

Lake County School District



Athletics & Activities Handbook

Updated June 2026

INTRODUCTION

Welcome to Lake County School District's athletics and activities! The purpose of this handbook is to provide information about our programs, expectations of our parents and participants, and our goals for the development of students in academics, activities, and athletics.

We encourage our students to participate in as many of our programs as they are capable of managing in a healthy way - considering academic requirements, physical strain, and mental demands of scheduling. We do not encourage specialization in a single activity or sport and recognize the value of a variety of experience and cross-training in developing the many talents of our students.

ACTIVITIES/ATHLETICS IN LAKE COUNTY

<i>Grades 6-8 (LCIS & LCHS)</i>					
<i>Season</i>	<i>Activities</i>				
Fall	Football	Girls' Volleyball	Cross Country	Boys' Soccer	
Winter	Boys' Basketball	Girls' Basketball	Alpine Skiing	Nordic Skiing	
Spring	Girls' Soccer	Track & Field			
Multi-Season	Band	Choir	Drama	Knowledge Bowl	Student Senate
<i>Grades 9-12 (LCHS & CCHS)</i>					
<i>Season</i>	<i>Activities</i>				
Fall	Boys' Soccer	Girls' Volleyball	Cross Country	Football	Boys' Golf
	Mountain Biking	Trap Shooting			
Winter	Boys' Basketball	Girls' Basketball	Alpine Skiing	Nordic Skiing	Wrestling
Spring	Girls' Soccer	Track & Field			

Multi-Season	Cheerleading	Band	Choir	Student Senate	
	Drama	FBLA	NHS	Knowledge Bowl	

PHILOSOPHY

We believe that interscholastic athletics and activities are an important piece of a comprehensive secondary program and a vital part of a student's total educational experience. These activities not only help to instill habits and values for lifelong learning, but also help to encourage a healthy and balanced mind and body that facilitates maximum learning potential in the student. Student participation in any part of our athletics or activities is a **privilege** which carries with it responsibility to the school, the activity, the student body, and the community. We believe this participation will help to develop the student physically, mentally, socially, and emotionally.

CORE VALUES

Our athletic director has set 4 core values for our athletics/activities programs:

Character Development- Far more than producing champions, our programs should produce young men and women of character, who have the work ethic, integrity, perseverance, humility, self-control, consideration of others, etc, to be positive members of our society.

Academic Achievement- Ultimately, schools exist to educate students and prepare them for the future. Athletics and activities can significantly motivate students to have exemplary attendance and succeed in classes. Students should strive for excellence in the classroom just like they would in their sport/activity, be respectful to teachers, and lead in their classes.

Talent Development- It should be the goal of all of our programs to develop talent in our students, whether that be ball skills, understanding the strategy of a sport, or advancement in playing an instrument. Each of our students has more to learn, and our job is to keep challenging and teaching them.

Spaces for Student Success- Sports and activities have the potential to transform a student's school experience, and even their life, giving them opportunities and passions that they wouldn't have had otherwise. In light of that reality, coaches and sponsors should give athletes positive experiences within our teams- celebrate successes, speak life into kids, and have no tolerance for hazing, bullying or cliques. I hope that each of our students comes out of our programs with positive stories to tell about how we changed them and their lives.

When put together as an acronym, these values spell CATS, which is what Panthers are!

BASIC GUIDELINES FOR PARTICIPATION

- Students are free to make their own selections as to activities/athletics in which they wish to participate. However, it is the Lake County School District policy that when a student is involved in two or more activities/athletics in the same season, the **student chooses a primary activity/sport and notifies their sponsors/coaches as to what they have designated**. This way, if a student faces a conflict between those two activities/sports, the student and coaches know ahead of time that the student will attend the primary sport or activity. Students are not to be penalized by the activity/sport not attended, but considerations of starting and playing time remain at the discretion of the coach.
- Prior to starting practice each season, students will be expected to complete the athletic clearance process, which includes online school registration, submitting a physical evaluation, and clearing up any obligations from previous seasons. **Prospective students will not be allowed to practice or turn out for a sport/activity until all fees from the previous school year are paid** and all issued material from their previous sport/activity is checked in. If a student is unable to pay fees, they may contact the high school office to set up a payment plan to be cleared for participation. **Absolutely no student athlete will be allowed to practice until all paperwork is returned to the coach and on file with the athletic department.**
- The first week of a season is a trial period. Please understand that if you make a commitment to a team after the first week, you have made the decision for the season, and you will be assessed the participation fee. **Quitting is not an option; do not start something that you are not going to finish!!!** Even if an athlete is injured, they are still part of the team. If a student makes a commitment, but does not follow through with the commitment to the end, the student may lose privileges to participate in another sport or activity that year. A student who does not fulfill their commitment through the end of the season **will not be eligible to receive a refund of the activity/athletic fee**. Also, he/she may not be allowed to start practicing or pre-season conditioning for another activity/sport before the end of the competition in the activity/sport that was dropped without approval from the head coach (of the activity/sport that was dropped) and the athletic director.

