



AISL ACTIVITIES HANDBOOK

2023-2024





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GUIDING STATEMENTS

AISL's purpose, aspirations, and values are reflected in the Guiding Statements. These statements serve as the foundation of AISL's strategic plan and inform priorities, decisions, and actions throughout the school.



MISSION

AISL provides exceptional learning experiences within a global community where all voices count. We spark the inspiration in students to be the best version of themselves so that they can joyously soar on their own paths of learning, growing, leading, and contributing as world citizens.

VISION

Empowering our community of learners to create a just and sustainable world.





CORE VALUES

RESPECT

We are considerate of ourselves and others in order to foster an inclusive and equitable environment.

EMPATHY

We honor our diversity, treat one another with kindness, and demonstrate compassion through service.

RESPONSIBILITY

We are accountable for ourselves, others, and our community.

INTEGRITY

We act morally, tell the truth, and feel good about what we do.

COURAGE

We take on life's challenges with resilience and are confident in mind and spirit.

INTRODUCTION

Participating in athletics and activities is an essential aspect of a well-rounded education. Not only do they provide opportunities for students to develop physical fitness and coordination, but they also teach important life skills such as teamwork, leadership, and time management. Additionally, participation in these programs can lead to improved academic performance, social connections, and a sense of belonging to the school community.

In this handbook, you will find detailed information about the various sports teams, clubs, and other extracurricular activities available at AISL. We provide an overview of each program, including approximate timing, team requirements, and eligibility rules.

We encourage all students to explore the opportunities available to them and to find an activity that sparks their interest. Whether you are a seasoned athlete or a newcomer to extracurriculars, we are confident that you will find something that will challenge you, help you grow, and enrich your overall high school experience. We hope that this handbook will serve as a valuable resource for all members of our school community and that it will contribute to a positive and successful athletics and activities program at AISL.



STAKEHOLDER RESPONSIBILITIES

What is the role of a parent?

1. Get involved and be supportive.
2. Support the participants.
3. Support the sponsor by respecting the sponsor's authority to make decisions regarding the development and management of the co-curricular group.
4. Set a good example for our students regarding positive support for our students as well as the students from other schools who are participating in the event.
5. If attending practice or rehearsal, attend as an observer and respect a sponsor's decision to hold a closed session.
6. Contact the sponsor directly with participant or parent concerns (communication is the key).
7. Enjoy the wonderful opportunities your child has available through a rich co-curricular program.

Parent Communication Guide

Appropriate concerns to discuss with activity sponsors:

- The treatment of your child – mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior

Issues not appropriate to discuss with activity sponsors:

- Participation levels (e.g. playing time, roles in a play or musical).
- Management decisions (e.g. game plans, who is filling what role, music selection).
- Other participants.

Procedure to follow when you discuss a concern with an activity sponsor:

1. Call to set an appointment. Call the sponsor at school, or just set up a time when you see the sponsor.
2. If the sponsor cannot be reached contact the Athletics and Activities Director, and a meeting will be set up for you.
3. Please DO NOT confront a sponsor of an activity before/after contest/ performance, or a practice/ rehearsal without setting up an appointment. These times can be trying and emotional, and meetings of this nature do not promote resolution.
4. If the meeting with the sponsor did not provide a satisfactory resolution, the next step would be to call and set up an appointment with the Athletics and Activities Director to discuss the situation. At this meeting the appropriate next steps can be determined.

WHAT IS THE ROLE OF THE STUDENT ATHLETE?

1. Participate to the best of their abilities.
2. Respect and cooperate with all sponsors.
3. Attend all practices/rehearsals and be on time.
4. Be a good citizen.
5. Maintain the academic standards and course load required by AISL.
6. Create, maintain, and promote good relationships toward other participants.
7. Set a good example at all times.
8. Recognize that you often represent the school and AISL Community, thus are automatically in a position of leadership.
9. Represent your program, school, and community with pride.
10. Enjoy your co-curricular pursuits.

