

Fort Morgan High School



Athletics & Activities Handbook 2026-2027

FORT MORGAN HIGH SCHOOL COLORS

Cardinal, Black, and White



FORT MORGAN SCHOOL SONG

On Fort Morgan, on Fort Morgan
Fight on for our fame
Put the ball clear round the rival
Touchdowns sure this time
Rah-Rah-Rah.

On Fort Morgan, on Fort Morgan
Fight on for our fame
Fight Mustangs, fight and we
Will win this game.

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DISCRIMINATION DISCLAIMER

Employees, students, and parents are hereby notified Fort Morgan Public Schools does not discriminate based on race, color, religion, national origin, sex, handicap, or age in its educational programs, activities, or employment practices. There is a grievance procedure for discrimination concerns. Inquiries concerning any of the above or Title IX and Rehabilitation Act Regulations should be directed to Jason Frasco, Human Resources Director, Morgan County School District Re-3, 715 W. Platte Avenue, Fort Morgan, Colorado 80701, and phone 970-867-5633, extension 0120. There will be no discrimination or retaliation against any member of the school community for his/her participation in the presentation or resolution of a complaint.

STATEMENT OF CODE OF ETHICS COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION

To be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our secondary athletic and activities programs to:

1. Cultivate an awareness that participation in athletics and activities is part of the total educational process and as such, the coach/advisor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood-altering substances.
9. Always exemplify proper self-control, accepting adverse decisions without public display of emotion or dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities programs based on the attitude of the participants and spectators, rather than based on a win or loss.

PURPOSE

The purpose of this handbook is to communicate to parents, athletes, coaches, and administrators the philosophies, standards, rules, and expectations applicable to participants in the Morgan County School District interscholastic athletic/activities program. The clear understanding and consistent application of these matters will help ensure that students have the best possible experience in their respective athletic/activity programs.

ATHLETIC/ACTIVITY GOAL STATEMENT

Our mission is to provide opportunities for students to enrich their high school experience through participation on competitive athletic teams and extra-curricular clubs. We are dedicated to providing experiences that promote character development, integrity, sportsmanship, and a strong work ethic, while complementing the academic curriculum

ATHLETIC PHILOSOPHY

Fort Morgan High School believes that a safe and dynamic athletic program is an integral part of the total educational process and is vital to the character and educational development of all student athletes. Fort Morgan High School's athletic programs provide a variety of experiences that aid in the development of favorable habits and attitudes in students that will prepare them for adult life, including physical development, coordination, a healthy self-concept, pride, and good sportsmanship. Good sportsmanship practices have lifelong values. The athlete who acts fairly, who observes laws and customs, who treats others with consideration, and who takes adversity with dignity earns respect. Students in today's schools are tomorrow's community citizens, and as adults will demonstrate many of the attitudes they are now learning.

Fort Morgan High School's interscholastic athletic programs follow the constitution and bylaws of the Colorado High School Activities Association and affiliated leagues.

Varsity

Varsity-level programs are the most competitive of the athletic programs and, for that reason, include the most skilled and/or well-prepared student athletes. The student athlete earns the privilege to make the team. It is the coach's responsibility to field the most competitive team available; starting position and athlete playing time is at the coach's discretion.

Sub-Varsity

Sub-varsity programs are focused on the development of skills necessary for participation on the varsity level. The student athlete earns the privilege to make the sub-varsity team. The coach of any sub-varsity program should emphasize development of areas needing improvement on an individual and team basis. The coach will be encouraged to play as many participants as possible.

ACTIVITIES & ATHLETIC OFFERINGS:

Athletics – Fall Sports

- Football
- Volleyball
- Cross Country
- Cheer
- Gymnastics
- Boys Soccer
- Boys Golf

Athletics – Winter Sports

- Boys Basketball
- Girls Basketball
- Wrestling
- Cheer

Athletics – Spring Sports

- Girl's Tennis
- Girls' Soccer
- Girl's Golf
- Track and Field
- Baseball

Activities

- Art Club

- Book Club
- Chess Board & Games Club
- Diversity Club
- Dungeons & Dragons Club
- FBLA
- FCA (Fellowship of Christian Athletes)
- FCCLA
- Fellowship of Christian Students
- FFA
- Forensics & Mock Trial
- FM Adventure Seekers
- GSA
- Investment Club
- Knowledge Bowl
- Library Ambassador Club
- LULAC
- Mini Mustang Mentors
- Model United Nations
- Mustang Pride
- NHS (National Honor Society)
- Special Olympics
- Thespians
- Vocal Jazz Ensemble
- YES-O

