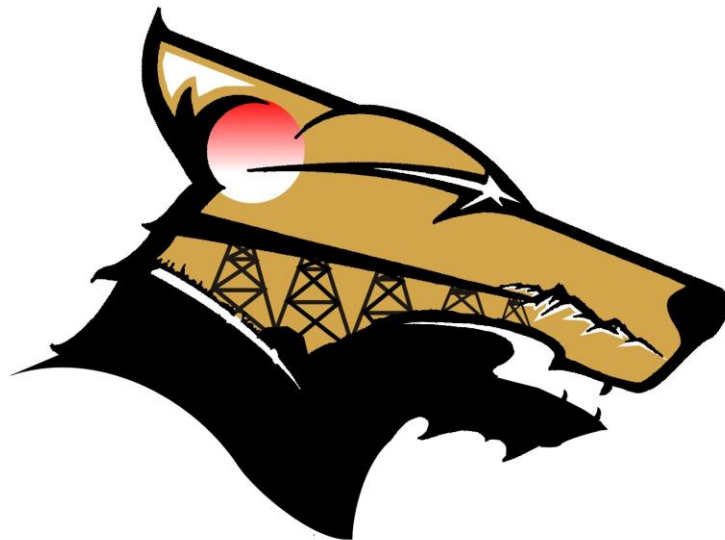




Chinook Coyote High School

**Chinook Athletics
Student and Parent
Handbook**

September 1st , 2018-2019



Introduction to the Chinook Coyote High School Athletic Handbook

Greetings! On behalf of the more than 60 athletic coaches, teacher supervisors, school administration, parent volunteers and student volunteers, we welcome you to Chinook High School's athletic program. We hope you enjoy the many activities of the 10 sports (30 teams) offered to you at Chinook High School.

The main objective of this handbook is to make information available regarding athletics to prospective athletes and their parent(s)/guardians enrolled at Chinook High School. This handbook will remain online and be updated periodically so that you can access it as a reference guide throughout your athletic years at Chinook.

The success of the athletic program depends on the understanding and cooperation of the administration and faculty in carrying out the basic athletic policies of the Alberta Schools Athletic Association, South Zone Athletic Association, Lethbridge Schools Athletic Association, Lethbridge School District #51, and Chinook High School.

With the exception of extra local rules as defined in this handbook, Chinook High School athletes are governed by the rules and regulations presented in the handbook of the Alberta Schools Athletic Association (Grades 10-12) and the Lethbridge Schools Athletic Association (Grade 9)

Athletic Information:

Chinook High School	Phone (403) 320-7565
	Fax (403) 381-7414

Principal – Kevin Wood	Ext. 22307
Athletic Director – Jamie Bach	Ext. 22340

CHS Website: <http://lsdweb.lethsd.ab.ca/CHS/cms/>

School Team Names:

Girls – Coyotes

Boys – Coyotes

School Colours:

Gold and Black with Red trim

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Please Note: The above mentioned forms can be found at the Lethbridge School District #51 web site or at Chinook High School.

I. THE ADMINISTRATION OF ATHLETICS

A. Mission Statements of Governing Athletic Bodies

1. The Alberta Schools Athletic Association (ASAA) advocates involvement in school sport as an integral part of education and to provide governance of interschool sport activities for high school students through fair play and equal opportunity.

2. The Lethbridge Schools Athletic Association (LSAA) strives:

- a) To organize all interscholastic activities which take place under its jurisdiction.
- b) To plan the athletic program in such a way as to cause minimum interference with each school's academic program.
- c) To promote high standards of skill development, sportsmanship and behaviour in athletics for players and coaches and officials.

3. Chinook High School considers the interschool athletic program to be an integral part of the total educational experience. We at Chinook, subscribe to a "sound mind in a sound body" concept, the school recognizes the significant contribution of recreation, intramural and interschool athletics to the development of all students. From a relaxed recreational program to the very rigorous interschool program, Chinook students can experience a wide range of athletic opportunities. Chinook High School is committed to providing quality opportunities for all students. It is the goal of the school to provide experiences that will allow students to achieve their maximum potential in both academic and athletic endeavours.

