

Indian River School

Athletic Handbook

2026-2027



Mascoma Inspires!

Build the path you want to take.

WELCOME

August 2026

Dear Students & Families,

We are proud and excited to welcome you to the Indian River Athletic Program. Before you is a season of hard work, but also one of fun and play. What better way to round out your school-day than to do something you love with the friends you've grown up with? Each and every one of you became a Tiger the moment you entered the Indian River School, but the stripes you bear now come with even greater responsibility...

As student-athletes, you serve as diplomats for Mascoma to the towns that surround our district. You represent not only your school, but also our five towns, every time you interact with an opposing school. Fair or not, the individuals with whom you come in contact through your athletic endeavors will judge our community by your attitude and conduct, both on and off the field. It is for this reason that we hold our athletes to the highest standard.

The purpose of the Athletic Handbook is to serve as a guide for us all as we embark on this journey together. You are responsible for the contents of this handbook as well as the contents of the Indian River Student Handbook and any additional information that the Athletic Department provides you with. Each student and his/her parent or guardian must read this handbook and sign to indicate receipt and understanding of its contents before the student can participate on any school athletic team.

On behalf of the entire Indian River Staff, we wish you the best of luck this season and look forward to watching you grow and develop as an athlete and a person of character.

*Sincerely,
Indian River Athletics*

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PROGRAM GOALS

- Encourage as many students as possible to participate in competitive sports.
- Give the student/athlete the best experience/instruction possible in each sport.
- Be recognized as a school which consistently demonstrates good sportsmanship.
- Have each player demonstrate dedication, responsibility and commitment to his/her team.

PROGRAM PRIORITIES

1. **Safety** - If a developing adolescent does not feel safe and supported, that athlete will not take risks, and it is in taking risks that we stretch ourselves and grow. It is for this reason that safety must be our number one priority each and every day.
2. **Fun** - We strive to cultivate a lifelong love of sport and camaraderie. It is in these highly formative years that habits are forged that will support a healthy lifestyle for years to come.
3. **Improvement** - Though each athlete comes to us in a slightly different place, we strive to move every athlete forward with their skills, strength, stamina, understanding of the game, and all other aspects of the sport.
4. **Character** - Few athletes go on to play a sport professionally, but all athletes can cultivate skills and learn lessons from sport that will benefit them in all other aspects of their life. Teamwork, communication, resilience, commitment, patience, temperance, grit... are a few of the intangibles we strive to teach our athletes through athletics.
5. **Winning** - *Winning* makes the list, not so much to put emphasis on the concept, but to make clear it was not mistakenly overlooked or omitted. Everyone enjoys coming out on top, and athletes should have experience in winning in order to learn to do so with grace, but it is not the highest priority of the Indian River Athletic Program.

CODE OF ETHICS AND CONDUCT

The purpose of this Code of Ethics and Conduct is to provide guidelines for Indian River School athletes and coaches to follow.

Proper Conduct and Good Sportsmanship

At the heart of this matter lie several terms which are often hard to define -- yet no more important task confronts teachers and coaches than to set standards that are fair and honorable. Throughout this Code when such terms as “proper conduct” and “good sportsmanship” are mentioned, they refer to such standards as these:

1. Treat other persons as you know they should be treated, and as you would wish them to fairly treat you.

2. Regard the rules of your game as agreements, the spirit or letter of which you should not evade or break.
3. Treat officials and opponents with respect.
4. Accept the final decision of any official.
5. Honor visiting teams and spectators as your own guests. Likewise, behave yourself as an honored guest when you visit another school.
6. Be gracious in victory and defeat.
7. Be as cooperative as you are competitive.
8. Remember your actions on and off the field are a reflection of you and your school.
9. Responsibility
 - To yourself: You owe it to yourself to derive the most from your middle school experiences by living a healthy lifestyle.
 - To your academic studies: Your first commitment is to academic success.
 - To your school and community: The Mascoma community is well known for its outstanding support of its schools in general and athletics in particular. This community as well as visiting schools judge us by your attitude and conduct both on and off the field. It is important that our athletes are a class act and that we are known as a program of character and excellence.
 - To others: Many people have supported you in developing your ability to participate in high school athletics, most importantly are your parents. When participating on a Mascoma team; keep them in mind and perform in a way that they will be proud of you.
 - To younger athletes: You are the role models of the younger athletes in the community. They will model your behavior. Set good examples for them.

