

Sargent School District RE-33J Athletic & Activities Handbook



2025-2026

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Mission Statement

The mission of Sargent School District RE-33J's athletic programs is to provide a comprehensive and inclusive environment where students can develop both their athletic abilities and their character. Adhering to the guidelines and standards of the Colorado High School Activities Association (CHSAA), the district is committed to upholding the highest principles of fairness, respect, and excellence in all aspects of interscholastic athletics.

Through the Coaches' Handbook, which serves as a guiding document for our athletic programs, we aim to support coaches in their role as mentors and leaders. The handbook provides clear procedures and expectations, but encourages ongoing communication with the Athletic Department to address specific or nuanced situations. It is our mission to ensure that every student has the opportunity to grow, succeed, and build meaningful connections through sports—regardless of their experience or skill level—by fostering an environment of inclusion, skill development, and community engagement.

Ultimately, our athletic programs seek to enrich the lives of students by promoting not just competition, but also the development of ethical values, personal integrity, and a sense of unity within the school and community.

Philosophy

At Sargent School District RE-33J, we believe that extracurricular activities, particularly interscholastic athletics, play a vital role in the holistic development of students. These activities are not merely an extension of the school day, but a privilege that offers students an opportunity to expand beyond the traditional curriculum, cultivating values such as sportsmanship, integrity, and ethical conduct. We view athletics as a powerful vehicle for fostering positive character traits—resilience, leadership, and good citizenship—while encouraging students to take pride in their achievements.

Our philosophy emphasizes the importance of creating a community where students, coaches, parents, and the broader school body work together to nurture these values. The athletic experience should not only teach physical skills but also guide students on a journey of personal growth and moral development. This approach ensures that each student has the opportunity to develop both as an individual and as a member of a team, with lasting benefits that extend well beyond their time in the program.

CHSAA Membership

Sargent School District RE-33J is a proud member of the Colorado High School Activities Association (CHSAA). We adhere to all CHSAA Bylaws to ensure fair competition and the highest standards of sportsmanship.

Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to school purposes. In this regard, the CHSAA and its member schools may exercise the fullest discretion permitted under law.

General Eligibility, Activity & Participation Requirements

The below guidelines ensure fair participation and maintain the integrity of our athletic programs at Sargent School District RE-33J. They are designed to promote academic success, personal responsibility, and commitment to team sports.

Participation rules ensure fair participation, proper use of facilities, and responsible management of school equipment. Athletes are expected to adhere to these guidelines to maintain their eligibility and good standing within the athletic program.

Athletic Fee Schedule

All **FEES** must be paid to the Athletic Director's Office **BEFORE** a student may participate in any event.

Fees are collected for the first two sports played within a school year.

High School Sports: \$40 per sport (free and reduced \$25).

Middle School Sports: \$25 per sport (free and reduced \$15).

Age Eligibility

As per CHSAA Bylaw 1770.1 A student is ineligible to enter interscholastic athletic competition if the date of birth is prior to **July 1, 2006**. The student may not participate in the upcoming school year if he/she/they reaches the 19th birthday prior to **July 1**.

Academic Requirements

The CHSAA recognizes that the academic program must have top priority in the educational process. The Association is well aware of the importance of the activities program, but it recognizes that it should never overshadow the emphasis placed on classroom work. Schools are strongly urged to maximize student-teacher classroom contact by minimizing the loss of school time caused by extracurricular activities.

As per the Colorado High School Activities Association (CHSAA) Bylaws, students must be enrolled in and passing 2.5 Carnegie units of credit and 5 classes. Eligibility lists are submitted to the state quarterly. In a typical 7-period day, participants must not be failing more than one course to meet the 2.5 Carnegie unit requirement. CHSAA Bylaw 1710.

Required Forms

Documentation: Students must submit completed insurance and parent waiver forms, signed by a parent or guardian, to the Athletic Director before participating or receiving athletic gear, which need to be completed on the CHSAA rSchool account.

Physical Examination: A current pre-participation examination form (PPE) (also known as a medical physical form) must be on file (rSchool) with the Athletic Director before a student can participate or receive practice gear.

Insurance: Athletes must be covered either by school insurance or a family insurance plan. Proof of insurance, signed by a parent/guardian, is required.

Clearance to Play

A student is not permitted to participate in **ANY** practice, scrimmage, or game until all required online registration steps and clearances are completed and approved. All athletes must meet posted registration deadlines, as listed on the rSchool website, to be eligible for athletic participation.

Students may not participate in any sport — except for CHSAA-approved non-contact activities — until they have completed the required number of approved practices. Coaches must not accept any registration paperwork directly from athletes. All forms must be submitted to the Athletic Director at one time. No athlete may participate in any sanctioned scrimmage or game until all required documents and fees are on file and processed.

The following must be completed and on file before participation is allowed:

- Current physical examination, signed by a doctor and valid for one year (only CHSAA physical forms accepted)
- Assumption of Risk/Emergency Release Form
- Signed Parent Permission Forms
- Athletic Fees Paid in Full within one week after making the team
- Sport-Specific Inherent Risk Form
- CHSAA By-Laws Student Information Sheet
- Signed acknowledgement of the Athletic-Activities Handbook

Coaches are not allowed to have any athlete participate in practice unless all of the above are completed per the Athletic Director. **Under no circumstances will an athlete be allowed to participate in any practice until their name appears on the official roster.**

Other Items of Importance

- **CHSAA Rules** - Students are prohibited from participating on any non-school team of the same sport during the competitive season without approval of the principal.
- **Sport Transfer/Changing Sports** - Coaches must approve athlete transfers between sports. Students may transfer sports up to 2 weeks after a season starts. After this period, transfers are not permitted. However, high school students who quit a sport after

competing in one or more contests may **NOT** participate in another program until the season of the sport they quit has concluded.

- **Facility Use** - Athletes are **NOT** permitted to use gymnasium equipment or facilities without supervision by a coach, certified personnel, or an adult approved by administration.
- **Equipment Responsibility** - Athletes must return **ALL** school-issued athletic equipment to the coach upon completion of a contest, season, or when quitting a team. Any loss or undue damage to equipment must be paid for at the Athletic Director's Office **BEFORE** the athlete can receive equipment for that sport or enter another sport.
- **Equipment Liability** - Once equipment is issued, it becomes the athlete's full responsibility. The cost of lost or damaged equipment shall be borne by the athlete or their family. If missing gear is later found and presented to the Athletic Director, the money will be refunded.
- **Sport Transition** - Athletes must complete their current sport before participating in an upcoming sport. Coaches are not allowed to request players miss practices or games in their current sport for another sport. This rule does not apply to non-Sargent athletic teams.
- **Dual Sport Participation** - Students participating in two sports in one season must declare a primary sport. When and if scheduling conflicts occur, the athlete will attend the contest of their primary sport.
- **8th Grade Transition** - Coaches must have no contact with 8th graders until May 1st of the current school year. 8th graders may not attend high school practices during the year, even if out of season. 8th graders cannot participate with a high school team until that team's regular season is completed.
- **Attendance** - Students must attend at least three (3) class periods on the day of practice or competition, unless prior arrangements have been made with administration. Students serving out-of-school suspensions cannot participate in any school activities until they are declared in good standing, which occurs on the next school day following the suspension term.
- **Absences due to Vacation or Personal Leave** - Students must inform the head coach/sponsor before the absence and accept any consequences related to their status on the team (e.g., first chair, starter, second string).
- **Team Managers** - Coaches may appoint team managers. Clear expectations for managers' attendance and duties must be provided before the season starts.
- **Suspension and Academic Standing** - Athletes are ineligible for practice or participation while suspended from school or carrying less than 2.5 Carnegie units. See Eligibility for more information.
- **Locker Room & Equipment Care** - The locker rooms are for players and coaches only during contests. **ABSOLUTELY NO HORSEPLAY ALLOWED!** Keep locker rooms clean, especially when visiting other schools - we pride ourselves on leaving the locker room cleaner than it was when we arrived. Students are responsible for issued equipment and must secure their lockers before and after practices and/or competitions.

Eligibility

To participate in extracurricular activities, students must maintain passing grades in 2.5 Carnegie units and demonstrate acceptable citizenship status. The eligibility policy is designed to encourage academic success while allowing students to participate in extracurricular activities. It emphasizes the importance of maintaining good grades and submitting work on time. Special circumstances such as end-of-term periods and holidays are accounted for to ensure fair and consistent application throughout the school year.

Eligibility & Academic Standards

Participation in extracurricular activities at Sargent School District RE-33J is a privilege, not a right. Student-athletes are expected to serve as role models for their peers. Coaches are responsible for monitoring their athletes' academic progress and ensuring compliance with these eligibility standards. Regular communication with teachers and the Athletic Director is essential to support student-athletes' academic success.

Eligibility Determination:

- Eligibility lists will be distributed to teachers and coaches by noon on Monday each week.
- Students with 1 F or 2 D's are considered ineligible.
- All student work must be submitted to teachers by the end of the day Thursday of the previous week to be considered for the current eligibility period. The eligibility period runs from Monday through Sunday night for the designated week or period.
- Students receiving "Incomplete" are eligible to compete when the "I" is converted to a passing grade prior to the competition (and is passing 3.5 Carnegie units).

Ineligibility Consequences:

- Ineligible students cannot participate in events until reassessed for the next eligibility period which begins on the following Monday. They may practice with the team, but **CANNOT** travel or sit on the team bench during competitions.
- Ineligible students are not allowed to miss class for extracurricular activities. This applies to all school functions, including Knowledge Bowl, Spelling Bee, FFA, and other competitions/activities.

