MOUNTAIN VALLEY
&
MOFFAT CSD #2
ATHLETIC HANDBOOK





Updated/Revised– 8/2025

Contact Information – 2025 – 2026

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School Colors – Cardinal/Black
Mascot – "Wolves"

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Superintendent
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INTRODUCTION

This handbook is designed to highlight policies and procedures of Mountain Valley & Moffat CSD #2 School Districts, providing a framework in which the Athletic Programs can operate smoothly and efficiently. The athletic program is an integral part of the curriculum and is open to all eligible students who are both physically able and willing to participate and compete.
Mountain Valley & Moffat CSD #2 Athletic Programs offer student-athletes the opportunity to enrich their development and desire to achieve excellence through a commitment to themselves and their team.

The Handbook is divided into 4 sections:

1. General Information (eligibility, participation requirements, disciplinary procedures)
2. Information for Parents
3. Information for Student-Athletes
4. Signature Form requirements

This handbook is intended to be an informational resource for student-athletes, coaches, and parents/guardians. It is important that the reader understand ***this handbook is intended as a guide and is not all inclusive.*** *CHSAA (Colorado High School Activities Association) regulates athletic/activities and School District policies may supersede the guidelines contained in this handbook.*
All forms requiring a signature are found in the last section of the Handbook.

Statement of Philosophy

Participation in interscholastic athletic programs provides students with opportunities and experiences to learn skills for adult life. Research reveals that participation in athletics teaches young adults critical lessons in citizenship, respect, responsibility, fair play, communication, teamwork, decision-making, problem solving, self-worth, and individual potential. A student who elects to participate in an athletic program is making a commitment to personal, team, and program goals.

Mountain Valley & Moffat CSD #2 student athletic programs are considered a supplement to the schools' programs of education, which strive to provide experiences that will help to develop students physically, mentally, socially, and emotionally. Our programs are based on a belief that an interscholastic athletic program provides opportunities for student athletes to develop their talent in a well-organized system under the guidance of competent coaching leadership. We intend for the athletic programs to allow our student athletes the opportunity to develop skills that will be useful for all future endeavors.

The high interest of spectators in the outcome of athletics contests provides an opportunity for student athletes to demonstrate the educational philosophy of the school. The following goals are set forth to ensure the positive outcome of the athletic program:

- To recognize and support the role of athletics in developing good citizenship.
- To give public witness to our schools' beliefs in the development of the whole person (spirit, mind, and body) by competing with full positive effort, self-control, and exemplary conduct.
- To supplement academic programs by providing for the development of physical skills and personal character.
- To provide opportunities for students to learn the value of hard work, discipline, self-sacrifice, and teamwork.
- To conduct athletic programs in accordance with the letter and spirit of the rules and regulations of our school, the Southern Peaks League, and the CHSAA.

To achieve these goals, the student-athletes, coaches, and administration will work together to abide by the regulations of the sports program. Adherence to high ethical standards will maintain the best possible climate for personal growth, spirit competition, and loyal community support.

GENERAL INFORMATION

1. **Eligibility**
2. **Participation Requirements**
    a. Eligibility requirements
    b. Insurance
    c. Required Forms
    d. Additional Forms
3. **Travel Policies**
    a. Practice Transportation
    b. Competition Transportation
    c. Hazardous Weather Procedures
    d. Rules for Road Trips
4. **Additional Information**
    a. Season Competition and Training Schedules
    b. Playing Time
    c. Locker room
    d. Athletic Injuries
5. **General Rules of Conduct**
    a. Disciplinary Procedures

1. ELIGIBILITY

a. Rules and guidelines for high school interscholastic athletics at Mountain Valley & Moffat CSD #2 are governed by the Colorado High School Activities Association (CHSAA). The athletes, coaches, and school administration are responsible for abiding by these regulations.
b. Middle School athletes will abide by all eligibility rules, including academic performance and attendance standards.
c. Academic Performance - Weekly and Semester grades are the determining factor for eligibility. Since the high school winter athletic season will be interrupted by semester grade reports, weekly grade reports are imperative for participation throughout the season. If, at the end of a semester, a student has two failing grades, two incompletes, or a combination of both the student is ineligible for participation until CHSAA guidelines for regaining eligibility are met. The following table outlines weekly grades that result in a student being ineligible for participation. Eligibility Checks are on Monday of each week @ 10am and any work turned in after the Eligibility Check will count toward regaining eligibility the following week.

Mountain Valley & Moffat CSD #2

Weekly Grades	Period of Ineligibility (no competition)
Any F's	from notification until the next eligibility check
3 D's	from notification until the next eligibility check
D, in same class, consecutively	from notification until the grade is raised and eligibility is met

Crestone Charter School

Weekly Grades	Period of Ineligibility (NO practice/competition)
1 Emerging and 1 Developing	from notification until the next eligibility check
2 Emerging	from notification until the next eligibility check
3 Developing	from notification until the next eligibility check
1 Emerging, in same class consecutively	from notification until the next eligibility check
Overall: maintain 80% completion and 80% proficiency on assignments	from notification until the next eligibility check

d. **STUDENT-ATHLETES MUST ATTEND CLA**SS. If an athlete misses more than half of any school day, unless prearranged with the coach and the office he/she will not be allowed to practice or compete that day. Anyone missing school the day before, or the day of an event, will not be allowed to participate unless prearranged. If an athlete misses more than half of their classes the day prior to competition but are in school the full day of the competition, they are expected at the competition in support of their team but **may** see reduced or no playing time.

e. Athletes must attend and participate in class until excused for events. Although absence from class while representing Mountain Valley & Moffat CSD #2 in competition is excused, it is the athlete's responsibility to get assignments before leaving and complete them before returning to class.

f. Student athletes must be eligible to participate in athletics based on compliance with CHSAA bylaws (if applicable), academic performance, school attendance and other participation requirements at the school in which they are enrolled in order to participate in the program. A student who is ineligible to participate in the athletic program in the school they attend shall be also ineligible to participate in sports offered by any other school participating in the program until their eligibility is established or restored.

2. ATHLETIC PARTICIPATION REQUIREMENTS

REQUIRED FORMS: The following forms MUST be on file with the athletic director prior to participation in any practice, camp, or competitions. A copy of each of these forms is included as an attachment to this handbook. There may be other CHSAA forms necessary, but not included in the packet.

A. Student Athlete Code of Conduct and Athletic Handbook Acknowledgement &

- A statement acknowledging that the student has read and understand the policies and guidelines detailed in the Athletic Handbook must be on file with the Athletic Director prior to participation. This statement includes a pledge to abide by the Student Athlete Code of Conduct.

Parent/Guardian Consent and Athletic Handbook Acknowledgement

- A statement by parents or legal guardian certifying that they have read and understand the guidelines and policies in the athletic handbook must be on file with the Athletic Director prior to participation. This statement gives the student permission to participate in the school athletic programs, acknowledging that assumed risk associated with athletic participation.

