

# **Grand Manan Community School Student/Parent Handbook**

## **Athletic and Social Philosophy**

The primary purpose of the athletic and social programs at Grand Manan Community School is to promote the physical, social, and emotional well being of the participants. It is hoped that these programs will be a positive force in preparing youth for an enriching and vital role in life.

The athletic and social programs are an important and integral part of the total school program and are open to all students. Through voluntary participation, the student gives time, energy, and loyalty to these programs. He/she accepts the training, rules, regulation, and responsibilities unique to the selected program. In order to contribute to the welfare of the group, the student must willingly assume sacrifices not expected of others.

As student participants at GMCS, you are ambassadors for the school and community. You are required to conduct yourself, at all times, including “during regular school time”, in a manner that is exemplary. This handbook is prepared to assist students, parents, teachers, coaches, and supervisors in obtaining a firm understanding of the operation of GMCS’s interscholastic and social programs.

It is a privilege, not a right, to represent GMCS in athletic and social activities. The school administration can revoke that privilege when the participant does not adhere to the guidelines presented in this handbook. School administration has the right and duty to react to any and all circumstances in a manner befitting the seriousness of the situation.

The pages that follow describe what is expected of each and every participant. It is your responsibility to read, understand, and have clarified any and all rules contained in this student handbook. You are required to uphold all expectations set forth in this handbook.

# Athletic and Social Organization Policies

## Smoking Policy

GMCS is a smoke free school. Smoking expectations apply in two ways in relation to the Fair Play Policy:

1. Smoking on school sponsored trips (ie. sports or organization trips): There will be no smoking; going to, while at, and returning from, events.

### Smoking Violation Consequences:

- **First offence:** This is left to the discretion of the coach (may involve a one game suspension).
  - **Second Offence:** Suspension from team or club for a minimum of one event.
  - **Third Offence:** Dismissal from the team or social activity for the remainder of the school year. The student may enter and complete a smoking cessation program and be allowed to rejoin the team or social event.
2. Smoking while part of a team/organization: We expect you as athletes and organization members to be role models for our school. While you are part of a school extracurricular organization/team, you are not to smoke within sight of the school during the school day or after hours or weekends. This applies during the entire season as long as you are part of the team/organization.

### Smoking Violation Consequences:

- **First offence:** This is left to the discretion of the principal (may involve a one game suspension)
- **Second Offence:** Suspension from team or club for a minimum of one event.
- **Third Offence:** Dismissal from the team or social activity for the remainder of the school year. The student may enter and complete a smoking cessation program and be allowed to rejoin the team or social event.

## Alcohol and/or Drug Violation Policy

- The use or possession of drugs or alcohol while participating in or traveling on a school- sponsored activity will result in a suspension for the remainder of the season or activity.
- The student may also be suspended from taking part in other athletic or social activities during the remainder of the school year.
- The use or possession of drugs or alcohol while attending school or attending a school- sponsored activity will result in suspension from a team or activity for the remainder of the school year.
- Students who have been suspended because of an alcohol or drug violation may volunteer to enter a treatment program and be reinstated upon satisfactory completion of the program.

## Travel Policy

- All participants will travel to and from events on the team bus/van as much as possible.
- The use of private passenger vehicles is a last resort and must be approved by Administration.
- All students are to travel as a group when involved in school activities and they are *not* permitted to drive their own or other vehicles.
- Students are under the supervision of the coach and cannot do things, go places, without the permission from the coach. Failure to comply will lead to suspension of traveling privileges.

## Dress Policy

Participants must conform to the dress code of GMCS for games and activities. The code is as follows:

- Male participants will wear a shirt and tie to all games (home and away). Participants are expected to wear a shirt and tie while traveling to, and returning from events.
- Female participants will dress in keeping with the general school regulations pertaining to good taste and modesty. Dress slacks, skirts, and dresses are considered acceptable attire.
- Participants will not wear blue jeans or P.J.s at either home or away games.

Participants who do not conform to the dress code will not be permitted to travel. Time permitting, a student may be allowed to go home and change.