Regaining Eligibility:

- For full General Eligibility Requirements see CHSAA Bylaw 1710.
- Students who receive non-passing grades or incompletes in two or more subjects at the end of a semester (January or May) are ineligible for the entire following semester.
- Make-up work after the close of a semester is not permitted for eligibility purposes.
- Regaining Eligibility — Students who have not met the academic requirements at the close of a semester may regain academic eligibility per the table below:

FALL REGAIN DATES	
<i>The regain day is the Monday of the designated weeks:</i>	
Boys' Golf	Week 8
Softball	Week 9
Boys' Tennis	Week 10
Cross Country	Week 10
Field Hockey	Week 11
FALL REGAIN DATES	
Flag Football	Week 11
Football	Week 11
Gymnastics	Week 11
Boys' Soccer	Week 11
Spirit	Week 11
Volleyball	Week 11
Esports	Week 15
WINTER REGAIN DATES	
<i>The regain day is the Monday of the designated weeks:</i>	
All Winter Sports (except Ice Hockey)	Week 20
*Ice Hockey	Week 19
SPRING REGAIN DATES	
<i>The regain day is the Monday of the designated weeks:</i>	
Esports	Week 34
Spring	Week 36

Attendance Requirement:

- If a student misses school the day of an extracurricular activity, he/she will not be allowed to participate in the activity. Exceptions will only be allowed through parental contact and prior approval from the principal. A student must attend at least three (3) class periods on the day of the competition in order to compete

Special Eligibility Periods:

- At the end of each nine-week term, the eligibility period extends to 2 weeks.
- Thanksgiving week eligibility remains the same as the previous week.
- At the beginning of each nine-week term, eligibility is based on the final grades from the previous nine weeks for a 2-week period.


PROTECT YOUR ELIGIBILITY!!

By adhering to the below guidelines, students can ensure their continued eligibility for participation in school activities and athletics. It is the responsibility of each student to maintain their eligibility status and communicate with teachers, coaches, and administrators as needed.

Code of Conduct

The Sargent School District RE-33J Code of Conduct is highly valued. Student athletes are expected to represent themselves, their parents, their school, and their community with respect both on and off the playing field. Athletes are to behave appropriately at all times as representatives of Sargent School District RE-33J.

The following shall apply to **ALL** athletes:

- Sargent School District has a Zero-Tolerance Policy for any unwarranted sexual harassment or conduct.
- Hazing, bullying, profanity, sarcasm, ridicule, and other emotionally harmful behavior will be dealt with severely.
- Athletes will use the school-approved third-party communication platform for team-wide messages (Band App ). Direct one-on-one electronic communication with a coach is prohibited. All communications should include parents/guardians and be related to team activities or academics.
- Student-athletes should be mindful of the academic rigor associated with Sargent School District RE-33J Educational Expectations and use good judgment conducting themselves in educational settings. Remember: Student FIRST, Athlete SECOND. Address any questions to the Athletic Director.
- Athletes will not behave in any other way that would bring dishonor and discredit upon themselves, their team, or Sargent School District RE-33J.
- Athletes are expected to conduct themselves as respectful individuals at all times, demonstrating courtesy to teachers, students, fellow athletes, and adults.
- Athletes must adhere to the following appearance standards during practices, competitions, and on campus to ensure that student-athletes represent Sargent School District RE-33J with dignity, respect, and professionalism. Athletes should maintain a

well-groomed appearance, including clean skin and neat, clean clothing, following the student handbook dress code policy. Athletes must dress appropriately in school buildings and on campus. Clothing should be clean, in good condition, and align with the school dress code. Team-issued apparel should be worn as intended, with pride and respect.

- Sports bras are not to be worn as standalone tops. Midriff-exposing tops are prohibited. No spaghetti straps or excessively short shorts and all students must wear shirts during practices and training.
- Athletes are required to attend classes regularly, complete assigned work, and maintain a pleasant and respectful demeanor at all times.
- All participants are expected to conduct themselves in a manner that positively reflects on themselves, their family, and their school, both on and off the performance area. This standard of behavior is paramount and applies to all aspects of an athlete's life. Coaches may remove an athlete from the team if they believe the athlete's attitude is detrimental to the team. Poor attitude, use of profanity, horseplay, or leaving the dressing room in a messy state may result in disciplinary action at the coach's discretion.

Note: Individual conduct violations may result in penalties determined by the coach.

Disciplinary Procedures

Hazing:

The CHSAA (Colorado High School Activities Association) defines hazing as any activity that recklessly endangers the physical or mental health or safety of a student for the purpose of initiation into or affiliation with any student organization. This definition encompasses a wide range of actions, including but not limited to, forced physical activity, forced consumption of substances, or prolonged deprivation of necessities.

Reckless endangerment:

Hazing involves actions that intentionally or recklessly create a risk of harm to a student's well-being.

Purpose of initiation:

The defining characteristic of hazing is that it's done to bring someone into or maintain their membership in a group.

Examples of hazing:

CHSAA specifically mentions activities like whipping, branding, forced consumption of food or substances, destruction of property, and forced physical or sexual activity.

Exclusions:

The definition generally excludes customary athletic events and other authorized activities.

CHSAA's definition is aligned with the broader legal definition of hazing as outlined in the Colorado Revised Statutes. The state law also specifies that hazing is a class 2 misdemeanor, making it a criminal offense.

The NFHS (National Federation of State High School Associations) defines hazing as any activity expected of a student to belong to a group that humiliates, degrades, abuses, or

endangers them, regardless of their willingness to participate. This includes acts that risk physical or emotional harm and create a hostile environment.

The NFHS emphasizes that hazing is not just physical acts, but also includes activities that cause embarrassment, humiliation, or ridicule. It can involve sleep deprivation, forced consumption of substances, or other actions that create a risk of harm. Even if a student agrees to participate, hazing is still wrong and harmful.

Group Context:

Hazing typically occurs within a group setting, often as part of an initiation or affiliation process.

Humiliating or Degrading Behavior:

Hazing often involves acts that are intended to belittle or shame individuals.

Risk of Harm:

Hazing activities can cause physical or emotional harm, or create a hostile environment.

Regardless of Willingness:

Even if a student participates willingly, the act itself can still be considered hazing.

Examples of hazing activities, as highlighted by the NFHS, include:

- Physical brutality (e.g., whipping, beating, branding)
- Forced physical activities (e.g., sleep deprivation, exposure to weather)
- Humiliation or degradation (e.g., requiring embarrassing acts or skits)
- Forced consumption of substances
- Verbal abuse or threats

The NFHS emphasizes that hazing is a serious issue that can have significant negative impacts on individuals and the overall school environment. They encourage students, coaches, and school staff to be aware of the signs of hazing and to report any incidents.

Sargent School District RE-33J expressly forbids hazing in any form. Any person participating in such activities shall be subject to disciplinary actions according to Board Policy and possibly lead to suspension or expulsion. Offenders may also be subject to criminal prosecution in accordance with Colorado State Law.

On-Campus and School-Related Activities:

Disciplinary issues during the sport season on school grounds, at school functions, during school time, while traveling to/from school activities, or under direct school supervision will be handled similarly to classroom management. Coaches will address tardiness, attendance, adherence to team expectations, and proper decorum.

Off-Campus Conduct:

Disciplinary issues occurring off school grounds, during non-school functions/hours, and without direct school supervision may result in disciplinary action. This includes infractions of city, county, state, or federal laws (excluding minor traffic violations). Due to the diverse nature of potential violations, a single comprehensive rule is not feasible. The school will strive for fair and consistent application of discipline and consequences and each case will be evaluated individually based on its specific circumstances.

Code of Conduct Violations:

Violations of the district's Code of Conduct, School Policies Manual, Student Handbook, or municipal, state, or federal statutes will be managed by appropriate school/district administrative personnel. Consequences will follow district guidelines. Additional disciplinary action may be taken by the player's coach or Athletic Director.

Additional Disciplinary Action:

In addition to district consequences, student behavior may also be subject to disciplinary action by the player's coach or Athletic Director.

Reporting Requirements:

All violations must be reported to school administrators by coaches and staff members.

School Suspension Consequences:

1st offense: Athlete suspended from team for duration of school suspension; no practice allowed.

2nd offense: Athlete removed from team; may compete in next sports season if conduct improves (dependent on each situation).

Legal Basis:

Colorado law permits schools to discipline students for on or off-campus behavior that endangers others' welfare or safety, creates physical threats, or repeatedly disrupts educational opportunities. See below for complete law:

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2024 Colorado Revised Statutes

Title 22 - EDUCATION (§§ 22-1-101 — 22-108-109)

SCHOOL DISTRICTS (§§ 22-30-101 — 22-38-115)

Article 33 - School Attendance Law of 1963 (§§ 22-33-101 — 22-33-205)

Part 1 - SCHOOL ATTENDANCE LAW OF 1963 (§§ 22-33-101 — 22-33-112)

Section 22-33-106 - Grounds for suspension, expulsion, and denial of admission

Universal Citation:

CO Rev Stat § 22-33-106 (2024)

(1) The following may be grounds for suspension or expulsion of a child from a public school during a school year:

- (a) Continued willful disobedience or open and persistent defiance of proper authority;
- (b) Willful destruction or defacing of school property;
- (c) Behavior on or off school property that is detrimental to the welfare or safety of other pupils or of school personnel, including behavior that creates a threat of physical harm to the child or to other children; except that, if the child who creates the threat is a child with a disability pursuant to section 22-20-103 (5), the child may not be expelled if the actions creating the threat are a manifestation of the child's disability. However, the child shall be removed from the classroom to an appropriate

alternative setting within the district in which the child is enrolled for a length of time that is consistent with federal law, during which time the school in which the student is enrolled shall give priority to and arrange within ten days for a reexamination of the child's individualized education program to amend his or her program as necessary to ensure that the needs of the child are addressed in a more appropriate manner or setting that is less disruptive to other students and is in accordance with the provisions of article 20 of this title. Nothing in this paragraph (c) shall be construed to limit a school district's authority to suspend a child with a disability for a length of time that is consistent with federal law.

(c.5)

(I) Declaration as a habitually disruptive student.

(II) For purposes of this paragraph (c.5), "habitually disruptive student" means a child who has caused a material and substantial disruption on school grounds, in a school vehicle, or at a school activity or sanctioned event three or more times during the course of a school year. Any student who is enrolled in a public school may be subject to being declared a habitually disruptive student.

(III) The student and the parent, legal guardian, or legal custodian shall have been notified in writing of each disruption counted toward declaring the student as habitually disruptive pursuant to this paragraph (c.5), and the student and parent, legal guardian, or legal custodian shall have been notified in writing and by telephone or other means at the home or the place of employment of the parent or legal guardian of the definition of "habitually disruptive student".

