

**FREMONT UNION HIGH SCHOOL DISTRICT  
CO-CURRICULAR CODE OF CONDUCT**

**PHILOSOPHY**

Co-curricular activities mean more than competition between the individuals representing different schools. It is, rather, a means of learning a way of life which exemplifies the philosophy that hard work, drive, and determination bring eventual success. Good sportsmanship, both as a winner and a loser, and the concept of self-discipline and self-esteem are inherent parts of any student's participation.

Co-curricular activities are a part of the total educational program and as such contributes to the development of desirable learning habits and outcomes in knowledge, skills, and emotional patterns.

Co-curricular activities are an integral part of school life. When carefully planned and operated, they:

- A. Extend and reinforce the instructional program;
- B. Give students practice in democratic self-government;
- C. Build student morale and promote positive support for the school;
- D. Provide wholesome social and recreational activities;
- E. Contribute to the enhancement of all segments of a multi-cultural student body.

**PERMISSION TO PARTICIPATE – AR 5136**

The student, parent and/or guardian must sign the FUHSD Co-curricular participation authorization form (parent consent form) #6510 each school year, and the form must be on file at the school.

**CO-CURRICULAR ACTIVITY CODE**

The student and parent/guardian must read the Athletic/Activity Code, sign the Participation Authorization and return it to school before the student will be allowed to participate. (form #6510)

**INSURANCE**

California law (Education Code Section 32220-24) requires every member of a co-curricular activity to have accidental bodily insurance providing at least \$1,500 of scheduled medical and hospital benefits. Any student injury must be reported to the coach/advisor before leaving the place of contest in order to insure that forms are filled out. All medical, hospital, ambulance or other bills shall be charged to the parents or guardians and shall be considered the liability of such parents or guardians.

**PHYSICAL EXAMS**

An annual physical examination, or a statement by a medical practitioner, certifying that the student is physically fit to participate in athletics, spirit, drill team, flag team is required before a student may try out, practice, or participate in interscholastic athletic competition. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parents' Refusal to Consent.

### **ASSOCIATED STUDENT BODY**

Each student is encouraged to purchase an ASB card in order to support Co-curricular activities. The ASB financially supports co-curricular activities.

### **EQUIPMENT – AR 6135**

Students are responsible for all issued school equipment. Students are expected to keep equipment clean and in its best possible condition. Any loss due to student neglect will be his/her financial obligation. Students will not be allowed to participate in any other co-curricular activity until equipment is returned or any financial assessment is cleared.

### **ELIGIBILITY FOR PARTICIPATION**

An athlete cannot quit a sport and practice with another sport unless he/she has met with the previous coach, returned all uniforms and equipment, and obtained permission to practice with the new sport.

### **ATTENDANCE – AR 5130 #I**

In order to participate in co-curricular activities, the student must be in attendance at school for at least five periods (minimum day) and/or (meet the requirements of minimum day for an alternative schedule) on the day of the activity unless the absence is excused.

### **TRANSPORTATION – AR 5130 #VII A & B**

Transportation to activities is the responsibility of the student and parents unless otherwise provided by the school.

### **ACADEMIC CO-CURRICULAR ELIGIBILITY REQUIREMENTS – AR 5130**

- A. To be eligible to participate in co-curricular activities, the student must maintain a minimum of a 2.0 ("C") average at the end of each grading period (progress report and/or semester grades), AND be passing five classes prior to and during the season of the sport/activity AND be making reasonable progress toward graduation.
- B. A student will be placed on probation when he/she has failed to maintain a 2.0 or pass five classes. (Alternative schedules will be determined by credits.) A student may not be on probation for consecutive grading periods. The effective date of eligibility will be the 2<sup>nd</sup> Monday of the regular grading period (AR 6145.5).
- C. The student will gain or lose scholastic eligibility the second Monday of the next grading period.
- D. Competitive and performing activities include, but may not be limited to all interscholastic athletics, cheerleaders, instrumental or vocal music, drama and dance performance, academic decathlon, mathematics, speech or debate, FBLA, and other activities in which students are representing the school in a competitive nature.

### **GENERAL BEHAVIOR**

The conduct of co-curricular participants is closely observed in many areas of their lives. Since the student is a representative of the school, his/her behavior must be above reproach. The student should think of his/herself as leaders and having certain obligations and responsibilities as follows:

- A. In the classroom, the student shall:
  - a. meet the academic and citizenship standards of the school;
  - b. show respect for teachers, other staff, guests, and fellow students etc.;
  - c. maintain a good attendance record;
  - d. make arrangements for all assignments missed due to a contest.
  
- B. On the campus, the student shall:
  - a. help to promote school spirit;
  - b. set a good example for others to follow;
  - c. work for the improvement of the school; and
  - d. show respect of personal and school property.
  
- C. At a performance or competition, the student shall:
  - a. respect the rules and the decisions of the officials and judges;
  - b. be modest in victory and gracious in defeat;
  - c. control temper at all times;
  - d. know that profanity and illegal tactics are signs of poor sportsmanship; and
  - e. show respect for all participants and their equipment.
  
