



CHINOOK HIGH SCHOOL

CHS

COYOTE ATHLETICS STUDENT AND PARENT HANDBOOK

REVISED 2024-25



INTRODUCTION TO THE CHINOOK ATHLETICS HANDBOOK

Welcome to Chinook Athletics!

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 Division, 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

Contact

Chinook High School

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Principal: Keith van der Meer

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Duane Piper

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School Information

School Team Name: Coyotes

School Colours: Black and Gold with Crimson Red Trim

School Size: 4A

Approximately 1225 students Gr. 9-12

School Address:

259 Britannia Blvd W.

Lethbridge, Alberta

T1J 4A3



TABLE OF CONTENTS

THE ADMINISTRATION OF ATHLETICS

Mission Statements of Governing Athletic Bodies

Objectives of Participation

Administrative Organization

SCOPE OF ATHLETICS

Sports

Organizing a New Team Sport

GENERAL INFORMATION

Athletic Code

Compete with Character

Sportsmanship Code

Hazing & Safe Sport

Sports registration

Eligibility

Policy for Roster Selection

Playing Time Expectations

Dual Sport Participation Policy

Parent/Coach/Teacher Supervisor Communication:

School Attendance

Early Dismissal for Games

Training Rules

Fitness Centre Safety

Equipment and Uniforms

Severe Weather Policy

School Closings

Transportation

Fundraising - *CHS Grocery Card Program &*

Adopt a Coyote

THE ADMINISTRATION OF ATHLETICS

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.

OBJECTIVES OF PARTICIPATION



Philosophy of Athletics at Chinook High School

Many lessons can be learned, and attitudes can be developed through a program of competitive athletics. The philosophy of athletics at Chinook seeks to instill 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 one's actions and outcomes is necessary for growth in athletics and in life.

ADMINISTRATIVE ORGANIZATION

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.

Principal

Role- The principal is responsible to the superintendent.

Responsibilities- The principal oversees the functions and activities of the high school.

Athletic Director

Role- The athletic director is responsible to the principal.

Responsibilities- The athletic director oversees high school athletic programs.

Program Teacher Coaches & Teacher Supervisors

Role- Program teacher coaches and teacher supervisors are responsible to the athletic director.

Responsibilities- Program teacher coaches and teacher supervisors oversee their program, along with ensuring all their coaches know the responsibilities and the job description of their sport.

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 Prairie Sky Conference (2025 -)



The athletic program is organized and conducted under the rules, regulations, and recommendations of the ASAA.



SCOPE OF ATHLETICS

Values

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.

Sports

Fall Sports (August – November)

Cross Country:
Grade 9 | Junior Varsity | Varsity

Football:
Junior Varsity | Varsity

Golf: Varsity 10-12

Volleyball:
Grade 9 | Junior Varsity | Varsity

Winter Sports (December – March)

Basketball: Grade 9 | Junior Varsity | Varsity

Curling: Varsity

Spring Sports (March – June)

Badminton: Grade 9 | Varsity

Rugby: Junior Varsity | Varsity

Track and Field:
Grade 9 | Junior Varsity | Varsity

Slow Pitch: Grade 9-12

Baseball: Grade 9-12

Wrestling: Grade 10-12



SCOPE OF ATHLETICS

Organizing a New Team/Sport

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 - 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.

GENERAL INFORMATION



Athletic Code

Definition of an Athlete:

A student will be considered an athlete when they have signed the **Chinook High School Co-curricular/Athletics Registration Form** and have been accepted as part of any Chinook High School athletic team roster. They must also have 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 Chinook High School.

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 they represent the school and that it is always their duty to represent it honourably and well.

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.

GENERAL INFORMATION

Athletic Code of Ethics

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.
- Compete with Character at all times, win or lose.



COMPETE WITH CHARACTER

CHINOOK ATHLETICS



EXECUTION SUCCESS

PREPARATION RELATIONSHIPS SERVICE

OPPORTUNITY SAFETY SPORTSMANSHIP **I IKAKIIMAAT**

I IKAKIIMAAT

As a foundational piece to Competing with Character, **I IKAKIIMAAT** means to try one's hardest and to persevere, both on and off the field of play. It is expected that all student athletes give their best effort in the classroom on a daily basis and positively impact the learning environment at Chinook. This includes, but is not limited to:

1. Attending all classes (unless previously excused when necessary)
2. Arriving on time for said classes.
3. Giving one's best in a variety of academic settings, including working independently and free of distractions (phone, etc)
4. Helping to create a positive, healthy learning environment for all students, staff, and members of our school community.

COMPETE WITH CHARACTER

Sportsmanship at Chinook

The ideals of good sportsmanship, ethical behaviour and integrity should permeate all interscholastic athletics in our community as serves as foundational elements of Compete with Character.

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 Lethbridge School Division Fair Play code and the ASAA's Set the Bar Sportsmanship code as posted in our gymnasium.

Our athletic fields and courts should be the showcases of student athletes displaying good citizenship and reflecting ***fair play*** in every area of life, empowering sport to best serve all members of our community.



COMPETE WITH CHARACTER



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.
- 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 and all individuals.

COMPETE WITH CHARACTER

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.
- The use of any racist, sexist, homophobic, misogynistic, or other demeaning language.



COMPETE WITH CHARACTER

Safe Sport

All student athletes and coaches will engage in extracurricular course work, as outlined by Lethbridge School Division and the ASAA to be eligible for participation in sport and ensure a healthy environment for competition.

Courses include, but are not limited to:

- a) NCCP Making Headway in Sport (Concussions)
- b) Safe Sport Training
- c) Locally developed course work (Lethbridge School Division)



COMPETE WITH CHARACTER

Safe Sport - Hazing

No Chinook High School student is to conduct or engage in any hazing activities or activities that negatively impact the well being of others.

