaches are not present and involved may subject members of the team/group to school discipline, regardless of the time or location of the event. Any team/group event that is kept secret from coaching or school staff may be regarded as an inappropriate event and participants may be subject to discipline.

***I have read the Shorewood Guidelines for Team & Group Events and agree to abide by the policy listed above.***

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Student's signature

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Date

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Parent signature

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Date

**SECONDARY STUDENT HEALTH REPORT**

**HEALTH HISTORY Completed by Parent/Guardian**

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
 PARENT/GUARDIAN \_\_\_\_\_ PHYSICIAN \_\_\_\_\_

- YES NO
1. \_\_\_\_\_ Any chronic or recurrent illnesses?
  2. \_\_\_\_\_ Any illness lasting more than a week?
  3. \_\_\_\_\_ Any hospitalizations?
  4. \_\_\_\_\_ Any surgery other than tonsillectomy?
  5. \_\_\_\_\_ Any injuries requiring treatment by a physician?
  6. \_\_\_\_\_ Presently taking any medications?
  7. \_\_\_\_\_ Any problems with blood pressure or heart?
  8. \_\_\_\_\_ Any dizziness, fainting, convulsions or frequent headaches?
  9. \_\_\_\_\_ Have you ever "passed out" or been "knocked out"?
  10. \_\_\_\_\_ Wear eyeglasses or contact lenses?
  11. \_\_\_\_\_ Wear any dental appliance such as braces, bridge or plate?
  12. \_\_\_\_\_ Allergic to ANY medication (aspirin, penicillin, etc.)?
  13. \_\_\_\_\_ Any knee or ankle injury and/or surgery?
  14. \_\_\_\_\_ Been diagnosed with a concussion? Date? (mth/yr) \_\_\_\_\_
  15. \_\_\_\_\_ Any history of neck injury?
  16. \_\_\_\_\_ Any other joint sprains or dislocations (shoulder, wrist, finger, etc.)?
  17. \_\_\_\_\_ Any broken bones (fractures)?
  18. \_\_\_\_\_ Any organ missing other than tonsils (appendix, eye, kidney, testicles)?
  19. \_\_\_\_\_ Any heat exhaustion or heat stroke?
  20. \_\_\_\_\_ Any reasons why this applicant should not participate in sports?
  21. \_\_\_\_\_ Any menstrual problems?
  22. \_\_\_\_\_ Do you have to stop while running twice around a 1/4 mile track?
  23. \_\_\_\_\_ Have any family history of "heart problems" under age 50?

**PARENTAL PERMISSION** I give my permission for the above-named child to participate in the sport(s) approved by the examiner under the auspices of the Shoreline School District and authorize the coach or other responsible official to obtain emergency medical care for my child should such become necessary during participation and I am not immediately available.

DATE \_\_\_\_\_ PARENT/GUARDIAN \_\_\_\_\_

**EXAMINER'S COMMENTS ON HISTORY ("yes" answers above):**

**PHYSICAL EXAMINATION**

Exam Date \_\_\_\_\_  
 HEIGHT \_\_\_\_\_ inches WEIGHT \_\_\_\_\_ Pounds M F AGE \_\_\_\_\_ Years  
 PULSE \_\_\_\_\_ BLOOD PRESSURE \_\_\_\_\_ VISUAL ACUITY: Left 20/ \_\_\_\_\_  
 Right 20/ \_\_\_\_\_  
 HEARING Left \_\_\_\_\_ Right \_\_\_\_\_

NORMAL	ABNORMAL*	NORMAL	ABNORMAL*
( ) 1. Head	( )	( ) 9. Neurological	( )
( ) 2. Eyes (Pupils), ENT	( )	( ) 10. Skin	( )
( ) 3. Teeth	( )	( ) 11. Physical Maturity	( )
( ) 4. Chest	( )	( ) 12. Spine, back	( )
( ) 5. Lungs	( )	( ) 13. Upper Extremities	( )
( ) 6. Heart	( )	( ) 14. Lower Extremities	( )
( ) 7. Abdomen	( )	( ) 15. Urinalysis	( )
( ) 8. Genitalia	( )		