Guidelines for Coaches

1. Coaches shall remember school athletics are part of each student's education.
2. Coaches shall use athletics to help each student achieve the standards listed in the athletic philosophy.
3. Coaches shall assist each student toward developing his or her fullest potential in athletics and shall give each student equal and fair attention.
4. Coaches shall conduct themselves in a way which brings credit to themselves, their team, their school and their sport.
5. Coaches shall be responsible not only for coaching their teams, but also for running games, dealing fairly and properly with officials, and meeting before and after games with visiting coaches and players.
6. Coaches shall preserve the tradition of teams shaking hands after games and matches.

EXPECTATIONS OF COACHES

- Maintain perspective and remember that school athletics are a *piece* of each student's overall education.
- Conduct yourself in a way that brings credit to yourself, your team, your school, and your sport.
- Assist each athlete toward developing his/her fullest potential and give each athlete equal and fair attention.
- Follow school guidelines for injured players and administer first aid treatment only at the level for which you have knowledge.

Conduct at Games

- Welcome visiting teams and officials when they arrive.
- Demonstrate proper respect and restraint in dealing with opposing teams and officials throughout the game.
- Thank the visiting teams and officials after the game.
- Preserve the tradition of athletes shaking hands after games and matches.

These Guidelines/Expectations shall also apply to Assistant Coaches and Volunteers

EXPECTATIONS OF ATHLETES

Attendance

- Athletes must communicate all anticipated absences to both their coach and the Athletic Director at least 24 hours prior to their planned absence. It is the athlete's responsibility to seek out both of these individuals.
- Excused absences require the pre-approval of the Athletic Director and are those that can be documented (i.e. appointments, counseling, etc.). Family emergencies/vacations, school-related activities, wakes, weddings, religious holidays, or other extenuating circumstances may be considered excused absences by the Athletic Director.
- If you are absent from school unexpectedly and that absence is excused (e.g. you are sick), that absence from practice will be excused as well automatically.
- Unexcused absences are those that have not been pre-approved by the Athletic Director.
- If an athlete has an unexcused absence from a practice or a game, that athlete will sit out the next scheduled game.

- The playing time of each athlete is at the discretion of the coach. Any absence, excused or unexcused, may affect an athlete's playing time, position, or role until the coach feels that the student has caught up with the team.
- If an athlete misses more than 3.5 hours of school, he/she may not attend his/her sport that afternoon.
- **If an athlete is suspended from school (in-school or out-of-school), he/she will not be allowed to attend his/her sport the day of the suspension and he/she will not be allowed to participate in their next game (though they may attend and spectate at that game)**
- **If within the school week, an athlete is issued one MAJOR Behavioral Infraction Referrals, he/she will not be allowed to participate in their next game (though they may attend and spectate at the game)**

Uniforms

- Each team is provided with a specific uniform. No variation to the uniform may be made without the permission of the Athletic Director. In some sports an athlete may be required to purchase certain personal items such as socks, hats, etc.
- No school athletic equipment or clothing shall be worn outside of practice or games except with the permission of the coach or Athletic Director.
- It is the athlete's responsibility to launder their uniform after each game.
- Uniforms must be returned clean to the coach or Athletic Director by an announced date at the end of the season. A student may not participate in a future sport until all uniform materials are returned.
- A bill will be issued for the cost of replacement of any missing or damaged uniforms and/or equipment. This bill must be paid prior to participation in any other sport.

