

# FARMINGTON PUBLIC SCHOOLS

## ATHLETIC HANDBOOK



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## **FARMINGTON HIGH SCHOOL MISSION STATEMENT**

We believe that all students are capable of learning at high levels and meeting high academic, civic, and social standards. We are, therefore, committed to providing challenging, varied, and engaging opportunities for all of our students to learn within a community of respect and personal responsibility. Thus, we are committed to providing the circumstances, support and experiences that will lead our students to:

### *Academic:*

- Acquire a solid foundation of knowledge and skills based on essential understandings in each discipline
- Learn to reflect, think critically, and reason with evidence
- Learn to communicate effectively

### *Civic:*

- Become aware of the multiplicity of the human experience and of how they can positively affect the world
- Cultivate their individual talents and intentions while discovering how they can contribute to the common good

### *Social:*

- Understand the great power that lies in choice, the connection between action and result, and the importance of personal responsibility
- Act with tolerance, respect, courtesy, and compassion.

## **FARMINGTON HIGH SCHOOL ATHLETIC PROGRAM MISSION & GOALS**

The mission of the Farmington Athletic Program is to conduct an outstanding athletic program that is consistent with and contributes to the overall mission of Farmington High School. As an integral part of the educational process, Farmington athletics – and coaches in particular – make a significant contribution to the personal growth and development of student-athletes by striving to increase their knowledge, contribute to their maturity, teach them moral and ethical values, and motivate them in the pursuit of excellence. To that end, the overarching goals of the Farmington Athletic Program are to:

- Help student-athletes develop habits of good citizenship and respect for rules and authority
- Provide student-athletes with opportunities to exemplify and observe good sportsmanship
- Encourage student-athletes to achieve academic success and to keep athletics in a proper perspective
- Teach student-athletes the fundamental skills of the various sports as a necessary ingredient in achieving individual and team success
- Teach student-athletes the importance of physical fitness, conditioning, health habits and safety in athletics
- Provide student-athletes with opportunities to develop lasting friendships with teammates and opponents

## INTERSCHOLASTIC ATHLETIC PROGRAMS

The following athletic programs are offered at Farmington High School:

### **FALL** **(September – November)**

#### ***Boys***

Cross Country (Varsity)  
Football (Varsity, JV, Freshman)  
Soccer (Varsity, JV, Freshman)  
Crew  
Unified Sports Soccer

#### ***Girls***

Cross Country (Varsity)  
Cheerleading (Varsity)  
Field Hockey (Varsity, JV, Developmental)  
Soccer (Varsity, JV, Developmental)  
Swimming/Diving (Varsity)  
Volleyball (Varsity, JV, Freshman)  
Crew  
Unified Sports Soccer

### **WINTER** **(November – March)**

#### ***Boys***

Basketball (Varsity, JV, Freshman)  
Ice Hockey (Varsity)  
Indoor Track (Varsity)  
Swimming/Diving (Varsity)  
Wrestling (Varsity)  
Unified Sports Basketball

#### ***Girls***

Basketball (Varsity, JV, Freshman)  
Cheerleading (Varsity)  
Gymnastics (Varsity)  
Indoor Track (Varsity)  
Unified Sports Basketball

### **SPRING** **(March – June)**

#### ***Boys***

Baseball (Varsity, JV, Freshman)  
Golf (Varsity, JV)  
Lacrosse (Varsity, JV, Developmental)  
Tennis (Varsity)  
Track & Field (Varsity)  
Volleyball (Varsity, JV)  
Crew  
Unified Sports – Track/Field

#### ***Girls***

Golf (Varsity)  
Lacrosse (Varsity, JV, Developmental)  
Softball (Varsity, JV)  
Tennis (Varsity)  
Track and Field (Varsity)  
Crew  
Unified Sports – Track/Field

## **LEVELS OF COMPETITION**

The purpose of each level of athletic competition at Farmington High School is to enable student-athletes to:

### **Freshman/Developmental**

- Develop basic skills and learn the rules of the sport
- Determine if they want to continue in the sport
- Learn to set goals and strive to achieve them
- Prepare for competition at the varsity level
- At the coach's discretion, play a reasonable amount of time