\* Describe findings \_\_\_\_\_  
**List any immunizations given at this visit** \_\_\_\_\_

**Recommendation:**  
 I certify that I have examined this pupil on the date above and find him/her physically able to compete in supervised interscholastic activities as described below.  
 ( ) No contraindications to FULL participation  
 ( ) Has following limitations but may participate:  
 ( ) Participation contraindicated for following reasons:  
 Student may participate in ACTIVITIES NOT CROSSED OUT BELOW for the next 24 months, which could include middle school & high school competition.  
 BASEBALL BASKETBALL CROSS COUNTRY DRILL FOOTBALL GOLF  
 WRESTLING GYMNASTICS SOCCER SOFTBALL SWIMMING TENNIS TRACK  
 CHEER VOLLYBALL OTHER \_\_\_\_\_

Date of Signing: \_\_\_\_\_ EXAMINER'S SIGNATURE \_\_\_\_\_  
**Examiner's Stamp** EXAMINER'S NAME \_\_\_\_\_  
 TITLE \_\_\_\_\_  
 PHONE \_\_\_\_\_

SHORELINE SCHOOL DISTRICT  
Athletic Department

ACADEMIC ELIGIBILITY FOR SHORELINE DISTRICT ATHLETES, GRADES 9-12  
**GUIDELINES**

It is the belief that athletics and academics go hand in hand and that we need to emphasize the importance of our students learning the essential, lifetime academic skills along with successful participation in an athletic program.

We, therefore, have adopted for both Shorewood and Shorecrest High Schools the following academic eligibility requirements.

Regulation

To be eligible to participate in interscholastic competition as a member of any team or group approved by Shoreline School District No. 412, a student must be passing all subjects at all times and must be enrolled in a minimum of five (5) classes. WIAA Rules for seniors on track to graduate may apply.

Procedures

At the end of each semester grading period, the grades of all students who are currently members of a school's athletic team will be checked. Any student who fails a class/subject will be put on suspension and will be declared ineligible for competition during the suspension period. If, at the end of the suspension period, the student is passing in all classes, the student may then be reinstated for interscholastic competition. The suspension period for high school students shall be from the end of the previous semester through the last Saturday of September in the fall or the first five (5) weeks of the succeeding semester/trimester. During the suspension period of ineligibility, the student will not participate in any interscholastic contests but may continue to practice with the team.

If, after the suspension period, the student is still not passing all classes/subjects, he/she will be removed from the team. Removal means no participation in practice or games until such time as he/she can verify that he/she is passing in all classes.

Any student who receives an incomplete at a grading period will be declared ineligible for interscholastic competition until the incomplete is cleared.

In addition, at any time a teacher notifies the building Athletic Director that a student is failing their class, that student will be declared "on probation".

1st notice: Student will be on probation for one week and can practice and play

If the grade is raised during the week student can continue participating.

If the grade isn't raised, the student becomes ineligible indefinitely. (may practice, but can't compete)

Student can compete again once the grade is raised

2nd notice: In the same class or a different class, the student is ineligible for a minimum of one week - can practice but can't play

If the grade is raised during the week, the student can begin to compete again once the week is over (no sooner even if the grade is raised immediately)

If the grade is not raised by the end of the week, the ineligible status continues indefinitely.

The student can compete again once the grade is raised (after the one week minimum)

3rd notice: In the same class or a different class, the student is removed from the team for the remainder of the season.

Prior to the exclusion of any special education student from interscholastic competition under this regulation, the building Special Education Director shall be consulted.

In addition, student athletes must also meet all eligibility requirements of the Washington Interscholastic Activities Association.



### Appeal

Any student declared ineligible under the terms of this regulation is entitled to appeal to the building's Athletic Board.

### Middle School Students

Students entering the 9th grade will be declared eligible if they have met the requirements of the middle school code of conduct.

### Transfer Students

Students who transfer from within or out of district will be considered eligible if they meet the WIAA eligibility requirement of passing five subjects the previous semester.

### Summer School

If a student has failed a class during the spring semester he/she may make it up and become eligible for fall season by passing a summer school class only if the class is comparable to the one he/she failed and/or it is approved by the appropriate building administrator.