The Colorado High School Activities Association (CHSAA), of which Lake County School District is a member, is an educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests. One of the primary functions of CHSAA is to establish eligibility standards that must be met by all students to attain the privilege of representing their school in interscholastic activities. Eligibility is a PRIVILEGE to be granted by the school to a student, which allows that student to participate in interscholastic activities/athletics. Eligibility is NOT A STUDENT'S RIGHT BY LAW. Listed below is some information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility:

A. Academics

- Lake County High School - You must be enrolled in a minimum of 2.50 units of credit. (This is approximately the equivalent of five classes or internship hours) Do not drop classes without first checking with your academic counselor and athletics director to determine whether it will affect your eligibility.
- Cloud City High School - You must maintain a pattern of at least 85% attendance and be passing all curriculum above 60%, while engaging in school using good habits of work and learning (see the CCHS Student/Parent Handbook for more information).

● **Transfer Students** - If you are in 10th-12th grades and have transferred schools, you and your parents need to complete transfer documentation to establish athletic eligibility. Please reach out to the athletic director. **Transfer students are NOT ELIGIBLE until approved by CHSAA.**

● **Homeschooled Students**- CHSAA requires homeschool students to submit a transfer request each year. Please reach out to the athletic director to complete this process.

B. Participation Limits

- Your official eligibility in high school activities begins when you first enter the ninth grade and lasts for eight consecutive semesters.
- If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.

C. Awards

- You may not receive cash, merchandise or gift certificates for participating in an athletic/academic contest, even if it is a non-school sponsored event. You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc., for participating in a school athletic/academic program. These awards may be received only from your school, from a school hosting an event, or from the Colorado High School Activities Association.
- **Name, Image and Likeness: A student-athlete/participant may benefit from the use of their name, image and likeness (NIL) provided the NIL is not connected to their CHSAA high school, team or activity program.** Please reach out to the athletic director with questions about this, so that you don't lose your high school eligibility!

D. Non-School Competition

- You may not participate in any organized non-school athletic competition and your school team **IN THE SAME SPORT** during the same season without permission from the coach and Principal.
- You may participate in an “audition” or “try-out” for a college team only after you have completed your last season of eligibility in the sport for which you wish to try out.
- Student-athletes who are planning on competing in college athletics must be aware of the NCAA requirements for participation. The National ACT Test and the NCAA Clearinghouse must be completed prior to participation in NCAA sanctioned athletics or activities. Please contact the LCHS Counseling Office or LCHS athletic director for help completing the NCAA qualification process.

PARENT/GUARDIAN RESPONSIBILITIES

1. **Help your student fulfill their commitment to the team/group:** Do your best to schedule appointments and trips outside of school and practice time. Please don't pull your student out of practices or competitions unless absolutely necessary.
2. **Attend preseason meetings and join communication lists to stay informed.**
3. **Monitor your student's grades:** Support your student by helping them with time management and accountability, encourage them to attend tutoring, and check in with teachers if needed.
4. **Communicate with a school counselor about major situations happening in your family,** so that we can provide additional support for your student.

5. **Share your concerns in appropriate ways:** If you have a concern during the season, encourage your student to discuss it with their coach/sponsor. As a parent, please only reach out to a coach regarding logistical questions. Please do not attempt to confront a coach before, during or after a contest or practice. These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolution and often exacerbate the issue. You and your student are always welcome to schedule a meeting with the athletic director to discuss concerns.

Issues that coaches will not discuss with parents:

1. Playing Time
2. Team Strategy
3. Play Calling
4. Team Placement Decisions (varsity, JV or other levels)
5. Matters concerning other student-athletes (excluding safety issues)

Game and Spectator Conduct:

Game and spectator conduct is very important to us at Lake County School District. Failure to exhibit appropriate sportsmanship and spectator conduct will result in being removed from a contest and/or being subject to further penalty by the school, league or CHSAA. Per CHSAA bylaw 2240.2, an individual who has been removed or ejected from an event will be suspended for a minimum of at least one contest, regardless of where or when the next event(s) takes place. An individual school's principal, or their designee, has the discretion to increase a spectator's suspension, up to an indefinite period of time. The suspension may be reduced if the individual completes the NFHS National Parent Credential course on [NFHSLearn.com](https://www.nfhslearn.com). An individual who has been removed or ejected from more than one contest during the course of a single school year shall be barred from attending any high school events for the remainder of that school year, including any regular and postseason events.

- Remember that you are at a contest to support your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- Remember that school athletics are learning experiences for students, and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.
- A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place. There is a shortage of officials. If you are interested in becoming a certified official, please reach out to the athletic director.
- Show respect for the opposing players, coaches and spectators. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event (i.e., tailgating.)
- Use only those cheers that support and uplift the teams involved.
- **Be a positive role model** through your own actions and by censuring those around you at events whose behavior is unbecoming.