(IV) (Deleted by amendment, L. 2000, p. 1971, § 12, effective June 2, 2000.)

(d) Committing one of the following offenses on school grounds, in a school vehicle, or at a school activity or sanctioned event:

(I) Possession of a dangerous weapon without the authorization of the school or the school district;

(II) The use, possession, or sale of a drug or controlled substance as defined in section 18-18-102 (5), C.R.S.; or

(III) The commission of an act that, if committed by an adult, would be robbery pursuant to part 3 of article 4 of title 18, C.R.S., or assault pursuant to part 2 of article 3 of title 18, C.R.S., other than the commission of an act that would be third degree assault under section 18-3-204, C.R.S., if committed by an adult.

(e) Repeated interference with a school's ability to provide educational opportunities to other students.

(f) Carrying, using, actively displaying, or threatening with the use of a firearm facsimile that could reasonably be mistaken for an actual firearm in a school building or in or on school property. Each school district shall develop a policy that shall authorize a student to carry, bring, use, or possess a firearm facsimile on school property for either a school-related

or a nonschool-related activity. Such policy shall also consider student violations under this section on a case-by-case basis using the individual facts and circumstances to determine whether suspension, expulsion, or any other disciplinary action, if any, is necessary.

(g) Pursuant to section 22-12-105 (3), making a false accusation of criminal activity against an employee of an educational entity to law enforcement authorities or school district officials or personnel.

(1.2) Each school district shall consider each of the following factors before suspending or expelling a student pursuant to subsection (1) of this section:

- (a)** The age of the student;
- (b)** The disciplinary history of the student;
- (c)** Whether the student has a disability;
- (d)** The seriousness of the violation committed by the student;
- (e)** Whether the violation committed by the student threatened the safety of any student or staff member; and
- (f)** Whether a lesser intervention would properly address the violation committed by the student.

(1.5) Notwithstanding any other provision of law, in accordance with the provisions of 20 U.S.C. sec. 7961, a student who is determined to have brought a firearm to a school, or to have possessed a firearm at a school, shall be expelled for a period of not less than one year; except that the superintendent of the student's school district may modify this requirement for a student on a case-by-case basis if such modification is in writing.

(2) Subject to the district's responsibilities under article 20 of this title, the following may be grounds for expulsion from or denial of admission to a public school, or diversion to an appropriate alternate program:

- (a)** Physical or mental disability such that the child cannot reasonably benefit from the programs available;
- (b)** Physical or mental disability or disease causing the attendance of the child suffering therefrom to be inimical to the welfare of other pupils.

(3) The following may constitute additional grounds for denial of admission to a public school:

- (a)** Graduation from the twelfth grade of any school or receipt of any document evidencing completion of the equivalent of a secondary curriculum;
- (b)** Failure to meet the requirements of age, by a child who has reached the age of six at a time after the beginning of the school year, as fixed by the board of education of the district in which the child applies for enrollment, as provided in section 22-1-115;
- (c)** Having been expelled from any school district during the preceding twelve months;
- (d)** Not being a resident of the district, unless otherwise entitled to attend under the provisions of article 23, 32, or 36 of this title;
- (e)** Failure to comply with the provisions of part 9 of article 4 of title 25, C.R.S. Any suspension, expulsion, or denial of admission for such failure to comply shall not be recorded as a disciplinary action but may be

recorded with the student's immunization record with an appropriate explanation.

(f) Behavior in another school district during the preceding twelve months that is detrimental to the welfare or safety of other pupils or of school personnel.

(4)

(a) Except as provided in paragraph (b) of this subsection (4), a school district shall prohibit any student who is expelled from a public school of the school district pursuant to paragraph (c) or (d) of subsection (1) of this section or pursuant to subsection (1.5) of this section from enrolling or reenrolling in the same school in which the victim of the offense or member of a victim's immediate family is enrolled or employed. If the school district has no actual knowledge of the name of the victim of the offense for which the student was expelled, the provisions of this subsection (4) shall be implemented only upon request of the victim or a member of the victim's immediate family.

(b) In any school district that has only one school in which the expelled student can enroll, the school district shall either:

(I) Prohibit the student expelled from the school district pursuant to paragraph (c) or (d) of subsection (1) of this section or pursuant to subsection (1.5) of this section from enrolling or reenrolling in the same school in which the victim of the offense or member of a victim's immediate family is enrolled or employed; or

(II) Design a schedule for the expelled student that, to the extent possible, avoids contact between the expelled student and the victim or a member of the victim's immediate family.

(c) The provisions of this subsection (4) shall not apply to an offense that constitutes a crime against property.

(d) The provisions of this subsection (4) shall apply only if the expelled student is convicted, is adjudicated a juvenile delinquent, receives a deferred judgment, or is placed in a diversion program as a result of committing the offense for which the student was expelled. Prior to implementation of the provisions of this subsection (4), the school district shall contact the appropriate court to determine whether the provisions of this subsection (4) apply to an expelled student. The school district shall be authorized by the provisions of section 19-1-303 (1)(b), C.R.S., to obtain such information.

(e)

(I) Notwithstanding any other provision of law to the contrary, any county or district court shall have original concurrent jurisdiction to issue a temporary or permanent civil restraining order that enjoins the expelled student from enrolling or reenrolling in the same school in which the victim of the offense or member of a victim's immediate family is enrolled or employed.

(II) A motion for a temporary civil restraining order pursuant to this paragraph (e) shall be set for hearing, which hearing shall be

ex parte, at the earliest possible time and shall take precedence over all matters except those matters of the same character that have been on the court docket for a longer period of time. The court shall hear all such motions as expeditiously as possible.

(5) If a student who is participating in online instruction is suspended or expelled on or after March 23, 2020, in violation of section 22-1-131 (4), the school district or public school that suspends or expels the student shall revoke the suspension or expulsion and expunge the suspension or expulsion from the student's record.

Drug, Alcohol & Tobacco Policy

Sargent School District RE-33J participates in Mandatory Drug Testing. (JJIH).

Sargent School District RE-33J strictly prohibits the use of drugs, alcoholic beverages, and tobacco. This policy applies to any consumption or possession of illegal drugs, alcohol, or tobacco products. Attendance at events where illegal drugs or alcohol are consumed or possessed may be considered active participation in an illegal act. Students are strongly advised to leave such premises immediately, either independently or with a legal parent/guardian.

Violations of this policy will result in the following penalties:

First Offense

3-5 days out-of-school suspension (if incident occurred on campus) and suspension from 25% of the sport/activity's regular season competition. Example: For volleyball with 23 regular season games, a 25% suspension equals 5 games.

Second Offense

Removal from the team for the remainder of the season and if the incident occurs within the last 20 days of the competitive season, the student will be suspended from their next chosen activity for up to 20 days.

Third Offense

Suspension from athletics for one calendar year from the date of infraction and reinstatement requires documentation of completed rehabilitation program. For fairness across seasons, if the infraction occurs during winter or spring, the suspension may extend into the following school year's fall or winter seasons.

Policy Violations Due Process

Initial Investigation

- The Coach/sponsor of the activity investigates alleged violations of the Sargent Athletic Code or team rules.
- All violations must be reported immediately to the athletic director and school administrators.

Involvement of Athletic Director

- The Athletic director will respond to direct violations of Sargent Athletic Code and team rules.
- School administration addresses violations of the district's Code of Conduct, School Policies Manual, Student Handbook, or municipal, state, or federal statutes.

Investigation and Decision

The due process outlined below applies only to violations not covered under Title IX policies. If a violation falls under Title IX policies, it will be investigated and addressed according to the specific Title IX procedures and protocols established by the school district and in compliance with federal regulations. Title IX violations require a separate, more comprehensive process to ensure fair and equitable treatment of all parties involved.

1. The Athletic Director or Administration investigates and makes a decision as soon as possible. The athlete(s) may be restricted from participation for up to 5 days during investigation.
2. Appeal Process:
 - The Athlete(s) may appeal the decision within 3 days.
 - If no appeal is requested, the Athletic Director/Administration's decision is final.
3. Further Review:
 - District Policy applies for additional review if necessary.

Team Placement, Selection & Level of Play

Sargent School District is committed to providing opportunities for all students to participate in athletic programs. However, in certain circumstances, it may be necessary to limit the number of participants on a team.

Consistency and Transparency in player development across all team levels will be communicated to the athlete from the coaching staff. The overall goal is to allow students to compete at their appropriate skill level while fostering individual and team growth.

A fair system of tryouts and a selection process will be implemented when necessary due to facility, personnel, or equipment constraints. If this selection process is needed, coaches must provide specific evaluation guidelines to the Athletic Director, athletes, and parents at the beginning of tryouts. Student-athletes should attend all scheduled practices and team meetings for serious consideration, with exceptions for illness, religious observances, family emergencies, school transfers, injuries, or ongoing participation in a previous sports season. Final selection of players for various team levels is at the discretion of that sport's coaches.

There will be an established clear criteria for Varsity and Junior Varsity teams that will be communicated from the coach, and regularly communicated to players about their standing and expected roles. High school team placement is determined by skill level, with other considerations taking place that will be communicated to athletes and parents prior to the start of the season. The Varsity team is expected to compete at the highest level possible, while JV and/or "C" teams should be considered developmental.

At the middle school level, skill development is the primary goal. The "A" team should consist

of the highest skill level players, while “B” teams are considered developmental squads. All players are expected to participate in scheduled contests, with the exception of tournament play.

Consistency and transparency in player development across all team levels are crucial. The overarching intent is to allow students to compete at their appropriate skill level while fostering individual and team growth. Coaches are expected to maintain open communication with players about their progress and roles within the program.

Coaches will inform all participants of their status on the team individually. Constructive feedback and areas for improvement will be provided to each athlete.

Qualifications for Varsity Lettering

Sargent School District RE-33J letter jacket colors are black and gold. Earned Varsity Letters must be worn only on the traditional Sargent Letter Jacket. If a student does not purchase the specific jacket, they may only display the earned letter at home. Displaying the earned letter on a non-traditional jacket is not permitted, and administrators may request its removal or return to the activities/athletic department. All athletic/activity lettering is at the discretion of the Head Coach, however listed below are the recommended basic lettering requirements.