WHAT IS THE ROLE OF THE SPONSOR (E.G. COACH, DIRECTOR)?

1. Communicate philosophy.
2. Contribute to compliance of the school's mission statement through co-curricular endeavors.
3. Positively promote emotional, physical, and psychological development.
4. Teach the technical applications of the specific activity to the best of their abilities.
5. Take care of relevant management tasks.
6. Promote development of self-discipline.
7. Teach good citizenship.
8. Be a positive influence on the participants with regard to ethics, work habits, and interpersonal relationships.
9. Make safety a top priority, and report any significant injuries to the parent or legal guardian.
10. Ensure that scheduled activities, practices and games begin and end on time.



CO-CURRICULAR OFFERINGS

SPORTS/MOVEMENT	THE ARTS	TECHNOLOGY /GAMES	LEADERSHIP / GLOBAL CITIZENSHIP
Basketball* Soccer* Volleyball* Swimming* Track and Field Karate Pickleball Taekwondo Table Tennis Boxing Handball Cheerleading Gymnastics Yoga Mindful Breath and Movement Fencing	Drama Ballet Hip Hop Dance Beads and Crochet Hair and Makeup Piano Voice Lessons Band	Robotics E-Sports Photography STEAM Coding Chess Design Drones Math Counts	Nigerian Culture and Language Cooking Boy Scouts Girl Scouts Model United Nations Green Eagles ES Student Council MS Student Council HS Service Council HS Associate Student Body National Honor Society National Junior Honor Society

* Activities may vary from year to year depending on staffing and facilities availability.

ASA PARTICIPATION

Trimester 1	May participate in 2 ASA's per week (Students in K may start T2)
Trimester 2	May participate in 3 ASA's per week
Trimester 3	May participate in 4 ASA's per week

WAISAL SEASONS

Trimester 1	August - November
Trimester 2	November - February
Trimester 3	March - May

ASA WEEKLY SCHEDULE

Elementary School	Monday through Thursday 2:30 - 3:25
Middle School	Monday through Thursday 3:30 - 4:30
High School	Monday through Thursday 3:30 - 4:30
Competitive Sports	Monday through Thursday 3:30 - 5:00 * Sometimes Friday 1:30 - 3:00

SATURDAY SPORTS SCHEDULE

Grades K - 2	8:00 - 9:00 AM
Grades 3 - 5	9:00 - 10:00 AM
Grades 6 - 8	10:00 - 11:00 AM

SATURDAY SPORTS OFFERED (VARY YEAR TO YEAR)

- Soccer
- Basketball
- Water Polo
- Cricket
- Baseball

LEAGUE AFFILIATION

AISL is a member of WAISAL (West Africa International Schools Activities League). Other schools in this conference are:

American International School Lagos
(Nigeria)

American International School Abuja
(Nigeria)

International Community School Abidjan
(Cote D'Ivoire)

Lincoln Community School (Ghana)

International School Dakar (Senegal)

American School of Yaounde (Cameroon)

American School Douala (Cameroon)

International School Ouagadougou (Burkina Faso)

American School Nouakchott (Mauritania)

ELIGIBILITY

1. Before traveling, students must get their teachers' input regarding their attitude, participation, effort and attendance in their classes. The Principal and Athletics Director will take teacher input into account when granting or denying travel permission.
2. Student-athletes must attend a half day of school as a requirement for participation in the competition that day or evening (or a half-day on Friday if the competition is on a Saturday).
3. An unexcused absence from practice or competition will result in loss of playing time or no playing time at all in subsequent games. If more than 10% of practices are missed, this is cause for dismissal from the team unless there are extenuating circumstances agreed upon by the coach and Athletics Director.

PARTICIPATION COMMITMENT AND ATTENDANCE

ATTENDANCE

Students may miss a maximum of 15% of scheduled practices/rehearsals/ games/ performances/conferences due to sickness, injury, or personal family reasons and still be a member of the co-curricular group. Missing practices/ rehearsals/games /performances/ conferences for involvement in approved school-related activities will not be counted toward the 15%. Students are expected to schedule non school-related activities (ex. Employment, community sports, community activities) so as not to conflict with any commitments involving the group.

