

Chariho Regional School District Athletic Coach Handbook



INTRODUCTION

The purpose of this handbook is to provide student-athletes and their families with an overview of the Chariho Regional School District (CRSD) Interscholastic Athletic Program and the policies, procedures, and rules that govern it. Questions regarding any material in this handbook, as well as questions about any aspect of the program not addressed in this handbook, should be directed to Justin Cahoone, Director of Athletics.

This handbook will assist in achieving and maintaining high standards in our interscholastic program. Any policy or statement may be amended or modified at the time of the annual review.

We are committed to the highest sense of integrity encompassing every aspect of our behavior as representatives of the Chariho community. We strive for high moral character, honor, respect, and honesty in all our actions, realizing that the strength of a community is based on the integrity of its members. We serve as role models, mentors, and leaders seeking not only to teach others but also to learn from their diverse experiences. We take pride in creating and fostering relationships, which lead to a strong and vibrant community.

PURPOSE

This handbook is designed to serve as a guideline for all coaches and assistant coaches in the Chariho Regional School District. The handbook will help the coaches prepare for all aspects of an athletic program that are vital to its success.

Outlined within the handbook are the areas that a quality athletic program should incorporate to provide a safe and positive environment. Included in these areas are budget procedures, academic eligibility, equipment inventory, coach's responsibilities, medical emergencies and evaluations.

Athletics play an integral part of the educational experience at Chariho. Our students learn lifelong lessons from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, cooperation, and competition are an integral part of the athletic experience. The program also plays an important role in helping the individual student-athlete to develop a healthy mind and body. Athletic competition fosters school spirit and helps all members of the school community, spectators as well as participants, to develop pride in their school and community.

The Chariho Regional School District requires our coaches to conduct themselves within the framework of the goals of the district, to follow all district policies, procedures of the Athletic Department, and the regulations set forth by the state associations. Our Coaches represent the district in interscholastic activities and **MUST** consider athletics as part of the total education program, encouraging athletes to work to their maximum ability in academics as well as in sports.

OBJECTIVES

Athletics at Chariho will be treated as an educational endeavor. Coaches must strive to attain specific objectives toward the positive development of the student-athlete through proper educational principles and techniques.

- Development of a positive atmosphere
- Development of leadership qualities
- Development of physical, social, and emotional growth
- Development of moral qualities
- Development of sport-specific skills
- Development of life skills such as accountability, punctuality and responsibility
- Development of positive character traits including loyalty, and cooperation
- Development of sportsmanship and fair play

PERSONAL RESPONSIBILITIES OF THE COACH

1. The coach will follow the requirements of the school committee, school administration, athletic director and the Rhode Island Interscholastic League (RIIL) (school district policies can be accessed at www.chariho.k12.ri.us and RIIL policies can be accessed at www.riil.org).
2. The coach will set a good example for all student-athletes by:
 - a. Practicing good health habits.
 - b. Exhibiting good sportsmanship at all times.
 - c. Dressing appropriately for the occasion.
3. The coach will be cognizant of the academic progress of their players and encourage academic excellence by monitoring academic performance.
4. The coach will meet all state and local certification requirements. These courses will be tracked by the Chariho Athletic Director and Human Resources Administrator. The coach will possess the following:
 - Meet all requirements set forth by the Rhode Island Interscholastic League Rules and Regulations
 - Including but not limited to Articles 3, 6, 7, & 13.
 - Comply with the NFHS & RIIL rules
 - Must be in Compliance with the Initial Certification Requirements

- Completion of the NFHS Course: Fundamentals of Coaching Course
- NFHS Protecting Students from Abuse Course
- NFHS Concussion Course- Annual Requirement
- NFHS Sudden Cardiac Arrest Course-Annual Requirement
- All coaches must at all times maintain current certification in the following areas:
First Aid, Health and Safety, Red Cross or American Heart Association (AHA) First Aid Certification or equivalent, Red Cross, American Heart Cardiopulmonary Resuscitation(CPR) certification or equivalent
- Attend Title IX Training
- Attend Suicide Prevention Training
- Register Annually with the RIIL
- All coaches will complete a federal background check.

5. The coach is required to use the district-issued account to communicate with students and parents/guardians. The District will determine which if any app may be used for communication. Coaches may not use their personal emails or cell phone numbers to communicate with students and families. Doing so may be grounds for dismissal. Coaches will respond to a parent communication within 24 hours.

