

Sierra Grande Activity/Extracurricular/Athletic Rules 2020-2021

ALCOHOL/DRUGS/TOBACCO/THEFT

1. Students/Athletes shall not consume or possess drugs, vaping materials, alcohol or tobacco or be present in a place where there is consumption or possession of drugs, vaping materials, alcohol or tobacco. Any student/athlete who violates this rule and is caught by law enforcement, parents, coaches, school administration, or teachers shall be reported to school administration and will begin the procedures for a First Positive Result (See below).
2. Students/Athletes shall not steal from their teammates, their school, their coaches/sponsors, or the schools that host them. Any student/athlete who violates this rule and is caught by law enforcement, coaches, school administration, or teachers shall be reported to school administration.

PROCEDURES IN THE EVENT OF A POSITIVE DRUG OR ALCOHOL TEST RESULT

A. First Positive Result

1. The student will be suspended for three week's from time of occurrence from extracurricular activities or the next scheduled activity, whichever occurs first. The student shall continue to participate in practice. The parents or guardian will be notified.
2. If the student wishes to challenge the results of the test, they can request a second sample be sent to an independent testing facility at their expense. Such a sample must be taken within an hour of the first positive sample **at school**.
3. If the second sample requested by the student tests positive, a custodial parent/legal guardian will be notified and a meeting will be scheduled with the Superintendent, the student, custodial parent/legal guardian, and the student's Principal. At this time, the student will forfeit their right to participate in any interscholastic athletic, extracurricular or co-curricular activity for eight (8) weeks, if the second test is negative, no further action will take place.
4. The student testing positive will be required to enroll in a drug assistance program at his/her expense and agree to be tested each time the school tests for the remainder of the year or be suspended from participation in interscholastic athletic, extracurricular or co-curricular activities for the remainder of his or her time @ Sierra Grande.

B. Second Positive Result

1. A second positive test will result in the loss of interscholastic, athletic, extracurricular or co-curricular activity privileges for one year from the date of the positive test. It must be understood that after a positive test for marijuana, the person can still test positive for up to 30 days.
2. If the student wishes to challenge the results of the test, they can request a second sample be sent to an independent testing facility, at their expense. Such sample must be taken within an hour of the first positive sample **at school**.

C. Third Positive Result

A third positive test will result in the loss of interscholastic, athletic, extracurricular or co-curricular activity privileges for the remainder of the students time at school. It must be understood that after a positive test for marijuana, the person can still test positive for up to 30 days.

If the student wishes to challenge the results of the test, they can request a second sample be sent to an independent testing facility, at their expense. Such sample must be taken within an hour of the first, positive sample at school.

NON-PUNITIVE NATURE OF POLICY

No student shall be penalized academically for testing positive for illegal drugs. The result of drug tests pursuant to this policy will not be documented in any student's academic records. Information regarding the results of the drug tests will not be disclosed to criminal or juvenile authorities unless subpoenaed by the legal process. In the event of the service of any such subpoena, the student and student's custodial parent/legal guardian will be notified at least 72 hours before response is made by the District.

ELIGIBILITY

1. Eligibility will be handled according to CHSAA and Sierra Grande Policy. **READ CAREFULLY THE INFORMATION IN ITEMS 5 & 6 BELOW!**
2. Eligibility will be taken weekly.
3. If you are ineligible 3 times during a season (or during a year for club activities), you will be removed from the team or club. (Basketball is 4 times during a season due to extended length of season).

4. If you are ineligible during a week, you must practice after completing the HT program, which runs from 4:00pm-4:30pm Tuesday-Thursday. You will not be allowed to participate in a scrimmage, game, or competition that week.
5. **Eligibility will be taken at 8:00am on Tuesday. The eligibility week runs from Wednesday-Tuesday. If a competition is on Monday or Tuesday, eligibility will be taken on the prior Tuesday.**
6. **Eligibility requirements - If you receive an "F" for the week, you will be ineligible for the week and it's your responsibility to contact the teacher and develop a plan on how you may improve your grade to passing. Coaches are aware of those students who are on the ineligibility list and will not allow you to practice until a plan of action to remediate the problem is taken. If you have three or more D's in any week, you will be ineligible and have to participate in the HT program. If you have a "D" in any class, you have three weeks to improve your grade to a "C" or better. If you still have a "D" for a fourth consecutive week, you will be marked ineligible and have to participate in the HT Program. Your previous quarter grade will count towards eligibility for the first week of each new quarter.**
7. Any student, whose specific educational plan states that academic modifications may be necessary in order for that student to pass general coursework, will be allowed to have a D for an extended time and still remain eligible. Student educational plans are specific.