### Class Withdrawals

If a student is withdrawn from class with a failing grade, he/she will be declared ineligible. If a student is withdrawn from a class and he/she is passing at the time of withdrawal, he/she is eligible.

# SHORELINE SCHOOL DISTRICT HIGH SCHOOL STUDENT ATHLETIC CONTRACT

I realize that it is a privilege to participate in athletics in the Shoreline School District. Accordingly, I hereby agree to obey the following rules and regulations as set up by the Shoreline School District, the Washington Interscholastic Activities Association, and this school's athletic department. This contract is in effect at all times both in and out of school until the conclusion of my season.

## **General Rules**

1. In order to be eligible to participate in a sport, I realize that:
  - 1.1 I must be passing all subjects at all times and must be enrolled in a minimum of five classes. WIAA rules for seniors on track to graduate may apply.
  - 1.2 My scholarship, citizenship and attendance will be checked regularly by my coach and the building athletic director.
  - 1.3 I must attend **4 of 6** classes on "C" days and 2 of 3 classes on "A" or "B" days to be eligible to practice or compete in a contest on that day.
  - 1.4 In order to be eligible to practice, I must have a physical exam on file that is valid for 24 consecutive months unless noted to be less than 24 months by a physician, fill out an emergency information card, provide adequate medical insurance, and complete the athletic packet in its entirety.
  - 1.5 In addition to the requirements listed in 1.4, in order to be eligible for competition I must purchase an ASB student body card, pay the athletic participation fee and complete the Risk Management Safety Guidelines form.
2. In all of the athletic contests conducted away from school I will ride to and from the game/match in school transportation when round trip transportation is provided unless otherwise arranged with the coach. I understand that in some cases, school district transportation will not be provided. I will comply with regulations pertaining to school bus transportation.
3. I will be personally responsible for all school equipment checked out to me and will return same in good condition and on time. School uniforms and equipment shall not be used as personal items of clothing unless purchased by me. Equipment I have lost or misplaced will be paid for by me at the end of the season.
4. I understand that all suspensions and other disciplinary actions are cumulative over my athletic middle school career. This is again true over my high school career.

## **Training and Conduct Code**

1. I agree not to use, possess, sell, distribute, or show evidence of having consumed alcohol, marijuana, illegal drugs, prescription drugs other than for their intended medical use, drug paraphernalia, tobacco products, or any item purported to be such at any time during the sports season.
2. I agree to immediately remove myself from any situation where illegal activities are occurring or where other persons are engaging in conduct that violates school or district rules. If the situation is a school-sponsored field trip (whether local, extended, or team travel), I understand that I am encouraged to report the situation immediately and in confidence to school supervisory personnel.
3. I agree to represent my school and the Shoreline School District with honor and respect. It is an expectation that my sportsmanship both as a participant and a spectator will be positive and appropriate. This includes my language, treatment of officials, respect for my school, team, opponent and contest. My behavior and appearance in class, online and at school functions will be appropriate at all times. In addition, I will not participate in any hazing or initiation activities.
4. I agree to abide by all state, federal and local laws. I will inform the school administration if I am convicted of, plead guilty to, or am placed on a probation of any kind as a result of a violation of law other than a non-criminal traffic infraction.
5. I agree to abide by all rules of conduct as may be adopted by the District in Administrative Procedure 3300 and published in the Statement of Responsibilities and Rights of Students handbook. I also agree to abide by any additional school rules that may be published in building-level handbooks. This includes expectations regarding the districts ethic and honesty policy.
6. I agree not to forge any athletic eligibility documents. I am aware that any violation will result in an automatic suspension from practice for 10 days. I will not be eligible for the next scheduled contest whether it be w/in the 10 day suspension time or after that time period. In addition, my parents will be notified of the violation.

## **Discipline Procedures for Illegal Drugs (including marijuana) and Legend Drugs including Anabolic Steroids Violations (RCW 69.41.0910--69.41.050 and CH.69.50 RCW)**

FIRST VIOLATION during the high school career the student athlete shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. The period of ineligibility will be for a minimum of 45 calendar days to be carried over to the next sports season, if necessary.