STUDENT RESPONSIBILITIES

As a student participant, you are in school to secure the best education you are capable of achieving. Deciding to participate in activities and athletics will contribute toward your self-improvement and a total education. With this

decision, though, comes important responsibilities – simplified, **your responsibilities are to be a good student and a good person.**

1. **Have excellent attendance!** Be at school daily and at all practices/competitions. If you have to miss something, please communicate with a coach as early as possible. Please do your best to schedule work shifts outside of practice and competitions.
 - a. **Students must be in attendance at school a full day to participate in any activity scheduled for that day. Documented medical appointments and absences approved by an administrator are exceptions to this rule.** A student who is absent from any class without obtaining prior approval may not participate in practice or contests on the day he/she is absent. Students who do not obtain prior approval and do participate in practice or contests will result in the loss of playing time in the next contest after the violation is verified. **Thursday will count towards any competition or event held on a Friday or Saturday. If a student is sick on Thursday, they may participate in a competition or event held on Friday or Saturday, at the coach's discretion, if they feel better.**
 - b. The following will be considered excused absences from practice/competition: sickness, pre-arranged family travel and events (trips, weddings, quinceañeras, etc), medical appointments, school-sponsored activities, and funerals. Please communicate with your coach about these electronically or with written documentation. There will be no penalty for excused absences.
 - c. Unexcused absences may result in loss of playing time and ability to earn a varsity letter.
2. **Keep your grades up!** Your priority as a student is to learn. Academics take priority over extra-curricular activities. You must keep your grades up to be eligible to play and participate in athletics and activities. Many of our non-negotiable rules around eligibility are determined by the Colorado state governing body of student athletics, the Colorado High School Athletics and Activities Association (CHSAA). These rules can be complicated, but you should aim to be passing all of your classes throughout the entire school year, at a minimum. This will help avoid any questions of eligibility.
 - a. **HS Eligibility:** Grades are checked every Thursday and at the end of each semester. If the student has any F's at a grade check they are deemed ineligible for the following Monday-Saturday. Students who fail two or more classes at the end of a semester will lose eligibility at the start of the next sport until the "re-gain" date for that sport. On the "re-gain" date, if the student is failing any classes, they are then ineligible for the remainder of the season. If a student fails one class at the end of the fall semester, they are ineligible for the first week of competition of the new year.
 - b. **MS Eligibility:** Grades are checked every two weeks and at the end of each semester. If the student has any F's at a grade check they are deemed ineligible beginning the following Monday for two weeks. A MS student can appeal their ineligibility by confirming with the Athletic Secretary or Athletic Director that they are passing all of their classes again.
 - c. If a student believes that a grade on the eligibility report is inaccurate, they can talk with or email the teacher and athletic director to make sure that the grade in Power School is accurate. A student may not ask a teacher to change a grade to make that student eligible for the week. Also, a student may not turn in any late assignments to the teacher and expect that the teacher changes the grade to make them eligible for the week. The only reason a grade should be changed to make a

student eligible to compete in any given week is if the teacher made a mistake with the grade that was entered into Power School.

3. **Follow school and program rules and expectations!** While participating in our athletics and activities programs, you are subject to all school rules and any established rules specific to your sports team or activity. If a program has expectations above and beyond the athletic/activity handbook, the coach/sponsor will distribute those rules in writing at the preseason parent meeting, as well as electronically through team channels at the beginning of the season. Failure to follow program-specific rules and expectations clearly established and communicated by the coach may result in reduced playing time or other consequences.
4. **Demonstrate great sportsmanship!** As a participant representing the Lake County School District, you have the responsibility for exhibiting good sportsmanship at all times. **The moment you put on that school uniform, you become a representative of your student body, your school, your community, your family and, most importantly, yourself.** You will receive the ingredients of good sportsmanship through the teaching, coaching and examples of the coaching staff. Be sure to exhibit what you learn. It is important to remember that this is youth sports and almost no one you know will “go pro.” At this level, you are meant to use extra-curricular activities to learn how to push yourself, learn how to make a commitment and stick with it, learn how to work with a team, learn how to set goals and work to achieve them, learn how to excel while maintaining good character, etc. It is all about learning. These traits can be learned whether you win or lose. Although we can take pride in the feats we are able to accomplish in school athletics and activities with our team and classmates, at the end of the day it’s all about learning and growing as a person. Having the ability to recognize this during competition and valuing the experience of everyone around you is the hallmark of sportsmanship. We want a positive competitive environment for all of our participants and want to represent the Lake County community in a positive way.
5. **Demonstrate great character and participation!** Athletes are expected to treat coaches, teammates, officials, opponents, etc in a respectful manner; participate positively; be coachable; empower your teammates to improve; and represent LCHS positively in the community. Poor attitudes and character may result in additional conditioning, reduced playing time, parent meetings, suspension from practice or competition, and removal from the team.
6. **Do NOT use your cell phone to take pictures or videos in the locker room!** We do not allow anyone to bring a camera into a locker room, and cell phones fall under this policy. Cell phone use may also be restricted at practices, rehearsals and competitions.
7. **Remain a student in good standing!** The Lake County School District and community expect their representatives (in interscholastic activities and athletics) to demonstrate good citizenship through honesty, respect, kindness, good sportsmanship, emotional control, dependability, and hard-work. Violations of these moral values, especially recurring violations, will indicate that you are not a good representative of our school and community and will threaten your participation in our athletics and activities programs.
Stay out of trouble- in school and out of school!

a. Refrain from hazing and bullying:

Definition of Hazing: Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities
- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature
- Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment
- Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

Definition of Bullying: Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. In order to be considered bullying, the behavior must be aggressive and include:

- An imbalance of power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, or excluding someone from a group on purpose.

