



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 9th 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.