Ineligibility shall continue until the next sports season in which the student athlete wishes to turn out. In order to be eligible to participate in the next sports season, the student athlete shall meet with the school eligibility board, consisting of coaches and administrators selected by the principal to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have final authority as to the student athlete's participation in the interscholastic sports program.

A participant who seeks and receives help for a problem with use of legend drugs (RCW 69.41.010 identified substances) and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility re-instated in the athletic program, pending recommendation by the school eligibility authority.

SECOND VIOLATION during the high school career a participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

THIRD VIOLATION during the high school career a student athlete who violates for a third time RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

### **Discipline Procedures for Use of Alcohol**

FIRST OFFENSE during the high school career: Exclusion from the team for the next forty-five (45) calendar days\* to be carried over\*\* to the athlete's next sports season, if necessary.

This penalty may be reduced to twenty-five (25) calendar days provided the student waives his/her right to grieve the discipline and completes a state approved assessment and follows the recommendation of the agency (which will be shared with school administration). These recommendations must be followed as a condition for early reinstatement at the end of the twenty-five (25) day period with carryover. During a 25-day suspension an athlete may participate in practices only during the last 7 calendar day period.

SECOND OFFENSE during the high school career: Exclusion from the team for the next forty-five (45) calendar days to be carried over to the athlete's next sports season.

Exclusion includes all contact with the team; no practices, meetings or games. A mandatory state approved assessment and fully completed treatment will be required before any further participation in the athletic program.

THIRD OFFENSE during the high school career: Exclusion from interscholastic competition for one calendar year.

In order to be eligible for any further competition/performance in the extracurricular program the student shall meet with the school principal or principal's designees (which may be an eligibility board consisting of coaches, activity advisors, and administrators selected by the principal) to request approval to participate. The school eligibility board or other designees will recommend to the principal appropriate action to be taken in the student participant's case, and may take into account self-reporting, truthfulness, cooperation, and successful assessment and treatment. The school principal shall be the final school-level authority as to the student's participation in the activity program.

\*Calendar day: All days (including Sunday) during the athlete's regular season and post season for team sports.

\*\*Carry over: An athlete's suspension, if not fully completed, will resume on the first day of eligible turn out of that athlete's next regular sports season.

### **Discipline Procedures for Use of Tobacco Products**

FIRST OFFENSE during the high school career:

Week 1: No team contact of any kind and a referral to the school Drug and Alcohol Counselor for tobacco education.

Week 2: Practice but no games.

Week 3: Return to full participation if tobacco education referral is complete.

SECOND OFFENSE during the high school career: Exclusion from the team for the next 28 calendar days to be carried over to the athletes next sports season.

THIRD OFFENSE during the high school career: Exclusion from the team for the next 90 calendar days to be carried over to the athletes next sports season.

### **Discipline Procedures for All Other Violations**

Exclusion from the team for a defined period of time or for the balance of the season, to be determined by the principal/designee.

#### **Self-Referral**

A student participant who seeks and receives assistance for a problem with the use of drugs and/or alcohol prior to a drug or alcohol violation matter shall be given the opportunity with no jeopardy to eligibility for assistance through the school and community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student from subsequent compliance with this regulation.

#### **Prohibition of Harassment, Intimidation, and Bullying:**

(Reference: Shoreline School Board Policy 3308)

The Shoreline School District prohibits harassment, intimidation, and bullying/cyberbullying in all areas of district operations. "Harassment, intimidation or bullying/cyberbullying" means any intentionally written message or image, a verbal or physical act, including, but not limited to, one shown to be motivated by any persons distinguishing characteristics in RCW 9A,36,080(3) (including but not limited to: race, color, national origin, sex, sexual orientation, religion, age, disability, etc.), or other distinguishing characteristics. Students involved in harassment, intimidation, and bullying in athletics, are subject to both team discipline and potential removal from the team, as well as school discipline up to and including possible suspension or expulsion.

#### **Grievance**

Any student, parent, or guardian, who is aggrieved by the imposition of discipline, including exclusion from participation in extracurricular activities, shall have the right to grieve as per school district policy.