Football

Participate in 16 varsity quarters

90% attendance at practice

No disciplinary issues (academic or athletic)

Volleyball

Participation in at least 25% of Varsity Sets during the season

Cross Country

Must earn 15 points to letter:

5 points: finishing in the first third of a race

3 points: finishing in the second third of a race

1 point: finishing in the final third of a race

1 point: for every varsity meet competed in and finished

Basketball

Participation in at least one more varsity quarter than the total number of varsity games scheduled (e.g., 18 games = 19 quarters or more played) or 50% of varsity games during post-season play

Wrestling

Primary: Hold a Varsity position for the season and wrestle at Regionals (State Qualifier)

Secondary: Point system (30 points needed)

Each match has a base of 1 point

Win by pin or tech fall: 3 points

Win by decision: 2 points

Lose match: 1 point

AD/Coach discussion if Secondary is close but not achieved

Baseball

Participation in one inning over one-half of the innings played during regular season or 50% of innings played during post-season play

Track

Earn at least 40 varsity team points during regular track season, or

Place within top 6 positions of an individual event or top 3 positions of a team relay race during a League, District, or Regional Meet, or qualify for the State Track Meet

Swimming

Swim in 8 Meets Throughout the Season

80% of Dryland & Weights Practices Under the Supervision of the Sargent Coaching Staff Throughout the Season

Discretion of Coach Based on Special Circumstances

Athletic Varsity Managers/Statisticians

Attend all practice sessions (excused absences excepted)

Be present at all competitions

Perform tasks outlined by the head coach

Time Off Between Sports

Athletes transitioning directly from one sport season to the next will be given a minimum of three (3) school days off. During this period, no practice or competition is allowed for the athlete in the new sport. This rest period is designed to provide physical and mental recovery for athletes. It allows time for academic catch-up and prevents burnout.

When post-season play in one sport overlaps with the beginning of another sport season, a modified transition applies. Once the post-season has concluded, the athlete may join the new team immediately without the mandatory rest period, if they choose to, or may take the 3 days off.

Coaches of both the concluding and upcoming sports are responsible for enforcing this policy and the Athletic Director will oversee compliance with this rule. Athletes should inform coaches of both sports about their participation plans in advance and coaches should coordinate to ensure a smooth transition for the athlete.

Communication & Social Media Expectations

Student-athletes are expected to use all forms of communication and social media outlets responsibly. Posting inappropriate content, bullying, or unsportsmanlike comments may result in disciplinary action, including suspension from athletic activities. Student-athletes will be provided the coaching philosophy and expectations for the team, locations and times of practices

and contests (game/meet schedules can be found online and are updated regularly), team requirements (equipment, fees, conditioning programs, the team selection process, etc.). Student-athletes are expected to give advanced notification of schedule conflicts and prompt notification of illness or injury.

Sunday Contact

Student-athletes are expected to also follow and comply with the CHSAA No Sunday Contact Bylaw 2310.5 which states:

2310.5 SUNDAY CONTACT — No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned sport/activity from the student's school shall take place on Sundays during the competitive high school season (start of official practice through the state tournament). The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

EXCEPTION 1 – During the formal sports season a coach may have contact with his or her team on Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity.

EXCEPTION 2 – During the school year, schools may petition the Commissioner for a waiver of the Sunday Contact Rule based upon religious, cultural, or educationally based events (non-athletic).

EXCEPTION 3 - During the formal competitive sports season, a coach may have contact with his or her team on Sunday in ice hockey for on-ice interscholastic practices that are strictly voluntary. At no time may a team have more than six days of athletic contact during any one week.

EXCEPTION 4 - During the formal competitive sports season, a coach may have contact with his or her team on Sunday for alpine skiing for interscholastic practices at a race venue only. Practices must be strictly voluntary and at no time may a team have more than six days of athletic contact during any one week.

Topics of Conversation

Topics that are appropriate for athletes to discuss with a coach are the mental and physical treatment of themselves, ways to help themselves improve, and concerns about the athlete's behavior. Coaches **WILL NOT** discuss with playing time or positioning, team strategies or game tactics, etc. with parents. If an athlete wishes to discuss these things, they are more than welcome to do so either before or after practice, **NOT** during competitions. Parent/guardians of athletes are encouraged have their athletes advocate for themselves and to communicate directly

with coaches when possible, maintaining respectful and constructive dialogue, and trust the coach's judgment while keeping an open mind.

Lines of Communication Protocol

Concerns should be addressed in the following order:

1. Student-athlete speaks with coach
2. Student/athlete **AND** parent/guardian speaks with coach
3. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach
4. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach **AND** principal
5. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach **AND** principal **AND** superintendent

24 Hour Rule

Parents/guardians **MUST** wait **24 HOURS** after a contest before approaching coaches. This practice encourages direct athlete-coach communication, respectful, constructive dialogue, and trust in the coach's judgment while remaining open-minded.

Volunteer/Guest and Parent/Guardian and Spectators Expectations

Volunteer/guest and parent/guardian and spectators are expected to:

- Support all athletes, coaches, and officials in a positive manner
- Refrain from coaching from the sidelines or bleachers
- Address concerns through proper channels (see Lines of Communication Protocol)
- Volunteer and support athletic booster club activities when possible
- Cheer **FOR** your team, not **AGAINST** the opposing team

Please consider volunteering and supporting athletic booster club activities when possible

If you don't know how to get involved, ask the coaches of that sport or the Athletic Director and we can help you get involved in Sargent Farmer Athletics!

District Transportation Policy

All athletes are required to travel with coaches using school-approved buses or vans to all Sargent School-sanctioned athletic contests. Coaches are responsible for supervising athletes during travel, maintaining appropriate behavior on the bus, and ensuring the driver is not distracted. When a van or minibus is used, an assistant coach or approved parent chaperone must also be present in the vehicle.

After **ALL** teams have finished participating in an event, students may leave with their parent/guardian with the Hold Harmless Agreement Release to Parent or Guardian form completely filled out. Athlete's are NOT permitted to leave with another athlete's parent unless the coach has received a signed note from the student's parent **PRIOR** to departure from Sargent School. In every instance, athletes must check in with the coach before leaving an away event.

If a vehicle accident occurs, police must be called and a police report filed. Coaches must notify the Athletic Director as soon as possible with details so the school district can determine the best way to notify parents.

Things to Note:

- Coaches are not permitted to transport athletes to or from practices or games under any circumstances, unless prior parent permission has been granted.
- For away games, male and female athletes must be seated separately (front to back) on buses or vans.
- Coaches and/or chaperones must position themselves where all students are visible and can be properly supervised.

All participants and coaches must use transportation provided by Sargent School District RE-33J for travel to and from contests. Exceptions are permitted only in the following cases:

- Injury or illness requiring alternate transportation
- Written arrangement between the participant's parent/guardian and an authorized person (coach, Athletic Director, other administrator), with the request dated and signed (the Hold Harmless Agreement Release to Parent or Guardian form is considered written arrangement).
- Prior written approval from a school administrator on a case-by-case basis.
- Other circumstances requiring special permission for student transportation must get permission from the superintendent ([Policy EEAG/EEAG-E](#)).

Overnight Trips & Travel Expectations

Sargent School District RE-33J student-athletes participating in events requiring overnight accommodations are expected to maintain the highest level of integrity. All handbook rules apply to all attendees. Each member is responsible for their actions and for promoting a positive reflection of Sargent Schools.

The Athletic Director is responsible for all arrangements related to overnight trips, including making hotel and travel reservations in advance. When necessary, the Athletic Director may make tentative reservations for teams, contingent on sporting results. The school will not make or be responsible for reservations for parents/guardians, nor will it be liable for any parent reservations canceled due to changes in sports schedules, team accommodations, or other unforeseen circumstances. Coaches are required to inform parents/guardians of the team's lodging details, including hotel contact information, for emergency purposes. For teams with athletes of both genders, a coach or sponsor of the same sex as the athletes must accompany the team on overnight trips to ensure appropriate supervision and compliance with safety policies.

Athletes must be clearly informed of curfews and team expectations for conduct during overnight stays **PRIOR** to the overnight stay. Coaches are expected to address disciplinary issues immediately, which may include game suspensions or being sent home at the expense of the parent/guardian, and all incidents must be reported to the Athletic Director for further investigation and possible action.

Accommodation Rules

- Male and female students/athletes will **NOT** be in the same room.
- Student-athletes must stay in their assigned rooms.
- Non-assigned persons in rooms must be approved by supervising officials.

Curfew

- Supervisory staff will impose a curfew.
- All students/athletes must be in their designated rooms by curfew.
- "Lights out" will be enforced 30 minutes after curfew.
- Student-athletes must remain in their designated rooms.
- For emergencies, illness, or unforeseen events, students must immediately notify supervisory staff.

Search Policy

- Sargent School reserves the right to search any luggage, bag, personal belonging, or room before, upon arrival, or at departure.

Policy Violations

- May result in parent/guardian notification and student removal from the event.
- If removed, parents/guardians are responsible for arranging transportation back to Sargent Schools at their own expense.
- Removed students/athletes cannot participate in the event.

Other Overnight Procedures:

- Transportation will be provided by school bus or van for all athletes to and from the event and hotel.
- Boys and girls will be assigned separate rooms. Coaches and bus drivers will have their own rooms according to gender. All team members, chaperones, and coaches will be placed in the same hallway of the hotel when possible. Athletes will be assigned four to a room (two per bed), and coaches must send room lists to the Athletic Director upon arrival and check-in at the hotel.
- All coaches are expected to attend overnight trips unless an exception is approved by the Athletic Director.
- For teams with opposite sex coaches, a same-sex chaperone must accompany the team.
- Curfews and lights-out times will be set before the trip and communicated to all athletes.
- A complete itinerary — including game schedules, meal times, travel arrangements, hotel information, and curfew — must be submitted to the Athletic Director/Principal for approval prior to the trip. Any significant changes should be reported to the Athletic Director promptly.
- Permission forms and waivers, signed by parents/guardians, are required for all overnight trips.
- Coaches may collect athletes' cell phones at curfew at their discretion.
- All meals will be eaten together as a team, following the Sargent dress code.
- Coaches and/or chaperones will conduct bed checks for each room.
- Teams are expected to return home immediately after their final event unless an extension is approved by the Athletic Director for extenuating circumstances.