Therefore in such instances eligibility will be reviewed on a case-by-case basis in accordance with the modifications of the specific plan for those students.

8. During your ineligibility you will not be allowed to travel with your team to games or participate in field trips or other extracurricular activities that week.

TRAVEL

1. To travel home with a Parent/Guardian, the parent/guardian must give the coach written approval before the game or immediately after the game. If this is not done you will be suspended for 1 game.
2. If you travel back with a team you will not be dropped off at any other location other than the school. Students who live in Alamosa and wish to be dropped off at Loaf & Jug after a game must give written permission to the coach prior to the game. Parents/guardians may pick students up at the place the team stops to eat if a note is given to the coach.
3. You represent your family and Sierra Grande. Represent them well or you will lose your

privilege to travel with your team for the remainder of the year.

4. You must travel to games with the team: **Unless given permission by Athletic Director**

QUITTING

1. If you quit you are expected to explain your situation to the coach.
2. If you quit on a road trip, your parents will be called to pick you up at that place.
3. Uniforms must be turned in the next day, or you will be billed.
4. If you quit, you might not be allowed back on the team. This decision will be left up to the coach and principal.

PHILOSOPHY OF VARSITY, JV, & MS SPORTS

1. At the Middle School level emphasis is placed on fundamentals. Athletes will be given equitable playing time based on attendance and how they practice during the regular season (Are they on time, do they go as hard as they can, etc.).
2. At the JV level emphasis is placed on fundamentals and getting the athletes ready to compete at the varsity level. Playing time will be equitable according to attendance and practice (Are they on time, do they go as hard as they can, etc.).
3. At the Varsity level emphasis is placed on fundamentals, playing as a team, and winning. At the Varsity level, the coach will determine who plays. Some players may not receive playing time in every game. Grade level does not guarantee you will play on Varsity. Things that a coach will look at are attendance, skill level, attitude, practice level and other things that the coach will determine. Coaches will let teams know what is expected of them to play at the Varsity level.

ABSENCES

Excused Absences are defined as not being present due to a funeral, seeing a doctor or health specialist (must have a Doctor's excuse), or attending a religious activity. A simple call to the school will no longer suffice as an excused absence. In the case of a funeral, or religious activity the student's guardian must contact the Principal/Athletic Director or Coach prior to the absence.

1. One excused absence means you will not start that week's game(s) (unless you are competing in or attending a school sanctioned or school sponsored event). In the event that

a student is absent due to a school event the student will be excused, but will have to make-up any conditioning assigned during the missed practice.

2. Two excused absences means you will not start and you will miss ½ of that week's game(s). Students missing two practices because of a school sponsored event will not start and playing time will be subject to the discretion of the coach/sponsor.
3. Three excused absences regardless of circumstances means you will not play in that week's game(s).
4. One unexcused absence means you will not play in that week's game(s).
5. Two unexcused absences mean you will be removed from the team.
6. YOU MUST BE IN SCHOOL AT LEAST 5 HOURS OF THE DAY TO PRACTICE OR PLAY IN A GAME. The only exception will be if the administration and coach give prior approval (school related activities are exempt).
7. If you are injured, you are to be present at practice and games, unless excused to receive medical services.

TARDIES TO PRACTICE

The coach/sponsor will decide if a tardy is excused or unexcused. Tardies will be examined by the coach/sponsor and addressed in the first team meeting. If the coach/sponsor feels the continued abuse of being late warrants further action then the student athlete may receive additional consequences to their actions. Any penalties or consequences enforced by the coach/sponsor that would prohibit a student from competition will be set for the next game or team activity.

GENERAL

1. No jeans, T-shirts or jerseys are to be worn on game days during the school week (Outdoor sports will be allowed to dress differently and the coach will let students know what is acceptable). During contests occurring on a non-school days, coaches may have athletes/teams dress in team warm up attire. After a contest, athletes must change out of game uniforms and into the attire in which they arrived at the game. Coaches may set a stricter code of dress.
2. No Profanity. The coach/sponsor of the sport/activity you are involved in will deal with this. If you use profanity directly towards the coach or other staff you may be removed from the team.

3. Failure to follow dress code will result in you not being allowed to play the game or travel with the team on away trips.
4. Practice attire needs to be unaltered.

SUSPENSIONS/DETENTION

Students who have been given in school detention (**Exception to this rule would be a ISD level I, 1st time offense**), suspended or expelled from school **may not** participate in any school sponsored activity during the period of in school detention, suspension or expulsion.

