



Umatilla Middle and High School Student Athletic and Activities Handbook

Updated August 2025

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Fight Song

On you Vikings, On you Vikings,
They deserve our praise,
We will fight with all our might,
For the good old UHS,
Win we must, our cause is just,
So listen to our plea,
Fight, fight for UHS and Victory.

Student Handbook

Most questions regarding athletic requirements (grade checks, physical requirements, etc) can be found here. Please be sure you are familiar with the Handbook and ask any questions you may have about the handbook prior to your season starting. [Please complete this survey once you've received the handbook to confirm your acknowledgment of receiving and reading it.](#)

Contact information

For assistance with Athletic questions, please contact our high school Athletic Director, Dan Durfey at durfeyd@umatillasd.org or middle school Athletic Director, Anthony Brown at browna@umatillasd.org If your AD is unable to answer your questions, please contact UHS Principal, Bob Lorence, at lorenceb@umatillasd.org or CBMS Principal, Rick Cotterell, at cotterellr@umatillasd.org

District Philosophy

Extra-Curricular activities are an integral part of the educational program, adding greatly to the interest and desire of the students to improve their physical abilities. Properly supervised competition helps students learn to cope with and solve the problems of life situations.

Athletic programs are selected on the basis of needs, interests and abilities of students, and will be organized in a manner appropriate to the students' physical and emotional

maturity. The decision of a "cut" or "no cut" policy will be determined by the Athletic Director, Principal, and the head coach of the respective sport.

The objectives of interscholastic athletics are the development of desirable traits in the individual and the meeting of students' competitive needs in a constructive, growth-producing setting. Championships should result as an outgrowth of personal success and positive, ethical coaching. It is hoped that each participant will be motivated and trained to strive for success and to obtain his/her peak performance as an athlete and a team member.

It is expected that all participants and coaches will experience learning opportunities in self-discipline, emotional control and sportsmanship.

All persons involved in Umatilla activities / athletics will:

- 1) Emphasize proper ideals of sportsmanship, conduct and fair play;
- 2) Stress the values derived from playing the game fairly;
- 3) Respect the integrity and judgment of officials;
- 4) Understand the rules of the game;
- 5) Understand the rules of the school district;
- 6) Encourage leadership, goal setting, initiative and good judgment;
- 7) Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individuals involved.

NCAA Guide for the College Bound Student

Questions about NCAA eligibility are likely answered in their [resource guide](#). Please use the guide as a reference tool for coaches, players and families.

Activity Conflicts

If a student has a conflict of activities or practice for an activity (scheduled at the same time), the following steps are to be taken:

1. The two advisors try to resolve the conflict by a schedule change.
2. If a schedule change is not possible, the advisors shall try to reach a mutual agreement that will benefit the student.
3. When a conflict between a family activity and a school activity arises and the student has a prior submitted written request from a parent, then that student will be excused from the activity with no repercussions.

Student Athlete/Participant Code of Conduct

Because of the public nature of athletics and extracurricular activities sponsored by the Umatilla School District, students who participate in these activities are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their team, school, and community. Athletes are representatives of the Umatilla School District. It is only through the observance of high personal standards of conduct that individuals and teams can attain maximum achievement and set a positive role model for other students. When a student elects to participate in an extracurricular activity, he/she automatically sets himself/herself apart from the general student body. Since these activities are voluntary, participants are subject to rules and policies created by the Umatilla School District and coach/advisor of the activity, and are bound by these rules as long as they choose to participate. **Failure to uphold the student and athletic codes set forth by the Umatilla School District may result in a student athlete being suspended or removed from their respective sport. Decisions of this nature will be made by building administration in conjunction with the head coach.**

The following guidelines outline basic eligibility, Umatilla School District rules, and regulations of conduct. All students participating in activity programs must comply with these standards. The standards apply from the first legal practice date until the season ending awards event or the last contest, whichever is later. This policy is a minimum standard. **Coaches have the right to formulate additional requirements of conduct for students under their supervision in cooperation with the Athletic Director.**

The district has authority and control over a student at school during the regular school day, at any school-related activity, regardless of time or location and while being transported in district-provided transportation.