Per Diem For Overnight Regional/State Trips

Per Diem Rates:

- Breakfast: \$10.00 per student
- Lunch: \$10.00 per student
- Dinner: \$15.00 per student

Clearance to Play Procedure

The Clearance to Play Procedure at Sargent Middle & High School is designed to ensure the safety and well-being of student-athletes returning from illness or injury. This policy aligns with Colorado Senate Bill 11-040, which states that: JUNIOR HIGH SCHOOL, AND HIGH SCHOOL SHALL REQUIRE EACH COACH OF A YOUTH ATHLETIC ACTIVITY THAT INVOLVES INTERSCHOLASTIC PLAY TO COMPLETE AN ANNUAL CONCUSSION RECOGNITION EDUCATION COURSE, as well as CHSAA rules 1780, specifically 1780.1, 1780.11, 1780.2 and 1780.3, 1780.31, & 1780.32 which state respectively:

1780.1 No pupil shall participate in formal practice or represent their school in interscholastic athletics until there is a statement on file with the principal or athletic director signed by their parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she/they has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she/they is physically fit to participate in high school athletics; and (c) that he/she/they has the consent of their parents or legal guardian to participate.

NOTE: Beginning in the 2025-2026 school year, the CHSAA PPE form will be the only accepted physical form for student-athletes.

It is recommended that the CHSAA "Physical Examination & Parental Consent for Athletic Participation" be used for this process.

PENALTY — Schools which violate this regulation will be immediately placed on a minimum of probation until the school has provided the Commissioner with a detailed report of the incident(s) and administrative procedures have been put in place to ensure no repeat of the violation. A second violation of this regulation will result in the school being placed on restriction for a minimum of one season from state qualifying competition.

1780.11 It is strongly recommended by the Colorado Department of Health that all persons competing in interscholastic activities show a record of a measles shot within the last 10 years. It is also highly recommended that individuals participating in athletic events have current tetanus boosters. Tetanus boosters are recommended every 10 years throughout life. Boosters are recommended at the time of major injury if more than five years have elapsed since the last booster.

1780.2 If at any time during participation, a licensed health care provider removes an athlete from participation because of an illness and/or injury, other than a head injury (please

see Bylaw 1780.30), the athlete must have a written release from an approved licensed health care provider before participating again.

The release may be satisfied if upon removal the approved licensed health care provider specifies the duration of the student's restriction from participation.

- 1780.31 If at any time during participation (practice or contest), a student-athlete is removed from participation due to concussion, the student-athlete must obtain written permission to start the Return-to-Play protocol from the approved list of licensed health care providers. A school or school district may impose stricter standards.
- 1780.32 A student with blood borne pathogens such as HIV or Hepatitis B shall be eligible to participate in all CHSAA sanctioned activities when CHSAA recommended precautions are in effect. Bleeding must be stopped and open wounds must be covered before a student competes.

Final Decision Authority

The final decision on an athlete's return to play rests with the physician and/or the school athletic trainer provided by San Luis Valley Health. Athletic directors, coaches, and parents must respect and support this decision.

Communication

Any questions or concerns about Return to Play decisions should be directed to the treating physician or the school athletic trainer.

Licensed Practitioners

According to CHSAA Bylaws (as listed above), only licensed practitioners can provide written release for an athlete to return to participation after being removed due to illness or injury. Licensed practitioners authorized to provide clearance include Medical Doctors (MDs), Doctors of Osteopathy (DOs), Nurse Practitioners, and Physician Assistants (PAs).

Written Release Requirement

If a doctor removes an athlete from participation due to illness or injury, a written release from a doctor is required before the athlete can resume participation. The release requirement may be satisfied if the doctor specifies the duration of the student's restriction from participation at the time of removal.

In-Contest Injury Removal

Scenario: A student is injured during a contest and removed from participation by a doctor. Return Protocol: The student may return to practice or competition only after presenting a written statement from a doctor confirming they are medically fit to participate.

Away Game Injury Removal

Scenario: A visiting team member is removed from competition by the home team's doctor. Return Protocol: The student may seek examination from their own doctor upon

returning home and a written statement from their doctor must be provided before returning to participation.

This procedure ensures that Return to Play decisions are made by qualified medical professionals, prioritizing the health and safety of student-athletes. It also establishes a clear chain of authority and communication to prevent conflicts or misunderstandings regarding an athlete's readiness to return to their sport.

Concussion Protocols

Reporting and Initial Response

- The athletic trainer will directly inform parents/guardians of any concussion sustained by a student-athlete.
- If a suspected head injury occurs when the athletic trainer is absent, parents/guardians, coaches, or peers must inform the athletic trainer as soon as possible.
- Parents/guardians will receive a head injury information sheet with symptoms to monitor.

Return to Play Requirements

- All athletes must successfully complete a post-injury ImPACT test.
- Athletes must complete the gradual Return to Play progression before gaining full sports participation again.

Coach Education

- Coaches will be expected to complete the NFHS Concussion in Sports course online, as per CHSAA Rules, as well as be briefed on concussion protocols during pre-season meetings.

Head Injury Information

Signs and Symptoms to Monitor:

- Severe localized headache
- Memory difficulties
- Mental confusion
- Bleeding or clear fluid from ears or nose or both
- Dizziness or balance issues
- Limb weakness
- Abnormal drowsiness
- Convulsions
- Unequal pupils
- Persistent ear ringing
- Slurred speech
- Nausea or vomiting
- Vision problems

Important Instructions:

- Avoid medications in the first 24 hours unless directed by a physician.
- Seek physician evaluation if mild symptoms persist 24-48 hours post-injury.
- For any concerns, seek immediate medical attention.

- Emphasize mental and physical rest - avoid screens, loud noises, and activities that increase heart rate/blood pressure.

Return to Play Protocol

Step 1: Symptom-Limited Activity - Goal is to limit physical exertion to only those required for activities of daily living.

Step 2: Light Aerobic Exercise - Goal is to increase physical exertion in activities of daily living.

Step 3: Sport-Specific Activities (NO Head Impact) - Goal is to add movement to activity.

Step 4: Non-Contact Training Drills - Goal is to exercise, add coordination and increase thinking.

Step 5: Full Contact Practice - Goal is to restore confidence and assess functional skills by coaching and athletic training staff.

Step 6: Return to Competitive Play - Symptom-free and may participate in a normal game and practice schedule with clearance determined by the student athlete's health care professional.

Requirements:

The athlete must be symptom-free before starting the protocol. Medical release from a physician is required and the athlete must complete a follow-up ImPACT test with scores that match their baseline scores. If at any point in the protocol **ANY** signs or symptoms of a concussion return, athletes will start back at the last completed step on the program where symptoms were not experienced. A **Return to Learn Protocol** must be completed **BEFORE** Step 3 of Return to Play. **NO EXCEPTIONS** will be made to this Return to Play Protocol.

Heat & Humidity Practice Guidelines

The Colorado High School Activities Association (CHSAA) has guidelines to ensure athlete safety during hot weather, emphasizing heat acclimatization, hydration, and adjustments to activities based on heat and humidity. Schools are encouraged to schedule practices during cooler times, gradually increase activity intensity, and monitor athletes closely for signs of heat illness.

Here's a more detailed breakdown:

1. Heat Acclimatization:

Gradual Progression:

Physical exertion and training should begin slowly and increase progressively over time.

Reduced Gear:

Protective gear should be introduced gradually, starting with minimal equipment like helmets only, and adding more gear over several days.

Instruction Focus:

During the first few practices, focus should be on instruction rather than intense conditioning.

2. Activity Adjustments:

Cooler Times:

Schedule practices during cooler times of the day (early morning or late evening) when possible.

Frequent Breaks:

Provide frequent rest breaks with access to shade and water.

Hydration:

Ensure athletes have access to plenty of water and encourage them to drink frequently.

Monitoring:

Closely monitor athletes for signs of heat illness, especially those who are new to sports or have pre-existing conditions.

Adjust Intensity:

Reduce the intensity and duration of activities as heat and humidity increase.

3. Specific Heat Index Guidelines (Example):

80-89:

Athletes should be watched closely, and frequent water breaks should be taken according to Digitalsports.com.

90-94:

Optional water breaks every 30 minutes for 10 minutes in duration according to Digitalsports.com.

95 and above:

Specific guidelines may vary, but generally, activities should be altered, and in some cases, postponed or rescheduled.

4. Emergency Plan:

Cooling:

Schools should have a plan for quickly cooling athletes down, such as cold water immersion tubs or ice-down towels.

Wet Bulb Globe Temperature:

CHSAA promotes the use of WBGT (Wet Bulb Globe Temperature) thermometers to measure heat stress, which takes into account temperature, humidity, wind speed, sun angle, and cloud cover.

5. Key Considerations:

- **Individual Differences:** Recognize that athletes have different levels of conditioning and medical conditions, and adjust activities accordingly.
- **Weather Changes:** Be aware of sudden changes in weather and adjust activities as needed.
- **Parent Requests:** Honor parental requests to excuse their child from outdoor activities due to weather concerns.

During some periods of the school year, heat and/or humidity can be a problem. These are Sargent Middle & High School guidelines to determine what to do with practice when the heat and humidity become a health risk. These guidelines have been based on the NCAA Sports Medicine Handbook and the NATA's position statement on Exertional Heat Illness:

- Appropriate medical coverage will be available when student-athletes are participating in

risky environments

- All student-athletes should be screened at a pre-participation physical for their risk/history of heat illness
- Equipment will be modified according to the environmental conditions as needed
- Temperature and humidity data will be taken on a daily basis. (digital/analog)
- The temperature and humidity will be compared to a chart to determine the heat index (See heat index chart below).
- The certified athletic trainer will also monitor the temperature and humidity on a daily basis (digital/analog)
- The certified athletic trainer in charge of the practice site will give a recommendation, based on the heat index to the coach/supervisor.