Lake County School District prohibits all forms of hazing, bullying, relational aggression, and student intimidation. Students participating in or encouraging inappropriate conduct will be disciplined in accordance with school district policy. Such discipline may include, but is not limited to, suspension or expulsion from school and removal from participation in activities or athletics. Students who have been subjected to hazing, bullying, or relational aggression are instructed to promptly report such incidents to a school official.

In addition, district staff, coaches, sponsors and volunteers shall not permit, condone or tolerate any form of hazing, bullying, relational aggression, or plan, direct, encourage, assist, engage or participate in any activity that involves hazing, bullying, or relational aggression. District staff will report incidents of hazing, bullying, and relational aggression to the building principal. The principal or assistant principal shall promptly investigate all complaints of hazing, bullying, and relational aggression and shall administer appropriate discipline to all individuals who violate this policy. The district shall annually inform students, parents, district staff, and volunteers that hazing, bullying, and relational aggression is prohibited. This notification may occur through the distribution of the written policy, publication in handbooks, presentations at assemblies or verbal instructions by the coach or sponsor at the start of the season or program.

b. Refrain from Possessing/Using Drugs or Alcohol or Fighting

The Lake County School District **Athletics/Activities Handbook** establishes standards by which student athletes and activities participants are expected to conduct themselves as representatives of Lake County Schools.

The LCSD Code of Conduct (policy JICDA) and the LCSD Athletics/Activities Handbook are two separate sets of standards. The Athletics/Activities Handbook, which is written specifically for student activities/athletics, is intended to be used concurrently with the LCSD Student/Parent Handbook, but the two codes differ procedurally and substantively. If a student is suspended for a violation of the LCSD Student Code of Conduct, then the student will not be permitted to practice or participate in contests during the suspension. If the same

misconduct also constitutes a violation of the LCSD Athletics/Activities Handbook, then the student will be penalized accordingly.

The Athletics/Activities Handbook sets a high standard because of the school district's desire to protect the health, safety and welfare of all students and because athletes/activity participants are highly respected members of our school community. The LCSD Athletic/Activities Handbook applies to **all** athletes and activity members.

The Athletics/Activities Handbook applies to behavior that takes place **ON OR OFF** school grounds. These violations may take place at **ANY TIME** during the student's enrollment at Lake County or Cloud City High Schools. The Athletics/Activities Handbook will be in effect for in-season athletes/activity members, and will include, but not be limited to, school sponsored events on or off campus, parties and community events. When off-campus concerns are brought to the attention of the principal or athletic director and proven to violate district policy and/or the Athletics/Activities Handbook, then consequences may follow.

With regard to suspensions from contests, scrimmages do not count as contests, but league events, regional contests and state championships are included.

Athletics/Activities Tobacco, Drug and Alcohol Policy

The purpose of Lake County Schools' Athletics/Activities Drug and Alcohol Policy is to create a positive, healthy, drug and alcohol-free atmosphere. In keeping with this philosophy of wellness, student participants are expected to refrain from the use or possession of alcohol, tobacco, and other regulated and/or harmful drugs, including steroids. Students are expected to be leaders within the student population by avoiding environments where alcohol or drug consumption is taking place. Any student who is having difficulty making decisions in regard to use or possession of regulated or harmful drugs is urged to seek assistance from the coach, activities director, administration, advisor, or counselor. Lake County Schools is committed to offering resources to help students who are struggling with these and other decisions affecting their lives at school.

A. DRUG, TOBACCO OR ALCOHOL USE, POSSESSION OR DISTRIBUTION

Student athletes are not to (regardless of quantity) use, possess, sell, distribute, or procure any amount of alcohol, tobacco, drugs, other controlled substances or drug paraphernalia or be under the influence of alcohol, drugs or other controlled substances at school sponsored events, as well as community events and parties. Coaches, school staff, police and sheriff departments, as well as other students may turn in a complaint against another student for violating this expectation. Every student will be given due process to determine the validity of the complaint against them.

If a student comes forward on his/her own before being confronted by a coach or administrator to indicate that they have broken the code of conduct and are seeking help with decision making, the coach or administrator will have the option to suspend that student for only 10% of the total season schedule. NOTE: This only applies to the first offense. The student will still be expected to confer with parents, coach, activities director and principal and will be expected to make a plan and follow through with the plan for better decision making in the future.

B. FIGHTING

Any student who is involved in a fight, as either a participant or witness, on school grounds, at any school sponsored event, during school hours, at parties or community events, or at practices or games will be considered in violation of this expectation.

