

## AUHSD Student-Athlete Code of Conduct 2021-22 School Year

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills.

AUHSD holds **Inclusion and Equity, Respect, and Health** as core values in our athletic programs. The expectations outlined in this document are critical to that mission and we expect student athletes to know them and uphold our expectations at all times. We expect our athletes to stand for these values at school and reflect them in their behavior, on social media sites at all times, including during off periods, breaks, and summer.

### Our core values and requirements to participate are:

#### **A. Inclusion and Equity:**

1. We expect student athletes to lead and set an example for inclusion. We expect teams to be positive and welcoming environments for everyone. Discrimination, Prejudice, Stereotypes, Bigotry, biased or harassing behavior has no place in our schools or on our teams.
2. We expect students to be “upstanders” and not engage in bullying, taunting opposing team members or demeaning other students.
3. Student athletes may not use any racialized language, demeaning nicknames or name calling, including profanity, vulgar, racist, sexist, or homophobic language, obscene gestures, offense remarks, or other actions that demean individuals or the sport in person, to the media or on any private or public social media site. The use of hate speech or hate symbols is completely unacceptable.
4. Student athletes may never engage in any type of hazing, as defined by the imposition of strenuous, dangerous and or humiliating tasks as part of a program and/or initiation.
5. Students must know the attached definitions as a part of student-athlete leadership.

#### **B. Respect:**

6. Student athletes must treat people with respect and demonstrate good sportsmanship and ethical conduct. This includes coaches, other parents, opposing teams, and fellow students.
7. Student athletes must always treat officials with the respect they deserve and not complain, harass or demean officials in any way, including on social media.
8. When visiting other schools, we expect student athletes to dress, act and conduct themselves with respect. Any played music should uphold AUHSD core values.
9. Student athletes represent their school, coach and teammates with honor on and off the field. We expect them to consistently exhibit good character and conduct themselves as positive role models in person, to the media or on any private or public social media site.

### **C. Health:**

10. We expect student athletes to respect and prioritize their education. They must maintain the required GPA and class schedule to be eligible for participation.
11. We expect student athletes to not use alcohol or drugs.
12. We expect student athletes to not use tobacco products, including vaping at any time.
13. Student athletes are expected to notify a certified athletic trainer and/or coach about all injuries immediately, and are further required to adhere to a prescribed rehabilitation treatment program for the management of injuries.

### **How do we ensure safety for all and uphold our values?**

We expect student athletes to **lead**. We expect students to **report** racist, sexist, homophobic or hazing incidents. Reporting should not be considered as a sign of weakness on behalf of the athlete, coaches nor schools. It demonstrates AUHSD's commitment in dealing with and taking measures against such events, while at the same time proclaiming no tolerance when it comes to racism, sexism, homophobia and any form of discrimination or hazing. Students can report to coaches, use the BIRT system on school websites, or talk to a trusted adult.

### **The student athlete agreement:**

I acknowledge that, as a student-athlete, I have significant responsibilities. I recognize that I am among the most visible students on campus and in the community, and that I am expected to behave as a respectful member of my team(s) and in a manner that positively represents the values of my school. I know as an athlete, I am held to standards higher than other students. I understand the need to exercise good judgment and conduct myself with honesty, integrity and respect for others at all times. I understand I am always in the public eye and my participation on social media will be scrutinized by others, including college admissions counselors.

I understand and agree to each of the behavioral expectations listed above, and understand that a failure to abide by these expectations may result in loss of playing time, suspension or dismissal from an athletic team, at the discretion of the head coach, Athletic Director, or site administrator. I understand that any poor behavior will be reported to school administration and there may be additional consequences.

### **Parents Expectations**

Parents play the most important role in upholding our values. We ask parents to help create welcoming, supportive environments for our spectators and be respectful when on the road with our teams. Please review and discuss our policy with your child. We expect you to follow same principles as the Athlete Code of Conduct while in attendance at school programs. Please let the coaches do their job of coaching and abide by their guidelines for discussing playing time and strategy. We want you to enjoy watching your child participate and ask that you encourage all student athletes on the team.

Before a student may participate in high school athletics at any AHUSD High School, the parent must provide a signature signifying that child and parents have reviewed this High School Athletic Code of Conduct, and that parent and child acknowledges and agrees to the guidelines and standards contained herein.

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Student Signature / Date

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Parent Signature / Date

## Defined Terms

**Bigotry:** An unreasonable or irrational attachment to negative stereotypes and prejudices.

**Bullying:** The terms bullying and victimization are used to describe a situation during which students use indented, unprovoked, continuous and repeated violence and aggressive behavior in order to intimidate, oppress and inflict physical and emotional pain to their peers, inside or outside the school environment. Bullying and violence may be physical, verbal, psychological or social. There is also another form of bullying, called cyber bullying which is expressed through the use of new technologies and social media. Bullying usually manifests through:

- Gestures, shoving, beatings
- Verbal assault, swearing, insults, threats, defamation
- Extortions
- Destruction of personal items, thefts
- Sexual harassment and abuse
- Exclusion and isolation from groups, team games and social activities

**Discrimination:** The denial of justice and fair treatment by both individuals and institution in many arenas, including employment, education, housing, banking and political rights. Discrimination is an action that can follow prejudicial thinking.

**Hate Speech and Symbols:** Speech or symbols that incite attacks or threatens a group on the basis of national origin, ethnicity, color, religion, gender, gender identity, sexual orientation or disability.

**Prejudice:** Prejudging or making a decision about a person or group of people without sufficient knowledge. Prejudicial thinking is frequently based on stereotypes.

**Racism:** Prejudice, discrimination, or antagonism directed against a person or people on the basis of their membership of a particular racial or ethnic group, typically one that is a minority or marginalized. Racism affects every single one of us, whether we recognize it or not. It is in our news, exemplified by the over-criminalization of whole groups of people; in our entertainment, demonstrated by every stereotype and movie based on a story written by history's winners. Its ideologies have been ingrained in our society, surrounding citizens on all sides. **Personally mediated** racism lives in individual people as the devaluation and dehumanization of others based on race. It is usually the most recognizable kind of racism, existing in the form of stereotypes, bias, and selective exposure. **Internalized** racism is the acceptance of racist attitudes by members of a stigmatized race and the adoption of negative messages about their own abilities and values as a person. **Institutional/Systemic** racism means that social and political institutions provide unequal opportunity to people based on their race.

**Racist Incident:** Any incident that may be perceived as racist by the victim or another individual. It holds a wider meaning to that of misconduct or a crime since a racist incident may include a behavior that if it wasn't linked to a specific characteristic of a person it would not be considered as a criminal action. Racist incidents usually result in the exclusion, marginalization or discrimination against other people or groups of people because of their specific traits.

**Stereotype:** The overgeneralized, evaluative, simplified, extravagant perception/representation of a group of people, to justify our attitudes towards them, e.g. are not normal people. Stereotypes create wrongful positive or negative expectations of people who belong to a specific group