Heat Index Activity Chart

Heat Index (°F)	Risk Level	Recommended Actions
Below 95°	Lower	<ul style="list-style-type: none"> - Provide unlimited water - Optional 10-min water breaks every 30 min - Monitor athletes
95°–99°	Moderate	<ul style="list-style-type: none"> - Provide unlimited water - Mandatory 10-min water breaks every 30 min - Ice towels/cooling - Limit equipment use - Reduce practice time - Consider moving practice later - Monitor at-risk athletes
100°–104°	High	<ul style="list-style-type: none"> - Provide unlimited water - Mandatory 10-min water breaks every 30 min - Ice towels/cooling - Remove equipment as possible - Allow for dry clothing changes - Reduce practice and activity time - Consider postponing/canceling practice
105°–124°	Very High	<ul style="list-style-type: none"> - Stop all outdoor practices and games - Only hold indoor activities if air conditioned
125° or above	Extreme Danger	<ul style="list-style-type: none"> - Cancel all athletic activities (indoor/outdoor)

Cold Stress Practice Guidelines

The Colorado High School Activities Association (CHSAA) does not have a single, definitive "cold weather policy" that dictates specific temperature cutoffs for all sports. Instead, CHSAA recommends that schools and coaches use various resources and guidelines to make informed decisions about outdoor practices and competitions in cold weather. These guidelines emphasize the importance of considering wind chill, monitoring athlete safety, and utilizing weather apps to make informed decisions.

Here's a breakdown of the key aspects of CHSAA's approach to cold weather:

1. **No Single Temperature Threshold:** CHSAA does not set a specific temperature or wind chill value that automatically cancels or restricts outdoor activities for all sports.
2. **Emphasis on Monitoring and Decision-Making:** CHSAA encourages schools and coaches to actively monitor weather conditions, including wind chill, and to make decisions based on those conditions.
3. **Importance of Wind Chill:** Wind chill is a crucial factor in determining the impact of cold weather on athletes. CHSAA recommends using a reliable weather app to track wind chill values.

4. Recommendations for Practices:

Schedule Strategically:

Outdoor practices should be scheduled during cooler times of the day, like early mornings or late evenings, with frequent breaks.

Progressive Start:

Physical exertion and training should begin slowly and progressively increase.

Proper Attire:

Athletes should dress in layers, including a wind-blocking garment, and cover extremities, especially the head and neck.

5. Recommendations for Competitions:

Consult with Professionals:

Coaches, athletic trainers, and administrators should be consulted before canceling or rescheduling competitions due to cold weather.

Monitor Conditions:

Continuously monitor weather conditions during the competition and be prepared to adjust or postpone the event if necessary.

Prioritize Safety:

In situations where wind chill reaches 25°F or below, it is recommended that outdoor participation be limited to 45 minutes. If the wind chill reaches 15°F, outdoor participation should be terminated.

6. Resources and Guidelines:

- **Perry Weather:** Perry Weather is a recommended weather app for CHSAA events.
- **Real Colorado Cold Weather Guidelines:** These guidelines, which can be found on [Cloudfront.net](https://www.cloudfront.net), provide specific recommendations for outdoor participation in cold weather, including wind chill factors.

7. Importance of Communication:

Athletic Trainers:

Athletic trainers play a key role in monitoring athlete safety and providing recommendations during cold weather.

Administrators:

School administrators should be aware of the cold weather guidelines and make decisions in consultation with other relevant personnel.

In essence, CHSAA's approach to cold weather is one of informed decision-making, prioritizing athlete safety and well-being through careful monitoring of weather conditions, proper attire, and strategic scheduling of outdoor activities

To minimize risks during cold weather, Sargent Middle & High School follows the CHSAA Guidelines above as well as these evidence-based guidelines, adapted from leading sports medicine organizations:

- Be aware of the effect of wind speed on ambient temperature and the resulting frostbite at all times.
- Be aware of physical and psychological effects of cold exposure.
- Dress in layers to stay dry.
- Use moisture wicking fabrics.
- Maintain energy and hydration levels.
- Thoroughly warm-up and maintain that warm-up during your activity.
- Never train alone.

COLD WEATHER ACTIVITY MODIFICATION CHART

Wind Chill Temperature (°F)	Risk Level	Recommended Modifications
32° and above	Low	Outdoor activity allowed with appropriate clothing
31° to 13°	Moderate	Additional protective clothing; indoor breaks every 20–30 minutes
12° to -9°	High	Limit outdoor activity to 45 minutes; require full protective clothing; rewarm
-10° or below	Extreme	Terminate all outdoor activities

Bumps & Bruises Clinic

The Bumps & Bruises Clinic is a service provided to high school athletes in the San Luis Valley by the Orthopedic Department at San Luis Valley Health. This service includes a free initial evaluation and treatment for minor injuries. **ANY** diagnostic testing (X-ray, MRI, CT Scan, etc.) or follow-up care with an orthopedic physician is not considered bumps and bruises, and you or your insurance will be billed.

If the athletic trainer determines an athlete needs to be seen by an orthopedic doctor at San Luis

Valley Health (SLVH), the athlete's parents will be contacted. Please note: you are **NOT** required to attend SLVH. However, parents must give the Athletic Trainer verbal consent to schedule the appointment for their athlete. Parents may be required to provide other information to the receptionist prior to the appointment being made.

Dr. Tripi, Dr. Polzin, and Tish Hollingsworth, PA.

Offices are located at Stuart Ave. Orthopedic Clinic (2115 Stuart Ave., Alamosa, CO. 81101).

Parents have the right to refuse the Bumps & Bruises Clinic and the team doctors and may take their athlete to see whomever they deem necessary. Any questions about the Bumps & Bruises Clinic can be directed to the Bumps & Bruises Clinic Hotline at (719) 587-5700.

Under the regulations of HIPAA (Health Insurance Portability and Accountability Act), the athletic trainer can only share medical information with the parents or guardians of student-athletes. Injury information regarding the student-athlete's participation status will be shared with coaches only as it pertains to their participation in that sport. Only injuries considered to be an emergency, in which EMS was called to provide care, will be reported to the athletic director. This protects the privacy of the student-athlete.

More information on HIPAA can be found at:

<https://www.hhs.gov/hipaa/index.html>

Lightning Policy & Procedures

Sargent Middle & High School Athletics' Lightning Safety Policy is based on The as well as the National Federation of State High School Associations' (NFHS) recommended guidelines on handling practices and contests during lightning or thunder disturbances, and the CHSAA Lightning Policy & Procedure. Both are below:

National Federation of State
High School Associations



GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or those sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and

determine the amount of time needed to get everyone to a designated safer area:

- a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at the start of the season.



DEFINITION

LIGHTNING

In the United States, an average of 300 people are struck by lightning each year. Of those struck, there are approximately 40 fatalities from lightning each year. Approximately 50-60% of lightning casualties occur during organized sports or recreational activities according to the National Weather Service. Most of these fatalities can be prevented.

Weather Apps

- It is strongly recommended that an independent and objectively verified weather app (such as the Perry Weather App, the National Weather Service app, etc.) be available at all outdoor activities, including practices and contests. This should be part of your venue-specific emergency action plan.

- Acceptable alternatives to the verified weather apps include but are not limited to: immediate contact with the local weather services, local television or radio. Access to these sources can be through the Internet, cellular telephone and/or any other means that provides the information needed for real time decisions to be made.

GUIDELINES/PROCEDURES

In your venue-specific emergency action plan, you must:

1. Assign a staff member to monitor local weather conditions before and during practices and contests. This staff member is designated to make the final call on suspending and resuming the game.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. Utilize announcements/public address announcer to help guide teams and fans to the appropriate shelter and identifying safe places as noted below.
 - b. Safe locations need to be identified and shared with teams, spectators and workers prior to the start of the activity or athletic event.
 - c. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium, locker rooms or buses/cars. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
 - d. Unsafe locations include but are not limited to: Picnic areas, parks, open sided shelters (dugouts), storage sheds, open garages, tents, press boxes, areas close to open water, tall objects such as trees, poles, towers, and elevated areas.**

** Weather contingency plans should be reviewed prior to each game at a pre-game huddles and should include but not limited to the site director, an official, and athletic trainer (when applicable)*

3. When a thunderstorm seems imminent, lightning is seen or heard, or the weather app indicates that lightning is within 10 miles, the outdoor venue (small or large) needs to be evacuated. Proceed to a lightning safe area.
4. Activities shall be suspended, and all personnel are directed to move to safe locations. The call to suspend activity due to close lightning should be based on how fast the storm is approaching and the amount of time it will take for event participants to take appropriate safe shelter. At a minimum, by the time the lightning storm has reached 10 miles away from the location of the outdoor activity, all individuals should have left the outdoor athletic site and reached a safe location. Weather monitoring subscriptions should be set at a 10 mile radius from the center of the sporting event (venue specific).
5. Criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute

count will reset the clock and another 30-minute count should begin.

d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning- detection device.

* – **PER NFHS** At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

6. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.

7. Inform student-athletes and their parents of the lightning policy at the start of the season in your pre-season meeting.

No App or Technology Available

When a weather app is not available, the default NFHS policy that appears in the Rules Book of each sport shall be followed. In brief, that policy requires suspension of all activity when cloud-to-ground lightning is observed, or thunder is heard. If thunder is heard, lightning is assumed to be striking within 10 miles.

Implement the Thirty Minute Rule as noted in the NFHS Policy

When activities are suspended, the following individuals shall be responsible for the safety of personnel:

- The head coach for players and other team personnel.
- Game management guiding spectators and personnel to safe areas
- The senior official for the officiating crew.
- All game management personnel, administrators, coaches and officials must be thoroughly familiar with the NFHS default policy as well as this policy.

MANAGEMENT

People who have been struck by lightning do not carry an electrical charge and are safe to be touched by others.

- Call 911
 - If possible, an injured person should be moved to a safer location before starting CPR.
 - Start cardiopulmonary resuscitation (CPR).
 - Lightning-strike victims with signs of cardiac or respiratory arrest need immediate emergency help.
 - Activate the local emergency management system and utilize an AED if available.
- Prompt, effective CPR has been highly successful for the survival of lightning strike victims.

