



## Cobequid Educational Centre Extra-Curricular COUGAR POLICIES

Extra-curricular sports and activities are a privilege. You are a student first. Your academics are why you are in school. Participants in all extra-curricular activities must be aware that, as a member of the team/group/activity you are representing your team, school, and community and consequently must act accordingly.

1. Maintaining good academic standing and commendable attendance is essential for participation in all school activities. For specific expectations refer to *ELIGIBILITY FOR EXTRA-CURRICULAR ACTIVITIES* on page 23 of the CEC Student Handbook (CEC website/ document depot).
2. Violations of the Provincial Code of Conduct (unacceptable behaviors) may result in immediate removal from a sport or activity.
3. Respect for the rights and property of others must be in evidence at all times.
4. Be on time. Being late shows disregard for your peers and your advisors.
5. Work hard. You are a member of a school program and should strive to be the best participant possible.
6. Communicate with your advisors and fellow participants. Most problems come from a lack of communication. No one can read your mind.
7. You will be expected to make some sacrifices. If you are going to do your best it requires a strong commitment. You must establish your priorities, including academics, and then set up a schedule which reflects these priorities.
8. When representing your group/activity you are expected to dress appropriately.
9. Your degree of participation is based on the level of commitment you make to your group/activity and is at the discretion of your advisor(s).
10. The use of alcohol, drugs, tobacco and e-cigarettes/vapes are not permitted at any time while participating in or representing your group/activity.
11. Coaches / Advisors are in charge at all times and participants must abide by their guidelines.
12. To participate in any extra-curricular activities you must be a full time student (enrolled in minimum of 3 courses per semester).
13. Participants are expected to put back into the program as much as they receive. This means involvement in fundraising, volunteering, attending student council sponsored events, supporting other school groups, and helping out with special projects. All participants must purchase a CEC student ID.
14. Honour your peers with your best effort. Treat the other participants, volunteers, and spectators as you would like to be treated.
15. Inappropriate use of all social media (Facebook, Twitter, et al.) is not acceptable. Respect yourself and all others when utilizing these public forums.

**I acknowledge that not following any of the above policies may result in removal from any school group/activity at the discretion of coaches, advisors and administration.**

Student Participant (Please Print): \_\_\_\_\_

### **SIGNATURES :**

Student Participant: \_\_\_\_\_ Date: \_\_\_\_\_ Parent : \_\_\_\_\_ Date : \_\_\_\_\_

Coach / Advisor: \_\_\_\_\_

Revised March 2019

## CONFIDENTIAL PARTICIPANT INFORMATION

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NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

PHONE NUMBERS: \_\_\_\_\_

PARENT/GUARDIAN(S) : \_\_\_\_\_

FAMILY DOCTOR: \_\_\_\_\_ PHONE #: \_\_\_\_\_

HEALTH CARD#: \_\_\_\_\_ EXPIRY DATE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_ PHONE#: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

ALTERNATE CONTACT: \_\_\_\_\_ PHONE#: \_\_\_\_\_

ANY MEDICATIONS: \_\_\_\_\_

MEDICATIONS CARRIED: \_\_\_\_\_

ADMINISTERED BY: \_\_\_\_\_

ANY PREVIOUS INJURIES/DISABILITIES: \_\_\_\_\_

OTHER CONCERNS (ASTHMA, DIABETES, EPILEPSY): \_\_\_\_\_

\_\_\_\_\_

I hereby certify that I am the parent/guardian of: \_\_\_\_\_

(student's name)

who is under the age of 19 years and I hereby consent to any emergency medical procedures which may be deemed necessary by a licensed medical practitioner as a result of his/her involvement in a sport activity.

Signature of parent/guardian: \_\_\_\_\_

Date : \_\_\_\_\_ Witness: \_\_\_\_\_