



# LUMMI NATION SCHOOL

# ATHLETIC PACKET

## CO-CURRICULAR POLICY

### CONCUSSION AND SUDDEN CARDIAC ARREST INFORMATION FORMS

**TO BE READ AND SIGNED BY BOTH STUDENT ATHLETE AND PARENT/LEGAL GUARDIAN**

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### CO-CURRICULAR ACTIVITIES PROGRAM

The Lummi Nation Education School Board recognizes the value of the School Co-Curricular Program and affirms its importance in assisting students in developing their skills, qualities, and knowledge required to become successful in our diverse society. Lummi Nations co-curricular activities program shall include, but is not limited to the following: ALL WIAA sanctioned activities, interscholastic activities, debate groups, Kwenangetel: Youth Empowering Youth Peer Mediation mentors, performing drama groups, performing music groups, student body officers, drill/dance team member, cheerleading, leadership groups, and those other activity organizations recognized by the ASB and who represent the school and the Lummi Nation School Board.

Lummi Nation Schools co-curricular program is an integral part of the total educational school program. The co-curricular activity program will be offered to all students at Lummi Nation School and will provide its school participants every opportunity for participation.

Because co-curricular activity participants are representatives of Lummi Nation Education School when they perform in public, students are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their team, activity group, school, school board, and community. As a result, co-curricular activity participants shall be required to follow the procedures written into policy by the Lummi Nation School Board and the Code of High School Co-Curricular Activities Program Administrative Procedures.

### **DEFINITION OF CO-CURRICULAR ACTIVITY**

The co-curricular activities are those activities which are in addition to classroom instruction and are sponsored activities outside of standard regular curriculum.

### **SCOPE OF CO-CURRICULAR ACTIVITY CODE**

The rules and regulations contained in the Co-Curricular Activities Code shall apply to any violation occurring on school premises, at any school sponsored event or activity, or off school grounds during the one calendar year following the date of signing.



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## CO-CURRICULAR CODE

### **CODE OF CONDUCT AND VERIFICATION OF UNDERSTANDING**

Participation in the Lummi Nation High School activities program is a privilege, not a right. All participants are expected to demonstrate high levels of citizenship and academic performance in order to represent Lummi Nation School as a member of a team or club activity.

Life is full of choices, some are easy and some are hard. As participants, students from Lummi Nation School will be faced with these life choices. If the choices they make impedes, interferes, or hinders their personal or group performance, or renders them unfit to serve as representatives of Lummi Nation School, they may forfeit their privilege to participate. If a participant is found to be in violation with any of the rules set forth in this policy, they will be subject to corrective action as specified in the code.

Activities exemplify the philosophy that dedication, drive and determination bring individual and most importantly team success. Some form of an award ceremony will be held at the conclusion of every activity season to honor successful participants.

The Code of Conduct must be signed each year and will be in effect for one calendar year from the date of signing. The appropriate sanctions, as described in this procedure, will be applied for violations that occur during the one calendar year following the date of signing.

A co-curricular activity season shall be that portion of a school and/or calendar year during which regularly scheduled practices, turnouts, rehearsals, meetings, games, events, or concerts for the specific activity are held under the direct supervision of Lummi Nation School employees.

### **GENERAL REGULATIONS**

All students who participate in the athletic/activity program of Lummi Nation School will comply with the rules and regulations and will submit to the reasonable discipline of school authorities. This Code of Conduct represents high standards set forth by the Lummi Nation School Board. Individual head coaches, mentors, or staff members who are in charge of a co-curricular activity at Lummi Nation School have the right to add additional written standards for their participants. These standards must be submitted to the principal of Lummi Nation School and pre-approved by the Lummi Nation School Board prior to implementation.