6. All coaches are required to keep all personal contact information updated with the Athletic Director and the Human Resources Administrator. This includes name, address, and phone numbers

7. Coaches' communication with students should always be respectful and refrain from degrading humiliating, or discriminatory remarks. While it is understood that the nature of the coach-athlete relationship can develop into one of mentorship and trust, coaches must foster a relationship that is professional and avoids partiality and the appearance of impropriety. Coaches must use good judgment in their relationships with students both inside and outside of the school/district context.

8. Coaches are responsible to know and understand the District's policies. This includes policies regarding harassment, bullying, Title VII, Title XI, student abuse and neglect (DCYF).

All of these requirements must be completed in order to coach in the Chariho school district.

DUTIES AND RESPONSIBILITIES OF THE HEAD COACH

- Hold a pre-season meeting in accordance with RI General Law: 16-11.1.2, including a lecture on substance abuse.
- Enforce and carry out all rules established by the Rhode Island Principal's Committee on Athletics and the Chariho Regional School Committee
- Inform all athletes of the risk of injury prior to the first practice
- Immediately report all violations of rules, regulations and behavior to the athletic director

- Immediately report all injuries to the school nurse, principal and athletic director, using the appropriate form
- Maintain an accurate roster at all times and file such with the athletic director
- Assist the athletic director to ensure that all participants undergo a physical examination and have on file the required notarized Assumption of Risk form, the insurance form, a signed athletic handbook contract and a signed concussion form.
- Assist the athletic director by recommending games in addition to the league schedule, but keeping within the maximum number of contests allowed
- Assume responsibility for knowing the location of all away contests
- See that facility regulations are understood and enforced
- Assign duties to and evaluate the performance of all assistant coaches in their sport
- Prepare public information releases for their sport
- Maintain a detailed list of equipment used and be prepared to inventory and return same at the conclusion of the sport's season
- Prepare and submit a list of recommendations for awards
- Complete all annual reports using the appropriate forms
- Assume responsibility for the team under their direction
- Plan and conduct all practice sessions
- Enforce all rules and regulations pertaining to conditioning and training
- Advise parents of athletes on all matters of the student's well being
- Pay any fines imposed by the RIIL for failing to have a representative at mandatory interpretation meetings or ejection from a contest
- Advise athletes of the dangers of alcohol and other drugs
- Review the athletic handbook with the athletes and their parents
- Supervise the athletes at all times
- Attend all meetings called by the athletic director or their designee
- Attend all meetings called by the RIIL and the coaches' association
- Support the athletic department by chaperoning the Homecoming Dance
- Conduct a mandatory parent and athlete meeting to explain team expectations
- Attend annual coaches' meeting to select senior athletic awards
- Practice is not allowed if school is canceled or dismissed early due to weather or an emergency. Authorization is required from the Superintendent through the Director of Athletics if a team wishes to practice.
- Hold an end-of-year meeting with athletes to return all equipment and uniforms
- Recommend additions and/or improvements for the care and maintenance of facilities

DUTIES AND RESPONSIBILITIES OF THE ASSISTANT COACH

- Support the athletic program of the school
- Attend all meetings called by the coach and athletic director
- Support the head coach their particular sport
- In the absence of the head coach, assume the role of the head coach and function accordingly
- Pay any fine imposed by the RIIL for ejection from a contest
- Attend all meetings called by the athletic director or their designee
- Support the athletic department by chaperoning the Homecoming Dance

SPORTSMANSHIP EXPECTATIONS OF THE COACH

- Coaches will lead by example in the promotion of good sportsmanship
- Coaches will demand good sportsmanship from their players
- Coaches will show respect for the officials at all times. Public displays of dissent, abusive language and/or gestures will not be tolerated
- Coaches will show respect for the players, coaches and fans of the opposing team
- Coaches will play within the spirit of the rules. They will not teach or allow their players to break the rules as a form of intimidation or to gain an advantage
- Coaches will not encourage or allow their players to intentionally injure an opponent
- Coaches will not allow their players to fake an injury
- Coaches will not incite the crowd
- Coaches will encourage good sportsmanship from their fans
- Coaches will strive to have their team leave the game with respect for themselves, opponents and officials

ELIGIBILITY

Any student may be eligible to participate in interscholastic athletics as long as they meet both the requirements outlined by the Rhode Island Interscholastic League and the Chariho Regional School District.