1. First Violation of the Drug/Alcohol or Fighting Policies: Students found to be in violation of the drug/alcohol or fighting policies must complete the following to regain eligibility for athletics or activities:

- a) meet with their parents, coach, activities director, counselor and principal to discuss their behavior

- b) face suspension from competition for at least 20% of the total season schedule
- c) continue to practice and attend all team meetings and events at coaches'/sponsors' discretion after serving any school suspensions

If a student follows through on all of the above commitments, they may be reinstated to full team membership and may participate in contests again. These consequences are intended to help instill in students a sense of personal responsibility for their decisions which impact not only themselves and their families, but also coaches and teammates. Additionally, the student will face any consequences established by the school's administration for violating the student handbook.

2. **Second Violation:** The student will be suspended for the remainder of the season for the activity or sport they were participating in at the time of the conduct. If the violation happens at the end of a season, the student will be suspended from 50% of the regularly scheduled contests of the next activity that the student participates in. Upon proof that the student has successfully completed an intervention class chosen by the school athletic director, principal, or school counselor, this suspension may be reduced.

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

C. STUDENT HANDBOOK OR CODE OF CONDUCT VIOLATIONS

Any student who violates the student handbook or district code of conduct which results in a discipline referral or suspension will be subject to the following penalties:

1. **First Violation:** If the student receives an After School Detention for classroom offenses and/or one suspension in a sport season, the student shall lose eligibility to compete for a minimum of one contest or activity but will be able to practice at the coach's or sponsor's discretion. The suspension shall begin with the next event the student would participate in.

2. **Second Violation:** The second ASD or suspension in a sport/activity season will result in the loss of eligibility for the next 2 contests.

3. **Third Violation:** Any subsequent violations in a sport/activity season as mentioned above will lose eligibility for the rest of the sport/activity season.

D. OTHER

1. Students in Out of School Suspension (**O.S.S.**) are ineligible for practice or participation for the duration of the suspension and until he/she has fulfilled the disciplinary requirements established by the administration.

2. If a violation occurs in two different categories the assessment of penalty will be the more severe of the two.

3. The suspension may cover two seasons or school years if needed to meet the penalty. For example, if a student is suspended from three contests during the fall season, but only has one competition remaining in that season, the athlete will be ineligible to compete in the first two contests of the next season in which they participate.

All students participating in school-sponsored activities or athletics must abide by the Lake County School District rules as well as local, state, and federal laws. Any infraction to the rules above will be investigated by the athletic director, principal and/or assistant principal. Students are allowed due process. Any student found guilty

of any infraction will have the ability to appeal the decision made by the Principal or AD, to the Superintendent within 72 hours of the initial decision.

TRANSPORTATION

- All school sponsored trips must be cleared by the principal and/or athletics/activities director. **Students on school sponsored trips must GO to events in the transportation designated by the school unless special permission is given by the athletics/activities director or principal. They must also RETURN in the transportation designated by the school unless they are checked out by a parent/guardian.** Direct communication from a parent/guardian is necessary for a student to be able to leave an event with an **ADULT** other than a parent or guardian.
- Students are subject to all rules and regulations of the school while going to, during, and returning from a school sponsored trip. Only Lake County students/athletes and program administrators (coaches or supervisors) may ride on a school sponsored bus.
- All students who ride the bus to and from any activities or athletic contests are expected to follow the LCSD transportation department bus rules. Failure to comply with those rules will result in the loss of privilege to ride the bus.
- When leaving from home, students provide their own transportation to **in-district** events.

ALTERNATIVE PE CREDIT

Students involved in athletics will have the opportunity to earn .50 - 1.00 PE credit per year for participation in sports to fulfill the PE graduation requirement. Please contact the counseling department for details.

CARE OF EQUIPMENT

In order to give the student a sense of responsibility and an appreciation of their equipment, each will be held accountable for the abuse or loss of it. **ANY EQUIPMENT LOST OR STOLEN MUST BE PAID FOR BY THE STUDENT IN WHOSE NAME IT WAS CHECKED OUT. Failure to do so will result in loss of privileges to compete in any other activity or sport until the obligation is taken care of.**

The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment:

- Do not exchange or loan any of the equipment checked out to you to another teammate. If exchange is warranted, clear it on the checkout card by having the coach make the adjustments.
- Any loss of equipment should be reported immediately to the head coach, rather than waiting until the end of the season.
- Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear the equipment until the necessary adjustments have been made. This is for your protection.

- It is against the Colorado High School Activities Association regulations to sell or rent any equipment to individuals. Therefore, any equipment you may see out of the school environment does not belong to the individual(s). Please report any such violation to a coach or the athletic administrator.

