

**LIFE OF A LANCER  
CO-CURRICULAR CODE OF CONDUCT**

Participation in a Londonderry High School extra-curricular and co-curricular activities (including athletics) is a privilege which should elicit great pride in both the student and his/her family. It is also an acceptance of responsibility which requires an extra commitment from those who represent our school, their coaches/advisors, and community. As representatives of Londonderry High School, students are expected to exhibit appropriate behavior at all times.

Curricular activities (activities that are graded and award credit) are exempt from this specific co-curricular code of conduct. However, school rules and behavior standards still apply as with any school related function/activity, whether that activity occur on or off campus.

The following rules have been set forth to govern participation in extracurricular and co-curricular activities at Londonderry High School:

1. Students in good standing may participate in the co- and extra-curricular activities of their school. A student is considered in good standing if he/she is not the subject of any disciplinary action for violation of any policy or school rule **and** is currently academically eligible based on NHIAA and school guidelines.
2. To be academically eligible under Londonderry High School's guidelines, a student must pass five (5) units of work during the previous quarter. For the fall, the 4th quarter is used from the previous school year. The determination of academic eligibility is based upon report card grades and it is made only on the day that the report cards are issued and not before that date.
3. All participants are expected to come to school ready to learn on all scheduled school days. To participate in a school activity, a student must be present in school on the day of the activity. For the purpose of this policy, any student who misses any portion of the school day unexcused may NOT participate in co- and extra-curricular activities. If an activity occurs on a non-school day, the student must be present on the last day of school prior to the activity. Any exceptions to this requirement must be pre-approved by a building administrator.
4. Students suspended from school (including in-school and out of school suspension) shall not practice, participate, attend, or compete in extra- or co-curricular activities during the days of suspension.
5. Students are required to abide by all Board policies, school rules and any additional rules, and/or training guidelines imposed by coaches or advisors. National organizations may have separate contracts which can impose additional rules or require additional sanctions beyond the Londonderry Life of a Lancer Policy. Any additional rules and/or training guidelines must be consistent with Board policies and be approved by the Athletic Director or Activities Director.

6. Student use of tobacco, alcohol, and drugs is illegal and negatively affects student health, safety and performance. Students participating in co- and extra-curricular activities carry a responsibility to themselves, their fellow students, coaches/advisors, parents and school to set the highest possible example of conduct, sportsmanship and training, which includes avoiding any involvement with tobacco, alcohol and drugs. Therefore, students participating in co- and extra-curricular activities may not engage in the prohibited behaviors and activities described in Policy JICH (Student Drug, Alcohol and Tobacco Use).
7. Students are expected to conduct themselves so as not to discredit themselves, their team or organization, their coach or advisor, and their school. Failure to do so may result in a student being declared ineligible to participate in the co-curricular or extra-curricular activity. If a student is charged with a crime, he or she may be suspended from participation in co- or extra-curricular activities until the case is adjudicated. A student who is convicted of a crime may be suspended from participation in activities for a period of time to be determined based upon the facts of the particular case.
8. Students shall be responsible for all equipment and uniforms issued to them by the school. The cost of replacing damaged or lost equipment /uniforms will be the responsibility of the student.
9. Students and their parents/guardians are required to sign the Life of a Lancer Policy as a condition of participating in co-curricular and extra-curricular activities. The Life of a Lancer Policy serves as a contract outlining the requirements and expectations for participating in Londonderry co-curricular and extra-curricular activities. Students and all parents must sign that they have read and understand the student handbook which includes this and all disciplinary policies.

### **Disciplinary Action**

Improper conduct, as determined by the Athletic Director/coach, Activity Director/advisor and/or administration shall result in disciplinary action up to and including removal/suspension from the team or activity (in addition to any discipline imposed under applicable Board policies or school rules). The Athletic/Activity Directors and coaches/advisors are expected to enforce all policies and school rules at all times and to use their best judgment in applying penalties for violations. The advisor or coach shall consult with the Athletic Director or Activities Director prior to suspending a student from an activity or team.

For infractions involving “prohibited substances,” disciplinary action will be taken as specified below (in addition to discipline imposed under the District’s Drug, Alcohol, and Tobacco Use Policy JFCI). Coaches/activity advisors may impose additional consequences for such violations in consultation with the Athletic Director or Activities Coordinator. Repeat or extreme violations will warrant administrative review and additional sanctions. Violations during a student’s high school career are cumulative.

Consistent with the District’s Drug and Alcohol Use Policy, the term “prohibited substance” includes, but is not be limited to:

1. Alcohol;

2. Controlled or scheduled drugs (as defined in RSA 318-B);
3. Controlled substances (as defined in the federal Controlled Substance Act, 21 U.S.C. § 812);
4. Tobacco products of any kind, which for the purpose of Board policy includes electronic smoking devices (devices used to deliver nicotine or other substance to simulate smoking through inhalation of vapor or aerosol from the device including but not limited to devices manufactured, distributed, marketed, or sold as an electronic cigarette, electronic cigar, electronic pipe, electronic hookah or so-called vape pens).
5. Prescription drugs not prescribed for the student and/or not in compliance with the Board's policy on administering medications to students (see Board Policy JHCD);
6. Any substance possessed or used for ingestion to produce an intoxicating effect (including but not limited to aerosols, paints, solvents, and glue).
7. Paraphernalia – implements used for the distribution or consumption of a prohibited substance; or
8. Any look-alike/counterfeit drug or substance that is described as or is purported to be a prohibited substance defined in this section.