In the event of severe weather when threatening lightning conditions are probable, at least one of the following indicators of lightning location will be used as the recognized method of determining dangerous lightning situations:

1. Perry Weather App (CHSAA Official Weather App)
2. The National Weather Service App
3. WeatherBug “Spark” Lightning Detector App
4. The Weather Channel App
5. WxSentry App by Schneider Electric Alert
6. SkyScan P5-3

All head coaches have downloaded the WeatherBug App with the Spark Lightning monitoring system and a 2nd weather app with lightning indicators in the app. The app is third party verified for accuracy and is set up to deliver the following messages via notification when lightning is in the surrounding area:

- Advisory (21-30 miles) - Monitor conditions
- Prepare to Find Shelter (11-20 miles) - Notify teams and prepare to suspend activity
- Seek Shelter Immediately (10 or less miles) - Suspend activity and evacuate to safe shelter.

When you receive a “Seek Shelter Immediately” message, it is unsafe to be outside and teams must seek shelter inside (car, school building, etc.). It is unsafe to seek shelter in a dugout, storage shed, under a tree, etc. **Play WILL NOT RESUME until 30 minutes have passed after the last lightning strike or thunderclap within the 10-mile radius.**

Title IX Non-Discrimination Statement

Sargent School District does not discriminate on the basis of sex in its education programs or activities, including athletics, as required by Title IX of the Education Amendments of 1972. The district is committed to maintaining an educational and working environment free from all forms of sex discrimination, including sexual harassment and sexual violence.

This policy extends to all aspects of the district's athletic programs, including but not limited to:

- Participation opportunities
- Athletic benefits and services
- Treatment of student-athletes

Any student, parent/guardian, or employee who believes that sex discrimination has occurred within the district's athletic program should immediately contact the district's Title IX Coordinator:

Scott Hodgson, Superintendent and Title IX Coordinator
7090 N. Road 2E
Monte Vista, CO 81144
shodgson@sargent.k12.co.us
719-852-4023

For more information on your rights under Title IX, how to file a complaint, or the district's grievance procedures, please visit our website at www.sargent.k12.co.us or contact the Title IX Coordinator.

Sargent School District is committed to promptly and equitably addressing all reports of sex discrimination in its athletic programs in accordance with Title IX regulations.

Athletic/Activities Handbook Appendix

Student & Parent/Guardian Signature Page

RETURN TO ATHLETIC DIRECTOR

I hereby certify that I have read the Sargent Athletic/Activities Handbook 2025-2026 and further certify that I understand and agree to abide by its contents. I understand by signing this Handbook Signature page that I have read and agreed to abide by the suspension policy for the use of tobacco, alcohol, and drugs as stated within this handbook.

Student-Athlete Name (Printed)

Student-Athlete Signature (Signed)

Date

Parent/Guardian Name (Printed)

Parent/Guardian Signature (Signed)

Date

Insurance Requirement

RETURN TO ATHLETIC DIRECTOR

Parents/Guardians are advised that before your student can participate in athletics or sports programs, the student must have proof of health insurance coverage on file with the Athletic Director's Office. Please indicate below the insurance information requested.

1. Type of Insurance: _____

2. Insurance Company Name: _____

3. Insurance Company Phone Number: _____

4. Insurance Company Address: _____

5. Policyholder's Name: _____

6. Policyholder's Date of Birth: ____ / ____ / ____ (MM/DD/YYYY)

7. Policy Number: _____

8. Group Number (if applicable): _____

9. Effective Date: ____ / ____ / ____ (MM/DD/YYYY)

10. Expiration Date: ____ / ____ / ____ (MM/DD/YYYY)

11. Relationship to Policyholder: ☐ Self ☐ Spouse ☐ Child ☐ Other: _____

12. Do you have Secondary Insurance?

☐ Yes ☐ No

(If yes, please fill out secondary insurance information on the back of this form using the same information asked for from above, or attach a second form.)

13. Authorization to Bill Insurance

I authorize the release of any medical or necessary information to process insurance claims. I authorize payment of medical or other benefits to the provider of service.

Signature: _____

Date: ____ / ____ / ____ (MM/DD/YYYY)

**PREPARTICIPATION PHYSICAL EVALUATION (Page 1 of 4)**

This medical history form should be retained by the healthcare provider and/or parent and not turned into the school.

This form is valid for 365 calendar days from the date signed below.

1

Revised 6/25

MEDICAL HISTORY FORM**Student Information** (to be completed by student and parent) *print legibly*

Student's Full Name: _____ Gender: _____ Age: _____ Date of Birth: ____/____/____
 School: _____ Grade in School: _____ Sport(s): _____
 Home Address: _____ City/State: _____ Home Phone: (____) _____
 Name of Parent/Guardian: _____ E-mail: _____
 Person to Contact in Case of Emergency: _____ Relationship to Student: _____
 Emergency Contact Cell Phone: (____) _____ Work Phone: (____) _____ Other Phone: (____) _____
 Family Healthcare Provider: _____ City/State: _____ Office Phone: (____) _____

List past and current medical conditions:

Have you ever had surgery? If yes, please list all surgical procedures and dates:

Medicines and supplements (please list all current prescription medications, over-the-counter medicines, and supplements (herbal and nutritional)):

Do you have any allergies? If yes, please list all of your allergies (i.e., medicines, pollens, food, insects):

Patient Health Questionnaire version 4 (PHQ-4)

Over the past two weeks, how often have you been bothered by any of the following problems? (Circle response)

	Not at all	Several days	Over half of the days	Nearly everyday
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

Mental Health Immediate Resources: Colorado Crisis <https://coloradocrisiservices.org/> Call/text 988 or live chat at 988Colorado.com.
 For additional Mental Health Resources, Please go to <https://chsaanow.com/sports/2021/7/22/smac.aspx>

GENERAL QUESTIONS		Yes	No	HEART HEALTH QUESTIONS ABOUT YOU (continued)		Yes	No
Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.							
1	Do you have any concerns that you would like to discuss with your provider?			8	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography (ECHO)?		
2	Has a provider ever denied or restricted your participation in sports for any reason?			9	Do you get light-headed or feel shorter of breath than your friends during exercise?		
3	Do you have any ongoing medical issues or recent illnesses?			10	Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No
4	Have you ever passed out or nearly passed out during or after exercise?			11	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35? (including drowning or unexplained car crash)		
5	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			12	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
6	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			13	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
7	Has a doctor ever told you that you have any heart problems?						



PREPARTICIPATION PHYSICAL EVALUATION (Page 2 of 4)

This medical history form should be retained by the healthcare provider and/or parent and not turned into the school.

This form is valid for 365 calendar days from the date signed below.

2

Revised 6/25

Student's Full Name: _____ Date of Birth: ____/____/____ School: _____

BONE AND JOINT QUESTIONS		Yes	No	MEDICAL QUESTIONS (continued)		Yes	No
14	Have you ever had a stress fracture?			26	Do you worry about your weight?		
15	Did you ever injure a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			27	Are you trying to or has anyone recommended that you gain or lose weight?		
16	Do you have a bone, muscle, ligament, or joint injury that currently bothers you?			28	Are you on a special diet or do you avoid certain types of foods or food groups?		
MEDICAL QUESTIONS		Yes	No	29	Have you ever had an eating disorder?		
17	Do you cough, wheeze, or have difficulty breathing during or after exercise or has a provider ever diagnosed you with asthma?			Explain "Yes" answers here: _____ _____ _____ _____ _____ _____ _____ _____ _____			
18	Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?						
19	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?						
20	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)?						
21	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?						
22	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?						
23	Have you ever become ill while exercising in the heat?						
24	Do you or does someone in your family have sickle cell trait or disease?						
25	Have you ever had or do you have any problems with your eyes or vision?						

Participation in high school sports is not without risk. The student-athlete and parent/guardian acknowledge truthful answers to the above questions allows for a trained clinician to assess the individual student-athlete against risk factors associated with sports-related injuries and death. CHSAA bylaw 1780.1 states, "No pupil shall participate in formal practice or represent his/her/their school in interscholastic athletics until there is a statement on file with the principal or athletic director signed by his/her/their parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she/they has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she/they is physically fit to participate in high school athletics; and (c) that he/she/they has the consent of his/her/ their parents or legal guardian to participate. This preparticipation physical evaluation shall be completed each year before participating in interscholastic athletic competition or engaging in any practice, tryout, workout, conditioning, or other physical activity, including activities that occur outside of the school year.

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. No pupil shall participate in formal practice or represent his/her/their school in interscholastic athletics until this form is completed in its entirety and page 4 is on file with the principal or athletic director signed by his/her/their parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she/they has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she/they is physically fit to participate in high school athletics. The CHSAA Sports Medicine Advisory Committee strongly recommends a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest which may include the special tests listed above.

Student-Athlete Name: _____ (printed) Student-Athlete Signature: _____ Date: ____/____/____

Parent/Guardian Name: _____ (printed) Parent/Guardian Signature: _____ Date: ____/____/____

Parent/Guardian Name: _____ (printed) Parent/Guardian Signature: _____ Date: ____/____/____

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PREPARTICIPATION PHYSICAL EVALUATION (Page 3 of 4)

This medical history form should be retained by the healthcare provider and/or parent and not turned into the school.

This form is valid for 365 calendar days from the date signed below.

3

Revised 6/25

PHYSICAL EXAMINATION FORM

Student's Full Name: _____ Date of Birth: ____/____/____ School: _____

PHYSICIAN REMINDERS:

Consider additional questions on more sensitive issues.

• Do you feel stressed out or under a lot of pressure?	• Do you ever feel sad, hopeless, depressed, or anxious?
• Do you feel safe at your home or residence?	• During the past 30 days, did you use chewing tobacco, snuff, or dip?
• Have you ever taken any supplements to help you gain or lose weight or improve your performance?	
• Have you ever taken anabolic steroids or used any other performance-enhancing supplement?	

