



# Play Clean

## Policy Guide

---

Sample drug, alcohol and tobacco policy language for community athletic associations and teams

Words  
Matter.



OUR VALUES.  
WHAT MATTERS  
MOST TO US.

## Team Expectations

It is important that you communicate clearly to your athletes, coaches & spectators about substance use.



### Sample Policy for Players/Athletes

The use, consumption or possession, regardless of quantity, is prohibited during the entire playing season. Included are:

- beverages containing alcohol
- tobacco (including chewing tobacco)
- e-Cigarettes/vaping
- controlled substances defined by law as drugs (including marijuana) and
- buying, selling or giving away controlled substances.

\*It is not a violation for a player to possess a controlled substance specifically prescribed for the player by the player's physician.

\*\*Adapted from mnhockey.org



### Sample Enforcement of Policy

1. After confirmation of a first violation, the player shall be suspended for... <sup>i</sup>
2. After confirmation of a second violation, the player shall be suspended for... <sup>i</sup>
3. After confirmation of a third or subsequent violation, the player shall be suspended for remainder of season. At this level of offense, no exception is permitted for a player who participates in a treatment program.

**Interpretation:** "Game" in this rule means regular league or playoff contest. Practice games or scrimmages cannot be counted in determining the length of suspension.

In the 2nd and 3rd steps, looking at the athletes treatment program involvement and compliance may be an exception to the standard rule.

Teams/Associations may adopt a more prohibitive rule and/or more severe penalties for violation of these rules.

- <sup>i</sup> Team/associations should select a reasonable number of games/practices. with suspension for remainder of season suggested as most severe



### Sample Policy for Team Community

Team/Association Name has a zero-tolerance policy regarding substance use, including e-cigarettes/vape at any event by coaches, parents, spectators and officials. We are always a substance free organization. For clarity read the following guidelines.

- Alcoholic beverages, tobacco, e-cigarettes/vaping and drugs are not permitted at any event/activity, including practices and league games.
- As role models for players/athletes, no coach, volunteer, spectator or officials shall participate or spectate in any activity while under the influence of drugs or alcohol; and
- Smoking or use of tobacco or vapor products is not permitted in or around youth sports practices, games or team related activities.

### Sample Enforcement of Policy

- After confirmation of first violation, you will be reminded of zero-tolerance policy and depending on the severity may be asked to leave the event/activity.
- After confirmation of second violation, you will be asked not to attend or participate in events/activities for team/assoc. determines amount of time appropriate.
- After confirmation of third violation, you will be asked not to attend or participate in events/activities for the remainder of the season.

\*\*Adapted from North Metro Soccer Association

# Implementation & Enforcement

To have compliance with policies it is important to have enforcement procedures in place. Below are suggestions to have in an Enforcement Procedures section of the policy/handbook.

- Teams/Association should have a reporting system in place to notify parents/players of suspensions.
- Team/Associations should designate an official, coach, parents, etc. that will be responsible for enforcing the team community's' policies. Those concerned about violations would connect with that designated individuals to enforce the policy. Teams can also have self-enforcement procedures that puts the responsibility of enforcement upon any adults who are part of practices, games or events.
- Having the policy for coaches, volunteers, spectators and officials always noted on programs and schedules can help with enforcement.
- Having athletes and caregivers/parents sign an agreement of the policy at the beginning of each season can help with enforcement.



## Resources

**Anoka County:** [AnokaCounty.us/GetHelp](http://AnokaCounty.us/GetHelp)

**For Jakes Sake:** [ForJakesake.org](http://ForJakesake.org)

**Know The Truth:** [mntc.org](http://mntc.org)

**Parent Talk Kit:** [DrugFree.org](http://DrugFree.org)

**Service Finder:** [Fast-TrackerMN.org](http://Fast-TrackerMN.org)

**Toll-Free Help Line:** 1-855-DrugFree

Made possible by the Anoka County Children & Family Council funding and the Play Clean grant project team