# Substance Abuse

 The **NCHSAA, GCS and SWHS** emphatically oppose the use of tobacco, vapes, alcohol and other drugs by student-athletes, coaches and officials. The use of illegal substances is prohibited. Medical research clearly substantiates the fact that the uses of these or any mood modifying substances produce harmful effects on the human organism.

**The student** who wishes to experiment with such substances should remove himself from the team before he/she jeopardizes team performance, team reputation, team success, and physical harm to himself/herself or teammates.

 **Tobacco/Vapes (In all forms including vaping**): research emphasizes that the use of tobacco is physically harmful to young adults. The harm caused by this substance is not only a health problem. The community follows the progress of young athletes and any deviation from accepted training rules marks one as unwilling to “pay the price” If one squad member breaks the rules, the whole team is branded.

 **Alcohol:** There is no way to justify athletes, using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking session will be the first to criticize them if they do not produce in game situations.

 **Drugs:** Simply stated, drug abuse is the consumption of any chemical substance or the smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers.

**VIOLATIONS FOR USE AND POSSESSION OF ILLEGAL SUBSTANCES**

If witnessed by a school employee/personnel during your sport season, admission or criminal conviction (24/7)

FIRST OFFENSE in Athletes Career:  Enrollment in an approved substance abuse program and suspension for 10% of contests,and/or up to 14 days.  The athlete will practice but will not participate in any contest or scrimmage. Out of season athletes will be suspended for up to 14 pre-season sessions. Reinstatement is contingent upon the athlete complying with written recommendations made by the coach and the administration.

SECOND OFFENSE in Athletes Career: Suspension from athletics for the remainder of that sport season and/or six week suspension plus 20 hours of community service. Reinstatement is contingent upon the athlete complying with written recommendations made by the coach and the administration.

THIRD OFFENSE in Athletes Career: Full suspension from all athletic programs for 1 full year from the time of the third offense.

Violations of the substance abuse policy are cumulative during a student's four years in High school