

## Athletic Code

The *Athletic Code* for all athletes, coaches and directors of sports activities in the Rainier School District. The Rainier School District policy for discipline will take precedence over this *Athletic Code*.

### 1. Objective

- a. All persons involved in any manner with extracurricular sports shall be aware of and seek to promote the following objectives:

The objective of the entire sports program is the promotion of the ideals of sportsmanship, honesty, loyalty, courage and respect for authority. Further, sports will strive to teach spirit and the competitive will to win, physical fitness through individual sacrifice, the values of team play and wholesome well-being through healthful and social association with other athletes while under proper leadership.

- b. The Coach, by personal conduct and coaching plans and practices, shall at all times keep this objective uppermost.
- c. The Athlete shall strive to meet this objective and all other applicable provisions of this *Athletic Code*.

### 2. Personal, Moral and Ethical Conduct

- a. The Coach in performing his/her duties, as well as in public life, should realize that he/she is an example for youth and should conduct himself/herself according to the highest moral and ethical standards.
- b. The Athlete, while participating in sports, whether in a particular season or out, whether in school or in personal life, shall conduct his/her affairs according to the highest moral and ethical standards.
- c. All active participants in an athletic contest of any nature shall conduct themselves in such a manner as to encourage spectators to observe the ideals of sportsmanship and fair play.

### 3. Health and Training

- a. Before being allowed to participate all athletes must have a current physical examination by a licensed doctor on file and must complete an "Annual Interval History" form.
- b. All participants shall attempt to maintain a clean, healthy appearance and shall make every effort to conform to current standards of healthful living (proper diet, rest, medical care and avoidance of harmful or illegal drugs).

- (1) "Avoidance of harmful or illegal drugs" shall prohibit the use or possession, in any form, of controlled substances, such as barbiturates, amphetamines, steroids, marijuana, etc., (except by physician's order) or the use or possession of alcohol or tobacco in any form.
- (2) Violation of this provision (3.b.(1)) is also a serious violation of Sections 1 and 2 of this code; therefore, any athlete who is alleged to have used illegal drugs will have his/her case reviewed by the athletic director. If a violation did occur, the athlete involved shall be suspended.

#### 4. Enforcement

The Coach shall bear the major responsibility for enforcement of all provisions of this code. He/she shall take immediate and appropriate action in the case of all violations.