The health and welfare of our students is paramount. Athletic opportunities are provided in a context that fosters character development, safe participation, value enhancement and academic achievement. The education and development of the whole person is our fundamental commitment.

B. Objectives of Participation:

Many lessons can be learned and attitudes can be developed through a program of competitive athletics. The philosophy of athletics at Chinook seeks to instil in, and demonstrate to all student-athletes, the following attitudes and personal characteristics:

- Understanding that academics and athletics need to find a balance for each student while participating in Chinook Athletics
- Belief in the intrinsic worth of athletic involvement.
- Striving for excellence while achieving full mental, emotional and physical potential.
- Respect for self, team-mates, coaches, opponents, officials, and rules of the sport.
- Self-discipline and a positive attitude about health and physical conditioning.
- Belief in the value of lifelong involvement in physical activity.
- Ability to accept challenges and overcome adversity not only in athletic competition but also in life.
- Loyalty and commitment to the athletic program.
- Respect and support for all athletic programs.
- Concentration on the athlete's individual responsibility in the total team effort.
- A winning attitude with the understanding that winning should be balanced with fair play, sportsmanship, and a concern for the welfare of the individual and the entire team. (see Section III-B)
- Acceptance of the concept that rights and responsibilities are interrelated. By becoming a member of any team, an athlete agrees to obey all rules established by the coach.
- Adopting a growth-mindset in a pursuit of constant improvement regardless of outcome.
- Understanding that taking ownership of ones actions and outcomes is necessary for growth in athletics and in life.

C. Administrative Organization:

1. Superintendent
Role- The superintendent should be considered the chief executive officer of the board of education.
Responsibilities- All individuals employed by the district are responsible directly or indirectly to the superintendent of schools.
2. Principal
Role- The principal is responsible to the superintendent.
Responsibilities- The principal is in charge of the functions and activities of the high school.
3. Athletic Director
Role- The athletic director is responsible to the principal.
Responsibilities- The athletic director is in charge of high school athletic programs.
4. Program Teacher Coaches and Teacher Supervisors
Role- Program teacher coaches and teacher supervisors are responsible to the athletic director.
Responsibilities- Program teacher coaches and teacher supervisors are in charge of their program, along with ensuring all of their coaches know the responsibilities and the job description of their particular sport.

II. SCOPE OF ATHLETICS

Chinook High School sponsors ten interscholastic sports. Our grade 9 students compete in the Lethbridge Schools Athletic Association (LSAA) and the South Zone Junior High School Athletic Association (SZJHSAA - www.southzone.org/jhhome.htm). Our students in Grades 10-12 compete in the leagues which fall under the auspices of the Alberta Schools Athletic Association (ASAA - www.asaa.ca) at the Provincial level, the South Zone Schools Athletic Association (SZSAA - <http://www.southzone.org>) and/or the Southern Alberta Interscholastic Administrative Council (SAIAC). The athletic program is organized and conducted under the rules, regulations, and recommendations of the ASAA.

The sports program is organized and administered following educational values. Athletics contributes to education objectives and aids in establishing standards of behaviour for good citizenship. In addition to stressing the will to win, athletic programs should also produce such virtues as truthfulness, fair play, honesty, modesty, courtesy, self-discipline, courage, generosity, self-restraint, and loyalty.

The athletic program recognizes the abilities and contributions of all participants and offers a wide range of activities to include individual and team sports at varying levels of competition.

A. Sports:

Fall:

Cross Country

- Grade 9 – Coyotes (PE Staff)
- Junior Varsity – Coyotes (Todd Myers & Raelyn Riley)
- Varsity – Coyotes (Todd Myers & Raelyn Riley)

Football

- Junior Varsity – Coyotes (Nick Straat)
- Varsity – Coyotes (Nick Straat)

Golf

- Junior Varsity – Coyotes (Bruce Carbert)
- Varsity – Coyotes (Bruce Carbert)