### **Junior Varsity**

- Further develop their skills in a particular sport
- Learn to set goals and strive to achieve them
- Experience an increased intensity of competition
- Prepare for competition at the varsity level
- Experience an increased emphasis on winning but not to the extent of the varsity level

### **Varsity**

- Develop their skills and physical conditioning to their fullest potential
- Allow them the chance to excel and, for the most talented student-athletes, prepare them for competition at the college level
- Learn to set goals and strive to achieve them
- Be a role model for younger student-athletes
- Experience an increased emphasis on winning, subject always to the principles of good sportsmanship

## **ATHLETIC AWARDS**

School letters are awarded to varsity squad members based upon standards of participation that are established by the Athletic Department for each sport. A letter will be awarded to student-athletes who satisfy these standards the first time; thereafter, sports pins are awarded to student-athletes in lieu of additional letters. Numerals are awarded to freshman student-athletes based upon Athletic Department criteria. Student-managers who serve a total of three years as a team manager or who manage three different sports also receive a letter.

In addition to letters and numerals, all student-athletes are awarded certificates at the conclusion of the season, and are invited to attend Booster Club banquets held during the year.

## **ELIGIBILITY**

### **FHS Eligibility Rules**

Only student-athletes who are academically eligible may participate in interscholastic athletic games and practices. Farmington High School's eligibility requirements exceed those of the Connecticut Interscholastic Athletic Conference (CIAC). Accordingly, student-athletes who are otherwise eligible under the CIAC Eligibility Rules (see *Appendix A*) may nonetheless be ineligible if they do not meet the requirements set forth in this Handbook and the Code of Conduct.

In order to be eligible to participate in interscholastic athletics, a student-athlete must:

- Have a grade point average of at least 70% for the preceding quarter
- Fail no more than one (1) course in the preceding quarter
- Have passed at least four (4) courses in the preceding academic year

Freshmen entering Farmington High School from the middle school are automatically eligible to participate in fall sports regardless of their academic record in middle school.

Academic eligibility for participation in any interscholastic sport is determined based upon the marking period preceding the start of the season for that sport. For fall sports' eligibility, a student-athlete must be a continuing student and have received at least four (4) units or its equivalent towards graduation at the end of the prior school year. In addition, a student-athlete who has a fourth-quarter grade point average below 70% will be otherwise eligible for fall sports if his or her grade point average for the entire preceding academic year exceeded 70%.

If a student-athlete would otherwise be academically ineligible to participate in a fall sport, he or she may regain eligibility through successful completion of summer school. For the purpose of computing his or her grade point average, the grade earned in summer school will replace the grade of the course that the student-athlete failed or in which he or she lost credit during the regular school year. For the purpose of qualifying under the failure and credit loss provisions, each credit earned in summer school will reduce by one those counted against the student.

It is the student-athlete's responsibility to determine whether he or she is in jeopardy of falling below 70% for a quarter or for the year.

### **Eligibility Appeals**

A student-athlete may appeal his or her ineligibility status by submitting a letter to an Assistant Principal. The letter should include an explanation of why the student-athlete has been deemed ineligible, a statement about how the student-athlete intends to improve his or her academic performance, and an explanation of why the appeal should be considered. The school administration will consider all appeals and decide them in one of four (4) ways:

- The appeal may be denied.
- The appeal may be granted. If this happens, the student-athlete will be required to provide evidence that he or she is meeting the eligibility criteria at the next progress report date.
- The appeal may be "wait-listed." In this case, the student-athlete remains ineligible but if he or she meets the eligibility criteria at the next progress report date, he or she will regain eligibility.

- The student-athlete will gain provisional eligibility and will be required to sign and follow an “academic contract” developed in conjunction with his or her guidance counselor.

### **CIAC Eligibility Standards**

Under no circumstances will Farmington student-athletes be permitted to participate in interscholastic athletics if they do not meet CIAC’s Eligibility Rules, as set forth in *Appendix A*.