- D. On trips, the student shall:
  - a. conduct oneself in such a manner that he/she is a good representative of the community, the school, and the team;
  - b. help take care of the equipment; and
  - c. respect the regulation, as well as the property of the host campus.

#### **SUBSTANCE ABUSE**

It is the intent of the Board of Trustees of the Fremont Union High School District to keep the schools of this District free from narcotics, hallucinogenic drugs, steroids, tobacco, or intoxicants, as well as from the harmful effects that such substances may have on the lives of the students attending the various schools in the District.

#### **Alcohol/Drug Use Affecting Participation in Competitive or Performing School Activities**

Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes only after the body and mind have been conditioned through a regular training program.

Any user of alcohol or other illegal substances has a detrimental influence on performance.

The more subtle impacts of use may be manifest in late arrival for practice, miss practice due to previous use, or inability to concentrate due to physical discomfort or fatigue.

Perhaps more subtle negative consequences of use are demonstrated in attitudinal changes of the regularly using athlete or performer. Coaches, directors, and advisors have noted a decrease in commitment to their team and increasing their commitment to chemical use. As some adolescents develop a regular pattern of frequent chemical use, they may shift their interests and attention away from other

aspects of their lives. It is clear that a divided commitment to sports or some other activity and chemical use can reduce the students capacity to perform and improve.

Attitude toward the activity, coach, director, or teammates may also be a factor with regards to the success of the student and his/her team or group. The impact of this tension may be seen in overt ways, such as arguments and excessive physical contacts, or more subtle ways as non-support or reluctance to work together.

Students in these activities are representatives of the school and school District, role models for other students and are expected to be leaders by example.

- A. In addition to academic eligibility requirements for students participating in co-curricular activities, students will be expected to refrain at all times from using tobacco, or possessing or being under the influence of alcohol. This shall include evenings, weekends, and holidays, on or off campuses and during the entire term of their activities.
  
- B. Students participating in co-curricular activities that use, possess, or are under the influence of controlled substances, as defined in Section 11007 of the Health and Safety Code, alcoholic beverages, or intoxicants of any kind at any time, including evenings, weekends, and holidays on or off school campuses during the entire term of one's participation in co-curricular activities throughout high school career is in violation of this policy and shall be assisted as follows:
  - a. First Violation:
    - 1. Referral to Student Advocate
    - 2. Administrator/coach/advisor/parent conference
    - 3. A minimum of one-week ineligibility from all activities
    - 4. Mandatory attendance at appropriate intervention program (i.e. Casa Say or equivalent)
    - 5. Law enforcement agency informed as appropriate
    - 6. More stringent rules can be applied by advisor/coach
  - b. Second Violation:
    - 1. Referral to Student Advocate
    - 2. Administrator/coach/advisor/parent conference
    - 3. A minimum of four-week ineligibility for all activities
    - 4. Mandatory counseling program to be determined at administrative intervention conference
    - 5. Law enforcement agency informed as appropriate
  - c. Third Violation:
    - 1. Elimination from all co-curricular activities for the duration of their high school career. Appeals process after 12 months is available.

The above intervention process does not preclude the principal/designee from enforcing Education and/or Administration Regulations.

- C. Prior to participating in co-curricular activities, the student will sign a co-curricular contract agreeing not to use, possess, or be under the influence of any controlled substances, as defined in Section 11007 of the California Health and Safety Code, an alcoholic beverage, or an intoxicant of any kind at all times, including

evenings, weekends, and holiday, on and off school campuses, during the entire term of the activities. The parents and coach/advisor will agree to enforce this code. The co-curricular contract is enforceable for the student's entire high school enrollment.

- D. Competitive and performing activities include, but may not be limited to all interscholastic athletics, cheerleaders, instrumental or vocal music, drama and dance performance, academic decathlon, mathematics, speech or debate, FBLA, and other activities in which students are representing the school in competitive nature.
- E. Students who self-refer will be referred to the School Assessment Team and will keep their eligibility during the course of their individual counseling sessions.
- F. Rumor must be confronted. However, unless substantiated, a rumor cannot be the basis for restricting student participation.

#### **ENFORCEMENT AND APPEAL PROCEDURE**

The coach/advisor shall enforce the Co-curricular Code. A coach/advisor may suspend or release a student from the program for violation of this code. However, the student has the right to appeal a decision made through the enforcement of this code. The Activities Assistant Principal, will refer the case to the Co-curricular Council, which consists of the Activities Assistant Principal, two staff members (one may be selected by the student) and an elected Student Body Officer (optional). Parents and student may be present. The committee makes a recommendation to the principal who makes the final decision.

#### **RISK WARNING TO STUDENTS AND PARENTS**

**Serious catastrophes and perhaps fatal injury may result from co-curricular/athletic participation.**

**Students and parents must assess the risks involved in participation and make their choice in spite of these risks...no amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, co-curricular/athletic participation by high school students also may be inherently dangerous. It is important that both students and parents realize the importance of these inherent risks.**

**There have been incidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of co-curricular/athletic competition.**

**By granting permission for students to participate in co-curricular/athletic competition, the parent or guardian acknowledges that such risks exist.**

**By choosing to participate, the student also acknowledges that such risk exists.**