“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.



SPORT REGISTRATION

Registering to Be Deemed Eligible

- All athletes must have the following form completed prior to participating in a sport:

Lethbridge School Division - ASAA or LSAA Parent/Guardian Consent Package

- 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. Every athlete must have all the above-mentioned paperwork completed to register, or they will be ineligible to participate 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.

Eligibility & Opportunity

- 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.

TEAM SELECTION

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, and within the allotted guidelines set forth by PSC, LSAA, and the ASAA.

Time, space, facilities, personal attention and individualized instruction, equipment, along with other factors, are necessary for team development and will affect squad size.

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.



TEAM SELECTION

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 "Roster Reduction Policy" is used, the coach will keep the Athletic Director informed concerning the method and timing of "cuts."

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 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.



TEAM SELECTION

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 communicate 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 member.

If an athlete is cut, the coach will inform the athlete 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, the coach will discuss the situation with the athletic director in advance.

PLAYING TIME EXPECTATIONS

Grade 9 Teams and Individual Sport

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.



PLAYING TIME EXPECTATIONS

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.



PLAYING TIME EXPECTATIONS

Varsity Teams and Individual Sport Competitions

Varsity competition is the culmination of each sport program. Normally, grade 11 and 12 students make up much of the roster.

Occasionally, grade 10 students may be included on the team, if evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development have been 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.

DUAL SPORT PARTICIPATION POLICY

Dual Sport Athletes

As a rule, students are encouraged to participate in only one sport per season (i.e., fall, winter, spring).

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:

- Approval of the athletic director, both coaches and the athlete's parent/guardian must be obtained before each season begins.
- 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.
- The athlete must be in good academic standing and continue to be during 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.
- 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.
- 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.
- 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.
- 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.

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 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 From Coaches to Parents

- 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.
- Day to day logistics shared via team/group platform (ie: TeamSnap)

PARENT/COACH/TEACHER SUPERVISOR COMMUNICATION

As your student 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 is 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. Follow the "24 Hour Rule".

PARENT/COACH/TEACHER SUPERVISOR COMMUNICATION



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 behavior

Issues not appropriate to discuss with coaches:

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

STUDENT ATHLETE ATTENDANCE

Student Athlete Attendance

Participating student athletes must be in attendance for all classes on the day of game or practice, unless previously excused, to be eligible to participate in practice or competition.

Absences must be excused in the office for an athlete to participate that day. If a student athlete must be absent for good reason, arrangements need to be made in advance with the CHS main office or the teacher coach and/or teacher supervisor.

Participating student athletes that are inexcusably absent the day before a Saturday contest, will not be eligible to participate in the Saturday contest.

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.



STUDENT ATHLETE ATTENDANCE



Early Dismissal for Travel/Competition

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

Head coaches should make arrangements with the office and e-mail the school teaching staff to have students excused from class when **ABSOLUTELY** necessary because of travel or contest.

It is the responsibility of the student athlete to meet with their teacher the day before the class they are to miss because of an athletic contest.

Students are responsible for all missed notes, assignments and/or tests.

ATHLETE TRAINING FITNESS CENTRE SAFETY

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.

Fitness Centre 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 in promotion of a healthy training space.

EQUIPMENT AND UNIFORMS

Player Responsibility

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.

Equipment and uniforms will be checked in at the conclusion of a season. Damaged equipment should be returned to the head coach immediately for replacement or repair. 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.

Coach/Teacher Rep Responsibility

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.



SEVERE WEATHER POLICY

Potential Risk - Thunderstorm

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. 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.

SEVERE WEATHER POLICY

Potential Risk - Snow, Ice, 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.



SCHOOL CLOSURES

School Closure Protocol

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.

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 to hold practices or contests when schools have been closed.



TRANSPORTATION

School Provided Transportation

Chinook High School and the Lethbridge School Division 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, and charters) 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 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 their 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 Lethbridge School Division.

If a student athlete misses the Division's provided transportation to a contest or practice and arrives at the site by other means without communicating with their coach, that individual cannot participate in that practice or contest unless the Athletic Director, Principal, or coach grants permission. This individual is not considered part of the team for this contest. The coach may grant permission for play under extenuating circumstances.

TRANSPORTATION

Transportation Provided by Parents or Guardians

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 Volunteer Driver Parent Consent form 702.02 is available to all student athletes in the Athletic Director's office.
- The parent(s) of student athletes must make arrangements with the Athletic Director and/or coach/teacher supervisor in advance of the trip.
- 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).
- Should a parent(s) approach a coach at an away contest and request that their student athlete ride home with the parent, the coach may agree to this request.
- 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.

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 the 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.

FUNDRAISING AND FEES

Fundraising

Chinook High School follows the Lethbridge School Division 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 (A portion of this sponsorship goes towards Athletic Gen.)
3. Grocery Coupons (% Kickback)
4. Kids Sport & Jump Start Foundations (must apply during season of play)
5. Installments (formally set with CHS Business Mgr)

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 Athletic Director and/or school administration look at alternative payment methods.

In the event that athletic gear, clothing, or materials are provided by the school or included in fees, these items will be withheld until fees are paid in full or an alternative plan has been put and place and is being implemented.

FUNDRAISING AND FEES

Adopt-A-Coyote

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. Please ask your coach, teacher rep, or Athletic Director for an Adopt-A-Coyote form.

Another successful 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 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. Please contact the school business manager for further information on the grocery card program.

Business Manager: Zak Rowley
Zak.Rowley@lethsd.ab.ca