Academic eligibility for athletics:

Student-athletes wishing to participate in athletics must meet the following criteria (in addition to eligibility requirements of the Rhode Island Interscholastic League).

CRSD academic eligibility rules require that each student maintain a minimum overall average of 70, and no more than one failure. Academic eligibility is determined by grades of the previous marking period (refer to Eligibility Requirements for Athletics Policy). Academic eligibility is also determined by the missing work list. Any student-athlete on the missing work list is not allowed to participate until the student-athlete has completed the work and their name has been removed from the list.

Students are **NOT** eligible if:

1. They are excused from physical education for medical reasons.
2. Their nineteenth (19) birthday occurs prior to September 1st of the current school year.
3. They have represented the school in any one sport for more than four seasons and/or have been in attendance for more than eight semesters. A student-athlete has eight consecutive semesters of eligibility beginning with the ninth grade.
4. They have changed schools without a change of legal residence.
5. They will comply with all other provisions of the RIIL's Rules and Regulations.

CODE OF CONDUCT FOR STUDENT-ATHLETES

In addition to eligibility regulations established by the Rhode Island Interscholastic League, there are Chariho Regional School District rules to which the student-athlete must adhere.

The Chariho Behavior Code and Athletic Handbook will be applied in all situations and student-athletes will receive the same disciplinary action as that applies to the entire student body.

Disciplinary action will be administered by the coach and/or athletic administration. Immediate action may take place at the discretion of the coach in situations where consultation with other authorities is not possible. Parents will be advised in all cases of suspension. A written report(s) of all pertinent details of a disciplinary matter will be filed with the athletic director immediately upon the occurrence of the incident.

The Athletic Handbook is designed to create a set of guidelines for each player to follow. These guidelines will help teach the players about responsibility and commitment to their teammates and the athletic program.

Before starting the athletic season, the coach will meet with the athletes to discuss the athletic handbook rules and regulations. At this time, all rules and regulations are to be presented to the athletes for clarification and discussion. These rules and regulations are designed to provide a fair and consistent approach to discipline the athletes in the areas of academics, conduct on and off the field, and training rules. Each athlete should discuss the rules and regulations with their parents/guardians before deciding to make the commitment to the team. A signed contract is to be completed and returned to the athletic director each year.

HAZING

Hazing is a very serious act and will not be permitted or tolerated by any member of a CRSD athletic team. Hazing is a complex social problem that is shaped by power dynamics operating in a group and/or organization. Hazing refers to any activity expected of someone joining a group that humiliates, degrades or risks emotional and/or physical harm, regardless of the victim's willingness to participate.

Definition

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with an athletic team. Hazing includes, but is not limited to:

1. Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities;

2. Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or substance that subjects the student to an unreasonable risk of physical harm;
3. Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature;
4. Any activity that subjects a student to levels of embarrassment, shame, or humiliation or which creates a hostile, abusive, and intimidating environment for the student;
5. Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

Hazing perpetrators are subject to appropriate disciplinary action including, but not limited to, expulsion from the team. Hazing is covered by the CRSD's Policy Against Harassment, Intimidation, or Bullying.

ADMINISTRATION

Postponing Games: Postponement of games will take place only after there is a conference between the athletic director and the coach.

The following factors must be considered:

- Safety of athletes.
- Condition of the playing surface.
- Travel conditions.
- Equipment conditions.
- Safety for all concerned.

The athletic director will render the final decision and assume the responsibility for rescheduling the contest according to league rules.

EQUIPMENT GUIDELINES

Coach's Responsibility

The head coach is directly responsible for the care, control, and upkeep of all equipment and facilities to ensure the safety of the athletes. They must also make the athletic director aware of the need to replace equipment and repair facilities.

Inventory/Issuing equipment:

The head coach will complete an inventory sheet prior to the start of the season and keep it on file. Once this is done, the coach may begin to issue all equipment necessary to their athletes. When each athlete is issued equipment, they will be instructed in the proper use, care (washing) and maintenance of their equipment. Athletic equipment will only be worn during practice sessions and interscholastic contests. At no time shall an athlete wear school-issued

uniforms and/or equipment to physical education class, school, or in the community without prior approval of their coach and/or athletic director.

Inspection and Maintenance:

Periodically all coaches will check for defective, hazardous, or unsafe equipment/facilities and report this to the Athletic Director.

