



2019 Southridge Lacrosse Drug and Alcohol Policy

The use of drugs, alcohol, tobacco, anabolic steroids and smoking of any type is known to have an adverse effect upon the health and performance of the developing athlete. Therefore, the following training regulation will be instituted for participants in all OHSLA/OGLA activities during the athletic season. The athletic season is defined as the 1st day of tryouts through the last game of the season.

The possession or use of drugs, alcohol, tobacco, anabolic steroids, smoking of any type or use of look-a-likes, on or off school property or captured in any social media, at any time during the athletic season will have the following consequences:

This training policy is in effect seven (7) days a week during the athletic season.

- A. **FIRST OFFENSE:** The student athlete will be suspended from the program for up to five (5) days of scheduled games, practices or events starting from the day of the offense.
- B. **SECOND OFFENSE:** You will be removed from activities and athletics for the remainder of the season.

In addition to the above:

Participants will vacate a premises/party immediately where underage drinking and/or illegal drug use is occurring. This includes those not drinking and/or using illegal drugs. Disregarding this policy will result in a suspension from competition and team functions for up to five (5) days. A second offense of this policy will result in the removal from the program for the remainder of the athletic season.