



RABAT AMERICAN SCHOOL

*Student & Parent Athletics & Activities
Handbook*

2022 . 2023

Since 1962

Foundation

Rabat American School is a private non-profit American Independent Educational Pre-K to 12 institution, founded in 1962, offering an English language, standards-based, university-preparatory curriculum accredited by the U.S. Middle States Association and the International Baccalaureate Organization.

Vision

Dynamic, diverse, authentic learners - thriving together.

Mission

We engage in real-world learning opportunities.
We empower learners to take action.
We foster belonging and personal growth.



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CHAPTER 1

2022-23 ATHLETICS AND ACTIVITIES COMPASS

PROGRAM LEARNING OBJECTIVES

This program will guide all participants and leaders to:

- Value inclusive learning and strive to become lifelong learners.
- Consistently communicate transparently and effectively.
- Respect student voices and explicitly grow student-leadership and agency.
- Strive for personal and holistic excellence and grit.
- Recognize similarities and respect diversity.

ATHLETICS AND ACTIVITIES' 2022-23 MISSION

- Student-centered
- Quality over quantity
- Sustainability and accountability
- Alignment with the UN's 17 Sustainable Development Goals (SDG)
- Global and local connections outside of our walls

ATHLETICS AND ACTIVITIES 'GREAT' VALUES

Grit

Reflection

Excellence

Accountable

Thoughtful

RAS ATHLETICS AND ACTIVITIES PHILOSOPHY

Positive Youth Development

Rabat American School Athletics and Activities is an inclusive extension of the educational journey found in their daily schedule. Through athletic and activity participation, we will strive for the explicit mentoring of compassionate student-leaders while building various developmental assets. RAS Athletics and Activities will always hold every student to high academic standards and competitive excellence on and off the field, court, pool, track, auditorium, and classroom. RAS Athletics and Activities communicate clear expectations for our code of conduct, sportspersonship, and integrity.

The positive youth outcomes of our Athletic and Activity program are the development of student empowerment, commitment to authentic learning, positive identity and values, and social competencies. These opportunities should be enjoyable, vigorous, and safe while transpiring in a positive climate with appropriate adult role models, mentorship, and support. We are committed to equal and inclusive opportunities for all students and adults of sex, color, ability, national origin, religion, or economic status. Rabat American School takes pride in supporting an Athletics and Activities program, which continuously reinforces the 'GREAT' program values of Grit, Reflection, Excellence, Accountable, and Thoughtful, resulting in thriving school pride and spirit!

Through authentic and dynamic learning, Rabat American School Athletics and Activities will guide students to enjoy and appreciate the journey of diverse learning over the sole outcomes of winning and losing. Learning involves failure, and RAS Athletics and Activities believes students achieve excellence through the development of resiliency and reflection through failure and adversity. RAS staff are responsible for consistently modeling GREAT character traits and values. As mentors, our staff's positive behavior during preparation, practices/sessions, competition, and around the community will guide our students. RAS staff encourage our students to be risk takers and thrive through real-world and enjoyable learning experiences.

Dynamic, diverse, authentic learners

Thriving Together!



STUDENT EXPECTATIONS AND STANDARDS

RAS Athletics and Activities are a Privilege Not a Right

- You are expected to get a holistic and thriving education. (“STUDENT” comes first)
- You are expected to be at school the day before, the day of, and the day after a contest/game/event (Fridays for weekend games/events).
 - Missing any of these days, without a valid excuse from your parent/guardian, may result in you not being allowed to compete in the next game/competition.
 - School attendance is required every day, unless an excused absence is approved by RAS administration.
- Be in class, on time, every day! (“Early is on time, and on time is late!”)
- Be respectful to your teachers, coaches/leaders, fellow students, family, administration, opponents, and our entire Rabat and global community.
- You are expected to demonstrate exemplary conduct, on and off campus.
- Be honest. Admit your mistakes, faults, digressions and become better for it.
- Place the goals of the team/activity above any self-interest, thereby disciplining yourself to make the personal sacrifices to achieve team/group goals.
- You are expected to give your total effort, to make the most of the skills that you have.
- The Athletics and Activities Department follows the RAS dress code and expectations.
 - Each sport and activity may have their own requirements for appropriate dress (mainly for practice and competition)
 - When traveling, all teams and activities are expected to dress in RAS colors and look presentable throughout the travels.
- Practice is a requirement! There are very few, acceptable excuses to miss a practice, ever!
 - The Athletics and Activities program is voluntary and sacrifices may be made.
- Any student who quits a sport/activity will not be allowed in another one until a new season begins. (Unless approved by all interested parties; coaches/leaders and admin)
- Self-discipline is expected at all times. No fighting, profanity, or degrading language is ever acceptable.
 - People don’t see you; they see the school’s name across your chest.
 - Ejections, unsportsmanlike conduct, personal fouls, yellow/red cards, all may result in suspension from future athletic contests.
- RAS Athletics and Activities support and enforce the secondary school’s behavior and substance abuse policy.
- RAS Athletics and Activities support and enforce the secondary school’s mobile phone policy.