Volleyball

- Grade 9 – Coyotes (Girls - Mike Myndio & Miranda Myndio, Boys – Grant Kiist)
- Junior Varsity – Coyotes (Girls – Tammy Dorchak, Boys – Brad Henke, DeAndra Sullivan)
- Varsity – Coyotes (Girls – Jamie Bach & Jared Quan, Boys – Dan Knop & Bill Forster)

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Winter:

Basketball

Grade 9 – Coyotes (Girls – Boys – Bredan Kearl, Dereka Nielson)

Junior Varsity – Coyotes (Girls – Nadale Philbert & Natalie Johnson, Boys – Gary Scott)

Varsity – Coyotes (Girls – N/A, Boys – Tim Rollingson, Jason Valgardson & Joanne M.)

Curling

Varsity – Coyotes (Matt Strickwerda & Darrell Laidlaw)

Spring:

Badminton

Grade 9 – Coyotes (Eva Leblanc-Girls & Boys)

Varsity – Coyotes (Shane Colpitts)

Rugby

Junior Varsity – Coyotes (Girls – Alaya French, Boys – Tiffany Wideen)

Varsity – Coyotes (Girls – Alaya French, Boys – Tiffany Wideen)

Track and Field

Grade 9 – Coyotes (Grade 9 PE Staff)

Junior Varsity – Coyotes (Ray Wilde)

Varsity – Coyotes (Ray Wilde)

Slow pitch

Grade 9-12 – Tammy Dorchak

Baseball

Bruce Carbert

Wrestling

Patrick Selk, Rob Saar, Riley Ellis-Toddington

B. Organizing a new team/sport:

In order to institute a new sport, the following criteria must be met:

- Student Interest - There must be student interest in an activity. Students or parents should submit a petition to the athletic director six months prior to the season of any sport. The petition should include the names of any students interested in making a commitment to participate in the new sport.
- Schedule - In order to implement a new sport, it must be possible to create a schedule. (i.e. other schools must have a league or schedule that can accommodate Chinook High School.)
- Teacher Coach or Teacher Supervisor - The services of a teacher coach or teacher supervisor must be secured to manage the day-to-day operation of the new team.
- Financing - Money must be available to fund any new team.
- Facility - There must be an available facility where any new team can practice and play their games.

Upon receiving the petition for the creation of a new team, the athletic director will investigate the feasibility of a schedule, teacher coach or teacher supervisor, facility, and develop a draft budget for the new sport. The athletic director will present this feasibility study to the Chinook Athletics Council for discussion and potential recommendation to the school administration for final approval/denial.

III. GENERAL INFORMATION

A. Athletic Code:

Definition of an Athlete - A student will be considered an athlete when he/she has signed the **Chinook High School Co-curricular/Athletics Registration Form** and has been accepted as part of any Chinook High School athletic team roster and has paid the athletic registration fee established by each sport and/or made suitable payment plans. Athletes must re-register on a yearly basis throughout their High School career at CHS.

Athletic prowess is a natural desire to many students. It is a means of satisfying their desire to exercise and compete physically. Athletics help build strong bodies and develop many desirable traits, which will be a credit to a student later in life. Any student who competes as a member of an athletic squad must remember that he/she represents his/her school and that it is his/her duty to represent it honourably and well at all times. No personal reward can be greater.

Athletics are an integral part of the Chinook High School total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral growth of its students it is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

- Place academic achievement as the highest priority.
- Show respect for teammates, opponents, officials and coaches.
- Not be involved in any form of hazing.
- Respect the integrity and judgment of game officials. Adhere to the established rules and standards of the game to be played.
- Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
- Maintain a high level of safety awareness. Respect all equipment and use it safely and appropriately.
- Refrain from the use of profanity, vulgarity and other offensive language (racist/religious) and gestures.
- Refrain from the use of or distribution of: alcohol, tobacco, illegal and non-prescriptive/prescribed drugs, anabolic steroids or any illegal substance especially if it is used to increase physical development or performance.
- Know and follow all ASAA, LSAA and school athletic rules and regulations as they pertain to eligibility and sports participation.
- Win with character, lose with dignity.

