

Student Athlete policy

This policy concerns students who attend the sports programme at Mora gymnasium at a local, regional, national or international level. Mora gymnasium accept students in all different sports as long as the student belongs to a sports club and practice the sport regularly on a local, regional, national or international level. The application is to be made in February when applying to the upper secondary school. Following specific sports programmes are also offered biathlon, cross-country skiing, ski orienteering, floorball, ice-hockey and soccer on different levels and in different teams. The application and admission to these programmes are to be sent to the specific sport, preferably before November 1. Admission is based on previous results and try-outs and is decided by every sport section.

Every sport programme has at least one legitimate teacher (according to the Swedish education board) as well as several coaches all with experience from national/international level in every sport. All teachers and coaches have attended a certificate programme for coaches at their specific sports federation. There must be at least two teachers/coaches at every training at the specific sports programme. Education about nutrition, rest, recovery as well as condition and strength are all worked with both practical and theoretical during the lessons on the sports programme for the balance of creating a holistic view for an athlete. The aim is for every student to reach their best potential.

Being a student athlete at Mora gymnasium

Communication

The students both have student mentors at school and in their sport programme that the parents can communicate with. There are school-parent-student meetings at least once every term from both the sport and also from the school. The students get a report card through Managebac (IB) or Its learning (national programmes) once each term (nov and mars). The parents can also access attendance through Managbac (IB) and Skola24 (national programmes) since they in many cases do not live in Mora and see their child daily. The health care team is also working when needed in the communication with the students and parents.

Schedule and Attendance

Every week three sessions (three hours each) in a sport student's schedule is blocked for the sport programme. Every student belongs to a year group (year 10-12) in which their training take place. Some training are combined between two or three year groups. Compulsory attendance applies to the lessons of the students on the sports programme, both theoretical and practical. In case of **illness** (so that you stay home from school), contact the responsible coach and the school, for absence in the attendance system (Skola24 or Managebac). In case of **a minor infection** etc. (so healthy that you go to school), contact the responsible trainer for consultation regarding attendance at the sport programme (risk of infection). Attendance also applies if you "**come home late**" from sporting events (unless otherwise announced). In case of **injury**, alternative training is usually available, there is always some physical activity that works, or theoretical teaching or an assistant during training sessions. Otherwise, the school's and CSN's rules apply. See Attendance policy

[https://moragymnasium.se/download/18.71c90939186a1c167f03ded/1678259340023/Student%](https://moragymnasium.se/download/18.71c90939186a1c167f03ded/1678259340023/Student%20Athlete%20policy.pdf)

[20Attendance%20-%20poliy,%20routines%20and%20documentation.pdf](#)

Leave in connection with participation in sports competitions/matches

Leave from school for sports activities is applied for and decided at the respective special education teacher. The basic principle is that **one** day's leave can be granted before sports competitions/matches. For individual sports, the application must be received no later than **three** days before departure. For more information, see Appendix 1.

Intensive education – camps

The school organizes compulsory intensive teaching during camps run by the sports programme at various times during the academic year. At some camps organized by the school extra hours in some subjects (e.g mathematics) are given before and after the camp. Leave for other camps is granted by the student mentor and principal, exceptions are national team camps or similar. It is however of utmost importance that the student talk to their teachers before leaving as well as keep in contact with their teachers through email or Teams when being away. Plannings for the subjects are to be found on its learning or Managebac depending on year group and programme. For more information on granting leave, see Appendix 1.

Individual curriculum and schoolwork

The IBDP students who attend WAoS have the opportunity to study the IBDP in three years instead of two. Taking their May exam in two or three subjects year two and three to for subjects in year three. The organization of the individual curriculum is set by the student, parents and IB coordinator together with the IBO.

It is of the utmost importance that school work is handled in a satisfactory manner. Here, too, of course, compulsory attendance applies. If the student is behind in school work, they can get extra

support that may be at a time when special physical education is normally conducted.

