

Home of the



“Fighting Fishermen”

ASTORIA HIGH SCHOOL

ATHLETIC DEPARTMENT
1001 WEST MARINE DRIVE
ASTORIA, OR 97103
TELEPHONE 503/325-3911
FAX 503/325-2891

LYNN JACKSON, *Principal*
LIANE DONOVAN, *Assistant Principal*
HOWARD RUB, *Athletic Director*
EMILY DELAY, *Athletic Secretary*

ASTORIA HIGH SCHOOL ATHLETIC/ACTIVITY POLICY SIGNATURE FORM

I understand that my performance as an athlete and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules and regulations set forth by the Astoria School District Board.

I have received a copy of the Astoria High School Athletic and Activities Policy. I have read and understand the policy and administrative rules.

Student Signature

Date

Parent or Legal Guardian Signature

Date

Please Print Your Name

Please Print Your Name

Please sign and return the top form to the Astoria High School Office

ASTORIA HIGH SCHOOL ATHLETIC AND ACTIVITIES POLICY

ASTORIA FISHERMEN.....

Always give 100% of themselves to the activity, the game and to their fellow participants.

Are good students, good citizens and good participants.

Understand and follow rules of good sportsmanship on the playing field, in school, and in the community.

Follow the athletic and activities policy so the school can be represented with pride at all times.

Are willing to show positive leadership to help improve school pride.

FISHERMAN ARE GREAT!

ATHLETIC AND ACTIVITIES PHILOSOPHY OF ASTORIA HIGH SCHOOL

The interscholastic athletic and activities program developed at Astoria High School is but one unit of the total educational program and is designed to contribute enrichment to educational objectives, carry-over values, and personal needs of the students.

We believe that competition and participation on an inter-school level provides an excellent opportunity for the maximum development of the student the same way as an enriched course of mathematics serves the purpose of developing advanced students. The District employs qualified personnel who are highly trained coaches and advisors to conduct our athletic and activity programs.

It is the purpose of our coaches to impart knowledge and skills of the game, to teach fair play and good sportsmanship, to instill the will to win in severe competition, to take all safety precautions necessary, to make the game as much fun as possible, and to aid the development of the athlete toward being a leading citizen. Our athletic program recognizes the act of winning to be one of its major objectives. However, to win at any cost, disregarding rules, fair play, and good sportsmanship is not part of the program.

Advisors of other extra-curricular activity programs at AHS strive to impart knowledge and skills of the activity, to establish unity among the participants in the activity, to take all safety precautions necessary, to make the activity as much fun as possible, to aid in the development of the student toward being a leading citizen and, if there is competition involved, to instill the will to win.

Our intent is to develop a strong athletic and activity programs, thinking in terms of the needs and welfare of the students; to develop school spirit and community pride; to keep pace with a fine tradition that has been established and to achieve the highest possible goals attainable for competitive athletic teams and participation in the activities of the Cowapa League and the State of Oregon.

ATHLETIC / ACTIVITIES RULES

When a student elects to participate in athletics or activities, he/she automatically sets him/herself apart from the general student body. Since team sports and other extra curricular activities are voluntary, rules for the groups' benefit then take precedence over personal choice. Students may have to modify their personal choice of dress, hair style, and body care in order to qualify for team membership or participation in the activity.

Students are bound by this code of conduct with all accompanying rules at all times, from the time the decision is made to participate in interscholastic athletics, and the participation form is signed. This includes off-season time periods and the summer. Any infraction during that time period which carries with it police action such as being sited, charged, etc., will carry with it normal consequences as per this policy.

All high school students who participate in athletics or other extra-curricular activities are subject to rules and policies set forth by the Oregon School Activities Association, the AHS Athletic Department, and the school administration. Furthermore, individual sports or activities will have their own rules and regulations that are specific to that particular sport or activity. Students are bound by this code of conduct with all accompanying rules at all times from the time the individual's participation in the sport or activity begins until the conclusion of that activity or sport season, or until the individual's participation in the sport or activity is deemed completed by the school.