*Any violation of the above expectations may lead to consequences such as being put on probation, suspended, and/or benched for one or more game(s), meets, tournaments, events, or dismissal from Athletics and Activities for that season/year.



REQUIREMENTS FOR PARTICIPATION

Physical Examination

All student athletes must complete the Rabat American School Physical Examination Form ([HERE](#)), which is valid for one calendar year. Physical examinations may only be conducted by medical doctors. Chiropractic, homeopathy, acupuncture, or herbal healing practitioners do not qualify. All Physical Examination Forms must be completed and in the possession of the school nurse for each school before the student can participate in any athletic activity, including practice and try-outs.

Parental/Guardian Consent, Release, and Assumption of Risk Form

Competitive athletics (and activities) may place students in situations where serious, catastrophic, and perhaps fatal accidents may occur. Despite the best preventative measures, no degree of instruction, precaution, or supervision will entirely eliminate all risk of injury or harm. Students and their parents/legal guardians must assess the risks of athletic and activity participation for themselves, and freely and voluntarily decide whether to participate. To participate in athletics and activities, students and their parents/legal guardians must sign a form acknowledging these risks and releasing Rabat American School from any liability. This form will also request emergency contact information, in the event the student requires medical attention. Click [HERE](#) for the form.

Like the Physical Examination Form, this form must be signed and in the possession of the designated administrator before the student can participate in any athletic activity, including practice and try-outs. Health insurance coverage is not required for participation in athletics and activities, but is strongly recommended.

*RAS insurance covers 85% of medical costs, so it is highly encouraged to have personal insurance, on top of RAS insurance. There is no coverage for non-RAS participants.



Scholastic Eligibility

To participate in athletics and activities, students must have:

- A minimum of 3's in every subject the previous semester
 - If they are a new student, they need passing grades during their previous semester.
- Earning 3's or better for every grade check (recurring every 4 weeks; end of the month)
 - If they are a new student, they have one season (fall) to acclimatize to RAS academics. They need to maintain at least 2's in every major assignment and assessment for the first season (fall). 3's will be the standard once entering the second season (winter).
- Minimum behavior issues from their current teachers and other staff members.
 - Recurring behavioral issues will warrant a discussion with the Athletic and Activities Director to discuss possible ineligibility, determined by the severity of the issues:
 - A possible behavior contract will be created and signed by all parties.
 - Contract needs to be fulfilled and upheld in order to prevent ineligibility



Ineligible Student Athletes and Activities

Ineligible students, due to academic probation, failing classes (2 or below), or behavior concerns, are expected to practice/attend sessions for their sport/activity, but may not compete or travel with the team/activity until eligible. If the student discontinues practicing/attending sessions for their sport or activity, they may be dismissed from the sport or activity.

If a student fails a grade check they are ineligible until they can show proof of academic achievement and raise their grade(s) to a 3 or above in all of their failing class(es). Once successfully achieved, students will immediately be reinstated into eligibility.

**A student who is ineligible near a traveling tournament/event needs to be eligible 3 weeks before the traveling date, otherwise they will miss the opportunity to participate on the trip.*

CHAPTER 2

OUR LION CODE OF CONDUCT

Rabat American School's students, parents, coaches and spectators will strive to display appropriate behavior at our Athletic and Activity events according to the below code of conduct. Failure to follow the code of conduct may result in removal from the event, team, or activity.

STUDENTS' CODE OF CONDUCT

I WILL:

- understand that Athletics and Activities is for fun, personal development and healthy competition.
- be committed to the team/activity and attend all practices/sessions and games/events or otherwise notify the adult leader if I cannot attend or arrive late.
- demonstrate a positive, constructive and supportive attitude that helps build the team/group rapport.
- be a part of a team/group, thus putting the team/group before my desires.
- work hard, give my best effort and look to continuously improve in skill and leadership.
- demonstrate excellent sportsmanship regardless of the situation and appreciate and respect my opponent.
- show respect towards adults, opponents, officials, spectators, and the community.
- strive to develop healthy habits that support my development as a student athlete/activity participant.
- use appropriate language that is positive and encouraging.
- follow the specific athletics/activities rules and guidelines.
- encourage my parents/family to be involved in a positive, respectful manner with my team/group in some capacity because we are a supportive community.
- remember that participating in the Athletics and Activities program is an opportunity and privilege to learn and have fun, not a right.
- read and agree to abide by the [MASAC Handbook](#) when participating in MASAC events (specifically the "Rules and Guidelines" section)
 - MASAC will require their own signed agreements before competing in MASAC tournaments/events (Coaches will handout this form prior to tournament dates)