QUITTING/REMOVAL CO-CURRICULAR GROUP

A student who quits a co-curricular group without the support of the sponsor or is sanctioned from participation due to disciplinary reasons may not join another co-curricular group in the same season.

CURRICULAR ATTENDANCE

Students must be in school at least half of the day to be eligible to participate in their co-curricular activity. Any partial day absence must be excused.

MINIMUM ATTENDANCE/PARTICIPANT STANDARDS

ASAs are scheduled to meet 9 times for one hour each session.

Middle School sport teams generally meet two times a week for 8 or 9 weeks. Each practice session is 1 ½ hours.

High School sport teams generally meet three times a week for 8 or 9 weeks. Each practice session is 1 ½ hours.

OFF-SEASON ATHLETICS POLICY

The AISL athletics program is committed to maintaining a seasonal approach based on three (3) seasons each academic year (Fall, Winter, Spring). Official start and end dates will be determined by the Director of Athletics and posted on the AISL Calendar. All off-season programs must reflect the overall mission and philosophy of the school. Coaches are asked to respect and support in-season programs, and actively dispel any perceptions amongst students that off-season work is mandatory.

The following are off-season guidelines:

- Attendance at all off-season programs is optional and students are not penalized for not attending.
- Contact should not conflict with in-season practices/games/tournaments.
- Off-season programs must be coordinated through the Director of Athletics.
- Off-season programs may not start until two weeks after the start of the in-season sports.
- All student-athletes not involved with an in-season sport have the opportunity to participate in off-season programmes regardless of playing level. Offseason workouts are NOT tryouts and are open to all.
- Workouts are limited to a maximum of one contact per week, depending on facility availability.
- Priority for facility bookings are given to in-season sports and other co-curricular programs.
- Once teams are announced for in-season sports, athletes may NOT pull out of that sport to attend off-season workouts for another sport until their season is complete.
- Off-season is not intended to practice set plays.
- The Athletics Office is not obligated to arrange offseason games or competitions.
- Teams shall be limited to a maximum of two (2) out-of-season practice games/matches.

RECIPROCAL HOUSING AGREEMENT

Any student who participates on a MS or HS WAISAL sports team or activity are expected to host a minimum of 2 visiting WAISAL students when AISL hosts a WAISAL sporting event or activity. When we host events that require overnight stays, accommodation must be provided for the visiting students. By accepting membership on an AISL co-curricular group, our families agree to support the program by opening their homes and accommodating our guests. The school recognises that there are occasions when unusual circumstances or family situations exist that may prevent someone from effecting this housing obligation. Please contact the Athletics and Activities Department in such a case so that continued co-curricular participation will not be affected. If an AISL family is unable to fulfill their housing obligation at a particular time, then the family is asked to provide the name of an AISL community member to house in their place. It is understood that each family must fulfill their own housing obligation before fulfilling another family's obligation.

TRAVEL

GOALS OF STUDENT TRAVEL

Through meaningful experiential travel, we aim to provide enriching and enlightening learning opportunities to align with our school mission. Student travel is considered a valuable experience and an extension of the school's on campus programmes. It provides opportunities for cultural enrichment as well as personal growth. The representation of the school, through participation in activities, enhances school spirit, provides incentives for achievement, and develops self-respect and maturity.



ADULT SUPERVISION

At least one AISL staff member must be on each trip. The student to adult ratio for most trips should be no larger than 7 students to every 1 adult (7:1). A female chaperone must accompany the group on all trips involving female students.

BOOKING POLICY

Students on AISL sponsored trips must secure their booking with the rest of the group. No individual bookings will be permitted.

TRAVEL CLOTHES

All students are required to wear the travel shirt provided by the school for the outbound portion of the journey.