B. Sportsmanship Code:

The ideals of good sportsmanship, ethical behaviour and integrity should permeate all interscholastic athletics in our community. In perception and practice, good sportsmanship shall be defined as those qualities of behaviour, which are characterized by generosity and genuine concern for others. At Chinook High School we follow the LSD #51 Fair Play code and SAIAC Sportsmanship code, which are both, posted in our school. Furthermore, we embrace the ASAA Fair Play and Sportsmanship code (www.asaa.ca) for all of our coaches, athletes, administrators and spectators. Our athletic fields and courts should be the showcases of student athletes displaying good citizenship and reflecting **fair play** in every area of life.

Expectations of Players, Parents and Spectators:

- Game attendance is a privilege not a license to verbally assault others or to be obnoxious, rude or demeaning to others.
- Respect decisions made by contest officials.

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- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
- Become aware of the purpose of the league and rules to keep winning in its proper place.
- Respect fans, coaches and participants.
- Recognize outstanding performances from both teams or all individuals.

Suggested Positive Behaviour:

- Applaud during introduction of players, coaches and officials.
- Accept all decisions by officials.
- Handshakes between participants and coaches at end of contest, regardless of outcome.
- Treat competition as a game, not a war.
- Search out opposing participants to recognize them for outstanding performance or coaching.
- Applaud at end of contest for performances of all participants.
- Demonstrate concern for an injured player, regardless of school.
- Encourage supporting people to display only sportsmanlike conduct.

Unacceptable Behaviour:

- Yelling, taunting, trash talk, negative chanting or gestures toward opponents.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Refusing to shake hands or to give recognition for good performances.
- Blaming loss of game on officials, coaches or participants.
- Laughing or name-calling to distract an opponent.
- Using profanity or displays of anger that draw attention away from the game.
- Use of artificial noisemakers of ANY kind in school gymnasiums.

C. Hazing:

No Chinook High School student is allowed to conduct or engage in any hazing activities. "Hazing" refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate. Failure to comply with the before mentioned statement will/may result in suspension from all school activities, out of school suspension, and a possible recommendation for expulsion. Further information on hazing can be found at:

www.stophazing.org

D. Sports Registration:

All athletes must have the following form completed in order to participate in a sport:
LSD #51 Parental and Student Consent and Waiver Form 607.1.10 – Appendix A
LSD #51 Administration of Medication Release 608.2.1.3 – Appendix B

The Athletic Department is responsible for the registration of all athletes; therefore a registration schedule is established for each sport prior to each season. Registration is a time-consuming responsibility and is scheduled at specific times prior to the beginning of each season's first practice. All athletes must have all of the above-mentioned paperwork in order to register or they will be turned away until all paperwork is completed.

No athlete will be allowed to participate in a sport until all athletic paperwork is complete and turned in to the teacher coach or teacher supervisor responsible for the sport.

E. Eligibility:

The principal and the athletic director are responsible to the ASAA and LSAA to guarantee each student is eligible to participate under the ASAA and/or LSAA rules and regulations.

F. Policy for Team Selection:

1. Philosophy- In accordance with our overall athletic philosophy and our desire to see as many student-athletes as possible participate in the athletic program while at CHS. Coaches are encouraged to keep as many student-athletes as they can without affecting or compromising the integrity of their sport. Obviously time, space, facilities, personal attention and individualized instruction, equipment, along with other factors, are necessary for team development and will affect squad size. However, when developing the individual sport policy in this area, coaches are encouraged to maximize the opportunities for our student-athletes without diluting the quality of their program.

2. Limitation of Team Membership Policy - the coaches (in consultation with the athletic director) of the respective sports will determine minimum and maximum team membership limits, taking into consideration the criteria listed above. In cases when the "Squad Reduction Policy" is used, the coach will keep the athletic director informed concerning the method and time of "cuts."