Following is a list of rules and guidelines for participation in extra-curricular activities at Astoria High School.

SCHOLASTIC ELIGIBILITY

A student/athlete must maintain at least a 2.0 G.P.A. per grading period (first nine weeks; second nine weeks or first semester; third nine weeks; fourth nine weeks or second semester). Failure to maintain this standard will result in a suspension from participation in contests for a minimum of two weeks, or until the process of academic improvement described below is completed. The suspension from participation in contests will begin the Monday after grades are submitted by the teachers.

During the period of suspension from participation in contests, a student must attend **four lunch** detentions and **two** 90 minute "Wednesday Schools" (after school academic improvement class). Failure to do so will result in suspension for the remainder of the grading period.

The teachers will submit to the Athletic Director the grades of the students on suspension at the end of this academic probation. Failure at this time to earn a 2.0 G.P.A. will result in suspension for the remainder of the grading period.

If the student attains a 2.0 G.P.A. at the end of the two week suspension the student will be allowed to participate. However, the Athletic Director will receive the grades of those suspended during the grading period every two weeks at which time the student must maintain a 2.0 G.P.A. or be suspended for the remainder of the grading period.

A student may only be on a plan of academic assistance once per semester.

This policy would apply to all students, unless they are making satisfactory progress on an Individualized Educational Plan (IEP). In addition, Oregon School Activities Association rules require a student to pass at least five subjects the previous semester. Failure to do so results in no competition for the following semester.

ATTENDANCE

On the day of a contest or performance, the participants must be in attendance for all classes unless an absence has been properly arranged, as per the school attendance policy. Students who are absent from any period will not be eligible to participate in a performance, practice or contest(s) that day. If a student/athlete has been determined to be truant from a class or classes more than three occurrences in a sport season then he/she will not be eligible to participate in a performance, practice or contest(s) that day. This truancy policy remains in effect for all subsequent occurrences for the remainder of the sport season.

CONDUCT

The following activities are a violation of the Astoria High School Code of Conduct:

- Use or possession of any tobacco products (cigarettes, chewing tobacco, etc.)
- Use or possession of any alcoholic beverages
- Use or possession of other illegal drugs
- *Attending or remaining at a party or other activity at which alcohol and/or other drugs are present. (See page 7 for proper student action if this situation occurs.)*
- Theft (theft is interpreted as the unauthorized possession of equipment or goods belonging to School District 1-C, or any other school district, organization, firm or individual).
- Vandalism and mischief (defined as willfully damaging any building, equipment or goods belonging to School District 1-C, or any other school district, organization, firm or individual)
- Hazing and/or initiation of an individual or group.

Since participation in athletics is a privilege, not a right, it is at the discretion of the Athletic Director to suspend student athletes from practices or contests or to take other

appropriate disciplinary action with “reasonable suspicion”, including but not limited to police action such as being sited, charged, etc.

VIOLATION NOTES:

- (1) Violations are cumulative throughout the tenure of a student’s participation at Astoria High School. Violations occurring during a student’s current sport season or activity will result in the suspension becoming effective during that season. If the suspension has not been completed by the last date of that season or activity then the suspension will continue into the student’s next season or activity.
- (2) Violations occurring while a student is “out of season” will result in the suspension becoming effective during the student’s next sport season or activity or will result in the suspension becoming effective during the next sport season or activity that the student previously participated. These “out of season” violations will result in the Athletic Director or Activities Director making a ruling with regard to the effective date of the suspension after receiving input from the student’s previous coach/advisor and the coach/advisor of the student’s next season.
- (3) *All parents and/or students have the right to appeal. The appeal process is initiated with a written request by the parent and/or student submitted to the Athletic Director or Activities Director.*
- (4) *Students are encouraged to “self-report” any violations in order to receive minimum suspensions. It is considered a “self-report” when communication of an alleged violation is reported by the violating student.*

First Violation

When information comes to the attention of a school official that indicates that a violation of this policy may have occurred, the following actions shall be taken...