Cell Phones: After school, while under the supervision of coaches/activity sponsors, **cell phones are not to be used for *any* purpose without explicit permission from a coach/activity sponsor.** This includes all practices, games, athletic study halls, bus rides, and any other activities between the end of the school day and the athlete's release to their parents or guardian.

Communication with Coaches: If an athlete has a concern about their experience on an athletic team, it is his/her responsibility to approach the coach in a respectful way, at an appropriate time. As with all other aspects of the program at Indian River, the athletic experience provides opportunity for young people to develop communication skills and self-advocacy.

Conduct at Games

- Remember that you represent your school and your community when interacting with other area towns. Also recognize your position as a role model for younger athletes who may be present. Act accordingly.
- Extend to the members of the visiting team the courtesy and consideration they deserve as the guests of the home team and community.
- Respect the property of others when the team travels to other communities for athletic contests.
- Refrain from making abusive remarks toward players, coaches, and officials. Instead, demonstrate positive support for all at every game.
- Refrain from unnecessary rough play and the encouragement of such.
- Be considerate of injured players on your team *and* the visiting team.
- Accept the final decision of the official.
- Be gracious in victory and defeat.

EXPECTATIONS OF PARENTS

Communicating with Coaches

- If you need to have a private conversation with a coach about your athlete, set a time with that coach via phone, email, or in person.
- Please do not attempt to have a conversation with a coach before or during a game or practice. These are emotional times for both the parent and the coach and do not lend themselves to an objective and productive conversation. Furthermore, the coaches' undivided attention should be devoted to his/her athletes at these times.
- In dealing with contentious issues, parents and coaches should meet *without* the athlete present, prior to meeting *with* the athlete present, to work through the issue and come up with a solution to share with the athlete.
- Appropriate Topics of Communication with Coaches
 - Treatment of your child
 - Ways to help your child improve individually and as a team member
 - Concern about your child's behavior
- Inappropriate Topics of Communication with Coaches
 - Playing time
 - Team strategy
 - Play calling
 - Other student athletes

Conduct at Games

- Set a positive example for our young athletes. Remember that as adults we are role models for our children before, during, and after the game.
- Watch the games from those areas defined by each school as “spectator areas.” Do not run up and down sidelines; call to players, coaches, or officials in a negative way; go onto the field of play; or deface property. Any action which detracts from the ability of coaches, players, and officials to do their best is not acceptable.
- The use of tobacco products is prohibited on school grounds and in private vehicles while on school grounds. Please refrain from such practices on campus.

IRS SPECTATOR CODE OF CONDUCT

Indian River School promotes good sportsmanship by student athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner by adhering to our Spectator Code of Conduct. Please familiarize yourself with these expectations.

- Refrain from making abusive remarks towards players, coaches, and officials.
- Set a positive example for our young athletes this includes before, during and after games.
- Watch the games from those areas defined by each school as “spectator areas”. Do not run up and down sidelines; call to players, coaches, or officials in a negative way; go onto the field of play; or deface school property. Any action which distracts from the ability of coaches, players, and officials to do their best is not acceptable.
- The use of tobacco products is prohibited on school grounds and in private vehicles while on school grounds. Please refrain from such practices on campus.
- Accept the final decision of the officials.
- Be gracious in victory and defeat.

ELIGIBILITY

Eligibility to Try Out: In order for a student to tryout for a school sponsored athletic opportunity, he/she must:

Academics: A student’s responsibility to the classroom must come before athletics. Each student must consistently perform in the classroom.