B. Physical Examination & Athletic Risk Notification

- A statement that the student has had a physical examination conducted by a practicing physician with the results recorded on the form provided by the school district must be on file with the Athletic Director prior to participation. One examination per year is required. The examination must be conducted at the students' expense. This must be done prior to participation in training or competition. No exceptions or waivers may be granted.

C. Emergency Medical Consent Form

- This form will allow the coaches to ensure that your child is treated quickly in the case of emergency injury or illness when you are not present. Failure to complete this form may delay treatment.

D. HRRMC Consent to Treat Form

- Mountain Valley & Moffat CSD #2 parents of athlete's, under the training/medical services of the Heart of the Rockies Regional Medical Center, will sign, in order to treat your child.

E. Mountain Valley Drug Testing Consent Form

- A statement that the student and parent/legal guardian gives consent to the regulations governing drug testing policies implemented at Mountain Valley School.

ADDITIONAL FORM:

A. Transportation Waiver Form:

Mountain Valley & Moffat CSD #2 Transportation Policies require students to use school transportation for athletic and other school sponsored events. We recognize that there may be times when exceptions to this policy are appropriate. The transportation waiver form must be completed **(Driver's License & Proof of**

Insurance) prior to a student driving their own vehicle or leaving an event other than on the bus. **No other students are permitted to be passengers.**

3. TRAVEL POLICIES

PRACTICE: The schools will provide transportation for all athletes to and from practice for sports not hosted at their school. Practice times and locations are outlined below.

Transportation details will be determined prior to each season and depends on the number and location of the athlete participation. For exact start dates for High School Sports please refer to the CHSAA Calendar that is posted online.

Middle School (MS) and High School (HS) Sports Information

Sport	Practice Location	Practice Times	Approx. Season Dates
MS-Football	MVS	3:30p – 5:00p	August – Late October
HS-Football	MVS	4:30p – 6:30p	August – Later October
MS-Volleyball	MVS	3:30p – 5:00p	August – Late October
HS-Volleyball	MVS	4:30p – 6:30p	August – Late October
MS-CrossCountry	Moffat	3:30p – 5:00p	August – Late October
HS-CrossCountry	Moffat	4:30p – 6:30p	August – Later October
Cheer	MVS	4:30p – 6:30p	
MS-B-Basketball	Moffat	3:30p – 5:00p	November– December
MS-G-Basketball	Moffat	3:30p – 5:00p	Late Dec - Early Feb
HS-Basketball	Moffat	4:30p – 6:30p	Mid Nov - Early March
MS-Wrestling	MVS	3:30p – 5:00p	Mid – Feb. – Mid-March
HS-Wrestling	MVS	4:30p – 6:30p	Late Nov. – Mid-Feb.
MS-Track & Field	Moffat	3:30p – 5:00p	Early April – Mid-May
HS-Track & Field	Moffat	4:30p – 6:30p	Late Feb. – Mid-May

The host school is responsible for their students before the Team practice time starts. The last 5 minutes of practice will be used to get dressed and load the bus to return to the visiting school. Athletes' participation in sports not hosted at their school will not be back from practice in time to ride their bus home and will need alternative transportation.

COMPETITION: The schools will provide transportation for all athletes to and from competition at other schools. Game schedules will be provided to all athletes and parents as soon as they are confirmed.

HAZARDOUS WEATHER: If a threat of weather is determined to be severe, all practices and activities will be cancelled, and the school will be closed as soon as possible. If school is closed, all activities (including athletic practices and competition) are cancelled. If hazardous road conditions are suspected en route to a competition the superintendent, transportation director, principal, and athletic director will determine whether to continue with scheduled competition.

RULES FOR ROAD TRIPS:

- A student-athlete must be declared eligible in order to travel with the team.
- Trips requiring an overnight stay will be chaperoned by coaches and other school staff.
- Student-athletes should arrive ten minutes before the announced departure time with all gear packed.
- Student-athletes are responsible for removing all trash from the bus prior to the end of the trip,
    - Failure to comply will result in the team members cleaning the bus immediately after the incident is reported.
    - Repeat offenses by a team will result in further disciplinary action.
- Dress: Student-athletes will be required to portray a positive image for the team and the school in their dress when representing our schools, as a student-athlete.
- Behavior: A player's conduct on the road should be cooperative and positive, with a focus on competition. A road trip is fun and exciting but should be taken seriously.
- If a player is reprimanded for his/her behavior by an opposing team's representative (principal, AD or other appointed representative), the matter shall be handled by school administration. Disciplinary action will be likely.
- Meals: Meal money will be handled by the school administration and coaching staff. Supplemental meal money will be provided for trips when the competition site is over two hours away or if the event is over 5 hours long (i.e, track, cross country, wrestling, etc.) Players are allowed and encouraged to bring extra food. The coaching staff from each sport reserve the right to limit the type of food brought.
- If items are lost or forgotten at the game site, it is the player's responsibility to tell the coaching staff what is missing within 48 hours of the trip (including a description of the item and possible places it could have been left). The coaching staff will then make a phone contact with the site and arrange for its return if possible. Students are ultimately responsible for all their possessions.
- The bus for away trips will leave on schedule. The entire team will travel by bus to and from a game. A player not returning must be signed out by a parent or guardian following the contest and a transportation waiver filled out. If a player must leave with someone other than their parent or guardian, a transportation waiver (provided at least two days ahead of time with the proper signatures) form is to be turned in to the coach and athletic director granting permission for the child to leave with this person following a contest. No exceptions will be made.

Additional Information

SEASON OF COMPETITION AND TRAINING

Athletes are expected to report for sports at the beginning of each sport's season. The Athletic Director will coordinate the opening and closing dates for all sports with the head coach, league, and CHSAA. Those who decide to join a team after the season has commenced will be allowed to participate but may jeopardize their chances for competition. Athletes are not allowed to change to another winter sport after Christmas Break.

It is expected that all participants will attend all practices and competitions. It is also the player's responsibility to be on time for all practices and competitions. Acceptable absences are those excused by the school administration and team coaches. In all cases, the coach should be consulted or notified. Exceptions to this rule, such as tutoring, should be per-arranged with the coach, two unexcused absences from practice or one unexcused absence from a contest may result in disciplinary action.

Activity Conflicts

When a sport or school activity conflicts occur, the following policy will apply:

1. The performance, whether it is the athletic game or meet, or concert for music, takes priority over the practice or an extra rehearsal. In the event a practice, extra rehearsal, or even dress rehearsal is scheduled at the same time as an athletic practice (even a final practice), the performance takes priority.
2. In the event practices occur at the same time in both music and sports, the practice time is to be divided equally between the two activities.

PLAYING TIME

Middle School

The primary goal of middle school athletics is to encourage students to fall in love with the sports and foster an activity and healthy lifestyle. Athletes should play in every competition that they are eligible for unless the game situation is unsafe for them at their current level.