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1. A student who quits a sport/activity during the season or is released from the team by the head coach/advisor during that season for violation(s) of the Code of Conduct will be restricted from playing another sport/activity for the remaining school year. In the case of this occurring during a spring sport, the succeeding sports season (fall) will be restricted from participation. Only with mutual consent of the principal, athletic director, and both head coaches involved can restriction be removed. In addition, completion of the co-curricular activity's season is required in order for the student to be eligible for letter or other team or individual awards. No awards will be given to any student who has been suspended for the remainder of the season due to violations of this code.
2. Any athlete who is injured and has had medical treatment cannot participate in any sport/activity until a signed release form from the doctor is presented to the head coach and/or Athletic Director. The release form will be kept on file by school administration in the student's student file.
3. Any display of unsportsmanlike conduct toward an opponent or official or the use of profane, obscene, or vulgar languages or gestures during a practice or contest will result in counseling by the head coach/advisor and/or other corrective action, including possible exclusion.
4. School owned equipment checked out is property of Lummi Nation School and is the student's responsibility to keep in good condition, besides normal wear and tear, during their activity season. All uniforms must be turned in to the Athletic Director to receive credit and/or awards. In addition, no student will be allowed to participate in any other activity season until all outstanding equipment is returned. If the student has lost any checked out equipment, the student will be subject to fines. Again, all fines will need to be paid in full in order to participate in any other activity season.
5. All students who are participating in co-curricular activities must meet the dress standards deemed appropriate by the advisor/coach and school administration. Coaches and advisors of activities will notify participants as to the standards they expect.
6. All students are required to attend all scheduled practices, meetings, contests, and performances, whether or not school is in session. If it is necessary to be absent, prior notification must be provided to the advisor / coach no less than 48 hours prior to the planned absence. Exceptions to the 48 hour requirement may be made at the discretion of the principal for good cause.
7. All participants shall not engage in conduct detrimental to the school or group.
8. A participant shall not steal or use another's property without permission.
9. A participant shall not participate in any form of harassment, intimidation, and/or bullying, also known as HIB. Possible termination of eligibility could occur for this offense.
10. Any participant who has been charged with a crime during an athletic season will automatically be in violation of the code. The participant will be subject to the violation section of this policy.
11. A participant shall not use, consume, possess, transmit or sell alcoholic beverages, drugs, narcotics or tobacco (including smokeless tobacco). In addition, participant shall NOT use or possess drug paraphernalia. Participants who are cited by the law enforcement with a DWI/Minor in Possession will automatically constitute a violation of the code. The participant will be subject to the violation section of this policy.
12. Participants must travel to and from all functions away from Lummi Nation in transportation required by the school. The only exceptions permitted are:
  1. Injury to a participant which required alternate transportation; or
  2. Prior arrangement between the participant's parent/guardian and the coach/advisor for the student to ride with parent/guardian.



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13. A participant shall not use, consume, possess, transmit or sell alcoholic beverages, drugs, narcotics or tobacco (including smokeless tobacco). In addition, participant shall NOT use or possess drug paraphernalia. Participants who are cited by the law enforcement with a DWI/Minor in Possession will automatically constitute a violation of the code. The participant will be subject to the violation section of this policy.
14. Participants must travel to and from all functions away from Lummi Nation in transportation required by the school. The only exceptions permitted are:
  3. Injury to a participant which required alternate transportation; or
  4. Prior arrangement between the participant's parent/guardian and the coach/advisor for the student to ride with parent/guardian.

### STUDENT ATTENDANCE REQUIREMENTS

A student must be in school the entire day in order to participate in a practice or co-curricular activity on that day. The only regular exceptions to this requirement are funerals, pre-planned medical/legal appointments, or school sponsored events.

If a student is absent the last day of the week and the competition is on a non-school day, the student must bring to the coach/advisor a signed statement from the parent/guardian granting permission for the student to participate. Failure to bring in a note on the day of the competition will result in failure to participate in the activity. There will be NO exception to this rule.

Truancy is not acceptable at Lummi Nation School. Students are expected to be in school and attending classes on a regular basis. Unexcused absences from any class, portion of a class or practice, will be dealt with as follows:

1. **First Offense:** Exclusion for one event;
2. **Second Offense:** Exclusion for one two events; and referred to the Principal or designee for services
3. **Third Offense:** Exclusion for three events; and referred to the Principal or designee for services
4. **Fourth Offense:** Exclusion for the remainder of the season; and referred to the Principal or designee for services



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## ACADEMIC STANDARDS

Participants at Lummi Nation School who are involved in a co-curricular activity program are required to successfully perform and advance in their academics. The academic standards place proper emphasis upon student achievement in the classroom to maintain eligibility.

If a student desires to participate in a school sponsored athletic activity, he or she must be in good standing with both attendance and grades not only for the current sports season, but also for the previous sports season. Therefore, to be academically eligible for a fall sport, the student must be in good standing in current fall season and the second semester of the previous school year. For a student to be academically eligible for winter sports, the student must be in good standing in the current winter season and the fall first quarter (term one). For a student to be eligible for spring sports, the student must be in good standing in the current spring season and the previous first semester.

Academic eligibility is established at least every two weeks during the co-curricular activity season. In order to be eligible to participate in an activity, a student must be registered, attending, and passing all assigned classes. All students will be required to hold a minimum of a 2.0 average to be able to participate in co-curricular activities. Students who do not have passing grades may be excluded as previously discussed. The student and parent/guardian will be notified of this exclusion. Students who raise their grades to Passing (2.0, C or higher) during the exclusion week remain ineligible until the following Monday. A student with two or more failing grades during a grading period will be ineligible to participate until the next grading period which is two weeks. Clerical errors made by teachers may be corrected by mutual agreement between the teacher, the Principal, and the Athletic Director.