- An athlete must maintain a 2.0 GPA to participate in an athletic competition. If an athlete’s grade drops below a 2.0 GPA he/she will not be allowed to participate in games until he/she has completed any outstanding work, and/or redone any unsatisfactory assessments, necessary to bolster his/her grade average to a 2.0

- If the athlete is able to increase his/her grade to a level at or above a 2.0 in a single afternoon, he/she may resume participation in his/her sport the following day. If multiple days (or weeks) are necessary to increase his/her grade to a level at or above 2.0, the athlete may not participate in games in his/her sport until they meet the 2.0 requirement.
- The student/athlete is responsible for all class work assigned and due on early dismissal days. Athletes must be prepared for tests/quizzes in the event a game is canceled.
- Be in the following grades for the below sports.
 - **Boys/Girls Soccer:** 7th or 8th Grade
 - **Field Hockey:** 6th, 7th or 8th Grade
 - **Volleyball:** 6th, 7th or 8th Grade
 - **Football:** 6th, 7th or 8th Grade
 - **Cross Country:** 6th, 7th or 8th Grade
 - **Boys/Girls Basketball:** 7th or 8th Grade
 - **Baseball:** 7th or 8th Grade
 - **Softball:** 7th or 8th Grade
 - **Track:** 6th, 7th or 8th Grade
 - **Track & Field:** 6th, 7th or 8th Grade
- Attend the *Parent-Player Sports Information Night*
- Pass a physical exam with a licensed medical professional within the year prior to participation in a sport season (physicals are good for one year)
- Complete the following forms (online via FamilyID):
 - *Acknowledgment of Receipt/Review of Athletic Handbook*
 - *Consent to Play*
 - *Acknowledgment of Risk*
 - *Health Information*
- Take an *Impact Concussion Baseline Test*

Eligibility to Participate: In order for a student to participate in a school sponsored athletic opportunity, he/she must:

- Be selected for a team after tryouts
- Be passing all of his/her classes
- Attend a minimum of 5 practices (days of tryouts to be included in this count) under the direct supervision of their coach before participating in a game
- Comply with all school district policies, rules, and regulations and team rules

SCHEDULING

While game and practice schedules are set at the start of each season, changes are inevitable. Athletes and families should take this into consideration before making other commitments while in season.

Each practice will be pre-scheduled on a weekly basis. The week will start on Monday and end on Sunday. No team will practice or play more than 6 consecutive days in that period. No practice will exceed 2 hours in length. Practices during vacations, weekends, or holidays must be approved by the Athletic Director.

BUILDING UTILIZATION

While at the Indian River School

- Doors will not be left ajar or unlocked when teams are practicing.
- Cleated shoes, including turf shoes, are not allowed in the building.
- Equipment may not be taken out until a coach is present.
- The gym cannot be used unless a coach is present.
- All practices are closed. Only the team members practicing are allowed in the gymnasium or on the field. This includes members from other school teams.
- Players participating in after school practices and contests shall not roam the halls unsupervised.

While at the Enfield Village School or Mascoma High School

- Athletes must wait outside until the coach arrives.
- Team members must follow the directions of all building personnel.
- All practices are closed. Only the team members practicing are allowed in the gymnasium or on the field. This includes members from other school teams.
- Players participating in after school practices and contests shall not roam the halls unsupervised.

TRAVEL PROCEDURES

- Athletes will maintain a clean and neat appearance on game days. Athletes will wear their uniforms to games, with the exception of basketball players who will dress up for games (male basketball players are required to wear ties).
- Athletes are to travel to and from the location of an athletic contest with the team.
- All trips will leave as scheduled. Athletes are responsible to be on time. If an athlete misses the bus, he/she will not be allowed to participate in that away contest.

- Coaches will take attendance prior to the bus departing from Indian River School.
- Only players and coaches may ride the bus for away games; no spectators.
- Athletes must behave in a manner that will credit their team, school, and community.
- Coaches will have direct supervision of athletes while traveling and at events. Athletes are not to leave the immediate school grounds or site unless accompanied by the Coach.
- Parents may drive their own child home from an away game after securing permission from the coach. Any other transportation arrangements must be requested by the parents in writing at least 24 hours in advance of the game and approved by the Athletic Director.