Students in violation of the student and athletic codes of conduct will be subject to discipline including detention, suspension, expulsion, removal from team/club, loss of playing time, and/or referral to law enforcement officials. If a student misses the bus due to disciplinary reasons, they may not be transported to the event for participation purposes.

Personal Conduct Rules

Students shall not:

- Commit Tier III offenses as stated in Student Handbook on the Discipline Matrix;


- knowingly possess, use and/or sell alcohol, tobacco, vapors or other controlled substances;
- be present at a site where minors (under the age of 21) are consuming alcohol and/or illegal drugs;
- be arrested and/or convicted of a felony or serious misdemeanor (i.e. shoplifting, disorderly conduct).

Consequences

1. **FIRST OFFENSE:** A group meeting shall be held with the student/athlete, parents, coaches, and the athletic director/administrator to discuss the incident. A substance abuse screening by a health care professional will be required at the student/athlete's expense when alcohol, tobacco, or other controlled substances are involved. The student/athlete can practice but will be suspended from contests for fourteen (14) calendar days. The student/athlete will not be able to compete until the substance abuse screening has been completed (if required).
2. **SECOND OFFENSE:** Suspension of the student/athlete from participation on any club/athletic team for six school months. The student/athlete will be required to undergo a new substance abuse screening by a health care professional and will successfully complete any recommended rehabilitation (if required) if drug or alcohol related. Furthermore, the student/athlete will be subject to random drug and alcohol tests for one calendar year. Any test results indicating continued or increased chemical levels will constitute a third offense. Failure to adhere to the prescribed consequences will result in the student/athlete being suspended from participation on any athletic team until such time as all the conditions have been met. All expenses incurred in this process are the responsibility of the athlete.
3. **THIRD OFFENSE:** Suspension of the student/athlete from participation on any club/athletic team for the remainder of their high school eligibility.

Misconduct

The advisor or head coach and his/her staff will handle the infractions of the program rules set forth by the coach. The advisor/head coach, athletic director, and/or principal will handle any student/athlete misconduct, which would bring discredit to the student/athlete, the team/club, or the school.



Consequences could be in the form of conditioning, loss of game time, suspension, and removal from the team. Accumulation of offenses will result in more extensive disciplinary action deemed appropriate by the coach, athletic director, and/or principal.

Student/athletes who continually break the student code of conduct may be subject to loss of game time and/or suspension of club/athletic privileges. Decisions of this nature will be made by building administration in conjunction with the advisor or head coach.

Enforcement of Rules

An administrator and the advisor or head coach of the affect activity or sport will be responsible for all decisions relating to disciplinary action resulting from violation of rules. It is highly recommended that advisors/coaches keep daily accounts of players in violation of team rules. Coaches will be notified of any school disciplinary action taken by the administration affecting student/athletes of the sport or activity.

Due Process

Students involved in school activities are entitled to due process. This requires that the student be notified of the rule prior to a violation and that the student is made aware of the consequences of a violation. A student is entitled to the right to be heard, to present witnesses and have oral/written notice of charges.

Procedure: A student who does not abide by the rules and regulations will be disciplined, suspended, or dismissed from the team. All actions leading to discipline, suspension, or dismissal will be based on factual knowledge, not hearsay.

Appeals: Any decision made may be appealed to athletic director, principal, superintendent, and/or eventually, to the Umatilla School District Board of Education by following Umatilla School District [adopted complaint procedures](#).

Participation Policy

It is the objective of the Umatilla School District to provide a competitive team at the varsity level and it cannot be expected that all participants will be provided equal playing time. At the junior varsity and "C" level of participation, coaches shall attempt to provide all team members participation in competition during the athletic season.

Student athletes may turn out for a sport up until the first competition.

Student athletes may choose to switch sports within the first ten (10) days of practice. For example, if a student goes out for basketball and decides to wrestle instead, the switch has to be made by the 11th practice.

Students may elect to exercise a five school day grace period from the end of the regular season prior to entering their next sport. There is no grace period after post season play.

All practices are required unless prior arrangements have been made with the coaching staff (including practices during school breaks).