Collection:

The head coach is responsible for collecting, inventorying and storing all equipment. All equipment will be collected, cleaned, inventoried, and stored within two weeks of their last contest. All equipment turned in by the athlete will be cross-checked against their information sheet. Any athlete who has lost their uniform and/or equipment will be charged the full replacement costs. All payments will be forwarded to the Chariho Athletic Department.

LOCKER ROOM

A coach will be responsible for the opening and closing of the locker room at all times. The head coach or assistant coach is responsible for the actions of their players from the time they report until the time they leave the practice or contest. Cleats are prohibited from being worn in the building. All locker areas are expected to be clean and neat at all times.

FITNESS CENTER REGULATIONS AND SUPERVISION

- Shirts, pants and shoes are required at all times - tank tops are acceptable.
- Nobody is to be in the fitness center with only one other person.
- Students must be under the supervision of the instructor assigned.
- Lifters must work with a partner.
- Replace all weights on the racks immediately following use.
- Know your limits! Work with the instructor in determining your limits.
- Do the lifts correctly. It is better to use lighter weights than run the risk of injury.
- Warm up with proper stretching exercises.
- Because of our limited space, the number of lifts will be determined by the supervisor.
- No food or drink inside the weight room with the exception of water.

- No horseplay or profanity.
- No abuse of equipment. Any equipment that is broken must be reported immediately.
- Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity.

SEVERE WEATHER (LIGHTNING) SAFETY POLICY

The following procedure is to be used in all outdoor sports/activities sponsored by the RIIL by game officials and/or athletic director and/or sport directors and/or coaches.

- A. How to determine when to suspend outdoor activities: The “Flash-to-Bang” method is the recommended method in severe weather to avoid lightning danger:
 1. Count the seconds between seeing the lightning (flash) and hearing (bang) of thunder.
 2. Divide by five (5) to determine how far away in miles the lightning activity is occurring.
 3. Be inside a safe structure by the time the count approaches thirty (30) seconds (30 divided by 5 = 6 miles).
- B. All activity is to be postponed or suspended if a thunderstorm appears imminent before or during a contest (regardless of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkened clouds, high winds and thunder or lightning activity.
- C. Officials, coaches, sport directors or personnel in charge will designate a safe shelter for each venue, such as inside a school, but not dugouts or under trees or bleachers where lightning can still strike. An alternative emergency safe shelter is a school bus, car (solid roof, not a convertible) with windows rolled up completely.
- D. Officials are to make the call to remove individuals from the field. Coaches/Athletic Directors/Sports Directors are to make the call to remove individuals from any sport/activity where no official(s) are present.
- E. Activities may resume after thirty (30) minutes following the last sound of thunder or lightning flash.
- F. Other:
 1. Be more wary of the lightning threat than the rain. Lightning can strike far from the rain shaft.
 2. Lightning or thunder should be the determining factor in postponing or suspending the activity – not the amount of rainfall on the playing field. Even a gentle rain can bring lightning.

3. For further information on the topic: “Lightning Safety for Athletics and Recreation” www.nata.org/publicinformation/files/lightning/pdf.

MEETINGS AND BANQUETS

Along with other duties, the head coach is responsible for filing an end-of-the-season report with the athletic director that contains information about the team for the year. The report must detail the information listed below:

1. League and season records.
2. League standings.
3. League banquet information.
4. Player/team recognition of awards (league/state).
5. Recommendation for players earning a school letter.
6. Recommendations regarding equipment needed for the next budget.

A head coach or delegate must attend league meetings in order to be in good standing with the Rhode Island Interscholastic League and the coaches' associations. Their attendance is vitally important to the team for the following reasons:

1. Rules interpretations (new and old)
2. Equipment changes
3. League and non-league scheduling
4. Playoff scheduling (dates, times, sites)
5. All-league nominations
6. General association information

The head coach must attend the league banquet to represent the school and support the players being honored by the league. It is strongly recommended that each coach attend the annual Senior Athletic Banquet sponsored by the Chariho Sports Boosters. Showing that all coaches care about student-athletes' personal achievements and recognizing the dedication and commitment they have made to the team and school means a great deal to the athletes and their families.

MEDIA RESPONSIBILITIES

The head coach must be available to make the game, player and seasonal information available to the local newspapers, radio, and television stations.