ACCOMMODATION FOR TRAVELING STUDENTS

Students are expected to stay in the same type of accommodation as the rest of the group (i.e. homestay trip or hotel stay trip)

FUNDING

Parents of the traveling students are responsible for full payment before the date of the trip. Although AISL may assist in obtaining visas when required, the cost of the visa is the responsibility of the parents/student.

TRANSPORTATION

All students are required to travel with the group in school-provided transportation.

Permission to return home with parents after an away event may be granted.

ACADEMIC RESPONSIBILITIES

Students who are absent from school for school related trips are responsible for meeting with teachers before the trip and establishing a timeline for completing missed schoolwork. As a general rule, students should be allowed one day to do make-up work for each day missed. Faculty will be encouraged to give students advance notice of any assignments that will need to be made up. As a general rule, students will be excused from major assessments for the school day following a school trip or an “at home” major co-curricular event.

DISCIPLINE PROCEDURES

STUDENT CONDUCT AND BEHAVIOR

Students are expected to conduct themselves at all times in such a manner as to reflect credit on themselves and the school community. Behavior not in compliance with AISL conduct expectations (see Parent & Student Handbooks) or any behavior not in the best interest of the co-curricular group may constitute grounds for suspension or dismissal from the group, depending on the gravity of the offense. Depending on the specifics, additional disciplinary sanctions may also be imposed by the school over and above the suspension or dismissal of the student from his/her co-curricular group.

STUDENT CODE OF CONDUCT FOR TRAVELING GROUPS

AISL has established a Code of Conduct in partnership with WAISAL for all students traveling to or participating in co-curricular activities. The purpose of this code of conduct is to encourage students to refrain from committing acts that would threaten the integrity of the school and/ or organization, or their own well-being. Activities that are hazardous to the health and safety of a student and those around him or her cannot be condoned. Policies have been developed to help students make responsible and appropriate choices. The following are some of the general policies and behavioral expectations:

1. The use of tobacco, drinking and/or possession of alcohol, or use and/ or possession of illegal drugs are strictly forbidden.
2. Students are expected to follow all the event/school rules and must attend all the scheduled activities as listed in the event programme.
3. There will be a 22:00 curfew for high school students and a 21:00 curfew for middle school curfew each night of the event for all participants, unless otherwise approved by the host school and the AISL chaperones. Curfew calls/room checks will be made each night of the event to enforce the curfew. Students are not to leave their homestay/hotel room after curfew.
4. Any sightseeing or travel in the host city will be done only with the permission of the student's chaperone. Students may not participate in unscheduled activities on their own or in groups without the express permission of their respective chaperone and the Event Organiser, and then only with a confirmed destination and return time.
5. Students may not use any medications unless prescribed and/or administered by a licensed medical physician, host school medical personnel or cleared and recorded by the Event Organiser.

6. All AISL school rules related to behavior and conduct are in effect for the duration of the event and students are expected to adhere to the AISLi Student Code of Conduct at all times.

When a student commits a serious infraction while at an activity, related to alcohol, tobacco, recreational drug usage, cheating, deceit, flagrant curfew violations, and violations of the “off limits” areas (as well as aiding and abetting any of the above), the following consequences will take effect:

1. The student may no longer participate in that activity.
2. The student will be sent home at the parents’ expense if it is feasible to do so.
3. The student’s school will apply appropriate school-based disciplinary action, separate and apart from sanctions set by the host organization (WAISAL)..
4. Should a student commit two infractions during a school year, then the student will be excluded from all events for one calendar year, including the same event the following year.