High School

Junior Varsity and C Team. When participation numbers are high, a team may have JV or C teams. These teams are designed to provide instruction to the next generation of Varsity athletes. Athletes on these teams who show effort during training and meet eligibility requirements can expect fair playing time. Unfortunately, due to the size of the other schools in our league, these teams may not have as many competitions as the varsity team. The athletic director and coaches will make every effort to schedule matches for those teams.

Varsity. Varsity sports are a venue for showcasing the highest performing athletes in our community. Athletes participating on the varsity teams must understand that

they are competing for selection on the team roster for competition. **All athletes deserve and will receive instruction and feedback from coaches during training but are not guaranteed playing time during competition.** Selection for competition is dependent on performance, effort, and standards by the coaches. All athletes are encouraged to understand selection criteria defined by the coaches and maintain an open dialogue with their coaches about their performance, goals, and training efforts. If an athlete feels they are not being heard or are unfairly treated by their coach, the athlete should make an appointment to discuss the situation with the coach and Athletic Director. **Parents should not approach coaches about playing time unless the athlete has first talked to the coaches about their performance and training and escalated to the Athletic Director if necessary.**

Equipment

Students Responsibility for Athletic/Activities/Equipment and Uniforms

- Uniform Check-In – All uniforms and equipment (practice and game) must be cleaned and returned at the end of the season. A schedule time for uniform return will be announced at the close of the season. The student must turn in their washed uniform on the day (or earlier if arrangements are made with the coach) or parents will be called to bring the uniform in on that day. **When equipment has not been checked in and accounted for; the student will be considered ineligible for participation in other activities until the problem has been resolved with the Athletic Director.**
- Lost or Damaged Items: Financial obligation must be cleared with the Athletic Director for lost and intentional/carelessly damaged items. This obligation must be met before a student can participate in the next sport. School districts owned athletic equipment is not to be issued to individuals or groups outside the dates of the normal school year or formal practice season of each sport during the year (exception for All State/All State games).
- Athletic Equipment Maintenance/Care: The purchase of new athletic equipment and the cost of reconditioning equipment for athletics are covered by the athletic department budget submitted each year for approval by the Board of Education. A sign out sheet, maintained by the Athletic Director and athletic coaches, should indicate what has been issued to various team members. School equipment can be worn or used only when participating with the team. The participants are responsible for the care, safekeeping and ultimately return of the equipment at the conclusion of the respective season. At the end of the season, articles to be reconditioned are to be reexamined, sent to reconditioners, and properly inventoried upon return. All equipment will be stored in the equipment rooms provided for such purpose.

LOCKER ROOM

It is important that athletes secure all belongings in a locker. Use a Lock! Any missing items should be reported to the coach and the principal as soon as possible. Athletes should not leave unsecure items anywhere in the locker room, gym, or practice areas. Remember the locker room should always be clean and respectable. Items left out on benches and on top of lockers are subject to being thrown away or put in the lost and found.

When hosting events in our facilities, other teams may use our locker rooms. If another team is assigned to a locker room, Mountain Valley & Moffat athletes must respect their privacy and will not enter the locker room until the team has departed.

Athletic Injury

All participants in the athletic program should be covered by insurance prior to participation. Mountain Valley & Moffat CSD #2 assume no responsibility, financial or otherwise, for injuries resulting from athletic participation. Coaches and school administration will act reasonably to ensure that injuries receive appropriate medical attention.

All injuries shall be reported to the coach. The coach and athletic trainer will assess the injury to see if further medical care is needed, this will be discussed with the parent (s). If an injury requires medical care, a doctor's release must be turned into the athletic director before the student will be allowed to resume participation in current/future sports.

Concussions are of serious concern during athletics. Mountain Valley & Moffat CSD #2. Athletics implements a computerized concussion assessment protocol. All athletes will have a baseline assessment prior to any athletic participation.

Following a suspected concussion injury, the athlete will be removed from activity and additional testing will be done as part of the concussion rehabilitation plan. Please review the following information regarding the Sports Concussion Program and the Fact Sheet from the Center for Disease Control regarding concussion management carefully. If you have any questions or concerns, talk to the athletic director, your coach, or your family doctor.

Sports Concussion Program

Frequently Asked Questions

WHY IS CONCUSSION ASSESSMENT IMPORTANT?

Concussions are serious injuries that can result in a range of both physical and cognitive symptoms. Review the information in the CDC Concussion Fact Sheet for more information.

WHAT IS Concussion Vital Signs?

Concussion Vital Signs is a computer-based test designed to assess how the brain is processing information. The test assesses memory, concentration, reaction time, and processing speed. The test will not protect against concussions injuries but will provide

your healthcare provider with useful information in case of injury that will assist in treatment and rehabilitation. The test will be administered to grades 7,9,11.

WHY DO I NEED A BASELINE TEST?

The baseline test is used for comparison of how the individual performs cognitively when they are injured to how they perform following a suspected concussion injury. Having a baseline score improves the efficiency of the recovery process following injury by assisting healthcare providers in managing the return to play protocol.

WHEN CAN I TAKE THE BASELINE TEST?

The baseline test must be completed once a year (like your sports physical). Opportunities for testing will be offered by the school prior to each athletic season. Specific dates and times will be announced for each testing session.

SHOULD I TAKE THE BASELINE TEST IF I AM ALREADY INJURED?

Baseline testing should be performed only when the athlete is healthy. If you have sustained a head injury or are sick or ill (e. g. flu) or taking medication that may affect your cognitive functioning (e. g. cold or allergy medication), please advise the Athletic Director or reschedule your testing.

CAN I GET A COPY OF THE RESULTS?

Of course! Contact Marie Pollard, Athletic Director – @ athletics@valley.k12.co.us or mpollard@moffatschools.org to get your results. The test must be analyzed by a healthcare provider

DO I STILL NEED TO SEE A HEALTHCARE PROVIDER AFTER A CONCUSSION?

Yes. State Law (SB 40) requires all athletes with concussion injuries to obtain written authorization from a qualified healthcare provider before returning to sports participation. Having results from computerized concussion testing will help the healthcare provider determine the appropriate rehabilitation plan for your athlete.

RULES OF CONDUCT FOR ATHLETES

Athletes are representatives of their team, the school, the school district, the community, the league, and their families. As leaders in our school, athletes are expected to conduct themselves as role models for other students, and in accordance with applicable team rules, school policies and the code of conduct, in a manner consistent with the spirit of the athletic program. This conduct should continue throughout the year and not only during the sports season.

Team Training Rules

- Basic Training rules are necessary for the health and safety of athletes. The Head Coach shall establish basic training rules approved by the athletic director and principal, which are necessary to the sport (i. e., diet, sleep, language, body conditioning, grooming, etc.) It shall be the responsibility of each coach to make sure his/her team is aware of training rules at the beginning of the season with a copy of the training rules given to each athlete and the Athletic Director.
- The Head Coach, Athletic Director, and Principal shall have the prerogative to discipline athletes who violate training rules. Violations of training rules for

athletes will be subject to a penalty ranging up to seven days suspension and/ or a recommendation for the athlete to be expelled from the athletic program. Parents will be notified.