## Athletic and Social Code

### General Regulations:

1. All participants must exhibit good conduct at all times. This is especially true for regular day-to-day classes. An example of good conduct includes, but is not limited to, respect for other students and teachers.
2. All participants must be fulfilling their academic requirements as set out by their teachers in regards to homework, course assignments, and course projects. Exemplary attendance is also required. A passing average must be maintained in order to participate and travel. Academic success, behaviour, and attendance will be reviewed on a biweekly basis. Subject teachers, on a biweekly basis, will complete check-in sheets. If a student is found lacking in any of the above three areas, the student will be placed on probation for a period of ten (10) school days. During this probationary period students are not, in any way, to participate with their team or social activity. Significant improvement must be shown over this probationary period in order for the student to be rejoin the team or social activity. Students who are on academic probation (low marks) may wish to set up a tutoring schedule with subject teachers.
3. Attendance requirements
  - a) A student who is absent the day of the activity, without prior approval, may not participate in an event that day.
  - b) Student fees must be paid.

4. All participants must exhibit proper behaviour and good sportsmanship.
  - a) Show respect for opponents at all times.
  - b) Show respect for officials.
  - c) Show respect for fellow teammates.
  - d) Maintain self-control at all times.
  - e) Maintain an attitude of non-retaliation to verbal abuse by fans and opposing players.
5. Each participant is responsible for the cleanliness and upkeep of their uniforms.
6. All participants are responsible for keeping their space (locker room) clean.
7. Each participant is financially accountable for all equipment not returned at the end of the season. He or she will be charged the replacement cost.
8. No sanctioned practice can be held without the consent and supervision of the coach or adult designate.
9. No participant may discontinue one activity and try out for another without the approval of administration.
10. Students on in school suspension or out of school suspension are excluded from extra-curricular activities for the duration of their suspension.
11. All teams representing G.M.C.S. in athletic competitions shall be called the Grand Manan Community School Breakers and all players shall wear uniforms bearing the school colours (blue and gold).

## **BREAKERS CLEANPLAY PROGRAM**

All Students participating in GMCS sponsored activities are required to enter into a “clean play” Agreement between the Student and the School. (See Appendix 1,2,3)

The following guidelines apply to this agreement:

- a) All students/athletes must enter into this agreement.
- b) All students/athletes are to voluntarily remain free from the use of illegal drugs and alcohol during the season.
- c) The agreement shall be signed by a) the athlete/student, b) parent/guardian, c) coach, and d) school principal.
- d) The agreement shall be signed no later than seven (7) days after the team has been selected.
- e) Students/athletes who are in violation of this agreement:
  - a) Will be suspended from that activity/sport for the remainder of the season, and may be suspended from participating in all other activities for the remainder of the year.
  - b) Recommendation for counseling (may apply to reenter the sport/activity after completing an applicable program (i.e. a stop-smoking program for a smoking violation)).

- f) Students/athletes who have been suspended from one activity/sport for violation of the “clean play” agreement *may* not be eligible to play other activities/sports in that same school year.

***All suspensions are subject to appeal***

## **Overlapping Seasons**

It is understood that at certain times of the year a second athletic program will begin before the first program finishes. Primary concern must be given to the initial program. Students are not permitted to attend practices or games for a “second” sport on the day of a practice or game for the “first” sport.

On days when there are no practices or games scheduled for the initial sport, students may participate in the second sport activity *provided communication between all coaches* has occurred.

Students will not be permitted to play two varsity sports that overlap.

## **Travel Guidelines**

**If students will be leaving part way through the day, the student *must* be in attendance at school prior to departure and must be picked up at the school.**

# BREAKER CLEAN PLAY PROGRAM

An agreement between student/player and team/activity

I \_\_\_\_\_

In consideration of being permitted to participate with

\_\_\_\_\_

Hereby voluntarily agree to remain free from illegal drug and alcohol use.

I understand that should I break this agreement that I will be suspended for the remainder of the year from that Activity/Sport and may not be allowed to participate in other activities/sports.

Dated on the \_\_\_\_\_ of \_\_\_\_\_, 200\_\_

\_\_\_\_\_

Student/Athlete Signature

\_\_\_\_\_

Parent's Signature

\_\_\_\_\_

Coach's Signature

\_\_\_\_\_

Principal's Signature



PLEASE READ THIS FORM AND FILL IT OUT CAREFULLY

I have read the athletic/social guidelines and agree to abide by the rules during the

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(sport/activity)

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(student participant's signature)

I, as the parent  
of \_\_\_\_\_

(student participant's name)

have read the athletic and social guidelines and understand the rules my son/daughter must  
adhere to

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(parent's signature)

I give permission for my  
child \_\_\_\_\_

(student participant's name)

to participate  
in \_\_\_\_\_

(sport/program)

For the \_\_\_\_\_ (season)  
(year)

Date: \_\_\_\_\_

Signed: \_\_\_\_\_  
(parent signature)



