



## Rockford High School Athletic Training Code

The Rockford Public Schools provide a well-rounded program of interscholastic athletics with a wide range of voluntary athletic activities for both young men and women. To be a member of a Rockford athletic team is a privilege afforded by the Board of Education. Every privilege has a number of responsibilities; athletics is no different.

Student/athletes must develop and maintain habits of personal behavior and health, which will enable them to perform well, to minimize risk of injury and to represent themselves and Rockford in a manner which merits respect for all. Athletes have a tradition to uphold and an attitude to display. **We will be successful with class, style, and sportsmanship.**

### I. WHO/WHEN

Beginning with a student's enrollment into the 9<sup>th</sup> grade, all members of athletic teams (players, managers, trainers) are bound by the following training rules at all times throughout the entire calendar year.

### II. SUBSTANCE USE/POSSESSION AND CRIMINAL VIOLATIONS

Athletic training rules forbid the use or possession of tobacco (in any form), alcohol, drugs, anabolic steroids, look-alike drugs, narcotics, controlled substance, and/or actions deemed misdemeanors or felonies under the criminal code by any student/athlete who represents Rockford High School.

#### A. PENALTY

1. First offense for use or possession alcohol, drugs, anabolic steroids, look-alike drugs, narcotics, or any controlled substance, and/or actions deemed misdemeanors or felonies under the criminal code will result in immediate suspension from competition for one-third of the scheduled athletic contests in the sport the athlete is participating in, or will participate in.

First offense for use or possession of tobacco (in any form, including e-cigarettes, vapor pens), will result in suspension from competition for one-fourth of the scheduled athletic contests in the sport the athlete is participating in, or will participate in.

A suspension will carry over into the next season of competition if the student/athlete does not complete the suspension in his/her present season.

2. Second offense will result in suspension from all athletics for a period of 12 months from the date of suspension.

3. Third offense will result in permanent barring of the student/athlete from participating in all athletics for his/her high school years.

#### B. SUSPENSION PROCEDURE WILL BE:

1. The student/athlete will be informed of the violation by his/her coach and/or the Athletic Director.

2. A letter will be sent to the student/athlete's parents or guardians stating the offense, penalty, and appeal procedure.

3. An appeal may be requested by the parents/guardians of the student/athlete (if adult waiver is on file) to the principal within five days of receipt of the suspension letter. Student/Athlete will begin serving suspension during the appeal process.

### III. CONDUCT/BEHAVIOR VIOLATION

Student/athlete shall conduct him/herself in such a manner as to not bring discredit to the school, team or him/herself. Examples of conduct/behavior violations include, but are not limited to: gross misbehavior, vandalism, theft, insubordination, school suspension, inappropriate use of social media, hazing in any form, etc.

#### A. PENALTY

1. As determined by the Head Coach and Athletic Director upon investigation.

#### B. SUSPENSION PROCEDURE

1. As stated above (Section II-B).

### IV. SELF REPORTING

If a student self-reports a code of conduct violation, the administration and head coach may reduce the suspension as deemed appropriate. Self-reporting to the principal or athletic director will only be allowed for reductions for first offenses and must be made prior to the investigation by RHS administration.