



Houston Cougar Aquatic Sports



Drug, Alcohol, and Tobacco Policy

The COOG Philosophy

The use of drugs, alcoholic beverages, and tobacco products poses a risk to the health and safety of young people. In addition to this risk, the possession or use of drugs or alcoholic beverages can have serious legal consequences for youth. COOGS is a high quality, competitive youth swimming organization committed to excellence at all levels. The club will strive to instill in its swimmers a commitment to abstain from the illegal use of drugs and alcoholic beverages and the use of tobacco products. The club will maintain a wholesome and safe environment in which the swimmers can develop their athletic potential and grow into mature young adults. To these ends, the club has adopted the following policies:

The Team Rules Regarding Drugs, Alcohol, and Tobacco

1. A swimmer shall not engage in any behavior involving the illegal use of alcoholic beverages, illegal drugs, or controlled substances, which tend to bring discredit to the swimmer or COOGS or knowingly remain in the presence of those engaged in such behavior(s). This prohibition shall apply at all times.
2. A swimmer shall not possess, use, or be under the influence of an alcoholic beverage while on the club premises or during a team event.
3. A swimmer shall not possess or use a controlled substance on the club premises unless it has been prescribed for the swimmer by a physician and is in the original container with the prescription label attached. A "controlled substance" is any drug for which a prescription is required.
4. A swimmer shall not use, possess, be under the influence of, or distribute to another person any drug paraphernalia or any illegal drug. "Drug paraphernalia" means any device designed or used for the purpose of introducing a drug into the body, including, for example, rolling papers, bongs, and crack pipes. "Illegal" drug means any drug, which is illegal under the laws of the State of Texas and any drug or substance, which is banned by USA Swimming, the United States Anti-Doping Agency, the International Olympic Committee, or the World Anti-Doping Agency. Illegal drugs include, for example, marijuana, cocaine, and steroids. This prohibition shall apply at all times.
5. If it is discovered that a swimmer is in possession of, using, or distributing illegal drugs, drug paraphernalia, alcoholic beverages, or tobacco, a parent or the legal guardian of the swimmer will be notified.
6. A "team event" includes any swim meet, travel trip, event, or activity in which the swimmer participates as a member of COOGS. "COOGS premises" includes any facility owned, leased, or used by COOGS for a meet, practice, or any other club-sponsored event or activity.

Penalties/Consequences for Violations of the Team Rules

1. If the head coach determines that a swimmer has or may have violated a Team Rule, the head coach will determine the penalty/consequences for the violation after consultation with the swimmer's coach and parent or legal guardian. The penalty or consequences for a violation of the Team Rules will be at the discretion of the head coach. The penalties or consequences may include, but are not limited to one or more of the following:
 - Counseling by the coach or designee;
 - Community Service;
 - Restriction from team trips and/or swim meets;
 - Loss of privileges;



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- Probation;
 - Suspension; or
 - Dismissal from the club.
2. In addition to any penalty imposed, a swimmer who is found to have violated a Team Rule relating to the use or possession of drugs or alcoholic beverages may be required, as a condition of remaining in the club, to have an assessment to determine their risk for chemical dependency. Upon request, COOGS will provide a list of assessing agencies from which the swimmer may choose. If a substance abuse problem is identified by an assessing agency, the swimmer must successfully complete the treatment program recommended by the agency as a condition of remaining in the club. Any costs associated with the requirements outlined in this paragraph will be borne by the swimmer and his/her parent(s) or legal guardian.
 3. When the head coach determines a swimmer has violated a Team Rule that requires a penalty/consequence beyond counseling by the coach or designee, the head coach shall report such violation and the penalty/consequence as soon as possible to the President of the club. In those situations that call for a penalty/consequence beyond counseling by the coach or designee, the head coach shall also create and maintain a written record of the violation and penalty/consequence in each case.
 4. A swimmer, his parents or legal guardian may appeal to the Board of Directors from a suspension or dismissal. The swimmer and his parents or legal guardian shall have the right to appear before the Board of Directors to argue against the suspension or dismissal and may have, at their election, an additional person appear with them to represent their interests. The Board of Directors may affirm, modify, or reverse the action of the head coach. While appeal is pending, the suspension or dismissal will be stayed.
 5. If a swimmer is suspended from the club, there will be no refund or abatement of dues for the period of suspension. If the swimmer is dismissed from club, the contract between COOGS and the swimmer's parent or legal guardian will terminate on the date the dismissal becomes effective. However, the parent of guardian will be liable for the dues incurred up to the effective date of the dismissal.

Helping Swimmers Is Our First Priority

If a swimmer is concerned about his own involvement in drugs or alcohol or that of another swimmer, the swimmer is encouraged to talk confidentially with a coach. A swimmer who voluntarily discloses to a coach his involvement with drugs and alcohol will not be charged with a violation of the Team Rules as a result of such disclosure. The swimmer will be referred to substance abuse counseling or treatment at his/her own cost.

COOGS recognizes the need for sensitivity in dealing with these matters and will make every effort to ensure that confidentiality is upheld and that the privacy of those involved will be maintained and respected.

COOGS further recognizes that parents are the first and most important teachers of their children with regard to the use of alcohol, drugs, and tobacco products and that parents are primarily responsible for their children's behavior in these and all other matters. It is COOGS's view, however, that any behavior that tends to bring discredit to the club is a legitimate cause of concern and falls within the purview of club review.



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By inserting my name below, I acknowledge that I have read, understand, and agree to abide by the policies outlined herewith.

By the athlete inserting their name below, he/she acknowledges that they have read, understand, and agree to abide by the policies outlined herewith.

Parent or Guardian Signature

Date

Swimmer's Signature

Date

Swimmer's Signature

Date

Swimmer's Signature

Date

Swimmer's Signature

Date