If a pupil is at risk of failing to achieve at least an E (pass) grade in one or more subjects, individual education plan (IEP) will be written where time for extra (support) teaching can be taken from the special physical education classes. Dialogue is conducted between the student mentors in school and special needs (healthcare) team as well as the PE teachers at the special sport about appropriate measures. Mora gymnasium also offers daily student support between 13-15 and 15-17 depending on subjects. Information concerning study support is communicated through the homepage and in the hallways at school as well as through the mentors.. See Inclusion policy

<https://moragymnasium.se/download/18.2bd848f51851502c6be1a0/1671105124592/Inclusion%20policy%20Mora%20gymnasium.pdf>

Access to gym and special sports facilities outside school hours

Each facility of the different sports programmes are used in consultation with specialist sports coaches during evenings and weekends. The sports education teachers plan and decide if and how the arrangement looks. The rules of conduct of facility must be followed and respected, the training should always take place in pairs.

Accommodation

General regulations apply. It is you as a tenant who is responsible for your apartment, and it is to be managed as stipulated in the rental agreement. Staircases/entrances should not be used as a storage place. <https://moragymnasium.se/om-skolan/elevboenden.html>

Alcohol/drugs

We follow the Swedish Sports Confederation's guidelines and policy documents. The same applies to the school's drug policy document, see

<https://moragymnasium.se/download/18.54047ca618529c34c9713b93/1673444407646/DRUGPOLICY%20-%20Policy%20for%20living%20at%20the%20Sports%20Campus.pdf>

Health care

Mora gymnasium has several professionals working at the school for student's well-being. School nurses, curators, special needs teachers, special pedagogs, priest and career counsellors. For contact information see <https://moragymnasium.se/om-skolan/elevhalsan.html>

Equality and Discrimination

We follow Mora gymnasium's values TREK (safety, respect, commitment, quality), see the school's website. If you discover that someone is unwell, or that you yourself are unwell, you should notify one of the special sport education teachers or other staff at the school. Pay attention to violated treatments, this should always be reported to any teacher at the school.

<https://moragymnasium.se/download/18.324926ce18bfb2c729b8310/1701690837486/Equality%20and%20Anti-discrimination%20plan.pdf>

Consequences for policy violations

1. Teachers contact the student to investigate what has happened, the principal is informed, documents and records what has happened. If necessary, the guardian will be contacted.
2. Written warning to the student concerned and to the guardian. The principal can decide on a two-week suspension from all school activities, including special sports. Education Act Chapter 5, §17.

School management and all teachers follow the school's equality plan.

It is everyone's responsibility that we work for a pleasant and positive school and sports environment.

/School management, teachers and coaches at Mora gymnasium's sports programme

Appendix 1: Student leave, rules

Generally

The student mentor has the delegation to grant the student leave from school work of a maximum of 3 days/term. Leave in addition shall be decided by the vice-principal. In matters of granting leave, the student mentor shall take into account the student's study situation, which means, among other things, that the student supervisor shall consult with the teachers concerned and give an opinion on whether or not to give a favourable opinion.

Requests for leave are made electronically at Skola24.

Students who are granted leave must contact their teachers and read the course sections that are dealt with during the leave.

As a rule, leave is granted for:

(certificate may be requested)

- Work in school conferences, student unions and other student organizations
- Major family affairs
- Individual matters of major importance, such as participation in cultural and sporting events, driving for a driving licence.

Leave is not granted for:

- Student whose leave may make it difficult for the student to achieve the goals of the education
- Driving licence training
- During the period of national tests that are relevant to student

Making an application in Skola24

1. Students apply for leave electronically via Skola24's leave application no later than two weeks before the desired leave.
2. If the number of days off is less than three – The responsible teacher grants/rejects the student's leave application in Skola24 within five working days (days 1-7).

If the number of days off is more than three - The responsible teacher approves/does not approve and the matter is forwarded to the principal who grants/rejects the application within a new period of five working days (days 2-10).

3. When the leave application is processed and ready, an email will be sent to the guardian with the decision on the leave.