**Prohibited Substances violations that occur on school property or at a school related event.**

**First violation:** No participation in co- and/or extra-curricular activities for 20 school days commencing upon return from suspension. The student must complete 10 hours of community service and the student and his/her parent must participate in a meeting with the Athletic Director/Assistant Principal and coach/advisor prior to returning to the activity.

**Second violations:** No participation in co- and/or extra-curricular activities for 40 school days commencing upon return from suspension. The student must complete 20 hours of community service and the student and his/her parent must participate in a meeting with the Athletic Director/Assistant Principal and coach/advisor prior to returning to the activity. The student may be required to take an approved substance abuse prevention course at the parents' expense.

**Third violations:** Student is ineligible to participate in co-and/or extracurricular activities. His/her parent must participate in a meeting with the Athletic Director/Assistant Principal and coach/advisor prior to returning to the activity. The student will be required to take an approved substance abuse prevention course at the parents' expense.

**For violations that occur off school property:**

**All prohibited substance violations that occur off school ground and/or not at a school sanctioned event will be considered in a cumulative fashion.**

**First violation:** No participation in co- and/or extra-curricular activities for 20 school days. The student must complete 10 hours of community service and the student and his/her parent must participate in a meeting with the Athletic Director/Assistant Principal and coach/advisor prior to returning to the activity.

**Second violations:** No participation in co- and/or extra-curricular activities for 40 school days. The student must complete 20 hours of community service and the student and his/her parent must participate in a meeting with the Athletic Director/Assistant Principal and coach/advisor prior to returning to the activity. The student may be required to take an approved substance abuse prevention course at the parents' expense.

**Third violations:** Student is ineligible to participate in co-and/or extracurricular activities. His/her parent must participate in a meeting with the Athletic Director/Assistant Principal and coach/advisor prior to returning to the activity. The student will be required to take an approved substance abuse prevention course at the parents' expense.

If a violation occurs when the student is not currently participating in a co-curricular or extra-curricular activity, the consequences will carry over to when the co-curricular or extra-curricular activity begins. If a violation occurs at the end of the school year, the consequences will carry over to the next school year.

### **Activity/Team Leadership Positions**

A student elected to a leadership position for an activity/team forfeits that position for the duration of the season. Any student in violation of Life of a Lancer also forfeits eligibility for any team/post season awards.

### **Appeal of Suspension from Activity / Team**

- A student who wishes to appeal a suspension from a team/activity must first discuss the matter with his/her advisor or coach.
- Following that discussion, if the student and his/her parent/guardian wishes to appeal the suspension, it must be done in writing to the Athletic Director/Activity Director within three school days of notice of the suspension decision. The Athletic Director / Activity Director will conduct an investigation as he/she deems advisable and render a decision, in writing, to the student and his/her parent/guardian within three school days.
- If the student and his/her parent/guardian are dissatisfied with this decision, the decision may be appealed in writing to the Principal within three school days. The Principal will conduct whatever investigation he/she deems advisable and render a decision, in writing, to his/her parents within a reasonable time. The Principal's decision is final.
- The student shall remain under suspension during the appeal process.

### **Londonderry High School Athletic Rules**

- An athlete may not quit one sport and try out for another after the season has begun without mutual consent of both coaches and the Athletic Director.
- It is understood that any athlete that participates in a sport is subject to injury. All injuries must be reported to the athletic trainer.

- A student who has been injured and is seen or referred to a doctor must have a written release from the physician to be reinstated.
- Athletes are financially responsible for all uniforms and equipment issued to them. Students who cannot account for the equipment issued to them will receive no further equipment until settlement is made.
- Completion of the sport's season is required to be eligible for an award. Any deviation from this will be determined by the coach, Athletic Director and Principal.
- Students must ride to and from all athletic events on school provided transportation. Students may only be released to their parents or guardians.
- A participant in the Interscholastic Athletic Program must be covered by an insurance policy.

### **New Hampshire Interscholastic Athletics Association (NHIAA) Regulations**

- All student athletes representing Londonderry High School in interscholastic athletics must comply with the NHIAA regulations
- Athletes may participate in an outside sport during their period of high school competition. However, priority must be given at all times to the high school team, its practices and contests. Failure to do so will result in sanctions by the NHIAA.
- Any action that results in the disqualification of a player from a game will be an automatic one game suspension on the next game date. There is a two (2) game suspension for fighting. The player must meet with the Athletic Director before reinstatement.
- A student must pass a physical examination prior to the beginning of the athlete's high school career. In every subsequent year, athletes shall complete an updated medical form signed by the parent and submitted to the athletic department.
- A student may not participate in interscholastic athletics for more than eight (8) consecutive semesters.

### **LONDONDERRY SCHOOL BOARD**

Adopted: August 5, 2014  
 Amended: August 27, 2019