### **TEAM SIZE LIMITATIONS & TEAM CUTS**

Coaches are responsible for selecting the student-athletes who will compete on athletic teams. The selection process may exclude some student-athletes from becoming members of a team. Depending on the number of student-athletes interested in joining a particular team, coaches may be forced to limit the size of their teams in order to keep them to a workable size.

### **LENGTH OF SEASON**

All student-athletes are considered “in season” beginning with the CIAC’s first practice date and ending with the finals of the CIAC tournament, regardless of whether or not the student-athlete or his or her team is still actively participating. In addition, any student-athlete who is still participating in post-season play (e.g., all-star games, all-state, all-New England or other competitions) while representing Farmington High School or the region is considered “in season.”

### **REQUIRED FORMS**

Student-athletes must submit the following forms each year prior to the first day of practice:

- **Student Code of Conduct for Interscholastic Athletics** (See *Appendix B* on page 17)  
This form must be signed by both the student-athlete and his or her parent or guardian and returned to the appropriate coach or the Athletic Director’s Office.
- **Emergency Card**  
This form, which is available in the Main Office, must be completed by the student-athlete’s parent or guardian, who also must sign the Emergency Medical Authorization form on the back. Once completed, this form should be returned to the appropriate coach or the Athletic Director’s Office.
- **Sports Physical Exam Form**  
This form, which is available in the Main Office, should be completed and signed by the student-athlete, as well as his or her parent or guardian and physician. This form must be submitted to the School Nurse.

*Note:* All student-athletes must have an annual physical from their own physician. Physical exams should be completed after June 1st for the upcoming school year. Only one physical is needed if more than one sport is played in a year.

All required forms can be found on the Farmington High School website under “*Student Forms.*” Student-athletes who do not submit each of these forms fully completed will not be allowed to participate in any practice or games.

### **SCHOOL RULES & ATTENDANCE**

A student-athlete must follow all school rules and regulations at all times. This means good attendance, participation, effort and behavior. In order to participate in any practice or game that occurs on a school day, the student-athlete must be in attendance at school for a minimum of four (4) hours. Any exceptions to this rule due to medical or other serious circumstances must be approved by the Athletic Director and the school administration.

Student-athletes who have been suspended or expelled from school may not attend or participate in any athletic activity during the period of suspension or expulsion, including weekends.

### **USE OF ILLEGAL OR PERFORMANCE-ENHANCING SUBSTANCES**

Excellence in sports requires arduous practice, concerted effort and a willingness to abstain from activities that are counter productive. The health and welfare of every FHS student-athletes is of paramount concern to everyone associated with the Farmington Athletic Program, including coaches and teammates, administrators, teachers, parents and other community members. Therefore, appropriate decisions and actions regarding the use of illegal substances are encouraged and expected of all FHS student-athletes.

The use, possession, sale, manufacture or distribution by a student-athlete of any illegal substances (including but not limited to marijuana, heroin and cocaine), alcohol, anabolic steroids, hormones, or other performance-enhancing substances or stimulants is strictly prohibited, as indicated in the Farmington High School Student Code of Conduct for Interscholastic Athletics (Exhibit B). This is a 24-hour rule, extending beyond the school day.

If the FHS administration and Athletic Director confirm behavior that violates any aspect of this policy, the following consequences will be assessed:

1. **First Offense** – The student-athlete will not be allowed to participate in practices or games for a three (3) week period beginning with the date of the offense or the date of the first practice session of the season, whichever is later. There will be a mandatory meeting with the student-athlete’s guidance counselor and Athletic Director regarding this offense prior to re-joining the team.
2. **Second Offense** – If a second violation of this substance abuse policy occurs anytime during the student-athlete’s school career, the student-athlete will not be allowed to participate in practices or games for a 10 (10) week period beginning with the date of the offense or the date of the first practice session of the season, whichever is later. This suspension may cross from one season to the next. There will be a mandatory meeting with his or her guidance counselor and Athletic Director regarding this offense prior to re-joining the team.
3. **Third Offense** – If a third violation of this substance abuse policy occurs anytime during the student-athlete’s school career, the student-athlete will not be allowed to participate in practices or

games for a one-year period (i.e., 365 days) beginning with the date of the offense or the date of the first practice session of the season, whichever is later. There will be a mandatory meeting with his or her guidance counselor and Athletic Director regarding this offense prior to re-joining the team.