The head coach is responsible for providing statistics (player/game), along with a game analysis and summary, to the local newspapers, radio, and television stations. This information will allow members of the community to follow local teams and athletes throughout the season. The coach must make arrangements for player interviews and photo sessions.

When making statements to the media, a coach is prohibited due to confidentiality regulations, to discuss disciplinary, personnel, or medical matters regarding an athlete.

MEDICAL CONSIDERATIONS AND INJURIES

No matter the amount of precaution taken, injuries to athletes will occur in interscholastic athletics. Therefore, all coaches must be prepared to handle all injuries and emergencies in a professional manner.

Before an athlete can participate in a practice or game, the coach must have proof that they have fully completed and passed a physical examination. All physical examinations must be completed on the school form and returned to the head coach, school nurse or athletic director. In addition, the head coach will verify that all participants have a completed insurance form on file.

Prior to the start of the season, the head coach will make all players aware of the potential injuries that can occur while playing sports. Corresponding to this, all players will turn in an Assumption of Risk form that is signed by a parent or guardian and notarized. These forms will be returned to the head coach and then given to the athletic director prior to the first Interscholastic League contest. Only one form is required for a student's four years of eligibility.

All players must have an Emergency Medical Authorization form completed and returned to the head coach before competing. The coach will have this form accessible at all team events. This form contains vital personal information such as the player's name, date of birth, parents' names and telephone numbers, emergency telephone numbers and the player's medical history. The parent or guardian's signature on this form authorizes medical treatment by medical personnel and transportation to a hospital only after repeated efforts to contact the player's parents have failed or in a life-threatening situation.

At Chariho Regional High School, the athletic department does not employ an athletic trainer; therefore, the assumption of responsibility is placed on the coach in charge of the sport. The coach must be prepared to recognize injuries and administer first aid or refer the injured athlete to the appropriate medical personnel.

There is an AED located in the foyer at both the middle school and high school buildings. An AED is also kept in the high school athletic booth, nearest the main athletic field and the Maddie Potts Memorial Field House. An AED is also located in the athletic shed nearest the tennis courts. Prior to the start of each season, the coach will inform the players of the location of the nearest AED, and will assign two players to be responsible for retrieving the AED in case of emergency.

Heat Illness

Dehydration:

Symptoms:

- Loss of fluid
- Dry mouth, thirst
- Irritability
- Diminished performance
- Increased risk of heat cramps, heat exhaustion and heat stroke

Heat Cramps:

Symptoms:

- Muscular pain, spasms
- Abdominal muscles and legs involved
- Occurs later in an activity
- Usually due to lack of adequate salt intake with heavy sweat losses

Heat Exhaustion:

Symptoms:

- Skin may be cool, moist
- Skin may be pale or flushed
- Usually heavy sweating
- Pulse may be fast and weak
- Breathing may be fast and shallow
- Body temperature may be normal or elevated
- Tired, weak, dizzy
- Nausea, vomiting
- Headache, fainting
- May develop within hours or days of exposure to high temperatures

Heat Stroke (a true medical emergency):

Symptoms:

- Elevated body temperature usually greater than 106 degrees
- Sweating is common
- Pulse may be weak, rapid or slow
- Headache, dizziness
- Nausea, vomiting
- Confusion, disorientation
- Poor judgment, belligerent
- Nervous system dysfunction – delirium, seizures, coma
- Brain, heart, liver, kidney, and muscle damage
- Blood coagulation problems

Treatment of heat stroke:

- Life-threatening! Act fast!
- Cool first, then move individual.
- Move player to shade or air conditioning. Immerse in tub or small pool.
- Apply ice bags to the body, especially the scalp, neck, armpit, and groin.
- Think beyond fluids. No fluids by mouth.