School, League, and CHSAA Rules

A. School district policy, procedures, and building codes of conduct specify the standards of behavior that every student is expected to follow. Athletes are expected to maintain the same standard of behavior.
B. CHSAA rules governing the behavior of athletes and coaches are to be adhered to (refer to CHSAA Handbook).
C. The list is not exclusive and will include all other rules.
    1. An athlete will not use tobacco in any form, marijuana, other illegal drugs, or alcohol beverages during an athletic season in which they are participating on an athletic team.
    2. If an athlete becomes involved with the law and is cited in a court for disciplinary action, the athlete may be subject to suspension from athletics.
    3. The athlete shall always display good sportsmanship. Horseplay, bad language, failure to follow the instructions of the coach and/ or official may lead to suspension.
    4. The athlete should always display good sportsmanship. Disciplinary action taken by the principal's office may be supplemental by additional action by the coach. Students suspended from the regular school day are also suspended from attending all practices and contests during the term of the suspension.
    5. Every athlete will be expected to present a neat, clean, and well-groomed appearance. Appropriate dress for athletic activity may be determined by the coach.
    6. No public display of affection is allowed at games or on trips.
    7. Students must comply with all school disciplinary and attendance policies to remain in good standing as an eligible team member.

DISCIPLINARY PROCEDURE

Violations of school district, league, or CHSAA rules during participation in a sport shall be determined and addressed by the school district administration staff of the school in which the student athlete participated in athletics as set forth below. Violations occurring at times when school is not in session or at other times when the student athlete is not participating in an athletic program, shall be determined and addressed by the school district administration staff of the school in which the student athlete is enrolled.

Level 1 offenses will be determined by the coaching staff.

Examples of Level 1 Infractions:	Disciplinary Action (some or all of the following actions may be applied):
-Profanity during athletics or in school	-Warning (verbal or written)
-Unexcused absences from practices/games	-Parent Meeting possible (1st offense)
-Harassment of teammates	

-Fighting among the team	-Parent Meeting required (2nd offense) 7 calendar day suspension from team

Level 2 Offenses will be determined by the AD, Coach, & consultations w/Principal.

Examples of Level 2 Infractions:	Disciplinary Action (some or all may be Warranted):
-Flagrant or repeated Level 1	-Parent Meeting required
-Infractions Classroom disruptions	-7 calendar day suspension from team (1st offense)
-Fighting on school grounds	-Termination from the team for 40 calendar days (2nd offense.)
-Verbal attacks or disrespectful	
-Misconduct on a road trip	
-Tobacco product i.e., smoke, chew, vape	

Smoking, Chewing, Vaping

The first tobacco violation will result in an automatic suspension from athletics for 7 calendar days. A second violation will result in termination from athletics for the remainder of the calendar year.

Level 3 Offenses will be determined by the principal in consultation w/Athletic Director.

Examples of Level 3 Infractions:	Disciplinary Action (some or all may be Warranted):
-Flagrant or repeated level infractions	-Parent meeting required
-Possession or use of Controlled Substance	-Termination from team for a minimum of 40 calendar days. (Example of controlled substances, but not limited to narcotics, hallucinogenic, or mind-altering drugs, amphetamines, Barbiturates, stimulants, depressants, Marijuana, anabolic steroids, synthetic drugs, prescription/non-prescription Not taken in accordance with policy or Regulations.) Possible denial of participation in any athletic program for the remainder of the year.
-Alcohol use	
-Assault on a classmate or staff member	
-Continued disruption in the classroom.	
-Breaking of any misdemeanor law	
-Reprimand by opposition's administration	

Suspension from athletics means the student may not practice, compete, suit up, travel or sit with the team on the bench.

Termination from the team for Level 2 and Level 3 infractions will be for a minimum of 40 calendar days. Return to athletics is not automatic at the end of the time period. Circumstances may warrant the coach, Athletic Director (S) and the principal to deny further participation for the season for the remainder of the year. Students who are terminated from the team will have 24 hours to appeal the decision for Level 2 and Level

3 offenses. The appeal Board shall consist of the Head Coach, Athletic Director, Principal, Superintendent, and involved teacher (if applicable). Parents may attend the meeting.

Any alcohol or drug violation will result in team suspension until counseling is completed by both the student and parent. (Students must agree to participate in alcohol classes and attend all classes with the parent). Failure to comply will result in termination from athletics.

INFORMATION FOR PARENTS

Transportation Policy

Mountain Valley & Moffat CSD #2 Transportation requires students to use school provided transportation for athletics and other school sponsored events. We recognize that there may be times when exceptions to this policy are appropriate. Attached, you will find a transportation waiver form that **must be completed prior** to students driving their own vehicle or leaving an event other than on the school bus. **(Please note: No other passengers will be permitted to ride with that student)**

A copy of this form will be kept on file by school administration and coaching staff. Coaches will do the first review of the waivers. Any request that appears unnecessary will be denied. Following coach approval, the form will be reviewed by school administration for final approval.

Here are some examples of typical approvals and disapprovals.

1. Approval – You are a Moffat student that resides in Saguache. You will ride the bus to practice but will remain in Saguache after practice.
2. Approval – One-time events – family function (wedding, funeral, etc.)
3. Disapproval – You want to go to a friend's house after practice to hang out.
4. Disapproval – You don't like riding the bus.

We strongly discourage parents from taking their child home after a sporting event. In the event this becomes necessary, you must meet with the coach after the practice or game to sign the student out prior to departure.

We will only allow an athlete to be released to a nonparent adult if there is a signed form turned into the office in advance, indicating that the parent cannot provide the transportation and who is allowed to pick them up. The nonparent adult must meet with the coach after the practice or game to sign the students out prior to departure. The safety of your child is our priority!

Parent/Coach Communication Guidelines.

Although both parents and coaches have a positive expectation for the student-athlete, there may be origination from different viewpoints. To best support our student's athletic participation, we must foster an open communication process. This process begins with clear communication about expectations from both parties.

Communication from the coach

At the beginning of the season, the coach should provide athletes and parents with a clear description of:

- The coach's philosophy and teaching methods.
- Expectations and objectives of the program.
- Team rules, regulations, and procedures.
- Guidelines for selection during competition.
- Procedures the coach will follow should your child gets an injury during participation.

Communication to the coach

- Express your concerns directly to the coach.
- Notification of any schedule conflicts well in advance of a practice or event.
- Specific concerns regarding the coach's philosophy and expectation.

Playing Time

A lack of playing time is often very difficult for both you and your child to accept. At the varsity level, selection for competition is tied to performance and effort in training by the athlete, in addition to team needs and goals. At JV/C team or middle school level, selection during competition may be related to safety issues. Our coaches are professionals who attempt to make sound decisions regarding competition. If you or your child has concerns about the amount of playing time, she/he is receiving. First, encourage the athlete to discuss his/her performance and training efforts with the coach. The athlete should ask for specific, measurable areas for improvement – not just demand playing time.