- **Out of School Suspension** If a student is assigned out-of-school suspension, he/she may not participate in any school-related functions for the week.
- **In School Detention.** If a student is assigned ISD he/she may not participate in any school-related functions for the week. Once detention is over the student may return to practice. (**Exception to this rule would be a ISD level I, 1st time offense**)
- Rules will be enforced strictly. Penalties will be dealt with according to the severity of the infraction. Penalties will range from being removed from the team, not starting, one or two game suspensions, and/or loss of letter.

SIERRA GRANDE SCHOOL DISTRICT: HAZING

Whereas, The Colorado High School Activities Association (CHSAA) defines Hazing as” “Any conduct or method of initiation, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person.”

Whereas, The NCAA defines Hazing as: “Any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person. Hazing includes active or passive participation in such acts and **occurs regardless of the willingness to participate in the activities**. Hazing creates an environment/climate in which dignity and respect are absent.”

Whereas, The University of Colorado at Boulder has three categories of “Hazing” **A. Subtle Hazing.**

Behaviors that emphasize a power imbalance between new members/rookies and other members of the group or team. They are termed “subtle” because these types of hazing are often taken-for-granted or accepted as “harmless” or meaningless. Subtle hazing typically involves activities or attitudes that breach reasonable standards of mutual respect and place new members/rookies on the receiving end of ridicule, embarrassment, and/or humiliation tactics. New members/rookies often feel the need to endure subtle hazing to feel part of the group.

Examples include, but are not limited to: name calling, social isolation, line-ups and drills on meaningless information, Requiring new members/rookies to perform duties not assigned to other members.

B. Harassment

Hazing

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Behaviors that cause emotional anguish or physical discomfort in order to feel like part of the group. Harassment hazing confuses, frustrates, and causes undue stress for new members/rookies. (Some types of Harassment Hazing can also be considered violent hazing.) Examples include but are not limited to: Verbal abuse, threats or implied threats, asking new members to wear humiliating attire, expecting new members to perform personal services to other members such as carrying books or running errands, depriving new members/rookies of maintaining personal cleanliness, and being expected to harass others.

C. Violent Hazing

Behaviors that have the potential to cause physical and/or emotional, or psychological harm. Examples include, but are not limited to: Forced or coerced consumption of alcohol, any form of assault, forced or coerced ingestion of vile substances or concoctions, public nudity, abductions, exposure to the elements without appropriate protection.

Whereas, The Colorado Attorney General's Office has issued the Colorado School Violence Prevention and Student Discipline Manual and it constitutes class 3 "misdemeanor Hazing" as "*behavior which may recklessly endanger the health or safety of another, or cause risk of bodily injury to another. This conduct must be for the purposes of initiation or admission into, or affiliation with, a student organization. Hazing activities include, but are not limited to, forced and prolonged physical activity, forced consumption of food, beverage, controlled substance, or any substance not generally intended for human consumption, or prolonged deprivation of sleep, food or drink.*"

Whereas, StopHazing.Org cites:

"Hazing at the high school level is particularly troubling because the developmental stages of adolescence create a situation in which many students are more vulnerable to peer pressure due to the tremendous need for belonging, making friends, and finding approval in one's peer group. Even if someone agrees to participate, it may not be true consent considering the peer pressure and desire to belong to the group."

Therefore, The Sierra Grande School District expressly forbids hazing in any form.

Any person participating in such activities shall be subject to discipline according to Board policy and to possible suspension or expulsion. Offenders may also be subject to criminal prosecution in accordance with state law.

Sierra Grande School Activity/Extracurricular/Athletic Rules
Contract

PLEASE SIGN AND RETURN

As a parent/guardian of an athlete/participant, I agree to help my son or daughter follow the rules. I will also do whatever it takes to encourage my son or daughter to be the best he/she can. I will also do my best to understand that the coach/sponsor is doing the best that he or she possibly can. There may be times that I do not agree with what the coach/sponsor does. When these times arise, I will consider the situation. If attention needs to be brought to the coach/sponsor, I will contact the Activities Director and the coach/sponsor to set up a meeting. Coaches/Sponsors will not be required to meet with parents without the Activities Director or Principal present. If such a situation arises, a meeting will be set up as soon as

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possible with the AD and Principal. If the situation does not merit a meeting, I will discuss it with my son or daughter and encourage him or her to talk to the coach/sponsor, so the coach/sponsor will be aware of any concerns. I will help my child learn to positively and productively advocate for himself/herself, and I will intervene only if I believe the rules and/or procedures have been violated.

