

VALLEY CENTER ATHLETICS/ACTIVITIES DRUG & ALCOHOL POLICY

Participation in extracurricular activities is a privilege. We expect our students to abide by certain standards largely due to their visibility to our school and community. Athletes are also involved in a physical activity that necessitates that they be more aware of staying physically and emotionally fit. As a result, athletes should be governed by rules of conduct. The following are the required and recommended areas that should be covered by the athletic coaches & activity sponsors:

1. Alcoholic beverages.
2. Tobacco in any form.
3. Drugs- illegal or unauthorized chemicals. Prescription medicines are exempt when used as specified by a physician.

****Any violations of the above reported by fellow sponsors, coaches, faculty, staff, administration, and/or police will result in disciplinary action being taken. The following consequences will be assigned for violations. However, administration has the discrepancy to omit steps and impose consequences found in the second and third offense categories.**

ALCOHOLIC BEVERAGES AND TOBACCO

This policy includes the use or possession of any alcohol, tobacco (include e-cigs/vaping) or any paraphernalia related to the use of either one.

First Offense/ Per High School Career

1. The athlete will miss the entire next date of competition. Date of competition refers to the next time the athlete would compete against an opponent not from Valley Center.
2. The athlete will be expected to practice.

Second Offense/ Per High School Career

1. The student will not compete for the remainder of the season or nine weeks of competition, whichever is longer. This consequence will carry over into subsequent sport seasons in which the athlete wishes to participate.
2. The student will not receive a letter in the season in which the second violation occurs.
3. Prior to returning to competition, the athlete, parent(s), head coach/sponsor and the athletic director will meet to discuss possible solutions in an effort to prevent further violations.

Third Offense/Per High School Career

1. The athlete will be ineligible to participate in and school-based athletic competition for 365 calendar days.

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ILLEGAL DRUGS & UNAUTHORIZED CHEMICALS

First Offense/ Per High School Career

1. The student will not compete for the remainder of the season or nine weeks of competition, whichever is longer. This consequence will carry over into subsequent sport seasons in which the athlete wishes to participate.

OR

1. Student meets with licensed substance abuse counselor and abides by and completes all recommendations from the counselor (Paid for by Student).
2. Student/Parent agree to random drug testing paid for by the student.
3. Miss one or more competition date(s) as deemed appropriate by the Head Coach/Sponsor & Athletic Director. The activities total remaining competition/performance dates will be considered when determining the number of dates missed. Student must also complete step 1 (counseling program) before returning to participation.
4. Other consequences as deemed necessary by the Head Coach/Sponsor & Athletic Director (ie. Extra conditioning, community service, etc.)

Second Offense/ Per High School Career

1. The athlete will be ineligible to participate in athletic competition for 365 calendar days.