3. Squad Reduction Policy-

Teacher Coach and/or Teacher Supervisor Responsibility

- The choice of membership for each athletic team will be determined by the coach of that team. Membership **may** be reviewed by the athletic director or other administrators as appropriate.
- Junior varsity and ninth grade coaches must take into consideration the policies established by the head coach in each particular program when selecting team members.
- There is no such thing as a final team cut. The athlete's membership on any team is always subject to proper behaviour as outlined in specified team guidelines.
- Prior to tryouts, the coach shall provide the following information to all candidates for the team and their parents:
 - a. Extent of the tryout period.
 - b. Criteria used to select the team.
 - c. Number of students to be selected.
 - d. Practice commitment for those who make the team.
 - e. Game commitments.

Tryout Procedure

- When a squad cut becomes necessary, the process should include these important elements. Each athlete should:
 - a. Have a minimum of two practice sessions. Illness and injury to a student athlete during a tryout period must not be held against the student athlete, but the coach must make a fair judgment about time restrictions for tryouts.
 - b. Be permitted, whenever possible, to compete in a scrimmage situation.
 - c. Be at all tryouts or provide written permission to the coach in advance for missing the tryout period due to extenuating circumstances. If permission is granted for an alternative tryout, the athlete must go through a similar criteria process as other team members.
- If an athlete is cut, the coach will inform him or her personally as to the reason for the cut and the skills or techniques that they can work on for the next season, such as strength, catching, shooting, etc. **There will be no posting of lists.**
- Coaches should take the opportunity to discuss alternative possibilities for participation in the sport.
- If a coach foresees difficulties arising because of squad cuts, he or she will discuss the situation with the athletic director in advance.

G. Playing Time Expectations:

a. Grade 9 Teams and Individual Sport Competitions

At this level, students become accustomed to interscholastic practice and play.

Gaining experience through training and play should be paramount, not the win/loss record. At this level of play, the focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

All players will receive **fair** playing time, as safety, team commitment (attendance), skill development and positive participation in practice allow.

b. Junior Varsity Teams and Individual Sport Competitions

This level of competition has an increased emphasis upon team play, physical conditioning, and refinement of basic skills. Although being successful on the JV level is important, winning is not the sole objective. This is the level at which the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations.

An attempt will be made to allow as many participants as possible to play but not all will play equally. At the JV level, playing time will be based on team commitment (attendance) and the degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student athlete in practice and during games.

c. Varsity Teams and Individual Sport Competitions

Varsity competition is the culmination of each sport program. Normally, grade 11 and 12 students make up the majority of the roster. Occasionally, grade 10 students may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development are demonstrated.

Squad size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students, acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. It is the coach's responsibility to make clear to the student athlete what his/her role is on the team.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a five-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons, the dedication and commitment needed to conduct a successful varsity program should be taken seriously by all involved.

H. Dual Sport Participation Policy:

As a general rule, students are encouraged to participate in only one sport per season (i.e., fall, winter, spring). However, in recognition that occasionally an athlete may be capable of, and/or interested in, participating in two sports during the same season, the following guidelines have been established to provide a consistent approach:

1. Approval of the athletic director, both coaches and the athlete's parent/guardian must be obtained before each season begins.

2. Prior to participation in either sport, the athlete will be required to designate a primary sport. This means that the athlete must attend all practices and contests of the designated primary sport before being allowed to participate in the secondary sport.
3. The athlete must be in good academic standing and continue to be during the course of dual sport participation. If the athlete's academic performance noticeably decreases from their normal performance, and can be attributed to the dual participation, the student may be required to withdraw from the secondary sport.
4. If the athlete wishes to participate in the non-primary sport when there is a conflict, it may only be done with the approval of both coaches and the athletic director.
5. If it becomes obvious that the athlete cannot fulfill the obligations of the primary sport or that by limited participation in the secondary sport a question of the ability to safely participate is raised, the athlete may be required to withdraw from the secondary sport.
6. Transferring between sports – An athlete who withdraws from one sport (in good standing) may join another team during the same athletic season if it is done prior to the first athletic contest. Both coaches and parents must recommend the change to the athletic director. The key factor in the decision will be if the change is in the best interest of both the team and the athlete.
7. If a student withdraws from an activity, all paid fees will be prorated **plus** the value of the team kit or player kit will be determined before any refund is issued. The athletic director will determine this amount in consultation with the coach.