In addition, a student-athlete's continued participation in interscholastic athletics may be contingent upon the successful completion of an approved counseling or treatment program addressing substance use issues and/or decision-making skills. Any student-athlete who is required to participate in such a program must provide a note from the counselor/therapist to the FHS administration verifying successful completion of the program before being allowed to return to the sport.

Pursuant to its rules and regulations, the CIAC may impose sanctions on a student-athlete in addition to those penalties described above.

FHS encourages student-athletes and their families who are experiencing a substance abuse problem to seek help to deal with such issues. Help is available through FHS guidance counselors, social workers, the school nurse, health teachers and building administrators. Other sources of assistance and support for student-athletes and their families are the Farmington Social Services Department and the student-athlete's own physician. Please see CIAC Chemical Health Policy (Exhibit C).

### **USE OF TOBACCO OR TOBACCO PRODUCTS**

Chewing tobacco and smoking pose serious health risks, both for the user and those receiving second-hand smoke. The use of tobacco and/or tobacco products during the season, whether on or off school premises, is prohibited. Any student-athlete who violates this policy will not be allowed to participate in practices or games for a period of seven (7) days beginning with the date of the offense or the date of the first practice session of the season, whichever is later. Each additional offense will carry the same penalty.

### **PARENTAL SUPPORT**

Rules and regulations have been established for the general good of FHS athletic teams and to discourage student-athletes from becoming involved with alcohol and drugs. Recent national surveys indicate that a high percentage of high-school and middle-school students use alcohol and drugs. Therefore, FHS depends on the support of parents and guardians to ensure that student-athletes do not violate these important rules.

### **ACADEMIC RESPONSIBILITIES**

Student-athletes should keep in mind that school work and other academic commitments always take precedence over athletic commitments. Accordingly, student-athletes should be mindful of the need to budget their time appropriately in order to ensure success both in the classroom and on the playing field. Therefore, student-athletes are encouraged to make the most of their free periods and study halls to ensure that they keep up with all school work and homework. From time to time it may be necessary for student-athletes to be dismissed early to travel to games. In such cases, the student-athletes are responsible for obtaining from their teachers all work that was missed or assigned in their absence.

## **ATTENDANCE AT GAMES AND PRACTICES**

Student-athletes are expected to attend all games and practices, including those scheduled during vacation periods or school breaks. Student-athletes may not miss practice or games to go to a job or to participate on an outside team. If there is an unavoidable conflict with a school or family activity, it is the student-athlete's responsibility to notify the coach and explain the circumstances in advance.

## **CONFLICT RESOLUTION**

Student-athletes are expected to resolve conflicts in a mature, thoughtful way. In the event of a conflict with a coach or teammate, the student-athlete first should try to resolve the conflict directly with the coach. If this attempt at a solution is unsuccessful, the student-athlete should speak with the Athletic Director. If the conflict persists, the student-athlete should ask his or her parent or guardian to speak with the coach. If the conflict cannot be resolved at this level, the student-athlete should ask his or her parent or guardian to speak with the Athletic Director. If there is still no resolution, the student-athlete should ask his or her parent or guardian to speak with the principal.

## **EQUIPMENT AND UNIFORMS**

Student-athletes may use equipment and wear uniforms only when authorized by the coach. All equipment and uniforms must be returned in good condition to the coach at the end of the season. Student-athletes are responsible for all equipment or uniforms in their possession. In the event any equipment or uniform is lost or stolen, the student-athlete is responsible for the cost of replacing the item. Student-athletes will not be allowed to try out for or play on a team during the next season until he or she has returned or paid for the replacement of all uniforms and equipment assigned to him or her.

Student-athletes may not wear cleats or muddy shoes in the building or walk about without socks or shoes.

## **TRAVEL TO AND FROM CONTESTS**

Student-athletes must travel with the team to and from all games. A student-athlete, however, may return from a game with his or her parent or guardian if he or she presents a signed note from the parent or guardian. Student-athletes must behave appropriately at all times while traveling with their team and should ensure that they do not leave any equipment, uniforms or other personal possessions on team busses.

