

**LAKE WASHINGTON SCHOOL DISTRICT**  
**ATHLETIC / ACTIVITIES**  
**DRUG - ALCOHOL & TOBACCO CODE**

As members of a high school team or WIAA sponsored activity that represents the Lake Washington School District, students are expected to make a strong personal commitment to rules of training and conduct in order to maintain a strong, healthy body and represent their school in an exemplary fashion. To that end, the following rules apply to all students participating in interscholastic athletics/activities or attending a team related activity such as out-of-season camps or tournaments. These rules will apply at all times throughout the school year which is defined as beginning with fall tryouts to the last day of school and includes any summer team related activities and will remain in effect for one calendar year from date of signature.

**Training Rules**

**ILLEGAL CONTROLLED SUBSTANCES & ALCOHOL**

**Legend drugs and controlled substances-** Penalties for the possession, use or sale of legend drugs (drugs obtained through prescription, RCW 69.41.020-050) and controlled substances (RCW 69.50) shall be as follows:

**1<sup>st</sup> Violation:** A participant in possession and/or use of a controlled substance, and/or "legend drugs" including anabolic steroids, alcoholic beverages shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. This also includes attending and/or remaining at an event where consumption any of the above mentioned substances by a minor(s) occurs. Ineligibility shall continue into the next sports season in which the participant wishes to participate. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school authorities. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.

A participant who seeks and/or receives help for a problem with use of legend drugs (RCW 69.41.010 identified substances) or controlled substances and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility re-instated in the athletic program, after a minimum two week suspension from competition and pending a recommendation by the school eligibility authority. Athletes may attend practices with Principal/Athletic Director approval but may not attend contests during the suspension period.

**2<sup>nd</sup> Violation:** A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

**3<sup>rd</sup> Violation:** A participant who violates for a third time RCW 69.41.0202 – 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

## SALE AND/OR DISTRIBUTION

Per Lake Washington School District Policy the sale and/or distribution of alcohol or prescription or non-prescription drugs will result in the student automatically being placed on Step #2 of the Athletic/Activity Code.

## **TOBACCO** (Cigarettes, chew, etc.)

### **First Career Violation:**

The possession and/or use of tobacco products will result in 1) a minimum of one week suspension from competition 2) Attending a cessation class is mandatory.

### **Second Career Violation:**

The student shall be suspended for ten weeks of competition. If there is not ten weeks left in the current season the suspension will carry over to the next competitive season in which they are a returning athlete. 2) Before an athlete can again represent LWSD in athletics they must provide evidence of successfully completing a nicotine treatment program and proof that they have discontinued the use of tobacco products.

### **Third Career Violation:**

A student athlete who violates for a third time shall be permanently prohibited from participating in any WIAA member school athletic program or activity.

## **Conduct Rules**

Students who commit unlawful acts or engage in delinquent behavior may be subject to disciplinary action up to and including suspension from the team. All LWSD athletes are expected to adhere to all LWSD policies as explained in each school's Student/Parent Handbook. In addition to these general rules, coaches may establish other team expectations specific to their program.

## **Procedures - Implementation**

Parents are encouraged to assume an active role in monitoring and enforcing the provisions of this code.

Alleged violations of this code will be investigated by the coach and/or athletic director. Sanctions will be imposed if the of evidence suggests the alleged violations did indeed occur.

If a violation of one or more of these rules occurs at school or during a school event, school sanctions (including suspension from school) may also apply and in addition to the provisions of this code.

Any student who is disciplined for violating the rules established by this code is entitled, if he/she desires, to appeal the decision to the school's administration.

**This is to certify that we the undersigned have read and understand the Lake Washington School District Athletic Code.**

\_\_\_\_\_  
(Print Athlete's Name)

\_\_\_\_\_  
(Sport)

\_\_\_\_\_  
(Student Signature)

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

\_\_\_\_\_  
(Parent/Guardian Signature)

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

(10) "Legend drugs" means any drugs which are required by state law or regulation of the state board of pharmacy to be dispensed on prescription only or are restricted to use by practitioners only.