COACH/CHAPERONE CODE OF CONDUCT FOR TRAVELING GROUPS

1. Adults traveling as a coach/ director/chaperone for AISL are not permitted to consume alcohol, as you are responsible for the safety and security of the students at all times until they have returned to their homes.
2. Coaches, directors, and chaperones will strive to ensure that all events are insightful and challenging for all students, and encourage the respectful treatment of all individuals involved regardless of race, sex, creed, or ability.
3. Traveling adults will remain onsite during the event at all times except in the case of extenuating circumstances (e.g.medical emergency), and monitor the behavior of students. The student’s emotional, psychological, and physical well-being are always to be placed at the forefront of any decision.
4. Coaches, directors, and chaperones will refrain from any obscene language or gestures while participating in, chaperoning, or watching the event(s).
5. 10:00 pm Curfew is in effect for most trips each night of the event. Trips that involve hotel stay may vary. Curfew checks are to be made EACH night. Always speak directly with EACH student on the very first night. Any curfew violations should be reported to the Group Leader and/or the Event Host who then contacts AISLi Director of Activities.
6. Homestays – if anything concerns you about the homestays where our students are being housed, please communicate with the Event Host or contact AISL Director of Activities. On the first night of curfew calls, make sure to inquire about their homestay situation. Is there an adult in the home?

Do you feel safe? Are you comfortable? On the morning after the first night, do a follow-up check-in, and ask them if they know of any problems that others have experienced.

7. Chaperones should make sure they will have the ability to make trip-related calls. This may be either in the form of a school-provided mobile phone or a SIM card provided by the host school.

8. Emergency Money - The Activities Office will make arrangements with the Business Office for this cash to be picked up. The money is to be returned to the Business Office upon return to AISL, with receipts for whatever was used.

9. Trip Information Binder – to be collected from the Activities Office. This folder will include: flight information, individual flight tickets, passport and visa copies, parent contact information, student medical information & insurance, emergency contacts.

10. Medical Emergencies – if needed, escort students to local medical facilities. Notify parents as soon as possible and contact the Director of Activities or respective division principal.

11. Photography – this is completely optional, but any photos that can be taken would be greatly appreciated. This could include team/group photos, action/participation photos, awards ceremony photos and miscellaneous photos. Upon returning to AISL, please share the photos with the Activities Office.

12. Student Passports/Travel Documents – should be collected for safekeeping once no longer needed by the students. These can then be stored in the hotel safe or with the host school. Additionally, it is advised to collect passports while in transit upon clearing immigration.

13. Please make sure that all above points are addressed from departure time until return and responsibility of students is handed over to their families.

APPENDIX

What Is a Concussion?

Concussion, a type of traumatic brain injury, is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth-literally causing the brain to bounce around or twist within the skull.

This sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

How Can I Recognise A Possible Concussion?

Concussions can result from a fall or from athletes colliding with each other, the ground, or with an obstacle, such as a goalpost. Even a “ding,” “getting your

bell rung,” or what seems to be a mild bump or blow to the head can be serious. As a coach you are on the front line in identifying an athlete with a suspected concussion. You know your athletes well and can recognise when something is off—even when the athlete doesn’t know it or doesn’t want to admit it. So to help spot a concussion, you should watch for and ask others to report the following two things:

1. A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.

AND

2. Any concussion signs or symptoms, such as a change in the athlete’s behavior, thinking, or physical functioning. Signs and symptoms of concussion generally show up soon after the injury. But the full effect of the injury may not be noticeable at first. For example, in the first few minutes the athlete might be slightly confused or appear a little bit dazed, but an hour later they can’t recall coming to the practice or game. You should repeatedly check for signs of concussion and also tell parents what to watch out for at home. Any worsening of concussion signs or symptoms indicates a medical emergency.

Signs And Symptoms

Athletes who experience one or more of the signs and symptoms listed below, or who report that they just “don’t feel right,” after a bump, blow, or jolt to the head or body, may have a concussion.

Symptoms reported by Athlete:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

Signs observed by Coaching Staff:

- Appears dazed or stunned
- Is confused about assignment or position

- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes Can't recall events prior to hit or fall
- Can't recall events after hit or fall

What Are Concussion Danger Signs?