1. Communication of the alleged violation by the student(s) will be made to the coach/advisor, the Athletic Director, the Activities Director and/or the Administration.
2. An investigation shall be made into the circumstances related to the alleged violation.
3. As part of the investigation, the Athletic Director or Activities Director shall meet with the student to discuss the alleged violation and to give the student an opportunity to tell their side.
4. The coach/advisor will present, in writing, all facts gathered in the investigation regarding the violation to the Athletic Director or Activities Director along with his/her recommendations for the action to be taken.
5. The Athletic Director or Activities Director and coach/advisor will discuss the recommended actions to be taken with the principal.
6. If it is found by the school that the facts relating to the alleged violation are insufficient as evidence, no further action will be taken at this time.

7. If the facts are found by the school to be sufficient to substantiate the violation, then the student shall be notified of this and immediately suspended from participation in the sport or activity. **Minimum** suspension of 20% of contests/performances.

Students will not miss class time. Students may also be suspended from participation including practices depending on the circumstances of the violation and the recommendation of the Head Coach. This is especially true if the student has not self-reported the incident. (See # 9 if drugs and/or alcohol are involved.)

8. Parents will be notified by the coach/advisor of the charges and suspension.

9. The coach/advisor will notify the student and the student's parents regarding the necessary steps for returning to the team. If alcohol and/or other drugs are involved, the Athletic Director or Activities Director will meet with the Student Assistance Program Director who will then make arrangements for the student to be evaluated for a substance abuse problem. **The student will not be allowed to participate in any athletics or activities including practices until these arrangements are made.** This includes participation in sports or activities in succeeding years.

10. The Athletic Director or Activities Director will keep the Principal informed.

Second Violation

When information comes to the attention of a school official that indicates that a **second** violation of this policy may have occurred, the following actions shall be taken...

1. through 6, same as above.

7. If the facts are found by the school to be sufficient to substantiate the violation, then the student shall be notified of this and immediately suspended from participation in the sport or activity. **Minimum** suspension of 50% of contests/activities. *Students will not miss class time. Students may also be suspended from participation including practices depending on the circumstances of the violation and the recommendation of the Head Coach. This is especially true if the student has not self-reported the incident. (See # 8 if drugs and/or alcohol are involved.)*

8. If this is the **second** time that alcohol and/or other drugs are involved as a violation, then the Athletic Director or Activities Director will meet with the Student Assistance Program Director who will then work with the parents in selecting a certified chemical dependency treatment program for the athlete to complete. This treatment program must be completed before consideration will be given by the school to permit the student to resume participating in any contest/activity that is part of the Astoria High School athletic or activity program.

9. If the student completes the certified chemical dependency treatment program prior to the suspension of 50% of contests/activities, the student may request the Athletic Director or Activities Director to waive the remainder of the suspension. In requesting such a waiver, the student must present reasonable evidence that clearly demonstrates a

compelling basis for the consideration of a reduction in the minimum suspension time. *If the student has not completed the certified chemical dependency treatment program within the time frame of his/her suspension, he/she may be allowed to rejoin in participation of contests/activities provided it is recommended as part of the treatment program and provided his/her head coach/instructor is in agreement with the Athletic Director or Activities Director and the Student Assistance Director that such a provision should apply.*

10. The Athletic Director will keep the Principal informed.

Third Subsequent Violation

When information comes to the attention of a school official that indicates that a **(third) or more** violation of this policy may have occurred, the following actions shall be taken...

1. through 6, same as above.

7. If the facts are found by the school to be sufficient to substantiate the violation, then the student shall be notified of this and immediately suspended from participation in the sport or activity for the remainder of his/her high school career.

SUSPENSION NOTES:

If a student does not complete the season or activity of his/her own accord while serving a SUSPENSION, then it will be ruled that the SUSPENSION has not yet been served.

SPECIAL SECTION:

Attendance at a party or other activity where alcohol and/or drugs are present!