How heat affects performance:

- Impaired short-term memory
- Decreased mental acuity
- Slower reaction time
- Emotional instability
- Irrational behavior
- Combativeness
- Confusion
- Disorientation

- Apathy

Risk factors for heat illness:

- Symptoms can be subtle and accelerate quickly
- Diet low in minerals
- Large sweat losses
- Inadequate fluid intake
- Overweight/increased body mass index that decreases heat loss
- Prescription drugs, i.e. antihistamines, diuretics, beta-blockers
- Non-prescription drugs, i.e. caffeine, amphetamines, ephedra-like substances, steroids, cocaine
- Certain medical conditions, i.e. heart disease, asthma, allergies

Heat illness prevention:

- Education for coaches, parents and players
- Proper conditioning
- Acclimatization – takes time – days to weeks
- Adequate hydration
- Electrolyte replacement (sodium, potassium)
- Appropriate diet – no caffeine – no stimulants
- Pre-activity fluid loading
- Schedule regular water breaks

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INJURED ATHLETE PROCEDURE

In the event that a student is injured in an athletic contest and a parent/guardian is not present, the following steps should be taken:

1. Coaches will have the Emergency Medical Authorization Form with them at all times. This form should be taken to the hospital with the injured athlete.
2. If no parent/guardian is present, the coach or their designee will accompany the student to the hospital. If more than one coach is present, a coach must accompany the student to the hospital.
3. A parent/guardian will be contacted immediately.
4. The coach or their designee will make arrangements for transportation home from the hospital.

It is our intent to ensure that a responsible adult be with the injured athlete at all times.

INJURY FUND

Procedure for the R.I. Interscholastic Injury Fund:

1. Blue Cross or any similar personal coverage must be used whenever it can be applied.
2. The Student Accident Insurance Plan may pay part of the bill.
3. The R.I. Interscholastic Injury Fund will consider any balance which may remain after the insurance coverage has been exhausted.
4. Each student-athlete is required to have health insurance. The Injury Fund will not consider any balance if the student-athlete is not insured.
5. Present any bills to the athletic director who will prepare the claim and forward it to the R.I. Interscholastic Injury Fund for reimbursement.

TRANSPORTATION

- Coaches will distribute themselves on the bus to properly supervise athletes.
- Athletes must travel to and from away athletic contests in transportation provided by the athletic department.
- Athletes will remain with their team under the supervision of the coach when attending away contests.
- Athletes are not permitted to drive their own vehicles to away contests.
- Athletes who miss the bus will not be allowed to participate in the contest.
- All regular school bus rules will be followed.
- In cases where males and females are sharing a bus, males and females are not permitted to share seats on the bus.
- Athletes may return from an away contest only with their parent or legal guardian. In that event, the parent/legal guardian must complete and provide a written request for the coach.
- Coaches are not permitted to transport students in their personal vehicles.

CAPTAIN'S PRACTICES

Coaches are prohibited to hold practice or be present at practice prior to the official starting date for that season. At no time are school equipment, supplies, or facilities to be used before the official starting date for the purpose of practice or games. "Captain's practices" are prohibited and not endorsed or supported by the athletic department. Player attendance at "captain's practices" will not be used as criteria for team selection.

Liability for injury during a "captain's practice" will not be incurred by the school district, and students are not covered by the Rhode Island Interscholastic Injury Fund before the official starting date for that sport. Coaches who have knowledge of and encourage or support "captain's practices" may be placing themselves in a position of liability in the event of an injury.

DRESS POLICY FOR GAME DAY

Some teams choose to "dress up" on game day to demonstrate their pride for their team and school. "Dressing up" on the day of a game or contest is optional for the team, at the discretion of the coach. However, if teams choose to "dress up" on game day, appropriate attire is expected. Males are expected to wear ties that are pulled up with a tucked dress shirt with a collar; slacks with a belt are to be worn. Females are expected to wear dresses, pantsuits, skirts, blouses, or sweaters. As an option, teams may also choose to wear uniforms on game day.

FUNDRAISING

All Requests to conduct fundraising activities must be in compliance with the policy on Fundraising and Commercial Activity. Fundraising activities may not be used for the purpose of funding items that should be included in the school budget. Written approval must be gained at least two weeks before the activity. Only approved activities will be included on the District Fundraising Calendar; requests must be received by May 1. Activities published on the calendar will be given preference over requests submitted at a later date. The proper completed form must be submitted to the athletic director.

STUDENT PARKING

Student-athletes are not to relocate their vehicles to another parking lot until the afternoon buses have departed from the campus. Following bus departure, student-athletes are allowed to move their vehicles to an available valid parking space only. Parking in fire lanes or other areas that are not designated as valid parking spaces is prohibited, and subject to the suspension of campus parking privileges.

SUNDAY ACTIVITIES POLICY

The Chariho Regional School District recognizes Sunday mornings as a special time for families. It shall, therefore, be the policy of the school district that no staff member or student shall be required to participate in a school activity on Sunday mornings.