INJURIES

It is the responsibility of the student-athlete to report *ALL* injuries to his/her coach immediately, no matter how insignificant it appears. It is also strongly recommended that if an athlete becomes injured during an activity that this student athlete immediately stops participation until such time that the extent of the injury can be determined.

Coaches have the initial responsibility for safety and welfare of each player on the team. Any injury takes precedence over a practice or game. The following steps should be taken in caring for an injured player:

- Administer only that first aid treatment of which you have knowledge. (Basic first aid, dressings when necessary, immobilization and icing of a suspected sprain, muscle strain or bruise, etc.)
- In the case of a suspected neck or back injury, **DO NOT MOVE THE INJURED PLAYER UNTIL TRAINED MEDICAL PERSONNEL HAVE ARRIVED** and can do so safely.
- When in doubt about the severity of an injury, always call trained medical personnel to administer treatment. The ambulance or Fast Squad will be contacted in the event of an emergency if the emergency is particularly severe or if the parent(s) cannot be contacted for transportation to a hospital.
- In the event a player is transported to the hospital for treatment, notify the parent immediately and stay with the injured player if a parent is not available.
- An accident report form must be completed on any injury requiring medical attention.

Please note that coaches will not provide treatment or rehabilitation for the athletes. Also, if an injury requires medical attention by a doctor, a doctor's written release will be required before the athlete will be allowed to return to practice or play.

CONCUSSIONS

“The Mascoma Valley Regional School Board recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and other recreational activities. We acknowledge that the risk of catastrophic injuries or death is significant when a concussion or head injury is not properly evaluated and managed” (JLCJ). Indian River School follows the NHIAA guidelines for the management of concussions (suspected or diagnosed):

Sideline Decision-Making

- Any athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be immediately removed from play.
- No athlete may return to play on the same day of a suspected concussion or head injury.
- Any athlete suspected of sustaining a concussion or head injury should be closely monitored for a few hours.
- Any athlete removed from practice or play because of a suspected concussion or head injury must be evaluated by a healthcare provider and receive medical clearance and written authorization from that health care provider to return to practice or play.
- The athlete must also present written permission from a parent/guardian to return to practice or play.
- After medical clearance, RTP should follow a stepwise protocol, with provisions for delayed RTP if there is a return of any signs or symptoms.

Medical Clearance RTP Protocol (No exertional activity until asymptomatic.)

1. Day 1 - When the athlete appears clear, begin low-impact activity such as walking, stationary biking, etc.
2. Day 2 - Begin aerobic activity specific to the sport, such as skating or running.
3. Day 3 - Begin non-contact skill drills specific to the sport, such as dribbling, batting, etc.
4. Day 4 - Athlete may be exposed to full contact in a practice setting.
5. Day 5 - Athlete may return to game/play.
 - a. Athlete must remain asymptomatic to progress to the next level.
 - b. If symptoms recur, athlete must return to the previous level.
 - c. Athlete may not progress to the next level until the next day.

FUNDRAISING

All coaches, athletes or organizations wishing to conduct a fundraising event for a specific team must comply with School Board Policy IGDF.

SUSPENSION OR REMOVAL FROM AN ATHLETIC TEAM

Inappropriate Language: Any use of profanity is inappropriate and will result in consequences ranging from a verbal warning to suspension from the team, depending on the severity and frequency of the offense.

Theft/Vandalism: All school rules relevant to theft and vandalism apply to students after school as well, while under the supervision of a coach or activity sponsor. (See *Damage to School Property* on page 20 of Student Handbook)

ATHLETIC GRIEVANCE PROCEDURES

In keeping with Indian River School's Philosophy of Athletics and our sincere desire to provide our students/athletes with the best athletic experience possible, we believe it is prudent to establish a procedure to address any concerns that may arise. All conflicts will be resolved as fairly as possible and with the least disruption to the athletic program. In order to accomplish this, the following grievance procedure shall be followed:

