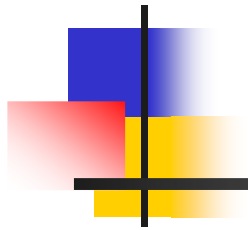
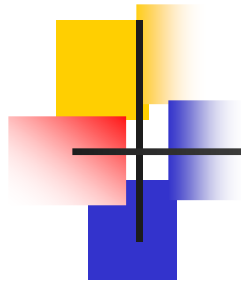


NIAA

High School Athletics, Alcohol and Other Drug Policy



A project of: Stand Tall, Don't Fall
United Against Underage Drinking
Nevada's Enforcing Underage Drinking Laws
Initiative (EUDL)



Underage Drinking Receiving National Attention

NIAA Athletic Policy Intent

- Level the playing field
- Reduce underage drinking





Early Onset of Alcohol Use


- Increases the occurrence of addiction in adulthood by 4 times

Athletes and Alcohol: The Facts



- “There is clear proof that college athletes drink three times more than non-athletes. Area experts said it’s likely that drinking habits in college started in high school, or even middle school.”

Medicine and Science in Sports and Exercise



Harvard study of 2,172 athletes from 130
four year colleges around nation:

- Findings highly suggestive team atmosphere may help promote some heavy drinking behaviors.
- Athletes over all 50% more likely to say they usually binged when they drank.




Harvard Study Con't.

- Athletes were more likely than non-athletes to have social conditions that raised the likelihood of binge drinking:
 - 55% more likely to say parties are important to them
 - 47% more likely to say 70% or more of their close friends are binge drinkers

Study of Adolescent Life

Transitions *an on going Michigan study*



Study tracked 1,259 students for six years beginning in the 10th grade

- 46% of girls and 67% of boys participated in team sports as high school sophomores.
- Teens who play sports get better grades but more likely to use alcohol and drugs
- Students who participate in sports/extra curricular activities (band, drama, church, community service) had higher grades, more likely to enroll in college



Michigan Study con't.

- Compared with other students in extracurricular activities, athletes were more likely to use drugs and alcohol
- Sports participation was not linked with other problem behaviors, such as truancy and dropping out of school

NIAA Athletic Policy Intent

■ First Offense

- Collaborative Response
- Imposes a consequence for poor conduct
 - 6 week suspension reduced to 2 weeks if:*
- Engages athlete and parent in educational corrective action
 - Educational video**
- Allows athlete the opportunity to make restitution for dishonoring his uniform
 - 8 hour service activity**



NIAA Athletic Policy Intent con't.

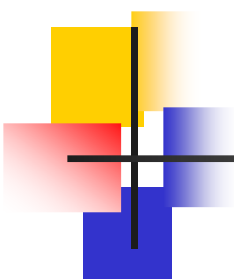
- Second Offense*
 - Accomplish objectives within 1st offense consequence; suspension increased to 90 school days
 - Intervenes in potentially hazardous pattern of behavior
 - Mandatory alcohol assessment
 - Attend 10 ATOD support seminars (alcohol tobacco and other drug)



NIAA Athletic Policy Intent con't

- Third Offense *
- Protects integrity of team and the sport
 - Suspended from sports for the remainder of high school career

Parent & Athlete Acknowledgement

- 
- We understand that participation in HS athletics is a privilege not a right, that under age drinking and drug use is against the law. It is against the law to sell tobacco to people under the age of 18 and usage is against school policy.

Parent & Athlete Acknowledgement, con't.

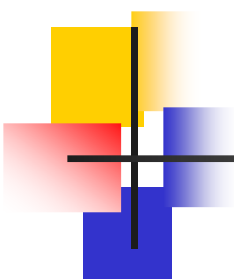
- Substance abuse negatively impacts athletic and academic performance, and research indicates that early onset of substance abuse greatly increases (*four times greater occurrence of addiction with early onset of alcohol use*) the risk of addiction in adulthood.

Parent & Athlete Acknowledgement, con't.

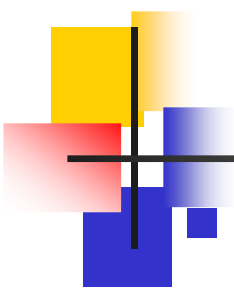


- Alcohol and drug use interfere in learning processes, brain development and increases chance of physical injury while participating in competition. These risks, in addition to the laws of the State of NV, the NIAA requires participants and parents to agree to the following:

Parent & Athlete Acknowledgement, con't.

- 
- We have read NIAA Drug/Alcohol/Tobacco policy and agree to abide policy
 - Videotape regarding policy is available, have seen/waive viewing requirement
 - Parent will notify in the event of violation of policy

Parent & Athlete Acknowledgement, con't



We understand that not notifying the Athletic Director of a violation, or knowingly providing erroneous information during the course of an investigation of an alleged violation, will result in:

Parent & Athlete Acknowledgement, con't



- One calendar year suspension from all high school athletic activities, and
- May result in game forfeitures under the discretionary power of local school districts.

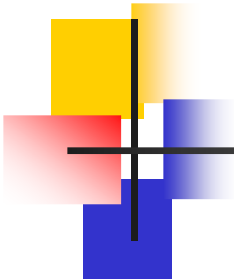
Parent & Athlete Acknowledgement, con't

- This rule is in effect upon our son/daughter having read the Policy and having had an opportunity to review the video tape, and that the Policy will be in effect for the entire time while participating in HS athletics, to and including graduation from HS

Parent & Athlete Acknowledgement, con't

- We further acknowledge that once our child begins participation as a student athlete in HS athletics that this policy remain in effect during the calendar school year or when directly involved in a school activity occurring at any time during the course of their HS career

Parent & Athlete Acknowledgement, con't

- 
- We acknowledge that this form must be signed by BOTH a parent/legal guardian and our child before being cleared for athletic competition at his/her HS



Tips for Parents

- Set a curfew time
 - Be awake when your children arrive home
 - Hug or kiss them (breath check)
 - Know where they are going, with whom, and what they are doing
- Talk to them about drug and alcohol use
- Set a clear expectation of their behavior



Getting to know

- Know who your children's friends are
 - Introduce yourself to their parents
 - Let those parents know what your standards are, and that they can count on your support
- Know your local retailers
- Let them know who you are, and that you have children. Tell them not to sell alcohol or tobacco to your children



Honoring the Policy

- Respect the NIAA policy and self-report violations
- The resulting suspension of eligibility allows your child to receive help and education
- Incidences not reported, and later discovered may result in game forfeiture