I. Parent/Coach/Teacher Supervisor Communication:

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, everyone is better able to accept the actions of the other and provide greater benefit to students. As parents, when your student becomes involved in a program, you have the right to understand what expectations are placed on your student. This begins with clear communication from the coach of your student's program. Coaches and parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport/activity and the expectations placed on your student.

Communication Coaches/Sponsors Expect From Parents

- Concerns expressed directly to the coach/sponsor.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's/sponsor's philosophy and/or expectations.

Communication You Should Expect From Your Student's Coach/Sponsor

- Philosophy of the coach/sponsor.
- Expectations the coach has for your student as well as all the players on the squad.
- Location and times of all practices and contests.
- Team requirements, i.e., fees, special equipment, off-season conditioning, and individual and team goals.
- Procedure should your student be injured during participation.
- Discipline that results in the denial of your student's participation.
- A fair and unbiased process when student athletes are not selected to teams.

As your son/daughter becomes involved in the sports program at Chinook High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way your child wishes. ***This is the opportunity for your child to talk with their respective coach and discuss the situation. When your child handles the problem, it becomes part of the learning and maturation process.***

There may also be situations that require a conversation between the coach and the parent. These are encouraged. It's important that both parties have a clear understanding of the other's position. To help promote a resolution, please use the following guidelines:

- Parent/guardian makes an appointment to speak directly to the coach to discuss the concern.
- If the coach cannot be reached, call the athletic director and he/she will make arrangements for the coach to meet with you.
- If the concern is not resolved, call the Athletic Director to arrange a conference. A meeting will be arranged with the coach, parent and Athletic Director.
- At this meeting, the appropriate next step can be determined.
- ***Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolutions.***

It is very difficult to accept that your child is not playing as much as you may hope. Coaches are volunteers and they make judgement decisions based on what they believe to be best for all of the students involved. While there are certain things, which can and should be discussed with your child's coach, there are other things, which must be left to the discretion of the coach.

Appropriate concerns to discuss with coaches:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behaviour

Issues not appropriate to discuss with coaches:

- Playing time
- Strategy
- Play calling
- Other student-athletes

J. School Attendance:

1. Participating student athletes must be in attendance on the day of game or practice by the beginning of the second period (class right after advisor). Absences for first period must be excused in the office in order for an athlete to participate that day.
2. If a student athlete must be absent after the end of advisor period, arrangements must be made in advance with the attendance secretary or the teacher coach and/or teacher supervisor.
3. Participating student athletes that are inexcusably absent the day before a Saturday contest, will not be allowed to participate in the Saturday contest.
4. Any student suspended from school may not practice, play or be with the team on the day(s) in which they are serving the suspension.

K. Early Dismissal for Games:

It is the policy of Chinook High School and the Athletic Department to schedule all athletic contests so that students miss a minimum of class time for travel to away games or home contests.

1. Head coaches should make arrangements with the attendance secretary to e-mail the school teaching staff to have students excused from class when ABSOLUTELY necessary because of travel or contest.
2. It is the responsibility of the student athlete to meet with his/her teacher the day before the class he/she is to miss because of an athletic contest.
3. Students are responsible for all missed notes, assignments and/or tests.

L. Training Rules:

Training rules are established with the thought that athletes not only represent themselves and their team, but that they represent their parents, school, and community. Training rules are also established for the physical well being of the athletes themselves in their ability to do the best they can. Each coach will establish and monitor all team-training rules.

M. Equipment and Uniforms:

Athletic equipment and uniforms may be issued to team members at the beginning of the season. Equipment and uniforms will be for use by Chinook High School athletic teams only and should not be used at any time other than for in-season scheduled contests and practice sessions.

Damaged equipment should be returned to the head coach immediately for replacement or repair. Equipment and uniforms will be checked in at the conclusion of a season. Athletes will be held financially responsible for lost equipment and uniforms, as well as items showing excessive wear. The athlete will not be allowed to participate in the next sport season if equipment is not turned in or paid for. A student's yearbook will be withheld until equipment and/or uniform conflicts are resolved.