SCHOOL CANCELLATION AND ACTIVITIES

If school is canceled or there is early dismissal due to weather conditions, all activities are canceled for that day. This includes all contests or practices.

AFTER-HOURS SECURITY

In an effort to improve after-hours security at Chariho High School and Chariho Middle School, the following guidelines have been implemented.

- All exterior doors will be locked at 3:15 PM.
- All groups with approved requests to use Chariho High School and Chariho Middle School will meet a custodian at the front door ten (10) minutes prior to the scheduled time of use. All individuals with keys are to enter and exit by the front doors only; these individuals are to check-in with a custodian upon arrival. All other doors are to remain locked at all times.
- Upon entry, an authorized individual or designee is to remain at the front door until all participants have arrived. **The doors are not to be “propped” open.** When all participants have arrived, the doors are to be closed and checked.
- Under no circumstances will participants enter the building prior to the adult supervision.
- While in the building, the adult supervisor is responsible for all participants. Participants are not to leave the assigned area without supervision.
- All groups approved to use the facilities must return all items to their original location and must leave the used area clean and tidy.
- These guidelines must be reviewed with participants on a biweekly basis.
- Failure to follow these guidelines will lead to retraction of approval to use the facility.

Chariho High School and Chariho Middle School are important community resources. It will take responsible action by all to ensure that they remain so.

ATHLETIC AWARDS

Awards are an integral phase of athletic programs because they represent recognition of participation and achievement. It is expected that requirements be such that they enhance the importance of such an award.

The varsity award shall be presented to an athlete who satisfied the participation requirements as listed below, completes all team obligations, and receives the recommendation of the coach.

BASEBALL/SOFTBALL:	Play in one-fourth of all innings played; pinch-hit or pinch run in three-fourths of the games played; pitch in four starts or six-game appearances.
BASKETBALL:	A player who participates in half of the total number of halves. Playing any part of a half constitutes a half.
CHEERLEADER:	Meet ninety percent of contest and practice requirements.
CROSS COUNTRY:	A runner who makes a first place in any scheduled league cross country meet or who finished in one of the top seven positions in at least two meets or in the top ten in conference meets or top fifteen in regional or state meet.
FIELD HOCKEY/ LACROSSE:	A player who participates in half the total number of halves. Playing any part of a half constitutes a half.
FOOTBALL:	A player who participates in half the total number of quarters. Playing any part of a quarter constitutes a quarter.
GOLF:	A player who makes a first place in any scheduled league golf match or who finishes in one of the top four positions in at least two meets.
SOCCER:	A player who participates in half the total number of halves. Playing any part of a half constitutes a half.
TENNIS:	Earn as many points as there are matches: one point for playing and one additional point for winning.
TRACK & FIELD:	Earn a total of twenty points. One participation point for finishing in the top four in a meet plus actual points won in large meets with eight or more teams.
VOLLEYBALL:	Participation in fifty percent of games played.
WRESTLING:	Participation in fifty percent of matches or earning fifty wrestling points: PIN = 6 points; DECISION = 3, 4 or 5 points; DRAW = 2 points.
MANAGER:	A student who is a manager of a varsity team is eligible for an award. They must manage for the entire season.

LETTERING CRITERIA

1. To receive an award, the student-athlete must have been a bona fide member of that team at the end of that sports season.
2. A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
3. Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter if in the coach's judgment, they would have met the lettering requirement.
4. The coach and/or athletic director may issue a letter of certificate for individual achievement.
5. The coach and/or athletic director reserves the right to deny recognition as they deem appropriate due to breach of conduct.

State Championship Awards:

The Chariho Sports Boosters will provide an individual or individual team members who have earned a state championship a gift commemorating the accomplishment. It is the coach's responsibility to attend a sports boosters' meeting for the purpose of presenting the request for such a gift. The boosters club is scheduled to meet on the second Wednesday of every month.

Important Contact Info.

Addresses:

Chariho Regional High School
453 Switch Road
Wood River Junction, RI 02894
(401) 364-7778

Chariho Regional Middle School
455B Switch Road
Wood River Junction, RI 02894
(401) 364-0651

Contacts:

Athletic Director – Justin Cahoone 364-7778 x2168

Assistant Athletic Director – Kristian Calise 364-7778 x 2168

Ocean State Transit - bus company – Michelle Pelchat 552-7608 212-9573