PARTICIPATION FEES

The Lake County School District high school athletic fee is \$50.00 per sport and the middle school athletic fee is \$25.00 per sport. A family plan is available for \$250.00, which will cover all immediate family members in the school district for the academic year. The athletics fee will be charged for any sport a student plays throughout the school year. **If a student decides to play two sports in the same season the cost of the second sport will be half-price. Athletic fees for ski sports will be paid to Cloud City Mountain Sports to compensate for the high expense of the sport. Reduction or alleviation of fees is possible on a case-by-case needs-based basis as determined through Free and Reduced School Meal qualification status.**

ATHLETIC PASSES AND GATE FEES

Gate fees for high school events are \$7/adults and \$5/seniors and non-Lake County students. Gate fees for middle school events are \$5/adults and \$3/seniors and non-Lake County students. These admission prices were set by the West Central League. All Lake County students and district employees are free with their student/staff ID. If you plan to attend many games, your best deal is to buy a season pass. You can get a Lake County annual pass to get into any game in Leadville for \$100/adults and \$60/seniors and non-Lake County students. Annual passes can be purchased at the Lake County High School office and during registration. Passes are good for both high school and middle school events.

VARSITY AND JV LEVELS

Some of our sports have multiple levels of competition and/or limits on participation. In those cases, there will be team tryouts/auditions, and some students may not make the team, including seniors. Positions on teams and levels are based on skill and not primarily grade levels or previous years of participation in the program.

* The objective of a varsity team (and the A team at the middle school level) is to win games and competitions. Coaches will make placement and playing time decisions based on their strategy to put forth their most competitive team.

* The objective of JV and C teams (and B and C teams at the middle school level) is to develop athletes. At these levels, playing time will be more evenly distributed among athletes.

* Some athletes will swing between levels based on the needs of the team. “Swinging” can happen at any time during the season and is not permanent. Multiple swings can happen in a season. This may require changes to practice and game times. In these situations, coaches will do their best to communicate the plan and expectations to athletes.

REQUIRED FORMS

The following are forms that **MUST** be filled out in their entirety and turned into the athletic secretary or coach prior to the start of practice. **No athlete will be allowed to practice any sport unless all of their forms have been turned in.**

Lake County Emergency Consent Form

Name of Student: _____

Name of Parent(s)/Guardian(s): _____

Home Address: _____

Mailing Address: _____

Home Phone #: _____ Work Phone #: _____

Email: _____

EMERGENCY PHONE # (If not at home or work): _____

Insurance Company: _____

Policy Number: _____

Family Doctor: _____ Phone: _____

Allergies: _____

Medical Complications: _____

I, _____, parent of _____ in consideration of my child's opportunity to participate in interscholastic activities, hereby consent to emergency medical treatment, hospitalization, or other medical treatment as may be necessary for the welfare of the above named child, by a physician, qualified nurse, and/or hospital, in the event of injury or illness during all periods of time in which the student is away from his/her legal residence as a member of the Lake County School District interscholastic activities program, and hereby waive on behalf of myself and the above named child any liability of the school district, any of its agents or employees, arising out of such medical treatment.

_____ My student is covered through our current insurance plan.

_____ My student is currently NOT covered by a health insurance plan.

Parent/Guardian Signature: _____

Date: _____

CODE OF ETHICS STUDENT PLEDGE

*If I am selected to represent the Lake County Schools Activities/Athletics Program, I will sincerely endeavor to contribute my best to the success of that program. I understand that I represent my family, school, and community. I understand that my participation in the Lake County Activities Program is not a right, **but a privilege**. It is important that I present a positive image and serve as role models for others. Therefore, I agree to abide by the provisions of the following "Code of Conduct." I am also aware that if I do not live up to this agreement, I must accept the consequences for my behavior, which may include dismissal from the activities or athletics program(s). I realize that if school policies are violated the procedure and penalties of those policies will be enforced in addition to those described in the following rules of conduct for participants.*

*At any time, from the first day of summer vacation, to the last day of school or a calendar year (grades 6–12), that I am on contract with the school, I shall not get involved in a fight as either a participant or witness, and I shall not possess, use, consume, sell distribute or be under the influence of any beverage containing alcohol, controlled substance, imitation controlled substance, steroids, drug paraphernalia, or any substance defined by law as an illegal drug. **It is not a violation of the policy for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by their doctor. However, it is a violation to use any drug for a purpose other than its prescribed use.** In an effort to develop consistency and uniformity within this program, the following substance abuse policy will be enforced. A student will be in violation of this policy if the violation is substantiated verbally and/or in writing by:*

- 1. A law enforcement official*
- 2. A medical official*
- 3. A faculty member*
- 4. A school administrator*
- 5. The parent of that student/athlete*
- 6. The confession of that student/athlete with parent/guardian present*
- 7. A coach/sponsor*

Note: Hearsay and/or anonymous sources will not be used to substantiate violations of this policy.

Student Name (please print): _____

Student's Signature _____

Date Signed _____ Grade Level _____

CODE OF ETHICS PARENT PLEDGE

By signing this document, I acknowledge that I have read the Lake County Athletics/Activities Handbook, and I understand the possible consequences if my child violates this policy and agree to the following:

- To support my child's commitment to their team or activity and pull them away only when absolutely necessary
- To remain in the spectator area during competitions
- To not advise the coach on how to do the job
- Refrain from coaching any student during the contest
- Refrain from make insulting comments to the players, parents, officials, or coaches of either team
- Refrain from drinking alcohol at a contest or coming to a contest after having been drinking
- Cheer for my team, not against the other team
- Show interest, enthusiasm, and support for my student and other students as well
- Be in control of my emotions
- Help when I am asked by a coach or administrator
- Be a good role model and thank coaches, officials, administrators, and other workers at school events

I understand that I am expected to abide by these guidelines as a parent/guardian of a participating student and acknowledge that failure to follow the activities/athletics handbook, school policies, and game management expectations can result in my removal or banning from school events and can also result in the removal or banning of my student from participation in athletics/activities.

