

AYC High School Sailing Team Drug and Alcohol Action Plan 2008-09

In order to maintain a healthy team and the highest level of performance in practice and competition, as well as representing Annapolis Yacht Club with the highest standard of Corinthian spirit, the following rules and guidelines apply to all members of the AYC High School Sailing Team. Failure to follow these rules will result in immediate action from the team coaches, advisors or program directors and reporting to school officials, which may include suspension or expulsion from the High School or AYC Junior Sailing Programs.

General principles:

- All student/athletes are expected to abide by all federal, State, and school laws regarding the consumption, possession, and distribution of alcohol and illegal drugs.
- Team members are responsible for each other and will be held accountable by their peers on the team. Any violations of school rules or irresponsible and unsafe behavior by any team member will be a detriment and risk for the team as a whole.
- Any drinking, especially excessive (besides being illegal), hurts our team's performance on the water and in the classroom, and is a risk to the health of those involved.

Specific Rules:

- No hazing activities of any kind.
- Zero tolerance for DUIs. There will absolutely be no driving of a team vehicle or on a team trip or function by anyone who has consumed any alcohol or used any illegal drugs.
- Zero tolerance for drinking/ illegal drug use while engaged in an Annapolis Yacht Club Activity. This includes the preceding nights racing occurs.
- No tobacco use of any kind while engaged in an AYC sailing activity. This includes school transportation to and from practice/regatta's.

Action Plan:

- AYC will inform school officials of any incidents or potential violations of these rules.
- Meet with the team as a whole to review team, school and AYC drinking policies. Emphasize the fact that any unsafe or irresponsible behavior by a team member could jeopardize the success of the team and our status as a sponsored activity by the Annapolis Yacht Club. Address how alcohol affects performance and well-being.
- Open up a round table discussion with team members and encourage open lines of communication between players, captains, and coaches.
- Meet with upperclassmen separately and discuss their role in creating a healthy team culture and watching out for the rest of the team.

Student Signed _____

Parent Signed _____