Academic assessments will begin, no later than three weeks into any activity season. Grade checks will be disbursed on Wednesday and returned on Friday by noon (12:00 pm). The week will start on the Monday and following grade check will include the entire week, ending on Sunday.

Forging of a signature or grade will result in an automatic exclusion for the season.

Eligibility Option: *Student athletes receiving a failing mark on their progress report will have an opportunity to remain eligible by attending an after school program at Lummi Nation School for a minimum of 3 days per week until the athletic director is notified by the teacher/s that the student is passing all classes.*

Extended Season: In the event that an activity season is extended, grades will continue to be monitored every two weeks and the academic requirement will apply until the season has ended.



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## **CITIZENSHIP STANDARDS**

All participants of Lummi Nation School must demonstrate good citizenship in the school building, classroom, and co-curricular activity program. Conduct that materially and substantially interferes with the educational process is prohibited.

Any participant referred to the administration for disruptive behavior will be made aware of the possible consequences of his/her behavior and actions and may be subject to appropriate corrective actions.

Students who are referred to administration for disruptive behavior will be disciplined according to the following actions:

1. Upon a second referral that requires administrative action, the participant will be declared ineligible for the following week; including games.
2. If there is a third referral requiring administrative action, the participant will be excluded from the co-curricular activity for the remainder of the season.

## **USE OF ALCOHOL, ILLEGAL DRUGS AND CONTROLLED SUBSTANCES**

Lummi Nation School recognizes that chemical dependency is a serious illness that not only plagues today's students but also violates the law. It is the belief that in order to instill the importance of abstinence from these substances, Lummi Nation needs to enforce a **NO-TOLERANCE** policy on the use of such substances.

### **Definitions:**

**Proximity Offense:** In the absence of physical possession, if there is knowledge that alcohol, tobacco, drugs or other illegal substances are present and/or being used by others who are present – all students have a responsibility to remove themselves from the situation. If participants are in a location, on or off campus, where they come in contact of any of the above being used the participant has ten (10) minutes to remove themselves from the location. Failure to remove themselves from the location where participation of alcohol, drugs, tobacco or other illegal substances are present will place the participant in violation of the code. This rule does not apply in any event where alcohol or specified drug is permitted by law, such as at religious ceremonies or where alcohol use is restricted to adults.

**Exclusion:** Athletic/activity exclusion means to complete denial of the privileges to participate in the athletic/activity program for an indefinite or defined period of time.

**Self-Referral:** Self-referral of a violation means that the student admits to the infraction before an investigation or inquiry by any school staff occurs.

**Self-Admittance:** Self admittance of a violation means that, when questioned as part of an investigation, a student responds honestly and is cooperative.



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## Violation Procedure

### **Violation of Drug and Alcohol Rule**

**First Violation:** Suspension from an activity for fifteen (15) school days. If the suspension does not include a major activity, the participant will be denied the right to participate in the next major performance, game, contest, completion or event. In addition, a drug/alcohol evaluation by an approved community agency or individual is MANDATORY and must be completed within ten (10) school days from the date of the incident. Cost of the evaluation will be at the student and/or parent/guardian expense. Students will attend practices during suspensions.

The participant will be immediately ineligible for all activities or athletic completion. Ineligibility shall continue unless the student accesses the assistance program outlined below:

The student must meet with administration, School Board, Athletic Director, and coaches to request approval to participate. The board will recommend to the principal appropriate action to be taken in each individual case. The school principal will then have the final authority as to the student's participation in the activity program.

**Second Violation:** Suspension from a co-curricular activity for forty-five (45) school days and completion of a new evaluation by an approved community agency or individual within ten (10) days from the date of the incident. Compliance of the evaluation recommendation is required before the participant can return to the activity. Written verification of completion is required must be submitted to the principal and/or Athletic Director. Drug and alcohol compliance is mandatory prior to reinstatement. Students will attend practices during suspensions.

**Third Violation:** A third violation will result in exclusion from all sports and/or activities in the Lummi Nation Schools for a period of one calendar year.

## **USE OF TOBACCO**

Lummi Nation School recognizes that the use of tobacco, including smokeless tobacco, is a health hazard and is addictive in nature. Lummi Nation will **NOT** tolerate the use or possession of tobacco by any participant.

Participants who violate this regulation will be subject to the following action:

**First Violation:** Participant will be restricted from participation in the activity for one game, event, performance, contest, or competition. Counseling will be offered to aid in support to encourage stopping.