FMHS STUDENT ACTIVITY/ATHLETIC FEES

ATHLETIC PARTICIPATION FEE PER SPORT \$50.00

ACTIVITY PASSES:
STUDENT \$30.00

GAME ADMISSIONS:
STUDENT/SENIOR \$6.00
ADULT \$7.00

* PRICES WILL BE DIFFERENT FOR PLAY-OFF GAMES

*ONLINE TICKETING AVAILABLE @ <https://gofan.co/app/school.CO11687>

FMHS PARTICIPANTS OF ACTIVITIES/ATHLETES ARE EXPECTED TO:

1. Know, understand, and strive to achieve the goals as outlined in the Activity/Athletic Goal Statement.
2. Maintain academic eligibility.
3. Take responsibility for his/her behavior and to set a good example on the playing field, in the classroom, and outside of school.
4. Commit themselves to the activity/sport in which they are competing by a willingness to work hard and give 100%.
5. Shows good sportsmanship and respect for teammates, opponents, officials, advisors/coaches, parents, and other students.
6. Keep open and honest communication with teammates, advisors/coaches, and parents.
7. Develop a clear understanding of the fundamentals of their sport, and to improve in their ability to participate both physically and emotionally.
8. Be prepared mentally, physically, and emotionally for practice and games.
9. Set realistic goals and to strive to achieve them.
10. Keep things in perspective and always work towards maintaining a hard-working, positive attitude.
11. Enjoy themselves and have fun during their activity/athletic experience in Fort Morgan Public Schools.

FMHS EXPECTATIONS OF ADVISORS AND COACHES:

1. Know and to teach the goals as outlined in the 9-12 Activity/Athletic Goal Statement.
2. Help each participating student to achieve a high level of skill, an appreciation for the values of discipline and sportsmanship, and an increased level of self-esteem.
3. Demonstrate the basic ability to communicate effectively and to get along with young people.
4. Show support of other advisors/coaches and their programs by encouraging students to participate in various programs and by working at other activities and by attending other activities throughout the school year.
5. Demonstrate the ability to treat students, officials, opponents, and fans in a sportsman-like manner.
6. Know and enforce the rules of the School District, League, State, National Federation, and the sport.
7. Plan, organize, and conduct activities/practices that teach fundamentals leading to the success of the group.
8. Strive to instill a positive work ethic and healthful life skills in students.
9. Complete all necessary paperwork to meet various deadlines. (All player paperwork and user fees must be turned in before individuals will be allowed to participate / practice).
10. Promote their sport and the Activity/Athletic program through sound public relations, particularly in working with the media.
11. Coaches are expected to have up to date rosters, statistics, schedules and results entered weekly into the MaxPreps platform.

12. Stay abreast of the latest methods and techniques of their activity in every way available, including attending in-service programs and clinics.
13. Ensure a healthy and safe environment by using safe procedures and being responsible for the safety of those in the Activity/Athletic program.
14. Supervise their activities until the activity/sport is over and the students safely leave school property. This includes being present until the last student/athlete is picked up following events.
15. Fill out an accident report if an accidental injury occurs under their supervision.
16. Be responsible for the care and security of equipment and facilities.

FMHS EXPECTATIONS OF ADMINISTRATORS:

1. Know, understand, and be committed to the 9 -12 Activity/Athletic Mission and Goal Statements.
2. Know and enforce the rules of the School District.
3. Support on a fair basis all participants/athletes and advisors/coaches who are involved in the Activity/Athletic programs.
4. Follow the District chain of communication policy, especially in terms of encouraging the resolution of the problem at the lowest level possible (usually at the participant-advisor/coach level).
5. Make sure that there is a process in place to handle problems efficiently and effectively through the chain of communication, making sure of follow-up on the results.
6. Provide proper supervision of advisors/coaches to ensure that the provisions of the 9-12 Activity/Athletic Mission and Goal Statements are being addressed.
7. Help to discover and to provide opportunities for advisors/coaches to attend appropriate clinics and in-services.
8. Help educate parents and community members toward understanding the 9-12 Activity/Athletic Goal Statement.
9. Organize and to facilitate the Activity/Athletic program while managing the Activity/ Athletic budget, facilities, and equipment.
10. Provide job descriptions, evaluation procedures, and annual in-service programs for advisors/coaches.

FMHS EXPECTATIONS PARENT/GUARDIAN

The role of the parent/guardian in the education of a student is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through co-curricular activities.