PARENT/GUARDIANS' & SPECTATORS' CODE OF CONDUCT

I WILL:

- understand that Athletics and Activities is for fun, personal development and healthy competition.
 - a. appreciate that winning is a goal, but is not everything. We do not win at the cost of our integrity.
 - b. help my child understand that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game/event or his/her performance.
- recognize the effort and intent of adult leaders and students and not interfere with the leadership, officiating or practice/session routine of any team/activity.
 - a. refrain from coaching or directing my child or other students during games/events and practices/sessions.
- take time to speak to coaches/leaders at an agreed upon time and place.
 - a. abide by a 24-hour "cooling off" period before approaching a coach/leader.
- not always agree with the call, but I will respect all decisions of the coaches/leaders and officials/judges, trusting their judgment and integrity.
- lead by example and demonstrate positive sportspersonship throughout the game/event by supporting and cheering for the team/group in a positive manner, refraining from negative or abusive language, gestures and/or behavior, regardless of the final result.
- recognize outstanding performances from our own students, as well as, our opponents.
- support my child's overall health by providing appropriate, healthy snacks at games/events and practices/sessions.
- educate my guest(s) of this code of conduct and they need to abide by all of the rules.
- remember that participation in the Athletics and Activities program is an opportunity and privilege to learn and have fun, not a right.
- read and agree to abide by the [MASAC Handbook](#) when attending MASAC events (specifically the "Rules and Guidelines" section)



COACHES' & LEADERS' CODE OF CONDUCT

I WILL:

- support and uphold Rabat American School's vision, mission, and beliefs.
- understand that Athletics and Activities is for fun, personal development and healthy competition.
 - a. appreciate that winning is a goal, but is not everything. We do not win at the cost of our integrity.
 - b. help my students understand that doing one's best is more important than winning, so that my students will never feel defeated by the outcome of a game/event or his/her performance.
- try to make each and every experience a positive one.
- respect the rules, be fair, and uphold the highest standards of integrity.
 - a. respect the game/event and our opponents and not run up the score.
- understand that MASAC/International events carry heavy penalties towards schools who cheat or demonstrate unsportsmanlike behavior, and I will not put Rabat American School at risk.
- take time to speak to parents and students at an agreed upon time and place.
 - a. abide by a 24-hour "cooling off" period before approaching a parent or student.
- seek opportunities to give all students valuable and engaging playing/learning time within practice/sessions or game/event situations.
- prepare my team/group to learn, improve, and compete/grow to the best of their ability through organized pre-planning and reflective practices.
 - a. be aware of acclimatization and weather conditions when conducting practices/sessions
- be punctual and strive to uphold exemplary attendance throughout the season
 - a. notify administration immediately if unable to lead a practice/session
- use appropriate language and behavior while coaching/leading.
- respect students, officials/judges, opponents, coaches/leaders, and spectators while being a role model of appropriate behavior.
- teach and remind students of healthy and safe habits such as eating healthy, staying hydrated, and gaining adequate sleep.
- understand that student-athletes/activities are students first and athletes second.
- read and agree to abide by the [MASAC Handbook](#) when attending MASAC events (specifically the "Rules and Guidelines" section)



BEHAVIOR AND CONSEQUENCES

Secondary

All Secondary Athletics and Activities will follow the Secondary Student & Parent Handbook “Consequences policy” if any rules, guidelines, or policies in the Student-Parent Athletics and Activities Secondary School Handbook or MASAC Handbook are violated or broken.

Possible consequences for not meeting these expectations will include, but not be limited to:

- Parent meeting
- Behavior/probationary contract
- Loss of athletic and/or activities privileges
- Class suspension/In-school suspension/Out-of-school suspension

Where any form of suspension is involved, parents will be required to attend a reinstatement meeting and sign a reinstatement agreement before the student is readmitted to classes and school.

Consequences for negative behavior will be based on the following criteria:

- The student’s intentions
- The circumstances surrounding the event
- What actually happened
- The damage or hurt caused by the event
- The impact on teaching and learning
- The impact on the community

*Repeat offenses or repeated negative behaviors by the same student will lead to increasingly severe consequences. Including removal from the Athletics and Activities program for that academic year (or possibly the upcoming academic year if performed at the end of the Spring season).



Elementary

Elementary ASAs will follow the same philosophies, expectations, and code of conduct as RAS and the Secondary Athletics and Activities program. However, elementary ASAs will follow a different procedure for any behavior issues in athletics or activities. The “Three Step Approach” is an opportunity for the student to receive three opportunities to reflect and correct any discipline issues, but if a fourth should arise they will be asked to leave the activity for the rest of the season, possibly year if similar issues arise in a second or third season.