Participant: _____ **Date:** _____

Parent: _____ **Date:** _____

SIERRA GRANDE SCHOOL DISTRICT R-30

WARNING TO STUDENTS AND PARENTS

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its very nature, competitive athletics may put students in situations in which SERIOUS CATASTROPHIC and perhaps, FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information. - -

Instruction: Sign both copies, retain one for your records, and return the other to your school.

Student's Name: _____ Sport(s): _____

This will acknowledge that we have read and understand the material contained in the NOTICE TO ATHLETES AND PARENTS OR GUARDIANS.

Signed _____ Date _____
Parent or Guardian

Signed _____ Date _____
Student

MANDATORY DRUG SCREENING CONSENT FORM
SIERRA GRANDE SCHOOL DISTRICT R-30

I, _____ knowingly and willingly authorize
(Student's Name)

the Sierra Grande School District to conduct a specific test on a urine specimen which I provide to ascertain whether or not there is evidence of my use of illegal drugs and or alcohol. I also agree to release information concerning the results of such a test to the Sierra Grande School District, through its agents (the Superintendent or his designee) and to my parents and/or guardian.

If I am, or have been, taking prescription medication, I agree that I shall provide verification of the prescription medication (either by a copy of the prescription or a doctor's authorization) upon request. My refusal could be a factor in determining my privilege to participate in school activities.

I am aware and agree that this requested information concerning prescription medication shall be provided to the Secondary Principal.

I am further aware and agree that the consent form shall be binding for the current school year.

I further understand and agree that the Sierra Grande School District is not assuming any medical obligations but is merely acting to help achieve a safe activity environment.

***All random drug testing results for all students shall be destroyed at the end of each school year.**

(Student's Signature) (Date) (Social Security No.)

(Parent or Guardian Signature) (Date)

(School Representative/Title) (Date)

Sierra Grande

17523 Hwy 160
Blanca, CO 81123
(719)379-3257

Dear Parents:

Sierra Grande is asking that all parents follow our rule on parent/guardian-coach contact after games. The rule states that if you feel the need to discuss an issue with a particular coach, you need to call the athletic director who will set up a meeting between the two parties, as early as the Monday following the weekend's games. Any parent who attempts to come in contact with a coach in a physical or verbally abusive manner following a game or practice will be banned from attending any future athletic events. This rule doesn't mean you can't contact your coach for general issues such as what time a game starts or where the game is.

In order for your child to participate for Sierra Grande School District, you as a parent or guardian must sign this acknowledgement form before your student athlete will be allowed to participate in a competition.

Parent Signature _____

Date _____

Student Signature _____

Date _____

Sierra Grande First Aid and Emergency Medical Care Card

Student Information

Name: _____ Address: _____

Date of Birth: _____ Grade: _____

Medical/Physician's Information

Physician's Name: _____ Phone Number: _____

Hospital Preference: _____

Insurance Company: _____

Dentist Name: _____ Phone Number: _____

Known Medical Conditions/Concerns: _____

Known allergies to medicines/drugs: _____

Minor Injury

I understand that in the case of "minor injury" school district personnel shall administer first aid and send my child back to class.

Serious Injury (but not threatening to life, limb or digit)

In the event my child is in pain and requires medical treatment beyond first aid for a serious, but not life/limb or digit threatening injury, I understand the school district will attempt to contact me (or any of the persons I have listed on the back page) so that we can obtain medical treatment for your child.

Severe Injury (threatening to life, limb or digit)

In the event my child suffers a severe injury or illness requiring immediate medical attention, I understand that school district personnel will call 911 to notify emergency health personnel. School personnel will then attempt to contact me (or any of the people listed on the back page) so that I may proceed to the hospital. (*as determined by appropriated school district personnel)

I hereby authorize, consent to and agree to be responsible for any costs associated with transportation of my child, including ambulance service, any medical tests, procedures and/or treatment performed on my child as deemed necessary by a medical health professional.

Sierra Grande Panthers

Contact Information

Parent/guardian: _____ Phone number _____

Parent/guardian: _____ Phone number _____

Other contact: _____ Phone number _____

Relationship to the student _____

I understand that school district personnel cannot be held liable for any good faith effort to provide emergency care or assistance to my child.

Parent/Guardian Signature: _____

Date: _____

Please keep a copy of this form for your records.

Important: Please update school immediately if you have any medical or information changes.

Sierra Grande Panthers