Team Sport Limitation

Schools may conduct practices and/or compete in contests in team sports (baseball, basketball, football, softball, soccer, volleyball) only during the designated OSAA sports seasons. It shall be a violation of the rule if there is any attempt during the Association year to gather more than two members of the same high school program together per day outside the OSAA defined season to receive specialized athletic instruction from any coach associated with the participating athletes' high school program. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps during the Association year other than through general dissemination of information or brochures shall be considered a violation of this rule.

Individual Sports Limitation

Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.


Association Year

The Association Year shall start with the first day of practice for fall sports and shall end on May 26. "Summer season" activities may begin on May 27.

Student Eligibility

All student athletes shall submit a parental/guardian authorization for emergency medical treatment in the event of injury/illness of the student athlete in the absence of a parent/guardian. This must be on file before the student is allowed to participate in practice.

All student athletes must have passed six subjects and have a 2.2 GPA the previous semester to be eligible. Students must be enrolled as a full-time student at Umatilla High



School to be eligible to participate in the athletic program. Students entering the 9th grade for the first time are not required to meet any academic standards for initial entry into the athletic program. Students who passed six classes but were below the 2.2 GPA may apply to participate but will have to be passing all their classes and maintain a 2.5 GPA during their next sport season.

During the season, students must be enrolled in at least six classes. To maintain eligibility, students must be passing at least six classes and maintain a 2.2 GPA at the time eligibility is determined.** The Athletic Director will run an eligibility list every Thursday during the season, unless otherwise pre-determined. The Athletic Director will verify student athletes' grades. Failure to meet the above academic standards will result in the student being ineligible. If he/she believes the grades are not accurate they will request a grade check sheet from the office to have each teacher assign them a current grade by the end of the next day (Friday). This is the athlete's responsibility to complete a grade check sheet. If deemed ineligible, he/she will be ineligible for the coming week and will not participate in athletic games. They have the opportunity to become eligible the following week by raising their grades. Practice for ineligible students will be at the coach's discretion. If an athlete is ineligible for more than three weeks during a season due to academic ineligibility, they may be removed from the team.

In some extenuating circumstances a teacher clearance or absences could allow an athlete to participate that determination will rest with the Athletic Director.

In some extenuating circumstances where the athlete is not taking more than five classes, the athletic director and/or principal may alter the grade requirements to meet only the OSAA eligibility requirement.

In addition to the specific credit requirements, to be academically eligible, a student must be making satisfactory progress towards the school's graduation requirements as determined by the local school administration.

All student athletes must have ten practices in the sport prior to interscholastic competition. In some circumstances the athletic director or principal can waive this rule. Should the previous sports season extend into postseason play the ten-practice rule may be waived by the athletic director for the next successive sport.

All student athletes are personally responsible for issued school equipment and will be required to pay for lost/damaged equipment. Student athletes will not be allowed to participate in any school activities/athletics until the lost or damaged equipment is paid for, or returned. **Additionally, student athletes will not be allowed to start the next athletic season until equipment from the previous season is turned in or full payment is received.**

Some seniors may have a schedule that is less than six classes and will be dealt with on an individual basis.

Missed Practices

Missed practices, excused or unexcused, will be handled in each sport by the head coach's discretion. Excessive truancy from practices may result in removal of the athlete from the team either by the coach or Administration.

Student Attendance

During Season Attendance Expectations

- When students are excused from class for a co-curricular activity they are not excused from make-up work. Make-up work needs to be completed according to the individual teacher's instructions.
- Students must be in attendance at school 5 out of 8 classes to participate in practices and competitions.
- Students will not miss class to retrieve equipment and/or materials needed for a trip.
- Students will not be permitted to participate in a contest or practice if they have an unexcused or unverified absence on that day.

Game Day Attendance

- Coaches must provide a current roster (in alphabetic order by last name) to the High School office on game day identifying students who will be absent from class due to competition. This roster must be supplied by 8:00 am on the day of the event. On the page, please indicate:
 - Activity
 - Date
 - Excuse from class time (not more than 10 minutes before departure)

- Departure time

Monitoring Attendance

Student athletes will have an attendance report ran each Monday for the prior week's attendance. Athletes that are missing three or more unexcused absences will be moved to the below disciplinary action for extracurricular activities. Two tardies will be counted as one absence.