## **LOCKER ROOM**

Student-athletes are responsible for their own uniforms, equipment and personal possessions. Valuables should be left at home or given to the coach for safekeeping. Lockers should be locked when not in use. Student-athletes should remove all personal possessions from their lockers at the end of each season. Personal property left behind will be discarded.

## **GYMNASIUM AND WEIGHT ROOMS**

For reasons of safety, student-athletes may be in a gymnasium or the weight room only during a practice or when supervised by an authorized member of the staff. Unless supervised by a coach, no student-athlete may work out in a gymnasium or the weight room while another team is having an official practice. While practicing, student-athletes may use only that equipment designated for the sport.

## **TRAINING ROOM**

For reasons of safety, student-athletes may be in the training room only in the presence of the trainer or a coach. Student-athletes in season have priority use of the training room. Student-athletes may take or use materials only with the permission of the athletic trainer. Any reusable materials (braces, ace wraps, etc.) must be signed out and must be returned in a clean, sanitary condition.

## **SPORTSMANSHIP STATEMENT**

### **Student-Athletes**

Student-athletes participating in or attending any athletic event should keep in mind that they are guests and are expected to behave properly. Any student-athlete not abiding by the principles of good sportsmanship will be asked to leave the contest and may not be allowed to attend future contests.

All student-athletes are expected to:

- ♦ treat opponents with respect at all times, and shake hands prior to and after contests,
- ♦ respect the judgment of contest officials and coaches, abide by rules of the contest, and display no behavior that could incite fans,
- ♦ cooperate with officials, coaches and fellow participants to conduct a fair contest,
- ♦ accept the responsibility and privilege of representing the school and community by displaying a positive attitude at all times, and
- ♦ Demonstrate and maintain a high level of sportsmanship established by coaches.

### **Expectations of Fans**

Fans are expected to behave appropriately at all times. They may not use profane language or harass players, coaches, officials or other fans. Fans must respect decisions made by officials and/or school administrators. They should be exemplary role models by applauding good plays by their own team AND the visiting team.

## **INSURANCE**

If a student-athlete has been injured while participating in an interscholastic sport, the school insurance coverage will consider the unpaid balance for payment after his or her parent or guardian's claim has been submitted to their own insurance company. Any questions should be sent to the School Nurse at (860) 673-2514.

## **CLEARINGHOUSE CERTIFICATION – NCAA ELIGIBILITY**

In order to participate in intercollegiate athletics at the Division I or Division II level, all student-athletes must be certified by the NCAA Initial-Eligibility Clearinghouse. Student-athletes should see their guidance counselor to obtain the required forms.

Student-athletes who are certain that they want to participate in athletics as college freshmen should apply for NCAA certification *before* graduation. The Clearinghouse issues preliminary certification reports once all materials have been submitted. After graduation, the Clearinghouse reviews student-athletes' final transcripts to make final certification decisions according to NCAA standards.

Student-athletes should earn a grade-point average of at least 2.00 on a 4.00 scale. In a core curriculum of at least 14/16 academic courses that were successfully completed during grades 9 through 12, only courses that satisfy the NCAA definition of a core course can be used to calculate the student-athlete's NCAA grade point average. No special values are allowed for "+" or "-" grades.

## *Appendix A*

### **C.I.A.C. ELIGIBILITY RULES**

**(You are eligible):**

**A. If you are taking at least four (4) units of work or the equivalent;**

(Rule I.B.): A pupil cannot at any time represent a school unless taking at least four quarter Carnegie Units of work or its equivalent. "Equivalent" is any number of courses which are equal to one Carnegie Unit.

**B. If you have passed at least four (4) units or the equivalent at the end of the last regular marking period;**

(Rule I.A., I.B.): To be eligible for fall sports a pupil must have received credit toward graduation at the close of the school year preceding the contest in at least four (4) Carnegie Units of work or its equivalent for which he or she has not previously received credit. Credit must be earned during the same academic year. During the school year a pupil must have received a passing mark in at least four (4) quarter Carnegie Units of work or its equivalent at the end of the regular marking period next preceding the contest. Student eligibility will be determined for all students on the date that report cards are distributed or on the fourteenth calendar day following the end of the marking period, whichever comes first. No Carnegie Unit or equivalent for which the pupil has already received credit shall be included in those required by this rule.