If a student finds they are at a party or some other activity at which alcohol and/or drugs are present, the student must take the following action:

1. Leave the party or activity immediately and personally notify an AHS Administrator, the AHS Athletic Director, the Astoria School District Student Assistance Director, the AHS Activities Director and/or AHS coach within 30 minutes of leaving this location.
2. Call his or her coach at the first available opportunity to inform the coach about the circumstances of this situation.
3. If the student does not have the means to remove himself or herself from this location, then he or she needs to call the coach/advisor, Athletic Director, or Activities Director immediately.

If the student follows the action procedures as listed above, then no penalty will be imposed upon the student. If the student does not follow these action procedures then the

*student will
be considered to be in violation of the policy.*

OTHER PARTICIPATION RULES:

(1) A student who drops out of an activity of his/her own accord will not be allowed to take part in any other activity until the original activity has completed its season or unless mutually agreed upon by both coaches/advisors and the Athletic Director and/or Activities Director.

(2) A student who is cut from an activity that can only accommodate a limited number of students, or for any other reason not related to disciplinary action or the aforementioned items, may try out for another activity during the same season.

(3) No student may participate in more than one activity during any one season unless the Athletic Director, Activities Director, and both coaches/advisors are in agreement.

(4) To participate in activities sponsored by Astoria High School, **a student must purchase a student body card of \$30.00.** Student participating in athletics must pay an athletic fee of **\$125.00 per sport** (\$500 immediate family cap per year). Payment must be paid in full prior to the first league contest. Failure to pay will result in immediate suspension from participation in contests until full payment has been received. Students may apply for financial assistance should he/she qualify. Applications are available at the AHS Main Office. Students qualifying must exchange work at a rate of \$10.00/hour as assigned by the AHS Athletic Department. All work must be completed by the first league contest. Failure to complete 12.5 hours of work prior to the first league contest will result in immediate suspension from participation in contests until full hours have been worked. All students participating in athletics **must** have insurance. (School insurance is available if the student's family does not have insurance; however, the student must note that he/she would like to buy the school insurance on his/her parent permission form. The student will be covered immediately after payment is made.)

(5) Students participating in school activities must go by school approved transportation and return by the same. Any exception must be approved by the Athletic Director, coach/advisor of each sport or activity.

(6) The Astoria High Athletic Department currently provides Impact Testing to help monitor head injuries. Signatures by parent(s)/guardian and students provided on this policy will provide permission for the application of this test. However, all student-athletes have the right to not participate in the Impact Testing Program. More information about the concussion assessment can be found below.

Athletes may not understand the potential consequences of concussion and often minimize or deny symptoms so they can return to play. As a result, repeated concussions, from returning to sport too early, can cause symptoms to have a cumulative effect. Given such concerns, ranging from mild to catastrophic and the inherent difficulties in managing concussion, individualized and comprehensive management of concussion is optimal. At the forefront of proper concussion management is the implementation of baseline and/or post-injury neurocognitive testing. Such evaluation can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion.

ImPACT is a user-friendly, Windows based computer program specifically designed for the management of sport related concussion. ImPACT takes approximately 30 minutes to complete. The computer program measures multiple aspects of cognitive function in the athlete. ImPACT is currently the most widely utilized concussion assessment program in the world and is implemented effectively across high school, collegiate and professional levels of sport participation.

Your child will be baseline tested before the first practice of their first sport during the school year. If your child suffers a blow to the head or whiplash type injury during sport or gym-class participation, the athletic trainer will evaluate them clinically and with the ImPACT software. If the post-injury values reported by ImPACT fall outside an allowed deviation from the base-line values your child will be referred to their family physician or a specialist for further evaluation. If your child does indeed have a concussion they will be continually monitored by the ImPACT program to make a safe and objective decision on their return to sport participation. The doctor will have the final say in the release of your child to return to sport participation.

End of Policy

Revised 06/01/02 – Effective 06/01/02

Revised 08/09/04 – Effective 08/23/04

Revised 08/01/07 – Effective 08/20/07

Revised 08/01/13 – Effective 08/12/13

Revised 06/23/16 – Effective 07/01/16