There is a value system – established in the home, nurtured in the school – which young people are developing. Their involvement in the classroom and other activities contributes to that development. Integrity, fairness, and respect are lifetime values taught through athletics/activities, and these are the principles of sportsmanship. With them, the spirit of the

competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

A true athlete, whether a student or a parent, is an effective leader within the school and the community. As a parent/guardian of a student, your sportsmanship goals should include the following:

Realizing that athletics/activities are part of the educational experience and the benefits of involvement go beyond the final score of a game.

- Encouraging our students to perform their best, just as we would urge them on with their class work, knowing that others will always turn in better or lesser performances.
- Participating in positive cheers that encourage our student athletes; and discouraging any cheer that would redirect that focus.
- Learning, understanding, and respecting the rules of the game, the officials who administer them, and their decisions.
- Respecting the task our coaches face as teachers and supporting them as they strive to educate our youth.
- Respecting our opponents as students and acknowledging them for striving to do their best.
- Developing a sense of dignity under all circumstances; and
- Respecting the 24-hour period of no contact with coaches following a game or contest.
- Being a fan...**not** a fanatic!

The parent/guardian has a major influence on the student athlete's attitude about academics and athletics. The leadership role taken by the parent/guardian helps create sportsmanship in the student athlete and will help influence our student athletes and our community for years to come. We look forward to serving you in the year ahead and appreciate your continued support.

ACTIVITY/ATHLETIC CODE OF CONDUCT

1. For the Activity/Athletic program to contribute to the functions, purposes and philosophy of the district, its primary objectives must relate to the teaching of wholesome attitudes and self-discipline. It must teach an appreciation for physical fitness, loyalty, personal sacrifice, dedication, and teamwork in conjunction with upholding traditions of excellence and high standards of personal behavior.
2. The conduct and general behavior of student participants is integral to the credit they can bring to themselves, their teams, their school, and their community. Thereby it is only reasonable that any participants conduct and general behavior that brings discredit or embarrassment to himself, his team, his school, and his community may result in temporary or permanent suspension from the Activity/Athletic program.
3. This high standard of conduct and behavior will be monitored and enforced throughout each school year. Consequences for any unbecoming conduct or conduct violating the established participation rules herein stated shall be enforced any time the participant is

currently participating in a sport or activity, or the next time a participant enrolls in a sport or activity during the present school year.

4. Specific requirements related to personal conduct for each activity/sport will be outlined by the advisor/coach. All participants will be expected to adhere to those requirements as well as to any school, district, league, and state requirements.

PRIOR TO CHECKING OUT FOR A SPORT:

Student athletes must complete each of the following steps before they are cleared to play a sport:

Student athletes along with the parent/guardian should read and become familiar with the **Fort Morgan High School Athletic/Activities Handbook**. At the end of the handbook is an **Acknowledgement**, which must be signed by the student athlete and the parent/guardian.

A **Fort Morgan Schools Activities/Athletics** form is filled out. By signing this form, the parent/guardian testifies:

- The student athlete has received a physical examination. The physician may provide his/her own physical examination form, in that event, the physician's form must be attached.
- Gives authorization for treatment of student athlete and acknowledges the risk of injury.
- The student athlete and parent/guardian must have appropriate medical/accident insurance. The student athlete must have insurance in one of the required formats:
 - The parent/guardian buy the insurance made available by the School District. The costs of all insurances, including insurance made available through the School District, shall be borne entirely by the parent/guardian.
 - The parent/guardian provide their own insurance.
- Student and parent must complete the online registration for CHSAA through <https://students.arbitersports.com/programs/2026-2027-fort-morgan-high-school-registration>
- Student/parent must submit payment to the Finance Secretary to receive the final white slip for clearance to participate.

Student athletes **must have all equipment turned in** if they were involved in a previous sport. This includes having fees paid for damaged or lost equipment. A student athlete will not be able to practice if they have missing equipment.

- Student athletes are expected to turn in all equipment at the conclusion of the sport's season on the date specified by their coach. The equipment should be washed, mended, and returned in good condition. **A fine, equal to the cost of the equipment, will be assessed to the athlete if the equipment is turned in late.** The equipment checked out shall be used for practices and competition as indicated and is not to be used outside of these times. Lost or stolen equipment is the responsibility of the athlete.
- A student athlete who does not turn in a uniform will be responsible for the replacement value of the uniform and **will not be allowed to check out equipment for**

the next sport until the lost uniform has been returned or paid for.

Each student athlete must pay a \$50 participation fee for each sport in which he/she chooses to participate.

- **All student athletes are required to purchase an activity sticker.** Student athletes who drop with the consent of the coach within the first two weeks or who are cut by the coaching staff will receive a refund.
- The \$50 fee must be paid in order for an athlete to participate. A final clearance slip will not be issued until this fee is paid.