Scholastic failures cannot be made up for eligibility purposes in any manner until the next report, except that credits earned during the summer by any regularly approved board of education procedure will be accepted for the purpose of determining the eligibility of pupils desiring to participate in the athletic program of the school in September. Scholastic incompletes must be made up within ten (10) school days following the date that student eligibility was determined for the respective marking period as defined above. **Incomplete grades are not to be considered as passing grades.**

**Marking period grades (not semester grades)** are to be used in determining scholastic eligibility to participate in interscholastic athletics during any given marking period. To be eligible for fall sports a pupil must have received credit toward graduation for four (4) Carnegie Units of work for which he or she has not previously received credit.

**The final academic average determines fall eligibility.** Semester courses or mini-courses completed earlier in the school year may be counted toward the four (4) units used in determining eligibility for fall season. Year-end failures may be made up through successful completion of LEA approved summer school work in courses failed.

**C. If you are nineteen (19) years of age after July 1<sup>st</sup>;**

(Rule II. B.): The pupil shall not have reached his or her nineteenth (19) birthday, except a player who reaches his or her nineteenth (19) birthday on or after July 1, shall be eligible to compete during the ensuing school year if he or she is otherwise eligible.

**(You are NOT eligible):**

**D. If you have changed schools without a change of legal residence, with the exception of incoming freshman;**

(Rule II.C.): A pupil who transfers from a school to a CIAC member school during grade 10-11, or 12 without at the same time changing legal residence to another school district or school service area, or satisfying at least one of the following requirements must complete at least one year (365 days) of approved membership before being eligible for interscholastic competition in any sport in which he or she was a participant in the present or receding season during grades 10, 11, or 12 on the junior varsity or varsity team.

**Hardship Exception to the Transfer Rule (Rule II. C. #20):** Hardship-Eligibility may be granted to a transfer student who does not meet the CIAC Transfer Standard when sufficient evidence is provided. Hardship is defined as an unforeseeable, an unavoidable, and uncorrectable act, condition or event which causes the imposition of a severe burden upon the student or his/her family.

*Note: All hardship exceptions are reviewed by the CIAC Eligibility Committee.*

**Transfer Requirement # 19 (waiver)** – A student who does not qualify for the transfer rule using the above requirements may be granted eligibility if the student-athlete transfers for non-athletic reasons. Contact the Athletic Office for the waiver procedures for Requirement # 19.

- E. **If you have played the same sport for more than three (3) seasons in grades 10, 11, and 12 (rule II.B.);**
- F. **If you play or practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season (rule II.E.);**
- G. **If you play under an assumed name (rule II.F.).**

*Note: Eligibility is determined by the school administration and athletic department. Use of any illegal player results in forfeiture of game(s) and/or season.*

## *Appendix B*

### **FARMINGTON PUBLIC SCHOOLS – Farmington High School Student Code of Conduct for Interscholastic Athletics**

Participation in the Farmington High School Interscholastic Athletic Program is a co-curricular privilege afforded to students in good standing, and participation is contingent upon decisions and actions that meet this Code of Conduct.

FHS student-athletes have a responsibility to serve as positive role models for other Farmington High School students on the playing fields, in the classroom, and in the Farmington community.

All student-athletes are expected to meet this athletic code, and failure to comply during their season could result in suspension or removal from a team. All athletes and parents must sign this FHS Interscholastic Athletics Code of Conduct prior to participation.

**During the School Day:** A student-athlete must follow all school rules and regulations. This means good attendance, participation, effort, and behavior. In order to participate in a practice or game on a school day, a student-athlete must be in school a minimum of four hours. Any exceptions to this rule due to medical or other serious circumstances must be approved by the Athletic Director and the school administration.

**On the Playing Fields or Courts:** Good sportsmanship and fair play is expected at all times. Student-athletes will demonstrate respect for teammates, opponents, officials, and spectators. Sportsmanship is an important expectation at all FHS athletic events and programs.