1 st Offense: Loss of 50% next contest	Football, Soccer, Basketball – out a half of game. Volleyball—First 2 matches Softball, Baseball out first game in double header or first 4 innings Cross Country – out next meet Tennis – miss 50% of matches that week Track – miss 50% of events signed up for
2 nd Offense:	Football, Soccer, Basketball – out next scheduled game. Volleyball – out the next contest. Softball, Baseball – out next scheduled game Cross Country, Tennis, Track – out the next Meet
3 rd Offense:	Athlete may be removed from the team based on the coach and administration decision. * There may be extenuating circumstances that causes special consideration and this will be judged on a case by case basis.

- Student/athletes suspended from school may not practice, and may not compete or travel with the team to games.
 - Students in ISS in lieu of OSS may not participate in practice, nor travel with the teams to games.
 - Students in ISS for an ISS purpose are allowed to participate.
- Any athlete ineligible will not be allowed to travel with the team on away games.
- All absences must be pre-arranged through the athletic director or principal.
- Student athletes with any unexcused absences in a day will not be allowed to participate in the next practice or contest.
- If it is an emergency situation the athletic director or principal could excuse the absence.
- The athletic director will inform the coaches of the student absences, which result in non-participation that day.

Ejection Policy

When a student athlete/coach is ejected from an OSAA sanctioned event the school will be fined (\$50 or more). Each additional ejection by the same athlete throughout the course of the school year will increase the fine. The coach/athlete will not be able to coach or participate until the fine has been paid. If suspensions are warranted, the suspension will be served before returning to participation.

Physical Examinations, Insurance and Impact Testing

Umatilla School District requires physical exams for all athletes. Middle school students are required to have a new physical examination every school year. All freshmen and juniors are required to have physical examinations prior to participating. Physical examinations must be performed by a physician, prior to athletic participation.

Umatilla School District has a partnership with Family Health Associates. Each spring and fall there will be free physicals provided at school for athletes needing a physical. Throughout the school year, appointments can be set up within the school day and transportation can be provided when physicals are needed. Students shall not participate without a record of passing a physical examination on file with the district. Records of the examination must be submitted to the Athletic Director and will be kept on file and reviewed by the coach prior to the start of any sport season.

Prior to playing, students must have the physical examination form, verification of insurance coverage and Impact testing completed.

Communication with Student Athletes and Parents

Umatilla School District staff use Rooms to communicate with students. For help in getting set up with a Rooms account, please see the Athletic Director. Slack may be used for back/forth communication needs.

Athletes are held to the same standards spelled out in the [student handbook](#) and can be disciplined for any abuses monitored.

Facebook pages for teams are allowed; however, the Athletic Director, Principal and Superintendent must be set up as Admin on the account and all content must follow school rules. No other social media accounts are allowed for teams.

Sunday/Holiday Practices

Practices may not be held on any Sunday or school holiday, unless there is an OSAA state playoff contest scheduled on the next school day after the Sunday/Holiday.

Open Gym

- Open gym will not be permitted until the in-season sports are in their fourth week.
- Open gyms must follow the regulations set by the OSAA.
- Open gyms include batting cages, weight room, outdoor facilities, etc.

Locker Rooms and Lockers

Each athlete is responsible for his or her locker room. The coach is responsible for opening and closing the room. Any episodes of theft will be referred to the coach of the student involved. Athletes will pick up after themselves and leave the locker room as clean as possible. When we play away from home that locker room should be left as clean as possible.

Lockers and other district storage areas provided for a student's use remain under the jurisdiction of the district even when assigned to an individual student. The district reserves the right to inspect all lockers. A student has full responsibility for the security of the locker and is responsible for making certain it is locked and that the combination is not available to others. Valuables should never be stored in the student's locker. Lockers may be routinely inspected without prior notice to ensure no item which is prohibited on district premises is present, maintenance of proper sanitation, mechanical condition and safety and to reclaim district property including instructional materials.

