



STUDENT ATHLETE CODES OF CONDUCT

Bringing to Life a Piece of Paper

Nearly 60% of student athletes use alcohol, yet every school year 585,000+ student athletes sign a code of conduct which prohibits that use. The lacking perception of consequence beliefs for chemical health violations, is fueling a culture of rampant underage drinking and partying in this population. Data collected by the American Athletic Institute substantiated previous claims that athlete alcohol use actually surpasses general student population use between tenth and eleventh grade. Much of the problem was attributed to ineffective codes of conduct. Data also shows that marijuana and prescription drug use is also being used by students and student athletes alike.

Our code of conduct will simply set down expectations for positive behavior, based on knowledge, understanding and agreement. Our school's code of conduct is not to punish those who break the rules. A well thought out code of conduct is clearly written, and effectively communicated in a variety of ways sets behavioral standards to assist youth in making good decisions. It also sets the clear and consistent boundaries for our programs. The five essential elements to effective codes of conduct are:

1. Certainty - the enforcement of consequences must follow all violations;
2. Severity - the consequence must be a fair penalty for the act committed;
3. Clarity - the process must be easily understood;
4. Consistency - the process must be consistent for all participants;
5. Due process - students' rights must not be violated and they must be given due process as required by law.

Why this code is so significant is that research from the American Athletic Institute shows:

- ▶ Alcohol and drugs increases the time for recovery of androgenic training hormones (Up to 96 hours- 4 days)
- ▶ Alcohol greatly increases the release of Cortisol (the stress hormone) ; Cortisol negates training effect
- ▶ Alcohol and drugs decreases the protein synthesis for muscle fiber repair
- ▶ Alcohol and drugs reduces the immune system capability - Athletes who use alcohol or drugs get sick more often.
- ▶ Drinkers are twice as likely to become injured as non- drinkers
- ▶ Alcohol and drugs reduces performance potential by up to 15-30% in high school athletes
- ▶ Alcohol impairs reaction time up to 12 hours after consumption
- ▶ Alcohol negatively affects heart lungs and muscle performance
- ▶ One day drunk results in projected losses of up to 14 days of training effect

When a significant adult fails to **respond to a student's** inappropriate behaviors, that lack of response is often interpreted as a lack of caring or an acceptance of the behaviors. The health and safety of our youth is at stake. We need to hold our students accountable and teach them that signing the code of conduct does mean something and we hold our students athletes to a higher standard with greater expectations.