Lyceum Alpinum Zuoz
SWISS INTERNATIONAL BOARDING SCHOOL

Substance Use Policy

This document is the latest version.
Date: July 2024
Review date: June 2025
Responsibility: Senior Management

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1. Rationale

The world in which we live presents young people with many challenges which affect their health and wellbeing. Exposure to alcohol, tobacco and drugs is part of this reality. The Lyceum Alpinum is a health promoting school and our aim is to develop in our students a healthy mind in a healthy body. As such, we have an important role to play in not only responding appropriately to sensitive issues, but also in enabling students to increase control over their own health by educating them on relevant topics.

2. Purpose

This policy addresses the education of our students with regards to behaviour changing substances such as alcohol, tobacco, solvents and drugs. It also highlights the procedures for managing incidents relating to these substances. The objective of the policy is the welfare, care and protection of the school community. It applies to all members of the Lyceum Alpinum community, and links in with other policies in the school such as the School Rules, and the Boarding House Rules. The policy equally applies to all school trips and visits, both inside and outside of term time.

Whilst recognising education around substance misuse is vitally important, disciplinary sanctions will be enforced as highlighted within the relevant sections.

3. Drugs

At the Lyceum Alpinum the distribution, possession or consumption of illegal drugs[1] is strictly prohibited. Students who have been found to distribute, possess or consume illegal drugs will be expelled from the school immediately.

In addition to drugs that Swiss Law prohibit as illegal, the distribution, possession or consumption of all "designer drugs"[2] is also strictly prohibited. Students who have been found to distribute, possess or consume "designer drugs" will be expelled from the school immediately.

The school also has strict policies on the use of prescription medication without a prescription and any student taking prescription medication must always communicate in advance with the school health centre and provide a valid prescription. Students who fail to disclose prescription medication, and are then found to distribute, consume or possess prescription medication without a prescription may be expelled from the school.

Both boarding and day students are regularly tested for drug consumption. Each boarding house, as well as the Schulsekretariat, completes at least two random drugs tests with their students per week. These are done in the School Health Centre in accordance with the drug testing procedures. This type of testing is normally done through urine and/or saliva samples, however in certain necessary circumstances the school may choose to use a hair or blood sample. A student who refuses to give consent to be tested will be considered a positive result. In the case of a positive result, the cost of the test will be charged to the parents or legal guardian of the student. Any student who has attempted to undermine the validity of the test will be expelled immediately.

The results of these tests are analysed by officially recognised scientific laboratories on behalf of the Lyceum Alpinum. Their findings are binding. A positive result will lead to an immediate expulsion from the school.

[1] https://www.fedlex.admin.ch/eli/cc/2011/363/de#art_1
[2] https://www.swissmedic.ch/swissmedic/en/home/news/mitteilungen/kampf-gegen-designerdrogen.html

Students should be aware that consumption of CBD products is likely to result in a positive test for cannabis. Therefore, the school does not allow the use of CBD products without a prescription. This should in all circumstances be in consultation with the school health centre. Students who test positive for cannabis usage will automatically be suspended from school pending result from the toxicology test therefore students should avoid using CBD. Low THC hemp smoking products with CBD are strictly prohibited (see below Tobacco Products).

If there is a suspicion that drugs have been brought onto the premises, room or bag searches may be carried out in accordance with our policy. Any suspicious items found that are unidentifiable may be tested. A positive result for an illegal drug will lead to an immediate expulsion from the school.

4. Alcohol

Alcohol is a powerful drug, but one which is socially acceptable in some societies. In Switzerland it is illegal for young people under 16 to drink alcohol. Young people between 16-18 years of age can legally buy and consume wine and beer. Young people over 18 can buy and consume spirits and high-proof alcohol. Our policy is designed to promote a responsible approach to alcohol.

At the Lyceum Alpinum, in accordance with Swiss Law, students who are in grades 4-6 and above the age of 16 are permitted to drink alcohol in periods defined by the Substance Use Policy. Parental approval must be received, after which students will be issued a 'drinking pass'.

Alcohol testing takes place on a regular basis, including random testing. Lyceum Alpinum staff may order alcohol tests at any time, and the findings of these tests are binding. Only one test is permitted and that result stands. The health and immediate safety of an intoxicated student will be paramount. Medical assistance will be sought on behalf of those for whom this is deemed necessary.

Drinking pass privileges are applicable on Friday after 19:00, and on Saturday after 12:00. The acceptable blood alcohol content during the designated periods on Friday and Saturday has been set to a maximum of 0.5‰. Anything above this is deemed as 'over the limit.' At all other times students must record 0.0‰ when tested.

