

Alcohol

Programs, Rules, and Interventions

Policy

- **“A student, regardless of quantity, may not use, consume, possess, buy/sell, or give away any beverage containing alcohol.”**
- **“If a student is at a party in the presence of alcohol, that student will be considered to be under the influence of alcohol.”**
- **“As well as no tolerance will be given to Non-alcoholic beer or “near beer”**

Consequences

Danvers Public High School

Danvers, Massachusetts

First violation students “lose eligibility for the next consecutive interscholastic contesting totaling 25% of the all the interscholastic contests in that sport.”

-Students also become a part of a treatment program and will remain for the remainder of the season.

Second violation and all other subsequent violations lose eligibility for the next consecutive interscholastic contesting totaling 60% of the all the interscholastic contests in that sport.”

Different Policies

Lake Washington School District

Redmond, Washington

First violation - immediate ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season.

If a student seeks professional help outside the school district, after a two week period of suspension of competition, their eligibility will be re-instated.

Second violation - the student athlete will be suspended for one year of competition from that date.

Third violation - the students will be permanently ineligible.

Stonington High School

Pawcatuck Connecticut

- NONE

The policy doesn't cover what might happen over the weekend away from school. This pledge only covers what happens on school grounds or functions.

If caught drinking in school or at school-sponsored activities

First Violations- suspended from the team for five days.

After that there's a 15-day period in which they cannot play in any games but can practice with the team.

Second offense - additional action depends on the outcome of an expulsion hearing.

Oregon Health & Science University

ATLAS & ATHENA Programs

Gender specific programs that are proven to reduce health-harming behaviors in male and female high school athletes.

ATLAS – 10 sessions for males

ATHENA – 8 sessions for females

Interactive games, role-plays, and mock public service campaigns incorporated into your team practices.

ATLAS & ATHENA

Results:

- New alcohol and illicit drug use decreased 50%
- Occurrences of drinking and driving declined 24%
- Students believed that they were better athletes
 - Less likely to ride in a car with a drunk driver

Now implemented in high school athletic programs in 31 states and Puerto Rico

Additional Ideas

Explicitly explain the lingering short term effects of using alcohol

- decreases strength
- impairs reaction time
- impairs balance and eye/hand coordination
 - impairs fine motor and gross motor coordination
 - makes one grow tired quickly