**In Our Community:** The student-athlete is expected to represent the community with honor and dignity. In signing this Code of Conduct, you agree to respect the rights of others and represent your team and Farmington High School in exemplary manner.

**Health and Student-Athletes –The Use of Illegal Substances:** The health and welfare of FHS student-athletes is an important part of interscholastic athletics. Appropriate decisions and actions regarding the use of illegal substances is a critical expectation for FHS student-athletes.

Any use or possession of illegal substances (including drugs, alcohol, and steroids) by a student-athlete is prohibited. This is a 24-hour rule, extending beyond the school day. If the FHS administration and Athletic Director confirm behavior that violates this aspect of the policy, the following consequences will be assessed:

- 1. First Offense** – The student-athlete will not be allowed to participate in practices or games for a three (3) week period beginning with the date of the offense or the date of the first practice session of the season, whichever is later. There will be a mandatory meeting with the student-athlete's guidance counselor and Athletic Director regarding this offense prior to re-joining the team.
- 2. Second Offense** – If a second violation of this substance abuse policy occurs anytime during the student-athlete's school career, the student-athlete will not be allowed to participate in practices or games for a 10 (10) week period beginning with the date of the offense or the date of the first practice session of the season, whichever is later. This suspension may cross from one season to the next. There will be a mandatory meeting with his or her guidance counselor and Athletic Director regarding this offense prior to re-joining the team.



## *Appendix C*

### **CIAC Chemical Health Policy**

#### **4.15.E Chemical Health Policy and Regulation**

The CIAC recognizes the use of chemical substances as a significant health problem for many adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The misuse and abuse of chemical substances by family members, team members, and other significant persons also has a negative effect on adolescents.

The CIAC is committed to the ideal of fair play and equitable competition at all CIAC contests. This idea stands as the foundational concept which guides significant and long-standing regulations, such as the age rule, recruitment, transfers, and others. These regulations exist to ensure that, as much as is possible, high school athletics are conducted in such a fashion that no individual athlete or team has an unfair advantage over its competitors. CIAC recognizes that the use and abuse by athletes of performance-enhancing substances must be added to those behaviors which create an uneven playing field for student athletes and all athletic programs. The use of performance-enhancing substances by an athlete can and does alter the outcome of athletic events and, in so doing, has a profound impact on other schools within the league and across the state.

This policy has been developed to protect the health and safety of its member school student athletes, and to assure that no participant might be pressured to use performance-enhancing drugs for the purpose of remaining competitive, or to gain a competitive advantage. The CIAC Chemical Health policy will establish an expectation that all member schools have a chemical health policy that requires all student-athletes playing in CIAC-controlled sports to be chemical free.

CIAC activities provide coaches and other athletic department personnel a unique opportunity to observe, mentor, confront, and assist young people. The CIAC, therefore, strongly supports education and awareness training for adolescents in the use of chemical substances.

Each member high school shall submit to CIAC, on or before September 15 of each year, a copy of its written policy and procedures for dealing with the use, sale, or possession of alcohol or controlled drugs and alcohol, as approved by its board of education or other governing body. If no changes have been made, the previous policy will remain in effect.

The written policy and procedures must address how violations affect student-athletes and must contain the seven statements listed below. These statements can be incorporated into existing policy on drugs, alcohol, and tobacco, such as is mandated by state statute, or included in the athletic handbook for students and parents.

1. A statement which designates that the policy and procedures apply to all CIAC controlled activities sponsored by the school and that participation in high school athletics is a privilege and not a right.

2. A statement that alcohol, stimulants, street drugs (including but not limited to marijuana, heroin, and cocaine) are addressed by the policy and procedures.
3. A statement that anabolic steroids, hormones and analogues, diuretics, and other performance-enhancing substances are addressed by the policy and procedures and that the CIAC may impose sanctions beyond those applied by the LEA for use of these substances by athletes.
4. A statement that the school shall provide preventive and intervention educational programs for its student-athletes.
5. A statement which describes the types of prevention and intervention programs required for student-athletes prior to and during the sports season.
6. A statement which indicates which job functions in the school are responsible for the administration/enforcement/monitoring of the policy or regulations. (Principal, assistant principal, teacher, guidance, health personnel)
7. A statement which outlines the methods to be employed to ensure that all athletes and their parents are fully apprised of the policy and procedures.