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call emergency or take the athlete to the emergency department right away if after a bump, blow, or jolt to the head or body the athlete exhibits one or more of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognise people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

What Should I Do If A Concussion Is Suspected?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond, follow the Heads Up four- step action plan:

1. Remove the athlete from play Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!
2. Ensure that the athlete is evaluated BY AN APPROPRIATE HEALTH CARE PROFESSIONAL. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

3. Inform the athlete's parents or guardians. Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for signs or symptoms that appear or get worse once the athlete is at home or returns to school.

4. Keep the athlete out of play. An athlete should be removed from play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision. Sometimes people wrongly believe that it shows strength and courage to play injured. Some athletes may also try to hide their symptoms. Don't let your athlete convince you that he or she is "just fine" or that he or she can "tough it out." Discourage others from pressuring injured athletes to play. Emphasize to athletes and parents that playing with a concussion is dangerous.

Why Should I Be Concerned About Concussions?

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks, or longer. If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussions can result in brain swelling or permanent brain damage. It can even be fatal.

How Can I Help Athletes To Return To Play Gradually?

An athlete should return to sports practices under the supervision of an appropriate health care professional. When available, be sure to work closely with your team's certified athletic trainer.

Below are five gradual steps that you and the health care professional should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks, or months.

Baseline:

Athletes should not have any concussion symptoms. Athletes should only progress to the next level of exertion if they do not have any symptoms at the current step.

Step 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weight lifting at this point.

Step 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).

Step 3: Add heavy non-contact physical activity, such as sprinting/ running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

Step 4: Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

Step 5: Athlete may return to competition. If an athlete's symptoms come back or she or he gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing him or herself too hard. The athlete should stop these activities and the athlete's health care provider should be contacted. After more rest and no concussion symptoms, the athlete should begin at the previous step.

Did You Know?

- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Athletes who have ever had a concussion are at increased risk for another concussion.
- All concussions are serious.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

WAISAL STUDENT CONTRACT

These regulations shall be followed by students participating in all events (whether athletic, academic, cultural etc.) organized and sponsored by the West African International Schools Activities League (WAISAL). Any student who participates in a WAISAL event agrees, by signing below, to obey all regulations.

1. Students shall obey all instructions given them by their home-stay parents and their coaches as if these instructions were given to them by their own parents. This applies to all activities irrespective of location undertaken during the period of the WAISAL sponsored event.
2. Smoking, vaping, any other use of tobacco, the drinking of alcohol and the use of drugs are not permitted. Students involved with WAISAL activities may not go to bars or nightclubs.
3. Home-stay arrangements made by the responsible official of the host school may not be changed.
4. Student curfew for all HS WAISAL sponsored events is 10:00 pm. The curfew for the Saturday Social is 11:00 pm. MS WAISAL sponsored events have a curfew of 9:00 pm except on the night of the social where it is extended to 9:30pm.
5. Students must be in the home of the host parent by this time. Students are not allowed out of the host's care unless chaperoned by a host parent and/or an event director. (Schools and Families may set earlier curfew times, but Families MAY NOT extend curfew times.)
6. Neither host families nor students may negotiate changes to the WAISAL regulations for students with respect to curfew, home-stay arrangements, the use of tobacco, vaping, alcohol or drugs or any other rules or provisions set forth by the host school.
7. These regulations apply to all students - both those from the host school and those visiting throughout the event's duration and, for visiting students, apply also during the journey to and from the site of the event.
8. Students must display appropriate respectful behavior at all times to: their peers, event officials, event sponsors, coaches and all members of the host community.
9. All participating students are required to attend all opening assemblies and to attend and remain until the end of the final activity on Saturday night.

10. Any player sent off or ejected in a game during a WAISAL sponsored sport tournament is ineligible to participate in the following game/event.

Violation of these regulations will be reported to the AD/AC/Event Director and to the student's Coach/Advisor and proper disciplinary action will be followed based on guidelines in the WAISAL handbook.

If an athlete or host is found to break the rules, the common consequence for all WAISAL schools is to suspend participation by the athlete/host from any WAISAL event for one calendar year, including that sport in which the offense just occurred.

Name of Student _____

Signature of Student _____

Date_____

1.