Conflict resolution is one of the many skills developed through participation in athletics. Parents who preempt their child's effort to resolve these issues on their own are denying them useful life lessons. Encourage your child to openly communicate with the coach – you should only get involved when the situation is not progressing.

Appropriate concerns for parents to discuss with coaches

- The mistreatment of your child, either mentally or physically.
- How to help your child improve.
- Concerns about your child's behavior.

Parents should refrain from discussing team strategy and other athletes with the coaches.

PROBLEM RESOLUTION

Athletes should make efforts to resolve problems with their coaches on their own, prior to parents becoming involved. If an athlete is unable to resolve an issue, the following procedure for addressing problems should be followed:

If you have a concern with a coach

- Call to set up an appointment.
- Try to reach the coach at the school number and not at home if possible.
- If the coach cannot be reached, call the Athletic Director: Marie Pollard – 719 - 298 - 1707 or 719 - 217 - 5725 and she will make the appointment for you.
- Please do not attempt to confront a coach immediately before, during, or after a competition or practice. These can be emotional times for both the parents and the coach. Meetings like this do not promote resolution.

What can a parent do if the meeting with a coach did not provide satisfactory resolution?

- Call to set up an appointment with the athletic director.
- The appropriate next step can be determined at that time.

DEALING WITH ATHLETIC INJURY AND RECOVERY

Participation in sports comes with the risk of injury to your child. Periods of rehabilitation following athletic injury can be stressful for you and your child. Below are some suggestions on dealing with injury and recovery.

DO	DON'T
-See a clinician with knowledge of Adolescent development and injury management. -Provide emotional support to prevent depression and negative emotional consequences. -Research and discuss all treatment and rehabilitation protocol with clinicians -Remember that returning your child to an active lifestyle is important.	-Isolate the athlete from teammate - "Wait and see" -Be pressured into treatment that you are uncomfortable with

INFORMATION FOR STUDENTS

1. REGULATIONS FOR LETTERS

- In order to letter, a player must be eligible under the rules of the CHSAA and the Southern Peaks League, in addition to scholastic citizenship, and training rules as set forth by Mountain Valley Schools.
- A varsity letter may be awarded to students who have been a regular member of a squad (in lieu of game participation) for attendance, sportsmanship and other contributions to the team.
- A letter may also be awarded to an athlete at the recommendation of the Head Coach, with the approval of the Athletic Director in manifest hardship cases.
- A player must successfully complete the entire season including League Play-offs, District Play-offs, and State Championship Tournaments.
- Specifics requirements for lettering or receiving a bar in each varsity sport or activity are:
  Volleyball: ½ all games (not matches)
  Football: ½ varsity quarters
  Wrestling: ¾ all varsity quarters
  Basketball: ½ all games
  Track & Field: ¾ all meets
  Manager: Manage a varsity team for an entire season
  MUST PARTICIPATE IN 80% of all mandatory practices throughout the season.

2. ATHLETIC AWARDS

- Special Awards will be awarded according to established policy for each award and the school. Athletes must also meet the requirements set by CHSAA.
  Captain : This will be held up to the Head Coach of the sport.

3. STUDENT CODE OF CONDUCT

As a student-athlete, you represent your team, your school, your family and community.

Drug Testing for Students Involved in Extracurricular
Mountain Valley School District FILE: JJJA

This policy is an extension of the Drug and Alcohol involvement by Students policy (JICH). The purpose of this policy is to protect the health and safety of Mountain Valley School District extracurricular activities students from illegal and/or performance-enhancing drugs and abuse. Although the Board of Education, administration, and staff desire that every student in the school district refrain from using or possessing illegal drugs, district officials realize that their power to restrict the possession or use of illegal drugs is limited. Therefore, this policy governs only performance enhancing and illegal drug use by students participating in competitive, interscholastic extracurricular activities. Sanctions imposed for student violations of this policy will be solely limited to the opportunity and privilege of participation in extracurricular activities. No suspensions from school or academic sanctions will be imposed for violations of this policy.

It is the belief at Mountain Valley School District RE-1 that a student's ability to participate in any district-sponsored extracurricular activity is a privilege, not a right. Students who volunteer to participate in extracurricular activities serve as role models to other students, represent the school district through their behavior and actions and are expected to assume the responsibility granted to them by this privilege. Accordingly, students in extracurricular activities carry a responsibility to themselves, their fellow students, their parents and their school to set the highest possible example of conduct, sportsmanship, safety, and training, which includes avoiding the use or possession of illegal drugs.

Recent data reflect a documented substance use problem within the school district. At the high school level (grades 9-12), 68% of Mountain Valley students have used marijuana compared to the Colorado state average of 35.2%. The data also shows that 70.9% of Mountain Valley high school students have used alcohol compared to the Colorado state average of 59%. Mountain Valley high school students that have smoked a cigarette is at 29.7% compared to the Colorado state average of 15.9%. When it comes to vaping, 42.5% of Mountain Valley high school students have used an electronic vape product in at least 30 days compared to the Colorado state average of 27%.
At the middle school level (grades 6-8), 29.1% of Mountain Valley students have used marijuana compared to the Colorado state average 8.6% The data also shows that 10.9% of Mountain Valley middle school students have used alcohol compared to the Colorado state average of 18.2%. Mountain Valley middle school students that have tried cigarettes is 44% compared to the Colorado state average of 8.4%. When it comes to vaping, 26.4% of Mountain Valley middle school students have used an e-cigarette compared to the Colorado state average of 14.6%.

Illegal and performance-enhancing drug use of any kind is incompatible with the physical, mental, and emotional demands placed upon participants in extracurricular activities and upon the positive image these students project to other students and to the community on behalf of the Mountain Valley school District. For the safety, health and the well-being of the students in extracurricular activities, the Mountain Valley School District has adopted this policy for use by all participants in interscholastic extracurricular activities in grade 6-12.

I. Definitions

"Activity students" means a member of any middle school or high school Mountain Valley School District sponsored extracurricular organization which participates in **interscholastic competition**. This includes any student that represents the district in any extracurricular activity in interscholastic competition, such as FBLA, FFA, FHA, band, Vocal, Knowledge Bowl, Envirothon, Science Fair, Athletics.

"Drug use test" means a scientifically substantiated method to test for the presence of illegal or performance-enhancing drugs or the metabolites thereof in a person's urine.