Elementary's ASA Three Step Approach (Behavior and Conduct)

Communication Involved	Staff Involved	Initial Conversation	1st Level	2nd Level	3rd Level
Activity leader and student discuss and reflect on negative behavior.	<ul style="list-style-type: none"> • Activity Leader • Student 	X			
Email from activity leader to parents and student alerting negative behavior during ASAs and communicating the 1st level offense, sharing this table, and encouraging a family talk and reflection at home.	<ul style="list-style-type: none"> • Activity Leader • Student • Parents • (cc'ed ES Principal, Activities coordinator, Athletics and Activities Director) 		X		
In-person discussion/ reflection between parents, student, ES Principal, and Athletics and Activities Director on positive change.	<ul style="list-style-type: none"> • Parents • Student • ES Principal • A & A Director 			X	
In-person discussion communicating removal from ASA program for this season and moving forward.	<ul style="list-style-type: none"> • Parents • Student • ES Principal • A & A Director 				X
Zero Tolerance Moving Forward; any negative behavior in 2nd or 3rd seasons of ASA = Automatic Removal (after initial conversation w/ASA Leader)	<ul style="list-style-type: none"> • Parents • Student • ES Principal • A & A Director 				X



ELEMENTARY 1 AND DONE POLICY

One critical element to our new philosophy is “equal and inclusive opportunities” for all students. We realize certain Elementary activities are popular each season and due to our “first come, first serve” registration process, there are some students who never have the opportunity to try a certain activity. Also, there are numerous studies which show the negative effects “early specialization” can have on today’s youth, which is why we’re pushing for all elementary students to have different experiences throughout the year (specifically focusing on athletics).

Effective this academic year (2022-23), once a student completes an activity for a season they need to sign up for a new activity in the next season.

There are two exceptions to this rule in order to do the same activity twice:

- If your child has signed up for a different activity next season AND there is still space in the same activity, only then may they sign up for the same activity twice.
 - If your child’s sign-up prevents a student from participating for the first time, your child will be removed and the other student will be allowed.
 - Please note, if your child quits the “new activity” to solely focus on the same activity they already did, they will be removed from both activities.
- If your child is actively leading an activity and offers it for two or more seasons, they may stay in the same club.



CHAPTER 3

PLAYING TIME & PLAYER SUBSTITUTIONS (ATHLETICS ONLY)

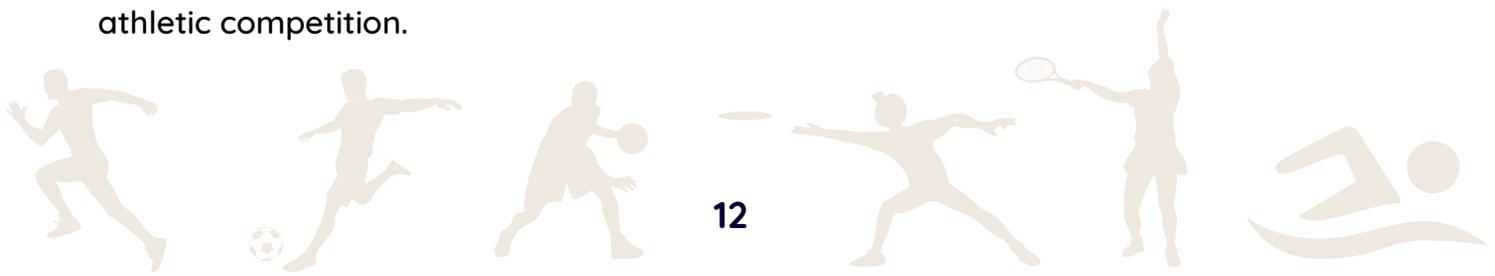
Coaches shall use the following guidelines for playing time and substitution in all sports:

HIGH SCHOOL ATHLETICS

- On Varsity teams, winning is important, but our priority is on developing the individual student-athlete to be GREAT, young citizens.
- Playing time and position played is determined by the coaching staff, not by external league/team coaches or the parents of the student-athlete.
- Student-athletes may have input as to the position they want to play, but the ultimate decision will be determined by the coaching staff and the needs of the team. TEAM before ME!
- Coaches will determine the players selected to the varsity teams through tryouts:
 - Before team selections are made, the coach should notify all candidates of the length of the try-out period, criteria for team selection, and number of positions to be selected
- Moving players between Varsity and JV teams is determined by the coach(es), who will hold a conversation explaining to the student-athlete(s) their areas of growth
- Playing time is not guaranteed at the Varsity level.
 - Seniors are not guaranteed a varsity roster position, but will be encouraged to remain a part of the team in some capacity: manager, trainer, etc.
- Coaches shall substitute as the game situation dictates.
 - Coaches are encouraged to play everyone through non-tournament contests, but once MASAC and invitational tournaments begin, playing time may not happen.
 - At the junior varsity level, every athlete WILL get playing time in every competition.
- The Head Coach will have final input into who plays and is substituted.
 - NO FAVORITISM of playing time or position WILL BE ALLOWED AT ANY TIME.
 - Specific conversations that compare other athletes' playing time to your child's will NOT be tolerated; only your child and how they can earn more time in a cooperative, calm and positive manner is permitted.