No student athlete may receive a cleared notice (white slip) for a sport later than 10 days from the day of the first practice. The only exceptions to this will be a student athlete transferring from another school. In the event an athlete wishes to check out for a sport after the 10-day period, the athlete must get permission from the Head Coach and Athletic Director. If a previous sport overlaps a current sport, the student athlete must make arrangements with the current coach regarding being excused from current sport practices.

STUDENT RESPONSIBILITIES

A student participant who has been in school all day must have permission of the coach directly in charge of that activity/sport to be excused from that day's meeting/practice. The participants must contact the advisor/coach before the beginning of practice.

- A student participant who has not been in school **the last three periods of the day or has had an unexcused absence for any period** of the day shall not take part in practice sessions for that day and may not participate in a contest on that day.
- **The exceptions allowed for missing the last three periods of a seven-period day are as follows:**
 - Required college or military appointments that could not be scheduled at another time.
 - Mandatory court appearances.
 - Funerals.
 - Dental or medical emergencies.
 - Dental or medical appointments that could not be made at other times.
 - Any other situations would require advanced approval from an administrator or the athletic director.
- **The student participant missing any portion of the designated periods of the school day for one of the listed exceptions must provide a note verifying the appointment. This note needs to be turned in to the main office when the student participant checks back in to school or to their coach if school has been dismissed when they return.**
- If a student participant receives ISS or OSS they are not allowed to participate in any athletic contest or practice until their suspension has been served in full. They may return to participation the following day.
- A student participant who has checked out for a sport is bound by the team policies of that program and must make a personal commitment to that program. Student

participants are expected to attend ALL practices, contests, and meetings unless the participant is ill or unless prior arrangements have been made with their coach. All other absences will be considered unexcused and will be dealt with accordingly.

- Insubordination to advisors/coaches or officials will not be tolerated. Such action may result in loss of participation privileges and/or eligibility.
- All student participants shall be responsible for their own actions in practices, during trips, in contests, in school, and in the community. Student participants may be removed and/or suspended from a program for inappropriate actions in any of these situations.
- Student participants who are habitually tardy to practices or absent from practices may be removed at the coach's discretion.
- Profanity by student participants at any time or in any situation will not be tolerated.
- Student participants will be expected to always show respect for all members of the coaching staff and their teammates.
 - Student participants are responsible for the care of all equipment they are issued and shall be fined if the equipment is lost or damaged beyond normal use. The head coach and athletic director shall determine the amount of the fine. Equipment shall be turned in on the day designated by the head coach; late items will result in a fine that is equal to the cost of the equipment.
- Student participants will obey all training rules of the Fort Morgan High School Activity/Athletic Department as well as those established by the mandatory contracts of individual coaches. At minimum, the following will be addressed in the contracts for individual activities/sports: practice rules, eligibility guidelines, dress code, grooming, lettering requirements, guidelines for level placement (Varsity, Junior Varsity, etc.), discipline policy, what parents can expect from coaches and what coaches will expect of parents.

COMMUNICATION MODEL

Communication Procedure



Before the start of each sport, the head coach will conduct a mandatory parent's meeting regarding rules, regulations, and additional team rules beyond the Athletic Handbook.

A student athlete, parent, guardian, coach, or a member of the public with a concern or complaints should first try and resolve the matter directly and informally with the individual(s) concerned. This may be done either verbally or in writing to the individual(s) involved.

If the matter cannot be resolved informally at the initial level, the complainant should submit a written statement describing his/her concerns in a clear, specific, and detailed manner to the athletic director.

SQUAD REDUCTION/CUTTING POLICY:

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic programs as possible, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations of the most effective squad size for any sport.

Prior to trying out, the coach shall provide the following information to all athletes:

- extent of try-out period
- criteria used to select the team
- number to be selected
- practice commitment if they make the team
- game commitment

Condition for Refund

Once the athletic department receives confirmation from the coach that an athlete is no longer participating, refunds can be made according to the following conditions.

Condition for Refund	Refund Amount
• Student is cut from the squad after tryouts	100%
• Student quits the squad:	
○ First day through fifth day of practice	100%
○ Sixth day of practice to the day of the first official contest/event	50%
○ After the first official contest/event	No Refund
• Student sustains a serious injury or contracts a serious illness which will eliminate them for the entire season (a physician's note is required):	
○ First day of practice to the first official content/event	100%
○ After the first official content/event	50%
○ After the second official content/event	No Refund
• Student transfers out of school and sport:	
○ First day of practice to the first official content/event	100%
○ Sixth day of practice to the day of the first official content/event	50%
○ After the first official content/event	No Refund
• Student is dropped for disciplinary reason (No Exceptions)	No Refund

The student athlete will need to meet with the Financial Secretary immediately to get a refund. Request of refund must be made within a week of being cut or quitting to receive payment.