1. The first attempt at resolution must be with the coach. Unless a coach's actions are so extreme that a higher authority must be notified immediately, the student/athlete or parent should approach the coach at an appropriate time and manner to discuss the matter that is at issue. All attempts at resolution should be entered into with an open mind. Only after this avenue of resolution is exhausted should parties progress to the next level. At this point the issues should be documented in writing.
2. If the problem is not resolved with the coach, then and only then, the grievant should take the issue to the Athletic Director. In writing, the grievant should document:
 - a. Particulars of the conflict
 - b. Times and dates of meeting with the coach
 - c. The reasons why he/she feels the issue has not been resolved.

At the discretion of the Athletic Director and the grievant, further attempts at resolution involving the coach will be conducted. Again, all attempts at resolution should be documented.

3. If the problem is still not resolved with the Athletic Director, the grievant should take the issue to the Principal. Should this not result in resolution, the same procedure should be repeated with the Superintendent of Schools. In all cases, the Superintendent shall be the final arbiter in this process.

Policy GBEBB

EMPLOYEE-STUDENT RELATIONS

The Mascoma Valley Regional School Board expects all staff members to maintain the highest professional, moral and ethical standards in their conduct with students.

Staff members are expected to maintain an atmosphere conducive to learning, through consistently and fairly applied discipline and established professional boundaries. For the purpose of this policy staff means employees, contract service providers, school volunteers, coaches and student teacher interns.

Unless necessary to serve an educational or health-related purpose:

1. Staff members shall not make derogatory comments to students regarding the school and/or its staff.
2. The exchange of purchased gifts between staff members and students are discouraged.
3. Staff members shall not fraternize, written or verbally, with students except on matters that pertain to school-related issues.
4. Staff members shall not associate with students in any situation or activity which could be considered sexually suggestive or involve the presence or use of tobacco, alcohol or drugs.
5. Dating between staff members and students is prohibited.
6. Staff members shall not use insults or sarcasm against students as a method of forcing compliance with requirements or expectations.
7. Staff members shall maintain a reasonable standard of care for the supervision, control and protection of students commensurate with their assigned duties and responsibilities.
8. Staff members shall not send students on personal errands.
9. Staff members shall, pursuant to law and Board policy, immediately report any suspected signs of child abuse or neglect.
10. Staff members shall not attempt to counsel, assess, diagnose or treat a student's personal problem relating to sexual behavior, substance abuse, mental or physical health and/or family relationships but, instead, should refer the student to the appropriate individual or agency for assistance.
11. Staff members shall not disclose information concerning a student, other than directory information, to any person not authorized to receive such information. This includes, but is not limited to, information concerning assessments, ability scores, grades,

behavior, mental or physical health and/or family background.

12. Staff members shall not be alone in a room with a door closed, a locked door, or with the lights off.

13. Staff members are strongly discouraged from socializing with students outside of school on social networking websites, consistent with the provisions of Policy GBEBD.

Staff members who violate this policy may face disciplinary measures, up to and including termination, consistent with state law and applicable provisions of a collective bargaining agreement.

Any employee who witnesses or learns of any of the above behaviors shall report it to the building principal or Superintendent immediately.

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Revised: 12/28/10

Reviewed: 11/20/19; 1st Reading: 1/28/20; 2nd Reading/Adopted: 2/11/20

STATEMENT ON HAZING & BULLYING

The practice of hazing as a means of initiating new members of an athletic team or an activity, will not be encouraged, condoned, or tolerated by Mascoma High School. Hazing as defined in school board policy JICFA is “an activity which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any school activity.”

Any coach or advisor encouraging, condoning or tolerating such practices will be terminated. Any student or activity member taking part in the hazing or initiating of other team or activity members will be dropped from the team or activity. If the hazing or initiation takes place within the last week of an athletic season, the students participating will be ineligible to participate in any sport during the next athletic season.