MIDDLE SCHOOL ATHLETICS

- No-Cut Policy: Every athlete will play in every contest (upon making the game/tournament roster) provided they come to practice regularly, remain in good standing with our athletic program, maintain passing classroom grades, and display positive behavior within the RAS community.
- The amount of playing time will be at the discretion of their coach(s).
 - Every athlete WILL get playing time in every competition to work on skill and concept development, and to develop mental, social, emotional, and physical attributes related to athletic competition.



- In individual sports (Track and Field, Cross Country, Badminton) all athletes should be allowed to participate in all meets, matches, and tournaments.
- It is extremely important that we stress sportspersonship, developing skills and concepts, leadership, emotional control, and teamwork at the Middle School level.
- Winning has its place and is important, but learning, being part of a team, and a positive experience supersedes winning games at all costs.

NON-SCHOOL-SPONSORED CLUB/TRAVEL SPORTS

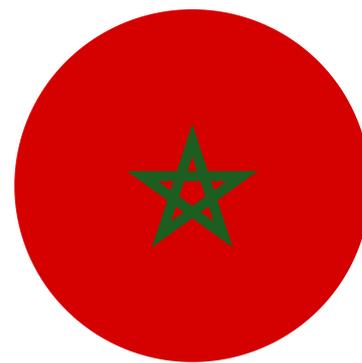
It is the expectation of RAS students and Athletic and Activities staff that school-sponsored events take precedence over non-school-sponsored club/travel/city sports and activities. Failing to follow this expectation may result in suspension or dismissal from the school-sponsored sport/activity.

THE MAROC-AMERICAN SCHOOLS ATHLETIC CONFERENCE (MASAC) AFFILIATION

RAS maintains a positive relationship with several American and international schools throughout the region in MASAC. These schools are:

Full Members

- Rabat American School (RAS)
- Al Akhawayn School of Ifrane (ASI)
- Casablanca American School (CAS)
- George Washington Academy (GWA)
- American School of Marrakesh (ASM)
- American School of Tangier (AST)



Partial Members

- American Academy Casablanca (AAC)
- American Community School Tunis (ACST)

MASAC Athletic Seasons and Sports

Fall	Winter	Spring
MS Basketball (Boys and Girls)	MS Soccer (Girls and Boys)	V/JV Volleyball (Girls and Boys)
MS/HS Swimming (Girls & Boys)	V/JV Basketball (Boys and Girls)	MS/HS Badminton (Boys & Girls)
V/JV Soccer (Boys and Girls)	Track and Field (Girls and Boys)	MS/HS Swimming (Girls & Boys)
	Developmental Soccer (Boys and Girls)	MS Volleyball (Boys & Girls)

MASAC Handbook and Calendar

For further information about our participation in the MASAC organization, please read through the MASAC handbook. Included in the handbook are all rules and guidelines associated with MASAC events. It will be the responsibility of RAS students and parents/guardians to understand and abide by those rules and guidelines while participating in athletic and activities events. **Failure to follow these rules and guidelines may result in disciplinary action (removal from the event, team, or activity).**

[MASAC Handbook](#)

[MASAC 2022-23 Athletics Calendar](#)

Local Games

In addition to the MASAC schools, RAS schedules competition with local schools and clubs. This local competition provides our teams with valuable practice games leading up to MASAC tournaments. Schedules and additional information will be provided at the start of each season.

Varsity and JV Age Restrictions

In guidance with the MASAC handbook and RAS Athletics and Activities philosophy, no student under the age of 13 or 7th grade and below may practice or compete on the Varsity or Junior Varsity teams at RAS. 8th graders are allowed to try out and practice with the JV team, but may not compete on Varsity. This is for their physical safety and appropriate mental/psychosocial development of MS students.

MASAC Activities

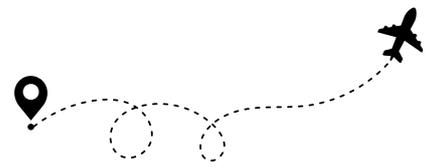
In order to develop a holistic and equal opportunity approach, the Athletics and Activities Department is reaching out to fellow MASAC schools to schedule possible activity events. These events might include (but not limited to) MUN, Speech/Debate, music competitions/performances, art exhibitions, and other exciting opportunities for those involved in our RAS activities. More information will be provided throughout the 2022-23 school year and hopefully established in the 2023-24 handbook.

School-Issued Equipment Return and Replacement Policy

All students are responsible for the proper care and security of equipment and uniforms issued by the Athletics and Activities department. School-issued equipment should be used only for practices, sessions, competitions, and should be kept in excellent condition. The parent or legal guardian and student shall be responsible for the replacement cost of all equipment not returned in the same or substantially similar condition, with the exception of normal wear and tear; it was in at the time of issuance. Failure to return a piece(s) of equipment (lost) the parent or legal guardian shall be responsible for the full replacement cost (purchase value).