It is the responsibility of the teacher coach and/or teacher supervisor to keep records of their equipment and report any names to the athletic director if an athlete violates this policy.

N. Fitness Center Safety:

A coach, athletic trainer, or an adult assigned supervisor must ALWAYS supervise the fitness center. Students are reminded of the following:

- Absolutely NO horseplay.
- NEVER interfere with a person who is lifting.
- Understand the personal space you need to work out and respect other's personal space.
- Make sure the area is clear of equipment before lifting.
- Make eye contact with nearby students before lifting.
- Make sure collars are snug.
- Spot carefully. Concentrate on the lifter.
- Protect the lower back: head up, buttocks down when lifting; spread the chest; lock in lower back; use a belt.
- Return weights to racks.
- Keep the center clean. Do not bring food, glass bottles, etc.
- Help and encourage each other. Help make a friend great.

O. Severe Weather Policy:

Potential Risk – Thunderstorms:

Decisions regarding the suspension and resumption of practices or contests will be based on the following guidelines:

- ALL contests and practices will be suspended during thunder and lightning storms or when the potential for such a storm exists. The key word is potential: these storms travel very quickly. The sound of thunder is an indicator of a storm. If thunder is heard and/or lightning is seen, stop play or practice immediately and move to shelter. The occurrence of lightning and thunder are not subject to interpretation or discussion--***LIGHTNING IS LIGHTNING. THUNDER IS THUNDER.***
- Play or practice may not resume until the potential danger of the storm has passed. Storms can bounce from hill to hill and return with little warning. A waiting period of 15 minutes should be used as a buffer once the storm has passed.
- A contest or practice should not resume if it is still raining after the storm seems to have passed. Rain or drizzle indicates the storm is still overhead.
- MOST IMPORTANT: The coach must keep in mind the safety of the student athletes. Weather and field conditions are the coach's main concern before he/she places the team back on the field. The contest officials are only guides, and if the coach does not agree with their judgment to resume suspended play, he/she should be cautious and not be persuaded to play.

Potential Risk – Snow, ice storm or deep fog:

Decisions regarding the suspension and resumption of practices or contests and/or travel to games/tournaments will be based on the following guidelines:

- When a blizzard or deep fog occurs during the school day, permission to travel away games (outside the city limits) will be determined in consultation by the principal, athletic director, teacher coach and/or supervisor and City of Lethbridge Transit.
- If a CHS team is stranded by a blizzard or deep fog while at a game or tournament. The team will stay in suitable accommodations (at the school's expense) while waiting out the storm. Decision to travel will always be based on the safety of all involved.

P. School Closings:

The superintendent is empowered to close the school district schools or dismiss them early in the event of hazardous weather conditions or other emergencies, which threaten the health or safety of students and personnel.

There may be times when school is closed due to inclement weather at the start of the school day, but by mid-day weather conditions may improve permitting games or practices to be held. Each situation will be dealt with on a case-by-case basis. The athletic director and principal will collaborate with the Lethbridge City Police, RCMP, the Superintendent, and the AMA Road Driving Conditions Service to determine if events can take place.

In case school has been cancelled or dismissed early due to hazardous conditions, the athletic teams will follow the procedures below as they relate to practice and scheduled home athletic events:

- When school is cancelled because of inclement weather, practices or contests will not be scheduled unless the athletic director and/or principal grant permission.
- If school is cancelled for reasons that are not weather related, practices or contests are cancelled unless the athletic director grants permission.

Chinook High School Athletics Parent/Student Handbook – September 1st/2018-2019

The Chinook Athletic Department prides itself in creating safe, competitive interscholastic activities for our student-athletes. Students' safety will be the highest priority when determining whether or not to hold practices or contests when schools have been closed.

Q. Transportation

Chinook High School and the Lethbridge School District #51 will provide transportation for all student athletes, support, and coaching personnel of athletic teams in authorized school vehicles (City of Lethbridge buses, qualified rental vehicles and/or qualified teacher vehicles) when the contest or practice has been scheduled away from the high school site and during school hours. Mandatory transportation is provided to and from the following:

- Regularly scheduled league games and/or contests
- ASAA Zone and Provincial competitions

Competitions that take place within the LSD #51 boundaries against other schools (ie games at LCI or CCH) will not have transportation provided.