"Random Selection basis" means a mechanism for selecting activity students for drugs testing that:

a. Results in an equal probability that any activity student from a group of activities students subjected to the selection mechanism will be selected, and
b. Does not give the school district discretion to waive the selection of any activity student selected under the mechanism

"Illegal drugs" means any substance which an individual may not sell, possess, use, distribute or purchase under either Federal or Colorado law. "Illegal drugs" include, but are not limited to, all scheduled drugs as defined by the Colorado Uniform Controlled Dangerous Substance Act of 2013, including marijuana (THC), cocaine, opiates, phencyclidine (PCP) and amphetamines (including methamphetamines), performance enhancing drugs and any other controlled substance as defined in law, or other chemical substance not taken in accordance with the Board Policy. "Illegal drugs" shall also include alcohol.

"Performance enhancing drugs" include anabolic steroids and any other natural synthetic substance used to increase muscle mass, strength, endurance, speed or other athletic ability. The term "performance enhancing drugs" does not include dietary or nutritional supplements such as vitamins, minerals, and proteins which can be lawfully purchased in over-the-counter transactions.

"Reasonable suspicion" means a suspicion of illegal or performance-enhancing drug use based on specific observations made by coach/administrator/sponsors of the appearance, speech or behavior of an activity student; and/or information of illegal or performance-enhancing drug use by an activity student supplied to school officials by other students, staff members or patrons. The protocol for the district's drug testing program and the sanctions for the student violations of the district's drug testing program shall be in accordance with this policy's accompanying regulation (JJJA-R)

As this is a non-curricular occurrence, no recording of participation or of any test results, either positive or negative, will appear on the student's permanent transcript or any other permanent record.

Nothing in this policy or accompanying regulation shall be deemed to limit the Board's and its designee's authority to suspend and/or expel a student in accordance with applicable board Policy.

Adopted: April 2019

File: JJJA

LEGAL REFS: 20 U.S.C. 7101 et seq. (Safe & Drug-Free Schools and Communities Act of 1994

21 U.S.C. 812 (definition of "controlled substance")
CROSS REFS: Teaching about Drugs, Alcohol and Tobacco
JICH, Drugs, Alcohol involvement by Students
JK*-2, Discipline of Students with Disabilities
JKD/JKE, Suspension/Expulsion of Students

File: JJA-R

Drug Testing for Students involved in Extracurricular Activities
Mountain Valley School District

In accordance with the accompanying policy (JJA), the following procedures are established to implement the district's drug testing policy for those students who volunteer to participate in extracurricular activities.

Procedure for Drug Testing Participants
Informed Consent for Testing

Each activity student shall be provided with a copy of the "Student Drug Testing Consent Form" (JJA-E-10 which shall be read, signed and dated by the student, the parent or custodial guardian and coach/sponsor before such student shall be eligible to practice or participate in any extracurricular activities. The consent requires the Activity student to provide a urine sample: (a) when the activity student is selected by the random selection basis to provide a urine sample; and (b) at any time when there is reasonable suspicion to test for illegal or performance-enhancing drugs. No student shall be allowed to practice or participate in any extracurricular activity involving interscholastic competition unless the student has returned the proper signed "Student Drug Testing Consent Form".

Each activity student shall receive a copy of the "Drug Testing for Students involved in Extracurricular Activities" policy. The head coach or sponsor shall be responsible for explaining the Policy to all prospective students, and for acquainting the student with the harmful consequences of drugs and alcohol use and abuse.
At the option of the district, all Activity students may be drug tested at any time during the extracurricular season.

Drug testing for Activities students will also be chosen on a random selection basis throughout the school year from a list of all Activity students' names to be drawn at random to provide a urine sample for drug use testing for illegal or performance-enhancing drugs. The number of students selected for testing will be determined by the district based on the number of students in the pool.

File: JJJA-R

In addition to the drug test required above, any Activity student may be required at any time to submit to a test for illegal or performance-enhancing drugs when an administrator, coach, or sponsor has reasonable suspicion of illegal or performance-enhancing drug use by that student.

Sample Collection
Samples will be collected as outlined under vendor requirements. Any eligible Activity student selected for drug testing who is not in school will be tested at the next available testing time. To protect students' privacy and the integrity of the process:

1. Students' corresponding ID number will be used.

2. No advance notice to students will be given prior to drug testing.
3. A random number of students will be randomly tested each time.
4. Testing will be performed at random times throughout the school year.
5. Parents/guardians will not be notified of drug testing prior to the test.

All aspects of the testing program, including the taking of specimens, will be conducted so as to safeguard the personal and privacy rights of the student to the maximum degree possible. The test specimen shall be obtained in a manner designed to minimize the intrusiveness of the procedure in particular, the specimen must be collected in a restroom or private facility behind a closed stall. The principal/athletic director shall designate a coach, sponsor, or school employee of the same sex as the student to escort the student (s) to the collection area in a restroom or behind a closed stall.

The monitor shall be present outside of the collection area to guard against tampered specimens and to assure an accurate chain of custody. If at any time during the testing procedure the monitor has reason to believe or suspect that a student is tampering with the specimen, the monitor may stop the procedure and inform the principal/athletic director who will then determine if a new sample should be obtained.

Initial testing will be paid for by the district. All Re-testing will be paid for by the student or their parent/guardian.
Failure to provide an adequate specimen within one hour or refusal to take the test will count as a positive test result and could lead to forfeiture of ineligibility to participate in any extracurricular activity. Test results which are flagged as containing adulterants will count as a positive test result.
The student and/or the student's parent/guardian may request a retest of positive test results. Such retest shall be at the student's or parent/guardian's expense.

a. Retest must be done by a trained district employee or certified facility within two (2) days of notice of a positive test result.
b. A negative result, of an initial positive test result, will cancel the initial test.

Confidentiality
To keep the positive test results confidential, the principal/athletic director or designee will only notify the student, the head coach/sponsor, and the parent or custodial guardian of the student of the results. The principal/athletic director or designee will schedule a conference with the student and parent or guardian and explain the student's opportunity to submit additional information to the principal/athletic director or to the lab.

Test results will be kept in files separate from the student's other educational records, shall be disclosed only to those personnel who have a need to know and will not be turned over to any law enforcement authorities.

Appeal
The district conforms to federal requirements of due process for students. An Activity student who has been determined by the principal/athletic director to be in violation of this policy after a positive retest result shall have a right to appeal the decision to the Superintendent or his/her

designee (s). Such a request for a review must be submitted to the Superintendent in writing within five (5) calendar days of the notice of the positive retest. A student requesting a review will remain ineligible to participate in any extracurricular activities until the review is completed. The superintendent or his/her designee (s) shall then determine whether the original findings were justified. No further review of the Superintendent's decision will be provided, and his/her decision shall be conclusive in all respects. Any necessary interpretation or application of this policy shall be in sole and exclusive judgment and discretion of the Superintendent, which shall be final and non-appealable.

Consequences
Any Activity student who tests positive on a drug test under this policy shall be subject to the following restrictions which apply cumulative throughout a student's grade 6-12 enrollment in the district.