*All equipment should be returned within one week after the season has completed.

TRAVEL AND TRANSPORTATION



Travel to Athletic and Activity Events

- All students must travel to and from events in transportation provided by the Athletic and Activities department, unless the student's parents or legal guardians make alternative arrangements that are approved by the team/group leader, AD, and administration.
- Students will remain with their team/group and under the coach/leader's supervision when attending away events at all times.
- International or trips outside of Rabat will require student families to provide costs for:
 - Flight/train/bus charges
 - If disciplinary issues occur during a trip and a student needs to return immediately, families will need to cover any and all travel arrangements back to RAS for the student and RAS chaperone.
 - Visa expenses (RAS provides supporting documentation where necessary)
 - Hotel Bookings
 - Daily spending money (food, souvenirs, etc.)
 - All other costs will be covered by Rabat American School
 - A transparent bill will be provided by RAS that breaks down all costs associated with international travel/trips prior to finalizing trip bookings
 - Projected quote/bill will be sent out at least a month in advance
- Students who miss the bus may not be allowed to participate in the contest at the leader's discretion.
- All regular school bus rules will be followed and enforced.
- Students should dress appropriately and in RAS colors while traveling on school sanctioned trips.
- Rabat American School prohibits the use of student drivers to transport other students to athletic or activity events.
- Parents or legal guardians are responsible for arranging the student athlete's transportation to and from the event when transportation is not provided by the school.
- If a student is transported in another student's private vehicle, the school will not assume any liability resulting from such transportation.

Explanation of Individual vs. Group Bookings

- RAS uses flight group booking for all plane tickets with 10 or more participants traveling on the same route, date, and flight on the same booking.
- Group booking guarantees flexible terms and conditions and provides a quality service:
 - When making a group reservation, the names are not required to be provided at the time of booking, we only provide the numbers.
 - A group booking allows you to hold space for our entire group and then collect money individually from each party traveling with the group.
 - Additionally, seats can be added to our group booking at a later date if necessary and if available usually at the same fare as all the other travelers.

Flight Refund Policy

The typical booking terms and conditions vary from airline to airline. In general the cut off for a full ticket refund will be 22 days before the departure date. Once the pre-bookings are finalized, we will share with you the airline's refund policy and conditions.



CHAPTER 4

AFTER SCHOOL ACTIVITIES

OVERVIEW

Internal ASAs vs External ASAs

- Internal after-school activities are delivered by RAS teachers and instructional assistants and are mostly free of charge (some activities will require minimum costs).
- External after-school activities are offered at RAS or external venues by verified external providers, whose fees vary for each ASA. (Fees will be made public before signing-up)

ASAs fees and payment for externals

- Payment deadlines are communicated by email and must be respected, if not, the child will not be allowed to participate.
- Payment when it is applicable is in cash with the exact amount. Payment days and times are also communicated by emails.
- Registration is done on Powerschool (Please see below section of document for instructions) on a first come, first served basis for elementary ONLY.

Elementary ASAs Registration (First Come, First Serve)

Registration for ASAs is done for the entire Season. Although in some exceptional cases, we might have to remove a student from an ASA (internal or external) due to capacity limitations, we will do our best to find another ASA for them.

A new student arriving during the school year will be offered to join internal and external ASAs, which have available spaces (this cannot be guaranteed). Prorated fees will only be applied to external ASAs for new students joining the school in the middle of the Season. Furthermore, prorated fees will not be applied for students who are in the school since the beginning of the Season and wish to join an external ASA after the Season has started. To avoid this kind of situation and to allow for a smooth registration process, please follow registration deadlines.

Elementary 3 Activities Limit (per season)

Due to inclusive principles and ensuring all students are rewarded at least one activity they want to participate in, we are limiting the number of activities an elementary student can participate in to three a season. There is an exception, so please read the following exception to this policy:

- If registration has closed and there are additional spots available in a certain activity, we will communicate those openings via email and allow a first come, first serve basis for those spots via email timestamp.



Secondary Athletics and Activities Registration (Preference-Based)

The Secondary registration process for Athletics and Activities is a two-step process:

- All students (6-12) need to attend the Athletics and Activities Fair and sign-up for their preferred sport or activity(s). They will also turn-in a preference sheet with their listed choices and preference (if 2 or more conflict on a given day) by the end of the fair.
- The Athletics and Activities Department will physically review all sign-up sheets and enter their preferences into PowerSchool the following week after the fair.
 - Parents will no longer be signing up their child(ren) for Secondary Athletics and Activities in PowerSchool.

Deadlines

Please respect all deadlines. If you miss a deadline, your child will not be able to participate in that season, due to a spot being filled by a student on the waiting list. They will need to wait until next season's registration. (If circumstances prevent a deadline, please communicate the next available opportunity to meet a deadline.)