Parent's Name (please print) _____

Parent's Signature _____

Date Signed: _____

WARNING TO STUDENTS AND PARENTS

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

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

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

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Athletic participation by students is inherently dangerous. The consideration of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairments as a result of athletic competition.

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

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

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

If any of this warning is not completely understood, please contact your school athletic director or principal for further information.

By signing this document, I acknowledge that I have read, understand, and agree to the material contained in the Notice to Athletes and Parents/Guardians.

Student's Name _____ Sport/Activity_____

Signed _____
Parent or Guardian

Date _____

Signed _____
Student

Date _____

Public Media and Social Network Policy for Student Participants

Public Media: Public media refers to technologies used to communicate messages and whose mission is to serve or engage a public. Public media domains include print outlets, traditional broadcasts, and digital. When utilizing any public media outlets, students are expected to conduct themselves responsibly as members of their respective team, the Athletics Department, Lake County School District and the community.

Social Networks: Social network sites such as Facebook, Instagram, Snapchat, and other digital platforms and distribution mechanisms facilitate student communication with other students. Participation in such networks has both positive appeal and potentially negative consequences. It is important for the Lake County student to be aware of these consequences and exercise appropriate caution if they choose to participate.

Students are not restricted from using any on-line social network sites and digital platforms. However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal government, state of Colorado, Lake County Schools, West Central & Western Slope League and Colorado High School Activities Association (CHSAA) rules and regulations.

Facebook and similar directories are hosted outside of the Lake County Schools server. Violations of school policy (e.g. harassing language, drug or alcohol policy violations, copyright infringement, etc.) or evidence of such violations in the content of on-line social networks or digital platforms are subject to investigation and sanction under the *Student Code of Conduct* and other Lake County School policies. They are also subject to the authority of law enforcement agencies.

It is incumbent upon student participants to be aware of all regulations. Ignorance of these regulations does not excuse student participants from adhering to them.

Guidelines for Student Participants

The school guidelines are intended to provide a framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a student participant at Lake County Schools you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft, stalking, etc. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, the information becomes property of the website.
2. Be aware that potential current and future employers often access information you place on on-line social networking sites. You should think about any information you post on Facebook or similar directories potentially providing an image of you to a prospective employer. The information is considered public information. Protect yourself by maintaining an online image that you can be proud of years from now.
3. Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails and phishing perpetrators use many unique methods to fool people into clicking on links, providing information, or otherwise granting access that can disrupt the network.
4. While you do have a right to free speech, you should understand the potential implications of the speech you choose to use. Free speech does not necessarily mean complete freedom from the effects of that speech. Be wise with your words.

Prohibited Conduct: Student athletes and activity participants are highly visible representatives of the school and are expected to uphold the values and responsibilities of the school while meeting all requirements set forth by our athletics leagues (West Central & Western Slope), CHSAA, and the Lake County Athletics and Activities program. The Lake County Department of Athletics prohibits malicious and reckless behavior when utilizing public and social media outlets. It is important that student athletes and activity participants recognize the power of public and social media domains and the potentially negative image that they can portray about students, coaches, sponsors, the athletics/activities program and the institution.

Sanctions: Any inappropriate activity or language in violation of the above prohibitions, including first time offenses, is subject to investigation and possible sanction by Lake County Schools and/or the Athletics Department, as well as civil authorities. Sanctions imposed by the Director of Athletics may include, but are not limited to, the following:

- Written notification from the Director of Athletics/Activities or assignee to the student-athlete outlining the policy and requiring that the unacceptable content be removed or the social network profile deactivated.
- Temporary suspension from the team/program until the prescribed conditions are met.
- Suspension from the team/program for a prescribed period.
- Indefinite suspension from the team/program.
- Dismissal from the team/program.

Agreement

I understand and agree that I am required to know, understand and follow the standards contained in the Lake County School District Athletics Public Media and Social Network Policy for Student-Athletes and Activities Program Participants. In addition, I understand and agree that I am responsible for knowing, understanding, and following the rules, policies, and procedure contained in the complete Lake County Student Handbook.

Signature	Printed Name
Sport/Activity	Date

**ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY
FOR EXTRACURRICULAR ACTIVITIES**

***(BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS,
INCLUDING THE RIGHT TO SUE. PLEASE READ CAREFULLY!)***

ASSUMPTION OF RISK:

As the undersigned parent or legal guardian of the participant identified above ("Child"), I understand and hereby acknowledge that Child's participation in the District's extracurricular activities ("Activities"), involves inherent risks and hazards, including without limitation, dehydration, heat exhaustion, heat stroke, drowning, suffocation, hypothermia, frostbite, sunburn, dehydration, slips, falls, rope burns, pinches, scrapes, twists and jolts that could result in scratches, blisters, burns, muscle soreness, bruises, sprains, dislocations, lacerations, fractures, concussions, paraplegia, quadriplegia, transmission of communicable diseases, including but not limited to COVID-19, or other serious permanent physical impairment and even death, as well as minor or catastrophic property damage and loss. A complete listing of inherent and other risks is not possible. There also are risks that cannot be anticipated.