Overnight Trips

Athletes attending overnight trips will remain with the team during the entire trip. During this time, students will follow all rules set forth by the coach or administration. Failure to follow these rules will result in disciplinary action that may lead to suspension or possible removal from the team as the Coach, Athletic Director or Administration feel is appropriate.

When traveling on overnight trips, all students, coaches and volunteers must:

- Refrain from consuming alcoholic beverages or controlled substances.

- Coaches and volunteers will refrain from entering student hotel rooms unless in case of emergency, in which case two adults will enter together if possible.
- Check in prior to lights out should be done to ensure all students are in hotel rooms appropriately. Knocking on doors to confirm room occupancy, or asking for a group photo sent to the Slack account is acceptable. Room checks where chaperones enter hotel rooms are not allowed.
- Check-in locations at given times to ensure students are accounted for throughout the event will be provided. It is not possible to have eyes on all students at all times during large events (track meets, etc.) but check-ins and emergency meet-up locations will be clearly communicated to all participants.

First Aid/Injuries

If a player is injured, an [injury note](#) will be provided.

First aid may be administered during the course of the event. If a student is in need of additional medical attention, staff will make efforts to communicate with families and may make emergency decisions as needed. **Following an injury requiring a medical professional, students will need to obtain a release note from the doctor and share it with the school nurse, Tamara Bow, prior to resuming play.** Students suspected of concussion will follow the [concussion protocol](#).

Bleeding, Open Wounds, and Communicable Disease

The following is the NFHS policy concerning bleeding, open wounds, and blood on the uniform:

- A contestant or coach who is bleeding, who has an open wound, or who has blood on his/her uniform, shall be prohibited from participating further in the contest until appropriate treatment has been administered. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the contest.
- The length of time that is considered reasonable is the official's judgment.

For full communicable disease information, see the [full NFHS guide](#).

Concussion Protocol

The Umatilla School District's [concussion packet](#) is an essential tool in supporting students. Dr. Earl, with Family Health Associates, is considered our team doctor and will need to see every athlete who exhibits concussion symptoms. Following a concussion, families should expect contact from the school nurse to facilitate setting up an appointment with Dr. Earl. The athlete is not to return to participation until Dr. Earl returns medical orders stating

what the return to play schedule is. The coach must follow the return to play schedule and wait until the athlete receives Dr. Earl's medical clearance saying they can participate.

Varsity Lettering Requirements

Varsity letters can be earned in each sport as follows:

FOOTBALL – A football player may earn a varsity "U" by being a member of the team for the entire season and one or more of the following:

- ☐ Participated in $\frac{1}{4}$ of the varsity league games;
- ☐ Played in a post-season game leading to the state finals.

VOLLEYBALL – A volleyball player may earn a varsity "U" by being a member of the program for the entire season and one or more of the following:

- ☐ Participated in $\frac{1}{2}$ of the varsity games played during the season.
- ☐ Played in games during the post-season leading to the state tournament.

SOCCER – A soccer player may earn a varsity "U" by being a member of the program for the entire season and one or more of the following:

- ☐ Participating in $\frac{1}{4}$ of the varsity soccer halves during the regular league season.
- ☐ Played in a post-season playoff match leading to the state tournament.

CROSS COUNTRY – A runner may earn a varsity "U" by being a member of the program for the entire season and one or more of the following:

- ☐ Finish as one of the top seven (7) runners in a Varsity race at a minimum of four races.
- ☐ Finish as one of the top seven (7) runners at the District Cross Country meet.
- ☐ Run a sub 21:00 (Boys) or sub 25:00 (girls) at any meet in the district season

BASKETBALL – A basketball player may earn a varsity "U" by being a member of the program for the entire season and one or more of the following:

- ☐ Participating in $\frac{1}{4}$ of varsity quarters during the regular league season.
- ☐ Played in a district, regional or state tournament.