First Positive Test
The student's parent or guardian will be contacted immediately, and a private conference scheduled to present the test results and share information about what the family should expect for the next steps. This meeting should include, at a minimum, the student, parent/guardian, coach or sponsor, athletic director, and principal. In order to continue participating in the activity, the student and parent/guardian must, within five (5) of the joint meeting, show proof that the student has enrolled in substance abuse classes or counseling services that will be required for the student. Any such classes, counseling or other incurred cost, shall be at the expense of the student's parent/guardian. Additionally, the student must voluntarily submit to a second drug test to be administered within seven days in accordance with the testing provisions of this policy. A negative test or reduced THC level must be provided before the student may return to the activity. All retesting shall be at the parent/guardian's expense. If 7 calendar days are not left in the activity for which the student was suspended, the number of days will carry over to the next activity in which the student participates.

Second Positive Test
The student's parent or guardian will be contacted to review the results and share the information about what the family should expect for the next step. During this meeting, the principal will also work with the family to determine the substance abuse counseling service that will be required for the student. Written receipt of 2 sessions of substance abuse counseling with a certified addiction counselor must be completed before the student may return to activities. Any such counseling shall be at the expense of the student's parent/guardian. The student's privileged to participate in extracurricular activities will be suspended for 4 calendar weeks and the student, at a minimum, will be required to attend practices or meetings but will not be allowed to directly participate in uniform (s) during the period of suspension.

Additionally, the student must voluntarily submit to a second drug test to be administered within two (2) weeks in accordance with the testing provisions of this policy. A negative test or reduced THC level must be provided before the student may return to the activity. All retesting shall be at the parent/guardian's expense.
The student will be randomly tested for the remainder of the school year. The date and time will be unknown to the student and determined by the principal/athletic director or designee.

Third Positive Test
The student will be suspended from participation in all extracurricular activities including meetings, practices, performances, competition for one year (12 consecutive months) from the date of the third positive test, or end upon graduation from high school.

Additionally, the student must voluntarily submit to a second drug test to be administered within two (2) weeks in accordance with the testing provisions of this policy. A negative test or reduced THC level must be provided before the student may return to the activity. All retesting shall be at the parent/guardian's expense.

Following the one (1) year suspension, the student and the student's parent/guardian must meet with the principal and/or superintendent to determine if the student will be allowed to participate in any future extracurricular activities.

1. The student shall show a record of negative drug test results for at least the prior three (3) month period.
2. The family shall provide proof that the student was enrolled in a drug counseling program during the suspension.
3. Understand that, if given the opportunity to once again participate in extracurricular activities, any future positive test, will result in the student not being allowed to participate in any extracurricular activities for the remainder of their academic year/s in the district.

Fourth Positive Test
A parent/guardian meeting will be held with the student. Suspension of eligibility to participate in activities for the remainder of the student's time as a student within the district will be implemented.

Refusal to Submit Drug Use Test/Self Disclosure in lieu of Testing
A participating student who refuses to submit to a drug test authorized under this policy or who otherwise fails or refuses to comply with any other provision of this policy, shall not be eligible to participate in any activities covered under this policy, including all meetings, practices, performances or competition for the remainder of the school year. Additionally, such students shall not be considered for any interscholastic activities honors or awards given by the school.

Program Evaluation
The Superintendent and the school administration shall be responsible for conducting an evaluation of the program and report the findings to the Board of Education on an annual basis. The evaluation shall include levels of participation, test results, and parent survey data.

Adopted: April 2019

CROSS REFS: IHAMA, Teaching about Drugs, Alcohol and Tobacco
JICH, Drugs and Alcohol Involvement by Students
JK*-2, Discipline of Students with Disabilities
JKD/JKE, Suspension/Expulsion of Students

File: JJA-E-1

STUDENT DRUG TESTING CONSENT FORM
Mountain Valley School District

Statement of Purpose and Intent

Participation in school-sponsored interscholastic extracurricular activities at Mountain Valley School District is a privilege. Activity students carry a responsibility to themselves, their fellow students, their parents, and their school to set the highest possible example of conduct, which includes avoiding the use or possession of illegal drugs. Drug use of any kind is incompatible with participation in interscholastic extracurricular activities on behalf of Mountain Valley School District. For the safety, health, and wellbeing of the district students, the district has adopted the attached drug testing policy and student drug testing consent for use by all participating Activity students at the middle school and high school level.

Participation in Extracurricular Activities

Each Activity student shall be provided with a copy of policy file: JJJA "Drug Testing for Students Involved in Extracurricular Activities" and "Student Drug Testing Consent Form" which shall be read, signed and dated by the student, parent or custodial guardian and coach/sponsor before such student shall be eligible to practice or participate in any extracurricular activity. The consent form requires the Activity student to provide a urine sample: (a) when the Activity student is selected by random selection basis to provide a urine sample; (b) at any time when there is reasonable suspicion to test for illegal or performance-enhancing drugs. No student shall be allowed to practice or participate in any extracurricular activities involving interscholastic competition unless the student has returned the properly signed "Student Drug Testing Consent Form".

PRINT Student's Last Name First Name MI Grade

I understand after having read policy file: JJJA "Drug Testing for students Involved in Extracurricular Activities" and "Student Drug Testing Consent", that, out of care for my safety and health, Mountain Valley School District enforces the rules applying to the consumption, use or possession of illegal and performance-enhancing drugs. As a member of a district's extracurricular interscholastic activity, I realize that the personal decision that I make daily in regard to the consumption, use or possession of illegal or performance-enhancing drugs may affect my health and wellbeing as well as the possible endangerment of those around me and reflect upon any organization with which I am associated. If I choose to violate district policy regarding the use or possession of illegal or performance-enhancing drugs any time while I am involved in interscholastic extracurricular activities, I understand upon determination of that violation I will be subject to the restrictions on my participation as outlined in the policy.

Signature of Student Date

We have read and understood Mountain Valley School District's policy file: JJJA "Drug Testing for Students Involved in Extracurricular Activities" and "Student Drug Testing Consent". We desire that the student's name above participate in the extracurricular interscholastic programs of the district, and we hereby voluntarily agree to subject to its terms. We accept the method of obtaining urine samples, testing and analysis of such specimens, and all other aspects of the program. We further agree and consent to the disclosure of the sampling, testing and results as outlined in the policy.

Signature of Parent or Custodial Guardian Date

Signature of Coach Date

STUDENT ATHLETE CODE OF CONDUCT



As a student athlete, you represent your team, your school, your family, and your community. Courtesy should be shown toward opponents, officials, coaches, spectators, and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility, as well as to respect the integrity and the judgment **of sports officials.** Most of all, it is important to remember that each individual athletic contest is only a game and should be kept in that perspective.

Please read the following affirmation closely before signing.

