

COUGAR ATHLETIC SUBSTANCE CONTRACT

I. I will not consume any drugs, alcohol, or tobacco.

II. I will not knowingly ride in a motor vehicle whose driver has used any chemical that alters the body's natural state.

III. I will not knowingly attend any event where drugs and alcohol are present or are being used. If this situation does occur, I will immediately remove myself from this situation.

IV. I will comply with the Student Code of Conduct that governs Portland Adventist Academy students.

V. I understand that a violation of these rules will result in immediate suspension from athletics at Portland Adventist Academy.