As required by the State of New Hampshire Student Hazing Law (RSA 631:7), all such incidents will be reported to the police.

Bullying, as defined in school board policy JICK, is “a single significant incident or pattern of incidents involving a written, verbal, or electronic communication, or a physical act or gesture, or any combination thereof, directed at another pupil which, physically harms a pupil or damages the pupil’s property, causes emotional distress to a pupil, interferes with a pupil’s educational opportunities, creates a hostile educational environment, or substantially disrupts the orderly operation of the school.”

Bullying shall also include “actions motivated by an imbalance of power based on a pupil’s actual or perceived personal characteristics, behaviors, or beliefs, or motivated by the pupil’s association with another person and based on the other person’s characteristics, behaviors, or beliefs.” Cyber bullying is defined as “any conduct defined as “bullying” that is undertaken through the use of electronic devices. Any references to the term bullying shall include cyber bullying. Electronic devices include, but are not limited to, telephones, cellular phones, computers, pagers, electronic mail, instant messaging, text messaging, and websites. School property means all real property and all physical plant and equipment used for school purposes, including public or private school buses or vans.”

Any coach or advisor encouraging, condoning or tolerating such practices will be terminated. Any student or activity member taking part in the bullying or initiating of other team or activity members will be dropped from the team or activity. If the bullying or initiation takes place within the last week of an athletic season, the students participating will be ineligible to participate in any sport during the next athletic season.

As required by board policy, all such incidents will be reported to the coach and principal who shall in turn report the incident to the Superintendent of Schools.

See Appendices for Bullying forms and procedures.

SUBSTANCE ABUSE POLICY

New Hampshire RSA 179:10, 126-K:6 and 318-B:2 prohibit the underage consumption and possession of alcohol, tobacco and controlled drugs, respectively. Therefore, the Mascoma School District, for legal and educational reasons, maintains a “no use” position when it comes to alcohol and drugs. All coaches, assistant coaches, and volunteers will report any suspected instances involving substance abuse by student athletes to the principal, vice principal and athletic director.

The Athletic Department, consistent with school policy, prohibits the following Indian River School students grades 5-8 who are participating in extracurricular activities are prohibited:

- The consumption, possession, solicitation or illegal transportation of alcoholic beverages;
- The use or possession, solicitation of tobacco products, E cigarettes or similar products;
- The use or possession, solicitation of unlawful drugs;
- The use or possession of any substance presented as a mood-altering substance, whether legal or illegal. School nurse, coach or advisor will be responsible for prescription medications.
- Knowingly being present where underage drinking, smoking or illegal drug usage is taking place. Knowingly being present means remaining in a location where others are illegally using alcohol or drugs and not making a reasonable effort to leave that location.

A student who finds himself/herself in a location where alcohol or drugs are being used illegally is expected to leave that location as soon as possible.

- Any image, photo or video that implicates a student to have been in possession or in the presence of drugs, alcohol or portrays actual use, shall be confirmation of a violation of the code. When presented with a photo or image that may implicate a student, the timestamp on the materials will be used to validate. Also, it is possible that others may take pictures to purposely implicate a student by taking such images. This is our rationale for demanding that students not place themselves in such environments.

A “violation” of the policy is “Any drug or alcohol related incident which occurs at any time during a calendar year and includes the purchase, use, possession, being under the influence of alcohol and/or drugs, dealing in alcohol or other drugs and the possession of devices specifically or reasonably associated with alcohol, tobacco, and/or drug use or any other specific drug or alcohol related action(s).”

Due Process will include: The consequences and due process afforded the student/athlete for violation of the policy of the Mascoma Valley Regional High School Athletic Department shall be consistent with district wide policy for alcohol and drug abuse. During any investigation, athletes are expected to be truthful and forthcoming with information.

For possession or use of tobacco, alcohol, drugs, or any other mood-altering chemicals or devices specifically or reasonably associated with alcohol, or drug use the consequences are:

First Offense:

For sports that have a 15-18 game regular season (soccer, field hockey, volleyball, basketball, wrestling, baseball & softball, etc) the student-athlete receives a six (6) games suspension.