The policy submitted by each school will be placed on file and available to CIAC Sports Committees, CIAC Eligibility Committee, CIAC Eligibility Review Committee, CIAC Board of Control, news media, and public in general.

#### 4.15.F. **CIAC Position on Food Supplements Including Creatine**

The CIAC fully endorses the policies of the National Federation of State High School Associations regarding the use of food supplements by athletes.

School personnel and coaches will not dispense any drug, medication, or food supplement except as in accordance with Connecticut state law, district policy, and as prescribed by a student's physician, dentist, physician assistant, or advanced practice RN. The order is to be on record in the school health office listing dose, time, and length of order, side effects, and emergency contact. There will also be a signed parental consent on file.

The use of any drug, medication, or food supplement in a way not described by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches may NEVER supply or recommend or knowingly permit students to use any drug, medication, or food supplement for the specific purpose of enhancing their athletic performance.

#### 4.15.G. **CIAC Position on Steroids**

The National Federation of State High School Associations (NFHS), the national service organization to all 50 state high school athletic and activity associations, as well as the District of Columbia, prohibits the abuse on anabolic steroids and other performance-

enhancing substances by high school student-athletes. Such use violates legal, ethical, and competitive equity standards, and imposes long-term health risks. Further, the NFHS supports prohibitions by educational institutions, amateur and professional organizations, and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes. The CIAC fully endorses this National Federation position on steroids.

#### 4.15.H. **CIAC Position on Drug Testing**

The CIAC Chemical Health Policy does not include any form of mandatory drug testing by member schools. The CIAC strongly supports the concept of local authority in determining drug testing policies. Each Board of Education/governing body reserves the right to voluntarily implement a drug testing policy for its athletes. Drug testing of high school athletes has been demonstrated to be an effective deterrent to the use of steroids and other illegal drugs. With the use of proper safeguards, drug testing is considered legal. The CIAC recommends member schools use the NCAA and the USOC list of banned performance-enhancing substances and practices when designing and implementing a drug testing policy. The Connecticut Association of Boards of Education (CABE) has sample drug testing policies LEAs may wish to consider.

#### 4.15.I. **Performance Enhancing Drugs Minimum Penalty**

The CIAC expects member schools to monitor their student athletes to assure that they are free of performance-enhancing substances and to report any violations in a timely manner.

A student-athlete who has been determined to have used, in or out-of-season, androgenic/anabolic steroids or other performance-enhancing substances shall be declared ineligible for all CIAC-controlled activities for one hundred eighty (180) school days on each occurrence. The one hundred eighty (180) school day period of ineligibility commences on the day the CIAC Board of Control makes such determination.

Any student athlete who refuses to submit to testing as part of a member school's Board of Education-approved random drug testing policy shall be ineligible to participate in any CIAC-controlled activities.

All CIAC contests/games/tournaments/championships in which the offending athlete participated while under the influence of performance-enhancing substances shall be declared forfeitures and all records will be expunged.

A member school may apply to the CIAC Board of Control for reinstatement of the athlete's eligibility to participate in CIAC controlled activities. Any such application must include:

- a. The results of CIAC-approved medically validated drug test which confirms that the student-athlete is chemical free. The test must have been completed within 30 days prior to the application. The CIAC shall not be responsible for any expenses related to this testing.
- b. A statement of the compelling circumstances on which the member school bases its application for reinstatement of the athlete's eligibility.

Performance-enhancing substances and practices subject to this policy include but are not limited to, the following:

- a. Anabolic Agents, Diuretics, Peptide Hormones and Analogues
- b. Blood doping (the intravenous injection of whole blood, packed red blood cells, or blood substitutes)
- c. Substances and practices identified as banned by the NCAA and the USOC.

The CIAC allows member schools to make exceptions for those student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history, and dosage prescribed.