On Friday of a community weekend, students are allowed to drink only after the formal dinner or house matches have finished. During the activities on community weekends, no alcohol must be consumed unless permission has been granted by the school management or the head of weekend.

All students under 16, as well as those over 16 who do not have a drinking pass, must record 0.0‰ at all times. Anything higher that 0.0‰ will result in a consequence.

In order to promote a controlled and responsible attitude to alcohol, the consequences for a breach of the alcohol rules are based on excess. A test result of 0.51‰ to 0.99‰ will result in a written reprimand and 1 week gating. A test result of 1.00‰ or above is deemed excessive, and will result in an Ultimatum, a 3-week gating, and the removal of drinking privileges for the period at the discretion of school management. In serious cases, a student may be issued with an Ultimatum with a 1-week suspension from the school. This is at the discretion of the school management.

Alcohol may not be brought into school. The school management may grant exceptions for special school events. The possession and consumption of alcohol by students is prohibited anywhere on the school premises and is a serious breach of the school rules. If there is a suspicion that alcohol has been brought onto the premises, room or bag searches may be carried out in accordance with

our policy. The consequence for possession and/or consumption of alcohol on school premises is a Written Reprimand and a 1-week gating. A repeat offense will result in an automatic Ultimatum and a three-week gating.

Each individual student with a drinking pass is responsible for ensuring that their drinking stays within the bounds of moderation. As part of the 'Drinking pass' privilege, students must complete an internal 'responsible drinking' course. Failure to do so, or failure to follow the expectations of the 'drinking pass' as highlighted above may result in a student losing the privilege.

5. Smoking and the use of Tobacco products

At the Lyceum Alpinum, in line with the regulations on the protection against passive smoking in the canton of Graubünden, the consumption of tobacco products is not permitted on campus[3]. The school expects all students to follow the Swiss legal code regarding tobacco products. Failure to do so will have disciplinary consequences.

Under Swiss Law4, tobacco products include cigarettes, electronic cigarettes and vaping devices, snus, loose tobacco, snuff, chewing tobacco, herbal smoking products (in particular low-THC hemp smoking products with CBD) and any other vaping or smoking-related paraphernalia.

Students under the age of 18 are prohibited by law from purchasing tobacco products. Students under the age of 18 found to be using tobacco products on or off campus will be issued a written reprimand and 'gated' for 1 week.

Tobacco products, as listed above, may not be brought into school by students under the age of 18. The possession of tobacco products by students under the age of 18 is prohibited anywhere on the school premises and is a serious breach of the school rules. The consequence for possession of tobacco products on school premises by students under the age of 18 is a Written Reprimand and a 1-week gating. A repeat offense will result in an automatic Ultimatum and a three-week gating. Students over the age of 18, with parental permission to use tobacco products, may bring them onto campus for safe storage but the use of these products on the school campus is forbidden.

If there is a suspicion that tobacco products have been brought onto the premises, room or bag searches may be carried out in accordance with our policy.

Smoking cigarettes in a high- risk area such as in a building or in a woodland will result in an Ultimatum, and students and parents may be liable for the costs arising.

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3 https://www.gr.ch/DE/institutionen/verwaltung/djsg/ga/projektneu/nichtraucherschutz/Documents/informationen_nr-schutz_18_dt_2017_05_10.pdf

4 https://www.bag.admin.ch/bag/de/home/strategie-und-politik/politische-auftraege-und-aktionsplaene/politische-auftraege-zur-tabakpraevention/tabakpolitik-schweiz/tabpg.html

6. Preventative education and Support

As part of our duty for students in our care, it is important that we ensure positive and healthy interactions with substances, and educate them on the impact drinking, drug use, and tobacco products can have.

Education about the use of drugs, alcohol and tobacco, as well as other behaviour changing substances, is carried out through PSHE lessons within the curriculum as well as external speakers visiting the school. Parents also have a pivotal role to play in reinforcing this education.

Appropriate support is in place, both internally and externally, for students who wish to manage their approach to substances better, or who feel they have a problem. Students can seek support through any member of staff they feel comfortable with, who will be able to refer them to the necessary services. This could be the school counsellor or an external agency.

7. Parental Involvement

All parents have access to these policies on our website along with related polices including Safeguarding, Wellbeing and the School and Boarding rules. Parents will confirm their decision to allow their child to drink or smoke before they are allowed to do so. Parents are encouraged to support the school's efforts to educate students in substance use prevention.

Zuoz, 1st August 2024

For the school management

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Head of School

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Head of Boarding and Pastoral Care