WRESTLING – A wrestler may earn a varsity "U" by being a member of the program for the entire season and one or more of the following:

- ☐ Participated in a minimum of five varsity matches.
- ☐ Placing (1-6) at the district tournament;



BASEBALL – A baseball player may earn a varsity "U" by being a member of the program for the entire season and one or more of the following:

- ☐ Participated in 15 innings during the varsity regular league games.
- ☐ Played in post-season games leading to the state tournaments.

TRACK AND FIELD – A track and field participant may earn a varsity "U" by being a member of the team for the entire season and one or more of the following:

- ☐ Earning 15 points at track meets during the regular season.
- ☐ Earning points at the district track meet.
- ☐ Qualified for the State track meet.

TENNIS – A tennis player may earn a varsity "U" by being a member of the team for the entire season and one or more of the following:

- ☐ Participating in ½ of the varsity matches within the regular season.
- ☐ Participating in the district or state tournaments.

SOFTBALL - A softball player may earn a varsity "U" by being a member of the program for the entire season and one or more of the following;

- ☐ Participating in 15 varsity innings during the regular season varsity games.
- ☐ Played in post-season games leading to the state tournament.

GOLF - A golfer may earn a varsity "U" by being a member of the program for the entire season and one or more of the following;

- ☐ Golfed in ½ of the varsity matches during the regular season.
- ☐ Participated in post-season tournaments leading up to the state tournament.

BAND – A Band member may earn a varsity "U" by being a member of the Concert Band for the entire year and one or more of the following:

- ☐ Perform in the Pep Band for football and basketball games.
- ☐ Performed well in two or more regional concerts.
- ☐ Competed in the State Solo Competition.

Cheerleading – A cheerleader may earn a varsity "U" by being a member of the cheer squad for the entire year and one or more of the following:

- Varsity cheered during the football or basketball seasons and had 95% attendance at games.
- 90% attendance at practices, clinics and fundraisers.

A certificate of participation shall be awarded to any member of the teams who successfully participated in any of the above activities and completed the season, but fails to meet the criteria for a varsity letter.

Members shall receive only one varsity letter for a varsity sport during their high school career. Subsequent awards shall consist of an emblem that signifies the sport/activity for which a varsity award is given. The coach or their appointee shall award at regular intervals the varsity letter "U" to all persons who have fulfilled the above requirements.

Exceptions to the Lettering Policy

Players may be awarded the varsity letter "U" at the discretion of the coach if the above requirements cannot be met due to unusual circumstances, i.e. injury, illness, etc. Individual situations must be reviewed and approved by the athletic director or principal.

A student forfeits the privilege of receiving a varsity letter "U" should they be determined not to be in good standing as a team or squad member at the end of the season. Students may fail to finish in good standing due to suspension from the team, expulsion from school for disciplinary reasons, attendance at less than 90% of all scheduled practices for which they are eligible, or for not returning equipment belonging to the school.

In addition, if a participant is suspended from the team, is suspended or expelled from school, has attended less than 90% of all scheduled practices for which they were eligible, or has not returned or paid for lost equipment belonging to the school that person will forfeit their right to letter.

Transfer Rules

Any transfer student/athlete who has been terminated from athletic participation for the remainder of their high school career in another district will remain under the same status at UHS. Any transfer student/athlete participating in athletics at the time of transfer will not be required to meet the ten-practice limitation if they have already completed the practice limitation.

Transportation

An athlete being transported on district provided transportation is required to comply with the athletic code of conduct. Any student who fails to comply with the athletic code of conduct may be denied transportation services and shall be subject to disciplinary action. Students are to ride to and from "away" events in school transportation. In order to ride home with an adult in lieu of using school provided transportation a parental permission slip must be signed by the parent and approved by the athletic director or principal prior to leaving for the contest. Students must respect transportation rules. Students who violate transportation rules, including Midco bus rules, will be suspended from the next two athletic contests.

Media Access

Media representatives may interview and photograph students involved in instructional programs and school activities, including athletic events. Information obtained directly from students does not require parental approval prior to publication.

Parents who do not want their student interviewed or photographed should direct their student accordingly.

The District supports sports reporting and posts articles and photos at <https://www.umatilla.k12.or.us/o/athleticsandactivities>