Outdoor Activities

Morocco is a pleasant country to live in throughout the year, which is why outdoor activities will be conducted yearly. However, any inclement weather will force outdoor activities inside for a backup plan. There will be NO cancellations for weather, unless decided upon by the school.

Cancellations

Please note that some Internal or External ASAs might be canceled in case minimum registered students are not reached. A minimum of three students is required to run an activity. In such cases, we will do our best to find another ASA for your child(ren). If an external ASA session is canceled due to an unexpected event such as pandemic, mourning holiday, government mandate, etc. the external provider will not offer a refund. However, if consecutive sessions (3+) are canceled then a refund will be discussed between the external organization and RAS.

Communicating Cancellations

In the rare event a practice, session, game, event, or tournament needs to be rescheduled or canceled, the primary mode of communication will be via mass email. At least a minimum of 3 hours will be our aim to communicate any cancellations (around lunch). In case of dire emergencies, we'll do the best we can in the time we have available.

After School Bus Timings

Mon/Tue/Thur/Fri

Activities - 4:30pm (depart)

Late Bus - 5:40pm (depart)

Wednesdays

Activities - 3:15pm (depart)

Late Bus - 4:45pm (depart)



Off-Campus Travel for Activities

If there is an off-campus activity that is within a 10-15 minute bus drive from RAS, all students will be transported back to the RAS campus for the late bus.

If transport to an activity is over 15 minutes, it will be expected that parents/guardians will arrange for pickup from the external destination. This will allow for more quality instruction time, and reduce wasted time on transportation. All activities with this stipulation will be clearly labeled in the guidebook sent out at the beginning of each season.

Most activities in season three will be on campus, as most facilities will close early due to Ramadan.

Saturday Practices/Sessions

Each team and activity will have autonomy over practicing or meeting on Saturdays. The school will NOT provide bus service on Saturdays, so any transportation to and from school will be parent/driver/carpool. This will need to be arranged by parents/guardians.

ASA Pick-up

The ending time for ASAs are as follows:

- **Mon/Tue/Thur/Fri** - 4:20pm

Please pick-up by 4:35, anything later is considered a late pickup.

- **Wednesdays** - 3:10pm

Please pick-up by 3:25, anything later is considered a late pickup.

Late Pickup

ASAs start and end at specific times. Numerous late pick-ups (15+ minutes after end time) could prompt a discussion with the Divisional Principal and AD about a positive solution for pick-up.



CHAPTER 5

PARENT/LEADER COMMUNICATION GUIDE

GUIDELINES

Both parenting and teaching can be quite trying at times. By understanding and respecting the position of both parents and coaches/leaders, children are better served through their experience in athletics and activities. Clear communication between parents and coaches/leaders can help all understand the position of the other and enhance the positive experience that can be gained from participation in athletics.

Communication Expectations from Coach/Leader

- Philosophy of the coach/leader
- Expectations the coach/leader has for your child, team/group, and season
- Location and times of all practices, games, and tournaments
- Equipment requirements and expectations
- Procedure if your child is injured during participation
- Team/group rules, guidelines and consequences for infractions
- Team/activity selection process

Communication Coaches/Leaders Expect from Parents

- Any concerns or questions communicated directly to coach/leader
- Notification of any schedule conflicts in advance (earlier the better)
- Notification of any illness or injury as soon as possible

Appropriate Concerns to Discuss with the Coach/Leader

- The treatment of your child
- Ways to help your child grow and develop
- Concerns about your child's behavior

Topics to Avoid with the Coach

- Playing time
- Team strategy
- Play calling
- Other participating students



Resolve Issues with Good Communication Procedure

If an issue arises, please contact the persons listed below, when working through a concern or issue, in the order provided:

1. Student talks with the coach/leader first (if not resolved, then move down the list)
2. Coach/leader of the sport/activities
3. Athletics and Activities Director
4. School Principal (Elementary or Secondary; depends on the grade level)

Parent-Coach/Activity Leader Meeting Procedure

★ Email or call the head coach/activities leader to request a meeting.



★ Schedule the meeting during an agreed upon time.



★ If the head coach/activities leader is unavailable, call the Activities Coordinator and request a meeting to be arranged.



***DO NOT confront a coach/activity leader before, during or after a practice/game/event. Meetings of this nature usually do not promote positive resolutions.**

ASAs and Office Hours

- For all admin work: 8:30AM - 12PM
- Please note that in the afternoon we are not always available in the office due to ASA transitions & operations.

CHAPTER 6

FIRST AID RESOURCES (CONCUSSION AND HEAT INJURY)

Please become familiar with specific athletics (and activities) injuries that need to be monitored at home, in addition to school.

CONCUSSION

Concussion protocol is a necessity in all high school and middle school sports globally, so understanding concussion protocol and the signs and symptoms, as a parent and student, is crucial to prevent further injuries.