**Second Violation:** Participant will be restricted from participation in the activity for two games, event, performance, contest, or competition. Counseling will be offered to aid in support to encourage stopping. If the participant fails to attend the class offered for the addiction, further participation in any co-curricular activity will be terminated until she/he has done so.

**Third Violation:** A third violation will exclude the participant for the remainder of the co-curricular activity season.

**Fourth Violation:** Exclusion from all sports and/or activities in the Lummi Nation School Schools for one (1) calendar year from fourth violation.





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## **IMPLEMENTATION PROCEDURES**

Whenever the corrective action includes suspension, the advisor/coach will adhere to the following procedures:

1. Report the incident immediately to the building administrator and Athletic Director.
2. The building administrator will document the offense and call the participants parent/guardian.
3. If the law has been broken, Lummi Law and Order will be called. If the law has been broken off the Lummi Nation Campus, 911 will be called and the appropriate Law Enforcement will be called.

## **SCHOOL SPONSORED DANCES**

It is the decision of the Lummi Nation School that students that are eligible to attend these school sponsored dances must in be grades 9-12.

## **OTHER REQUIREMENTS FOR PARTICIPATION AT LUMMI NATION**

**Requirements for Participation:** As a participant in any activity, students are required to complete the following and/or turn in the following:

1. Students must have an Associated Student Body Card (ASB card).
2. Students must be in regular school attendance the previous semester.
3. Students must have met the WIAA and Lummi Nation School Co-Curricular eligibility requirements pursuant to rule (18.0).
4. Students must be passing all classes with a C or higher.
5. In the event that the student is not passing all classes, the student will be required to attend after school tutoring sessions until they successfully are passing their classes.
6. School Insurance Form or Insurance Waiver Form completed and signed.
7. Students must be 20 years of age or younger during the course of the season.
8. Medical Emergency Release Form completed and signed.
9. Code of Conduct Signed by Student and Parent
10. Physical Examination or Physical Evaluation update and approved.
11. Previous Sports Equipment Returned
12. Acknowledge of Risk Form signed.

**WIAA Requirements:** The participant must abide by all WIAA rules and regulations found in the WIAA Handbook with specific exceptions as allowed by WIAA related to academic standards and student conduct as noted in this Code.





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The WIAA Handbook is accessible for your review through the High School Athletic Director:

**1. Age Limit-**Students must be 20 years or younger on the following dates:

September 1 for fall sports

December 1 for winter sports

March 1 for spring sports

**2. Residence Rule:** Students must reside within areas where the Lummi Nation School provides transportation with either one or both parents, or with a legal guardian. There are exceptions to this rule, and any questionable situation must be brought to the attention of the Athletic Director.

**3. Enrollment Rule** –A student shall be enrolled in school no later than October 1<sup>st</sup> (the first term) and February 15<sup>th</sup> (the second term) to fulfill the previous semester requirements on attendance. He/she shall have been in regular attendance from the time of enrollment to the date of the contest.

**4. Physical Examination-** Every student who participates in interscholastic athletics/activities must have passed a physical examination from a licensed medical physician or surgeon during the 13-month period prior to participation. Written evidence of having passed the physical exam must be on file in the office before the student will be permitted to turn out for the first practice. It is emphasized that this exam is only valid for 13 months, and must be updated at the end of this period, even though it might occur in the middle of a sport season. To resume participation following an illness and/. Or injury serious enough to require medical care, a participating student must present to his/her coach a “Return to Play” form signed by a physician.

**5. Attendance-** WIAA Handbook attendance rules apply subject to exceptions found in this Code.

**6. WIAA Eligibility Rules-**above are listed several of the WIAA eligibility rules, which are the most commonly troublesome ones for some students. Others must include: (1) Students must be a member of their school: (b) students must meet special requirements if they have transferred between schools: (c) students must meet the season limitation standard: (d) student must get special permission if they are a foreign exchange student and (3) students must meet amateur standing criteria, etc.

## GRIEVANCE / HEARING APPEALS

Any student who has been suspended/excluded from athletic competition (participation) by the Athletic Director/principal as a result of violating the co-curricular code, has a right to appeal the penalty and/or the violation or both.



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The principal or his/her designee shall deliver written notice of the violation via hand delivery or certified mail to the student's parent/guardian. The written notice shall include the specific charges, the recommended sanction, and indicate the student-athletes right to a hearing with the Education Director provided the request is made in writing within three school days of receipt of said notice.

Written requests for appeals must be addressed to the Education Director. Appeals not received within the required time frame will be considered waived. The hearing with the Education Director or his or her designee shall be held within five school days of the request.

Appeal decisions of the Education Director are final.