

LAKE SAMMAMISH LACROSSE CLUB
STUDENT ATHLETE ALCOHOL, DRUG & TOBACCO POLICY – 2015

As members of Lake Sammamish Lacrosse Club (“LSLC”), players 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 team in an exemplary fashion. To that end, the following rules apply to all players while they are participating in LSLC activities:

ALCOHOL / DRUGS (non-prescription of any kind)

First Violation: (upon verification)

The possession and/or use of alcoholic beverages, which also includes attending a gathering where consumption of alcoholic beverages by minors, will result in 1) a minimum two week suspension from competition, 2) required assessment for substance abuse and a brief summary of assessment results mailed to the Lake Sammamish Lacrosse Club Coaching Board by the agency conducting the assessment and 3) appearance before the Lake Sammamish Lacrosse Club Coaching Board.

Second Violation: (upon verification)

The player shall be ineligible for the remainder of the current season. An assessment for substance abuse will again be required before the player can return to participate on the team. If the player successfully completes a counseling program and continues to show positive progress, the Lake Sammamish Lacrosse Club Coaching Board may allow the player to return to competition.

TOBACCO (cigarettes, chew, etc.)

First Violation: (upon verification)

The possession and/or use of tobacco products will result in (1) a minimum of one week suspension from competition (2) required assessment for substance abuse and a brief summary of assessment results mailed to the Lake Sammamish Lacrosse Club Coaching Board by the agency conducting the assessment.

Second Violation: (upon verification)

The player shall be ineligible for a minimum of two weeks from competition. An assessment for substance abuse will again be required and the player must appear before the Lake Sammamish Lacrosse Club Coaching Board prior to returning to competition. A player who is participating in an approved smoking cessation program may be reinstated as long as they continue to follow the provisions of the program.

VOLUNTARY REFERRAL

Players need to understand that disclosing information about a peer or themselves is actually helpful. Players need to know how to make a "concerned person referral". Such a referral needs to be distinguished from "narc-ing". The important message is that it is not okay to use - but that if someone needs help, it is safe to seek help. Team captains need to take an active role in supporting chemical free alternatives and insisting on a team norm of nonuse. In a concerned person referral, the Coaches refer the player to the appropriate agency for help. The player is allowed to continue participation upon enrollment or completion in an appropriate program. Often the help begins with a referral to qualified personnel. The parents will be involved in each report. Confidentiality between coaches, player, parent, etc. is essential.

PLAYER CERTIFICATION

I have read the Lake Sammamish Lacrosse Club Alcohol, Drug & Tobacco Policy and fully understand the meaning of this document. I understand that my signature is an agreement to abide by it during the Lake Sammamish Lacrosse Club season. I further understand the consequences outlined in this document if I fail to comply during the Lake Sammamish Lacrosse Club season.

PARENT/GUARDIAN CERTIFICATION

I am aware that my child/player has read and signed the Lake Sammamish Lacrosse Club Alcohol, Drug & Tobacco Policy. I understand that by her signature she has agreed to abide by it during the Lake Sammamish Lacrosse Club season. I support my child/player's action.

Print Player Name

Player Signature

Date

Print Parent/Guardian Name

Parent/Guardian Signature

Date