Resources for Students

- [Concussion Fact Sheet \(Students\)](#)
- [Heads Up Concussion Action Plan](#)
- [NFHS Free Concussion Course \(Students\)](#)



Resources for Parents

- [Heads up Concussion Sheet \(Parents\)](#)
- [Concussion Fact Sheet \(Parents\)](#)
- [Signs and Symptoms Poster](#)
- [NFHS Parent Guide to Concussion](#)
- [NFHS Free Concussion Course \(Parents\)](#)

HEAT INJURIES

Due to the hot climate Morocco provides in the fall and spring seasons, being aware of signs and symptoms of heat injury is vital to prevent further, serious injuries.

Resources for Students

- [Three Types of Heat Illness](#)
- [NFHS Hydration Position Statement](#)
- [NFHS - Heat Acclimatization and Heat Illness Prevention Position Statement](#)
- [Understanding Sweat Loss](#)
- [NFHS - Energy Drink Position Statement \(2021\)](#)
- [NFHS Free Heat Illness Prevention Course \(Students\)](#)

Resources for Parents

- [Three Types of Heat Illness](#)
- [NFHS Heat Illness Prevention](#)
- [NFHS Hydration Position Statement](#)
- [NFHS - Heat Acclimatization and Heat Illness Prevention Position Statement](#)
- [Understanding Sweat Loss](#)
- [NFHS - Energy Drink Position Statement \(2021\)](#)



APPENDIX



STUDENT & PARENT ACKNOWLEDGEMENT

Rabat American School Athletics and Activities is a privilege and not a requirement for graduation. As with any privilege which gives reward or satisfaction back to the participant, there must be higher standards of behavior and conduct expected of you as a member of the RAS Athletics and Activities program. When your behavior and conduct is not inline or in agreement with our Student-Parent Secondary Handbook, Student-Parent Athletics and Activities Handbook, MASAC Handbook, and/or your individual sport/activity rules, you must be held to consequences for your inappropriate actions.

Upon verification of a first major reported offense of the Student-Parent Athletics and Activities Handbook, the student will be required to attend a conference in which he/she will be presented with a contract detailing future behavioral expectations. The contract will be signed by the student, parent(s) or guardian(s), his/her Head Coach/Activity Leader, and Athletics and Activities Director. The contract will reflect an understanding of the expectations of his/her consequences for future rule violations. The contract must be signed by the student and his/her parent(s) or guardian(s) prior to his/her reinstatement to the Athletics and Activities program.

The sports and activities sponsored by Rabat American School can involve physical contact and other potential risks. Because of the conditions inherent to sports and some of the activities, participating in these may pose the risk of injury. Those injuries include, but are not limited to, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health.

In signing this form below, we confirm that we have read and understood the Rabat American School's Athletics and Activities Student-Parent Handbook and voluntarily assume the inherent risks of participation in these sports and activities. We also waive and release all claims, causes of actions, actions, liabilities, and costs against Rabat American School and its governing board and members thereof, officers, employees, agents, and volunteers.

Student Print Name: _____

Grade: _____

Student (Signature): _____

Date: _____

Parent/Guardian Print Name: _____

Parent/Guardian (Signature): _____

Date: _____

Emergency Contact Name and Relation to Student: _____

Phone # _____



STUDENT AND PARENT ACADEMY ONLINE COURSES RESOURCE (OPTIONAL)

If you are interested in additional and optional education and information, check out these free courses from the National Federation of State High School Associations (NFHS) for both students and parents/guardians.

[NFHS Learning Center](#)

List of free and optional courses for students and parents:

Students	Parents
<ul style="list-style-type: none"> • Sportsmanship (Sportspersonship) • Bullying, Hazing, and Inappropriate Behavior • Learning Pro: <ol style="list-style-type: none"> 1. Testing Tips 2. Research Skills 3. Reading and Learning Strategies 4. Homework Helper • Appearance and Performance Enhancing Supplements • Concussion for Students Hazing Prevention for Students • Heat Illness Prevention Implicit Bias Introduction to Esports • NCAA Eligibility • Social Media for Students • Sports Nutrition • Student Mental Health and Suicide Prevention • Sudden Cardiac Arrest • The Student Experience Theater Safety • Understanding Vaping and E-Cigarettes 	<ul style="list-style-type: none"> • The New Music Parent • Sportsmanship (Sportspersonship) • Bullying, Hazing, and Inappropriate Behavior • Appearance and Performance Enhancing Supplements • Concussion for Students • Implicit Bias • Introduction to Esports • NCAA Eligibility • Positive Parenting with School Programs • Protecting Students from Abuse • Social Media for Students • Sports Nutrition • Student Mental Health and Suicide Prevention • Sudden Cardiac Arrest • The Parent Seat • Understanding Vaping and E-Cigarettes

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