For 11-14 game season (indoor track & outdoor track, etc) the student-athlete would receive a four (4) game suspension.

For sports that have an 8-10 game season (football & cross country, etc) the student-athlete receives a three (3)

Second Offense:

The student-athlete would be suspended from game play for 50% of a full season.

Third Offense:

The student-athlete is suspended from all athletic programs for the remainder of the school year.

Games suspended will be the next scheduled regular season for any sport the student-athlete participates in. Scrimmages are considered part of practices, and do not count as games. The student-athlete should continue to practice each day and attend games, but not play in games during their suspension period.

There will be a greater consequence for an athlete if it is determined that they were involved in the organization, promotion or hosting of any social event where drugs or alcohol are available or where use has occurred. This penalty will be a one year suspension from athletics. Captains involved in any activity of this nature will be subject to appropriate due process and removed from their position and any future captain's position.

JICK-R

BULLYING REPORT FORM

Definition – Bullying is defined as a single significant incident or a pattern of incidents involving a written, verbal, or electronic communication, or a physical act or gesture, or any combination thereof, directed at another pupil which:

1. Physically harms a pupil or damages the pupil's property;
2. Causes emotional distress to a pupil;
3. Interferes with a pupil's educational opportunities;
4. Creates a hostile educational environment; or
5. Substantially disrupts the orderly operation of the school.

Bullying shall also include actions motivated by an imbalance of power based on a pupil's actual or perceived personal characteristics, behaviors, or beliefs, or motivated by the pupil's association with another person and based on the other person's characteristics, behaviors, or beliefs. Historically this has included a pupil's actual or perceived race, color, religion, national origin, ancestry or ethnicity, sexual orientation, socioeconomic status, age, physical, mental, emotional, or learning disability, gender, gender identity and expression, obesity, or other distinguishing personal characteristics.

Policy Statement – The Mascoma Valley Regional School Board is committed to providing all pupils a safe and secure school environment in which all members of the school community are treated with respect. This policy is intended to comply with RSA 193-F. Conduct constituting bullying and/or cyber bullying will not be tolerated, and is prohibited.

Further, in accordance with RSA 193-F, the Mascoma Valley Regional School District reserves the right to address bullying and, if necessary, impose discipline for bullying that:

1. Occurs on, or is delivered to, school property or a school-sponsored activity or event on or off school property; or
2. Occurs off of school property or outside of a school-sponsored activity or event, if the conduct interferes with a pupil's educational opportunities or substantially disrupts the orderly operations of the school or school-sponsored activity or event.

Disciplinary Consequences – The Mascoma Valley Regional School District reserves the right to impose disciplinary measures or appropriate measure against any student, teacher, staff member, administrator, volunteer, or school district agent who commits an act of bullying, falsely accuses another student of bullying, or who retaliates against any student or witness who provides information about an act of bullying.

Policy Reference – The full School Board Policy JICK – “Pupil Safety and Violence Prevention Bullying” can be referenced on the district website www.mascoma.k12.nh.us.

Reporting – I the undersigned have read the above information and am reporting an act of bullying. Print Name: Date:

Signature:

JICK-R

Relationship to Target – Please indicate on the appropriate line.

Self Student School Volunteer Anonymous Parent Staff Member Other

Contact Information:

Address:

Phone:

Email:

Bullying Incident – Please list all incidents. You may add additional pages as necessary.

When?	
Where?	
Who?	Alleged Victim of Bullying: _____ Alleged Perpetrator of Bullying: _____
What Happened?	
Witnesses?	Name(s): _____ Contact Information, if available: _____ _____ _____

JICK-R

How do you feel this incident adversely affected the student's education or educational environment?

Received by:

Date:

Time:

Reviewed by Board: 12/14/10