The coach and/or teacher supervisor of the team must ride in the provided transportation with his/her athletes. Coaches and supervisors are encouraged to carry a cell phone for emergency purposes.

Team members are strictly forbidden to drive an automobile transporting members of an athletic team or to be driven by another student to an athletic contest or practice site that is out of the boundaries of LSD #51.

1. If a student athlete misses the District's provided transportation to a contest or practice and arrives at the site by other means, that individual cannot participate in that practice or contest unless the Athletic Director, Principal, or coach has granted written permission. This individual is not considered part of the team for this contest. The coach may grant permission for play under extenuating circumstances.
2. Under certain circumstances, or in exceptional situations where it creates an inconvenience for the family, student athletes may be excused from riding to or from an athletic event in school-authorized transportation. This privilege is to be kept to a minimum since our philosophy is that a student athlete is a part of a team in all phases of team activity.
 - a. A Volunteer Driver Parent Consent form 702.02 is available to all student athletes in the Athletic Director's office.
 - b. The parent(s) of student athletes must make arrangements with the Athletic Director and/or coach/teacher supervisor in advance of the trip.
 - c. The coach will release the student athlete to the parent(s) or designated adult upon presentation of the approved a Volunteer Driver Parent Consent form 702.02 or a letter approved by the Athletic Director or Principal. Once this release occurs, the liability shifts to the parents(s).
 - d. Should a parent(s) approach a coach at an away contest and request that his/her student athlete ride home with him/her, the coach may agree to this request.
 - e. A student athlete will not be allowed to ride home with another student if the contest is outside of the LSD #51 boundaries EVEN if a Volunteer Driver Parent Consent form 702.02 has been signed.
3. When parent(s) are asked to provide transportation to games, exhibition games and/or tournaments that are outside of the LSD #51 boundary they are required to complete and return Volunteer Driver Authorization form 702.2.1 and a Volunteer Registration form 1003.3.1 before departure. All students being transported MUST have completed a Volunteer Driver Parent Consent form 702.02. This allows for students to be transported by volunteer drivers.

R. Fundraising/Fees

Chinook High School follows the Lethbridge School District #51 School Generated Funds policy 1005.6 (Appendix G) in all fundraising programs. The Athletic Director and the School Principal must approve all athletic fundraising programs.

The essence of team sport is to provide opportunities for all students to participate and grow with their peers in a competitive setting within the confines of the sport(s) they love. In order to do this, we offer the following opportunities for students to help offset the costs for these endeavors.

Methods of payment:

- 1.Cash/interact for the full amount at the beginning of the season.
- 2.Adopt-A-Coyote fundraising method (25% goes to Chinook Athletics to offset athletic costs)
- 3.Safeway, Sobey's or Super Store food coupons (25% goes to Chinook Athletics to offset athletic costs)
- 4.Kids Sport Foundation

In keeping with the philosophy of "no student goes without", parents or student athletes that cannot meet their fee requirements using the methods mentioned are asked to schedule an appointment with the Principal to look at alternative payment methods.

Our Adopt-A-Coyote fundraiser is set up to allow students to seek assistance from members of our community that are willing to assist them in their athletic endeavors. This is a popular choice with students because many have business contacts within the community and the business contacts view the growth of our students as an essential element to the development of our community. **Adopt-A-Coyote form – Appendix H**

The main fundraiser for Chinook Athletics is the **CHS Coyotes Fundraising Discount Grocery Certificate** program that is organized and operated by the Chinook Parent Group. This program allows students to purchase discount grocery certificates at either Sobey's, Safeway and Save-On Foods. Students can use the proceeds from their sales to fund their athletic programs while at Chinook. This program operates year-round on a monthly basis. It is an excellent way for a family to budget their grocery needs! This fundraiser delivers maximum dollars back to the student athlete's pocket. **Appendix G** provides a complete description of the CHS Coyotes Discount Grocery Certificate Program.