I hereby give my permission for the Child to participate in the Activities. I freely accept and fully assume all risks, dangers, hazards, and costs of Child's participation in the Activities. I represent that the Child has no medical or physical conditions that could interfere with the Child's safety or the safety of others while engaging in the Activities. I understand and agree that (i) the District does not have any medical/dental/hospitalization insurance covering students for injuries incurred while engaged in the Activities and related activities; (ii) the District and its employees, contractors, agents and volunteers may chaperone and admit the Child to a medical facility or seek emergency medical transportation services for the Child for purposes of receiving emergency medical and surgical treatment in a medical facility by a physician or other licensed health care provider, understanding that reasonable attempts will first be made to contact me at the contact information I supplied to the District, time and conditions permitting, and that I am solely responsible for any costs associated therewith; and (iii) I bear all costs of injury to the Child or damage to the Child's property.

I acknowledge and agree that the Child shall comply with all policies, rules, regulations, and instructions of the District, its employees, contractors, agents and volunteers, including those implemented to reduce the risk of COVID-19 transmission, as related to the Child's participation in the Activities or use of any equipment provided in furtherance thereof, and I acknowledge that the District will suspend or revoke the Child's participation in the Activities if the Child does not comply with said policies, rules, regulations, and instructions.

I understand that the District cannot accept and will not have any responsibility for the Child's or any third party's intentional or negligent acts or omissions, including product liability, occurring during the Child's participation in the Activities.

RELEASE OF LIABILITY, WAIVER OF CLAIMS:

In consideration of the District allowing the Child to participate in the Activities, on behalf of the Child and myself, I hereby expressly agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS whether known or unknown, now existing or arising at any time in the future that I have myself or on the Child's behalf against the District, its elected officials, directors, officers, employees, contractors, agents and volunteers (collectively hereinafter referred to as the "Released Parties"), arising directly or indirectly from the Child's participation in the Activities.
2. TO RELEASE AND HOLD HARMLESS THE RELEASED PARTIES from any and all liabilities, claims, causes of action, losses, damages, injuries or expenses that the Child may suffer as a result of, but not limited to, the Child's participation in the Activities.
3. TO INDEMNIFY RELEASED PARTIES and each of them for any and all expenses incurred, including without limitation, attorneys' fees and costs, as the result of any claim brought against any of the Released Parties by anyone relating in any way to the Child's acts or omissions or as a result of injury or loss sustained by the Child while participating in the Activities.
4. THAT THIS ASSUMPTION OF RISK AND WAIVER OF LIABILITY shall be effective and binding upon my heirs, next of kin, executors, administrators, and assigns, in the event of my death or incapacity.
5. THAT THE TERMS OF THIS ASSUMPTION OF RISK AND WAIVER OF LIABILITY shall apply and have priority over any previous agreement or written agreement, representation, terms or conditions to the contrary, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
6. THAT THIS ASSUMPTION OF RISK AND WAIVER OF LIABILITY shall be governed by, interpreted in accordance with the laws of, and enforced in the federal and state courts of the State of Colorado.

I HAVE FULLY READ AND UNDERSTAND THIS ASSUMPTION OF RISK, RELEASE, AND WAIVER OF LIABILITY FOR THE ACTIVITIES AND AGREE TO BE BOUND BY IT. I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THE ABOVE, TO CONSULT WITH AN ATTORNEY TO THE EXTENT I HAVE DEEMED IT NECESSARY, BEEN GIVEN THE OPPORTUNITY TO ASK QUESTIONS, UNDERSTAND THIS ENTIRE DOCUMENT, CONSIDER ITS EFFECTS, AND AGREE TO BE BOUND BY ITS TERMS. I ACKNOWLEDGE THAT PARTICIPATION BY THE CHILD IN THE ACTIVITY IS VOLUNTARY. I AM AWARE THAT BY SIGNING THIS RELEASE I AM WAIVING CERTAIN LEGAL RIGHTS THAT I MAY HAVE ON BEHALF OF THE CHILD AND/OR MYSELF TO BRING LEGAL ACTION AGAINST THE DISTRICT. I SIGN THIS ASSUMPTION OF RISK, RELEASE, AND WAIVER OF LIABILITY KNOWINGLY, VOLUNTARILY AND OF MY OWN FREE WILL.

Parent(s)/Guardian(s)/Legal Custodian(s)

Signature: _____

Date: _____

PARTICIPANT ACKNOWLEDGMENT

I acknowledge and agree that I will comply with all policies, rules, regulations, and instructions of the District, its employees, contractors, agents and volunteers, as related to my participation in the Activities or use of any equipment provided in furtherance thereof.

Student Signature

Date: _____