STUDENT-ATHLETE PLEDGE: I pledge to uphold the spirit of the Mountain Valley and Moffat Athletic Programs Student Athlete Code of Conduct (the "Code"), which offers a guide to my conduct as a member of the interscholastic athletic team(s). I have read and understand the Code and the Athletic Handbook, and understand that acceptance of its provisions is a condition of my participation in athletics. As a Student Athlete, I hereby promise and agree that I:

- will abide by all team, school, league, and CHSAA rules;
- have acted and will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct;
- will act maturely at all times, serving as a role model for other students;
- will maintain a level of fitness, health, and competitive readiness that will permit my performance to be at the maximum of my abilities;
- will avoid the use of profanity, abusive language or gestures in dealing with opponents, officials or spectators;
- will act with dignity and grace in both victory and defeat;
- will not use alcohol, tobacco, or other illegal drugs;
- will not engage in any conduct that is criminal under any laws applicable to me, including, but not limited to laws governing the possession and use of drugs and alcohol and providing of drugs to any person and of alcohol to minors;
- am eligible to compete under the rules described by my school and CHSAA;
- will refrain from conduct detracting from my ability or that of my teammates to attain peak performance;
- will respect the property of others whether personal or public;
- will respect members of my Team, other teams, spectators and officials, and engage in no form of discriminatory behavior or verbal, physical or sexual harassment or abuse;
- will follow my Team's written rules, including by way of example, written rules regarding curfew, behavior, and required attendance at team meetings and training;
- will act in a way that will bring respect and honor to myself, my teammates, my sport, my school, my family, and my community; and
- will place the athletic competition in its proper perspective, recognizing that it represents only one part of the learning process and should not be pursued to the exclusion of everything else.

<u>Violators of this code are subject to suspension/ dismissal from the team.</u>

Mountain Valley and Moffat CSD #2
Combined Athletics Programs

This form must be on file with the Athletic Director prior to participation.

ATHLETE CODE OF CONDUCT AND HANDBOOK ACKNOWLEDGEMENT

Print Athlete Name: _____School: _____
Grade: _____Date of Birth: _____
Home Address: _____
Home Phone Number: _____ Emergency Phone: _____
Parent/Guardian Name: _____ Parent/Guardian Phone: _____

I have read and understand the guidelines, procedures, and rules described in this Athletic Handbook and the general eligibility guidelines described in the CHSAA Competitor's Brochure (attached). I further acknowledge that I have read and understand the Student Athlete Code of Conduct and agree to abide by the Student Athlete Pledge above. I have read and understand the information regarding athletic injuries, the concussion program and the computerized testing administered as part of that program.

Athlete Signature: _____

Parent/Guardian Consent and Athletic Handbook Acknowledgement

I acknowledge that I have read and understand the guidelines, procedures, training rules, and commitment necessary for athletic participation and the general eligibility guidelines outlined in this handbook and in the CHSAA Competitor's Brochure (attached). I have reviewed this handbook with my child and I hereby give my consent for _____
_____to compete in athletics for Moffat and Mountain Valley Combined Athletics in the following sports: _____, except as noted on the Physical Examination and Parent Permit Form.

I understand that Moffat and Mountain Valley Schools are not responsible for injury occurring as a result of athletic participation. I have read and understand the information regarding athletic injuries, the concussion program, and the computerized testing administered as part of that program. Coaches and administrators will act to ensure that my child receives reasonable medical attention. If an injury occurs, I understand that the financial burden for all treatment is my responsibility.

_____

Parent/ Guardian's Signature **Date**

PHYSICAL EXAMINATION
ATHLETIC RISK NOTIFICATION

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

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

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

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

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

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

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

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

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

Instruction: Sign below and return to the Athletic Director prior to participation.

Student's Name:______________________________ **Sport(s):** ____________________

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

★★
★★

Signed:______________________________ **Date:** ____________________
Parent or Guardian

Signed:______________________________ **Date:** ____________________

ATHLETIC EMERGENCY MEDICAL CONSENT FORM

(To be filled out by parent/guardian for permission in emergencies)

NAME OF STUDENT: _____

PARENT/GUARDIAN: _____

HOME ADDRESS: _____

HOME PHONE: _____ WORK PHONE: _____

ADDITIONAL EMERGENCY PHONE NUMBER: _____

INSURANCE COMPANY: _____ POLICY NUMBER: _____

FAMILY DOCTOR (1): _____ PHONE: _____

FAMILY DOCTOR (2): _____ PHONE: _____

KNOW ALLERGIES:

_____
_____
_____
_____
_____
_____
_____

In consideration of my child's opportunity to participate in interscholastic activities, I, _____, parent or guardian of _____
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 child is away from his/her legal residence as a member of an interscholastic activity team or group, 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.

_____

Date Signature of Parent or Guardian

HRRMC CONSENT TO TREAT

This form is to inform you of the athletic training services associated with the sports programs at your school. The School districts entered into an agreement with Heart of the Rockies Regional Medical Center to provide Athletic training services at NO CHARGE to the school and student athletes. An Athletic Trainer assigned to your high school will be the primary provider of these services. As scheduling allows the certified athletic trainer will be present at some team practices as well as some of the home competitions. In the event it is determined your child needs further evaluation, treatment and/or transportation to the emergency department any and all charges incurred will be the responsibility of the child's parent or guardian(s). If you have a physician whom you would prefer to provide ongoing care following the exam we will forward your child's medical records to that physician at your request.

I hereby authorize the Certified Athletic Trainer(s) and sports medicine staff acting on behalf of HRRMC Orthopedic Sports Medicine Center to evaluate and treat any injury/illness which may occur as a result of participation in school athletics, weights, activity classes, or non sport related injuries which may impact an athlete's participation in sports. This also includes any and all reasonable and necessary preventive care, treatment and rehabilitation of these injuries and illnesses.

I understand and agree if my child experiences an injury/illness or change in their health status it is my and my child's responsibility to inform the Head Coach and and Certified Athletic Trainer.

Consent to Release Medical Information:
I hereby give consent for HRRMC's Certified Athletic Trainer(s) to communicate my child's pertinent medical information to his/her coaches, teachers, counselors, school district administration staff and medical services providers as appropriate to safeguard his/her physical and academic wellbeing.

CONSENT TO TREAT - FORM
Heart of the Rockies Regional Medical Center Athletic Training

Student's name:

Parent/Guardian name & Signature:

Date:

Mountain Valley & MOFFAT CSD #2
2025 ~ 2026
ATHLETIC TRANSPORTATION WAIVER

*AS NEEDED - USED IF someone OTHER than the parent or guardian will be picking up or driving the athlete(s) after an away game, rather than returning on the bus.

STUDENT NAME: _____

ATHLETIC EVENT: _____

DATE OF EVENT: _____

NAME OF PERSON: _____ RELATIONSHIP:_____

EXPLAIN THE REASON FOR A WAIVER:

_____

_____

_____

_____

_____

_____

I am asking for an exception to the transportation policy for the above stated reason. I am aware that I am accepting full responsibility/liability for the safety of my child.

PARENT SIGNATURE: _____DATE: _____

COACH APPROVAL: _____DATE: _____

ADMINISTRATIVE APPROVAL: _____DATE: _____

This form must be filled out at least 3 days before the event.