- ☐ Verify completion of Medical History (pages 1 and 2), review these medical history responses as part of your assessment. Cardiovascular history/symptom questions include Q4-Q13 of Medical History form. (check box if complete)

EXAMINATION		
Height: _____	Weight: _____	
BP: ____/____ (____/____)	Pulse: _____	Vision: R 20/____ L 20/____
Corrected: Yes No		
MEDICAL - healthcare professional shall initial each assessment	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none">Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, Ears, Nose, and Throat <ul style="list-style-type: none">Pupils equalHearing		
Lymph Nodes		
Heart <ul style="list-style-type: none">Murmurs (auscultation standing, auscultation supine, and Valsalva maneuver)		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none">Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Resistant Staphylococcus Aureus (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL - healthcare professional shall initial each assessment	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and Arm		
Elbow and Forearm		
Wrist, Hand, and Fingers		
Hip and Thigh		
Knee		
Leg and Ankle		
Foot and Toes		
Functional <ul style="list-style-type: none">Double-leg squat test, single-leg squat test, and box drop or step drop test		

Name of Healthcare Professional (print or type): _____ Date of Exam: ____/____/____

Address: _____ Phone: (____) _____ E-mail: _____



PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)
SUBMIT ONLY THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL
This form is valid for 365 calendar days from the date signed below.

4

Revised 6/25

MEDICAL ELIGIBILITY FORM

Student Information (to be completed by student and parent) *print legibly*

Student's Full Name: _____ Gender: _____ Age: _____ Date of Birth: ____/____/____
School: _____ Grade in School: _____ Sport(s): _____
Home Address: _____ City/State: _____ Home Phone: (____) _____
Name of Parent/Guardian: _____ E-mail: _____
Person to Contact in Case of Emergency: _____ Relationship to Student: _____
Emergency Contact Cell Phone: (____) _____ Work Phone: (____) _____ Other Phone: (____) _____
Family Healthcare Provider: _____ City/State: _____ Office Phone: (____) _____

- ☐ Medically eligible for all sports without restriction
- ☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of: *(use additional sheet, if necessary)*
- _____
- ☐ Medically eligible for only certain sports as listed below:
- _____
- ☐ Not medically eligible for any sports

Recommendations: (use additional sheet, if necessary)

I hereby certify that I have examined the above-named student-athlete using the CHSAA Preparticipation Physical Evaluation and have provided the conclusion(s) listed above. A copy of the exam has been retained and can be accessed by the parent as requested. Any injury or other medical conditions that arise after the date of this medical clearance should be properly evaluated, diagnosed, and treated by an appropriate healthcare professional prior to participation in activities.

Name of Healthcare Professional (print or type): _____ Date of Exam: ____/____/____
Address: _____ Phone: (____) _____
Signature of Healthcare Professional: _____ Credentials: _____ License #: _____

SHARED EMERGENCY INFORMATION - completed at the time of assessment by practitioner and parent

List any medical history that is relevant to participation in competitive sports. *(explain below, use additional sheet, if necessary)*

- ☐ Allergies/Anaphylaxis ☐ Asthma ☐ Cardiac/Heart ☐ Concussion ☐ Diabetes ☐ Heat Illness ☐ Orthopedic ☐ Surgical History ☐ Sickle Cell Trait
- ☐ Mental Health ☐ N/A - No relevant medical information to disclose

Medications: (use additional sheet, if necessary)

List: _____

****Signature of Student:** _____ **Date:** ____/____/____

****Signature of Parent/Guardian:** _____ **Date:** ____/____/____

We hereby state, to the best of our knowledge the information recorded on this form is complete and correct.

This form is not considered valid unless all sections are complete & signed.

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Fall

Sport	Max Contests	Practice	Scrimmage	Contest	End Regular Season	Postseason	Championships
Boys Golf	216 holes	8/4/2025	8/7/2025	8/7/2025	9/29/2025	-	10/6 - 10/7/2025
Boys Soccer	15	8/11/2025	8/16/2025	8/21/2025	10/25/2025	3A, 5A Round 1 10/29/2025 4A, 2A Round 1 10/30/2025	11/15/2025
Boys Tennis	8 + 4 tourneys; or 9 + 3 tourneys; or 10 + 2 tourneys; or 11 + 1 tourney; or 12 individual	8/11/2025	8/14/2025	8/14/2025	5A 10/2/2025	Team: Round 1 10/1/2025 Team: Round 2 10/3/2025 Individual Regionals 10/11/2025 Team: Semifinals 10/14/2025	Individual 10/16 - 10/18/2025 Team 10/21/2025
Cross Country	11 ind.	8/11/2025	8/16/2025	8/21/2025	-	Regionals 10/23 - 10/25/2025	11/1/2025
Field Hockey	15	8/11/2025	8/16/2025	8/21/2025	10/23/2025	First Round 10/27/2025	11/5/2025
Flag Football	15	8/11/2025	8/16/2025	8/16/2025	10/11/2025	Round 1 10/14/2025	10/25/2025
Football	6-man/3A/4A/5A 10 8-man/1A/2A 9	8/4/2025	8/14/2025	Zero Week 8/21/2025	All but 3A 11/1/2025 3A 11/8/2025	All but 3A Prelims 11/7/2025 3A Prelims 11/14/2025	6-man/8-man 11/28/2025 1A/2A 11/29/2025 3A/4A/5A 12/6/2025
Preseason football practice: No protective equipment, except shoes, jersey & helmets. (8/4 - 8/9/2025)							
Preseason football practice: Full protective equipment and uniform permitted; no player-player contact (8/11 - 8/12/2025)							
Preseason football practice: Full contact allowed (8/13/2025)							
Girls Volleyball	23	8/11/2025	8/16/2025	8/21/2025	11/1/2025	Regionals completed by 11/8/2025	11/13 - 11/15/2025
Gymnastics	11 ind.	8/11/2025	8/16/2025	8/21/2025	10/18/2025	Regionals 10/30 - 11/1/2025	11/6 - 11/8/2025
Softball	23	8/11/2025	8/14/2025	8/14/2025	10/11/2025	Regionals 10/17 - 10/18/2025	10/24 - 10/25/2025
Spirit	-	8/11/2025	8/16/2025	8/21/2025	-	-	12/11 - 12/13/2025
Unified Bowling	10	8/11/2025	8/16/2025	8/21/2025	11/10/2025	Regionals 11/12 - 11/14/2025	11/21/2025

Winter

Sport	Max Contests	Practice	Scrimmage	Contest	End Regular Season	Postseason	Championships
Basketball	23	11/17/2025	11/22/2025	12/1/2025	5A-6A 2/21/2026 1A-4A 2/28/2026	5A-6A Round 1 completed by 2/24 - 2/25/2026 5A-6A Round 2 completed by 2/27 - 2/28/2026 6A Round 3 3/3 - 3/4/2026 5A-6A Great 8 3/6/2026 1A-4A Regionals completed by 3/7/2026 4A Great 8 3/11/2026	3/12 - 3/14/2026
Girls Swimming	11 ind. + conf	11/17/2025	11/20/2025	11/27/2025	2/7/2026	-	TBD 2/12 - 2/14/2026 TBD 2/17 - 2/18/2026
Ice Hockey	19	11/10/2025	11/15/2025	11/20/2025	2/14/2026	Round 1 2/19/2026	3/2/2026
Skiing	11	-	-	-	-	-	TBD
Wrestling	12 tournaments/10 duals	11/17/2025	11/22/2025	12/1/2025	2/7/2026	Regionals 2/13 - 2/14/2026	2/19 - 2/21/2026

Winter Restriction: No competition (12/24 - 1/1/2026)

Winter Restriction: No practice (12/24 - 12/28/2025)

Winter Restriction: Voluntary practice (12/29 - 12/31/2025)

Winter Restriction: No practice (1/1/2026)

Spring

Sport	Max Contests	Practice	Scrimmage	Contest	End Regular Season	Postseason	Championships
Baseball	1A 19 2A-5A 23	2/23/2026	2/28/2026	3/5/2026	TBD	1A District completed by 5/2/2026 1A Regionals 5/9/2026 2A-5A Regionals 5/15 - 5/16/2026	1A 5/14/2026 2A-5A Games 1-11 5/22 - 5/23/2026 2A-5A Games 12-15 5/29 - 5/30/2026
Boys Lacrosse	15	2/23/2026	2/28/2026	3/5/2026	5/2/2026	4A Round 1 5/5/2026 5A Round 1 5/6/2026	5/18/2026
Boys Swimming	11 ind. + conf	2/16/2026	2/21/2026	2/26/2026	-	5/2/2026	5/7 - 5/9/2026
Boys Volleyball	23	2/16/2026	2/21/2026	2/26/2026	4/28/2026	Regionals completed by 5/2/2026	5/7 - 5/9/2026
Girls Golf	216 holes	2/23/2026	2/26/2026	2/26/2026	5/11/2026	-	5/18 - 5/19/2026
Girls Lacrosse	15	2/23/2026	2/28/2026	3/5/2026	5/2/2026	4A Round 1 5/5/2026 5A Round 1 5/6/2026	5/15/2026
Girls Soccer	15	2/23/2026	2/28/2026	2/28/2026	5/2/2026	5A Round 1 5/5/2026 2A, 4A Round 1 5/6/2026 3A Round 1 5/7/2026	3A, 4A 5/19/2026 2A, 5A 5/20/2026
Girls Tennis	8 + 4 tourneys; or 9 + 3 tourneys; or 10 + 2 tourneys; or 11 + 1 tourney; or 12 individual	2/23/2026	2/26/2026	2/26/2026	5A 4/23/2026	Team: Round 1 4/22/2026 Team: Round 2 4/24/2026 Regionals 5/2/2026 Team: Semifinals 5/5/2026	Individual 5/7 - 5/9/2026 Team 5/12/2026
Track & Field	12 ind. + league	2/23/2026	2/28/2026	3/5/2026	-	-	5/14 - 5/16/2026

Activities

Sport	Max Contests	Contest	Championships
Esports	8	-	Fall 12/9/2025 Spring 4/30/2026
Music	4 in-state, 2 out-of-state marching band dates exclusive of state	-	Solo & Ensemble Festivals 1/1/2026 - 2/28/2026 Large Group Festivals 3/1 - 4/30/2026
Speech	22 ind.	10/1/2025	3A 2/6 - 2/7/2026 4A 2/27 - 2/28/2026 5A 3/6 - 3/7/2026