

Training Rules and Expectations /Parent or Guardian Advisement and Permit

High-School Athletics and Activities Training Rules & Expectations

As a representative of DCSD's activity and athletic programs, I understand and accept that:

- It is my privilege and honor to wear my school colors
- I am a leader in and out of uniform
- My actions are a reflection of myself, my family, my school, and community
- I'm accountable for my performance in the classroom and my conduct in the community.

In exchange for the opportunity to participate in DCSD interscholastic activities or athletics (abbreviated here as "Activities"), and in accordance with Policy JJI, I agree to the following:

Scope of Rules

From the day a student first participates in a DCSD high-school Activity until that student graduates from high school, these rules remain in effect, throughout the school year, during summer, fall, winter and spring breaks, including weekends, vacations, and holidays, and regardless if the student is on or off DCSD property.

The consequences outlined here are in addition to, not instead of, those the student may receive under the DCSD's Code of Conduct, the Colorado High School Activities Association By-laws, coaches' team rules, or other sources. They represent minimum sanctions; the Principal or designee may increase or modify these consequences in particular cases or in general as he or she deems appropriate.

Although some prohibited behaviors listed below refer to DCSD's Code of Conduct, because these training rules are in effect at times and in places when the Code of Conduct may not be, and because students who participate in Activities are held to higher behavioral expectations than other students, the Principal or designee may determine that a student's conduct constitutes grounds for imposing an Activity penalty under these rules even when that conduct does not result in suspension or expulsion under the Code of Conduct.

Prohibited Behaviors

- Violating DCSD's policies regarding drugs & alcohol (JICH) and tobacco use (JICG)
- Violating DCSD's weapons policy (JICI)
- Violating DCSD's gang-related behaviors and dress policy (JICF)
- Violating any criminal law
- Continued willful disobedience or open and persistent defiance of proper authority
- Willful destruction or defacing of school property
- Behavior detrimental to the student's, other students', or school personnel's welfare, health, or safety
- Any other conduct that would constitute grounds for suspension under DCSD policy JKD/JKE.

Consequences

The following minimum consequences will result whenever the Principal or designee concludes that a student has engaged in any of the prohibited behaviors listed above.

- First offense: For Activities with 11 or fewer regular-season contests, the student will be suspended for the next contest; for those with more than 11 regular-season contests, the student will be suspended for the next 2 contests. These suspensions will be imposed whether or not the next contest or contests are regular-season contests or are special events, tournaments, or qualifiers.
- Second offense: The student will be suspended from all Activities throughout DCSD for 1 full year from the date of the infraction.
 - If, however, a student initiates contact with school authorities to voluntarily report his or her involvement in conduct prohibited by these rules, then the student will be eligible for the following lesser second offense penalty: The student will be suspended from the remainder of the season of the Activity he or she was participating in at the time of the conduct and, upon proof that the student has successfully completed an intervention class chosen by the school athletic director, the student will only be suspended from the first 50% of the regularly scheduled contests of the next Activity that the student participates in for an entire season.
- Third offense: The student will be suspended from all Activities throughout DCSD for 1 full year from the date of the infraction, except that if a second offense suspension is still in effect, then the date of the third offense suspension will not begin on the date of the infraction, but rather will begin on the day after the second offense suspension ends.

Tobacco Consequence Only:

- First offense: The student receives a warning and must attend site based tobacco education or community service.
- Second offense: For Activities with 11 or fewer regular-season contests, the student will be suspended for the next contest; for those with more than 11 regular-season contests, the student will be suspended for the next 2 contests. These suspensions will be imposed whether or not the next contest or contests are regular-season contests or are special events, tournaments, or qualifiers.

- Third offense: The student will be suspended from all Activities throughout DCSD for 1 full year from the date of the infraction, except that if a second offense suspension is still in effect, then the date of the third offense suspension will not begin on the date of the infraction, but rather will begin on the day after the second offense suspension ends.

Nothing in these rules prohibits the Principal, designee, or individual coaches from establishing and enforcing additional rules applicable to Activities, such as lesser or different penalties for failing to exercise good sportsmanship at practices or competitions or for failing to demonstrate good citizenship at school or school-sponsored events.

I have read and agree to follow these rules:

_____	_____	_____
Student's Name (print)	Signature	Date
_____	_____	_____
Parent or Guardian's Name (print)	Signature	Date

STUDENT AND PARENT OR GUARDIAN ADVISEMENT AND PERMIT

Colorado High School Activities Association Rules and Regulations state that no pupil shall participate in interscholastic activities until he/she is on file with the appropriate office: (a) a statement signed by his or her parent or legal guardian that he/she has the consent to participate and (b) a statement from a practicing physician certifying that the pupil is physically fit to participate in high school interscholastic activities.

Concussion Evaluation Information

If your child is involved in a contact sport*, he/she may be administered a computerized neurocognitive assessment called ImPACT, to determine how he/she performs in a healthy state. In case of a head injury, DCSD personnel will use this same assessment to assist in determining an athlete's ability to return to play. ImPACT is only one part of a comprehensive process to help your student recover after suffering a head injury. Information may be shared with relevant professionals to support the injured athlete. The Certified Athletic Trainer, School Psychologist and the School Nurse Consultant work together to follow the student to recovery.

*The sports that are considered contact sports include but are not limited to football, basketball, baseball, wrestling, cheerleading, lacrosse, soccer and softball.

Medical Clearance and/or Release for Activity

Per Douglas County School District Athletic Training Handbook 4th Edition — August 2011 ...

"A healthcare provider may release the student athlete from his/her care, but the athletic trainer, as a medical professional representing Douglas County School District, will make the final decision on return to play status.

WARNING: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants can and have the responsibility to help reduce the chance of injury. PLAYERS UNDERSTAND AND, BY THEIR PARTICIPATION, AGREE THAT THEY MUST AND WILL OBEY ALL SAFETY AND TRAINING RULES, FOLLOW DIRECTIVES OF THE COACHES, PROMPTLY REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM AND INSPECT THEIR OWN EQUIPMENT DAILY. By signing this Permission Form parents and student acknowledge that they have read and understand this warning. PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

We understand that coaches, trainers and team physician may use their own judgment in securing medical aid and ambulance service in case of an emergency or in mild injuries where parents cannot be reached. Also the team physician, trainer and/or coach may apply first aid treatment until the family physician can be contacted.

I have read the forgoing, acknowledge the "WARNING" above, accept the risks described and agree to abide by the principles and regulations contained therein.

X _____
Signature of Student Date

I/We have read the foregoing, acknowledge the "WARNING" above, accept the risks described and hereby give consent for the above named student to participate in interscholastic athletics within the Douglas County School District Re. 1, in the following Colorado High School Activities Association approved sports except those crossed out: Baseball, basketball, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swimming, tennis, track and field, volleyball and wrestling. Consent includes spirit teams, managing and training unless crossed out.

X _____
Signature of Parent or Guardian Date

INTERSCHOLASTIC ACTIVITIES INSURANCE WAIVER

I fully understand the Douglas County School District Re. 1 does not provide health or life insurance coverage for the above named student while he/she is participating in the activities associated with interscholastic sports. I/We further understand that it is my/our responsibility to provide adequate insurance coverage to the above named student.

X _____
Signature of Parent or Guardian Date