INDIVIDUAL PROGRAM EXPECTATIONS

Each program has expectations in addition to the items covered in the Fort Morgan Activity/Athletic Handbook. The policies set forth in this handbook are the minimum standards of conduct for all student participants. Individual programs may set standards that exceed these policies provided the administration deems them appropriate and they are included in the coach's and advisor's contract with the participants. Said contracts will be reviewed on an annual basis by the Athletic Director. It is important that all student participants and parents/guardians understand these expectations and sign individual contracts per activity/sport.

TRIP BEHAVIOR AND EXPECTATIONS

- All student participants are expected to follow all policies of the transportation department during all trips.
- All student participants are expected to ride the bus to and from all contests.
- In special circumstances
 - Student participants must have pre-approval by the coach/advisor and AD if participant will not be riding the bus to the activity/contest.
 - Student participants can only have parents sign them out at the end of activities/contests to ride home with their parents.
- All activity/athletic teams are reminded that they represent their community and should conduct themselves in an honorable manner. Appropriate behavior is expected during the entire trip.
- All participant teams are expected to always treat our opponent's facilities with respect. Any damage caused by a student participant will result in a fine being assessed to the participant found liable.
- There may be times when teams will be allowed overnight trips. In these instances, the athlete must:
 - Abide by the curfew set by the head coach or advisor.
 - Not to be in different gender rooms at any time.
 - Be aware that coaches/advisors may ask to check the participants bags before leaving and during the trip.
 - Treat the hotel facility and staff with the utmost respect.

ACTIVITY/ATHLETIC LETTERING

In all cases, the judgment of the Head Coach/Advisor will be the deciding factor in determining who will become "candidate eligible" to be awarded a letter. However, here are some basic guidelines or general standards. More specific guidelines will be outlined in every activity/sport individual contract.

1. Must have completed the season, unless injured or excused by coach for special reasons.
2. Must have followed the Activity/Athletic Code.
3. Must have been in regular attendance at practices.
4. Must be a student in good standing.

5. Must have turned in all equipment and/or paid all fines and obligations.
6. An honorary letter will go to a foreign exchange student.
7. If for some reason injury prevents that person from meeting the requirements and in the coach's, opinion would have lettered had the injury not occurred.

ELIGIBILITY FOR PARTICIPATION IN FORT MORGAN PROGRAMS

- All first year ninth grade student participants are automatically eligible when they arrive at the high school.
- Students must be enrolled in the equivalent of five full credit classes. A student participant failing 2 or more classes each semester will be ineligible until credits are received via summer school, or until the next CHSAA regain date (Refer to CHSAA website for sport specific regain dates).
- Eligibility is monitored on a weekly basis and will start after the 3rd full week of classes for each semester. Eligibility will be run every Friday at 2 pm. If a student is failing 2 classes at the time of the report, they will become ineligible the following Monday for the entire week. They may become eligible again if all failing classes are passing by the following Friday eligibility report. College classes will count towards eligibility.
- Students must be in good standing regarding attendance to participate.
- Students are required to attend activities/practices.
- Any student participant referred to administration for discipline problems may be suspended or removed from their squad at the discretion of school administrators and/or the coach/advisor in charge.
- Advisor/Coaches are afforded the opportunity to have stricter guidelines for eligibility, written out in their individual team activities/contracts.

QUITTING OR DROPPING AN ACTIVITY/SPORT

There will be times when some participants find it necessary to quit an activity or playing a sport before, during, or after the season has started. Whatever the reason, a participant must follow the steps listed below:

- The participant should think the whole situation through and talk with the advisor/coaches to see if a solution can be reached.
- If a participant decides to quit, the participant must clean and turn in all equipment to the advisor/coach. If equipment has been damaged or if it is not turned in the participant will have a fee added to their student account.
- If the participant decides to quit an activity or one sport and join another, the participant must receive permission from both advisor/coaches and AD before beginning the new activity/sport.
- After the first competition participants will not receive a refund.
- If a participant decides to quit, the participants will not letter or be eligible for post

season honors

PREPARING TO JOIN A CLUB

Students will meet with Club Sponsors and complete their membership requirements to participate in these individual activities and clubs. All activities/club members are expected to follow all code of conducts, eligibility requirements and substance abuse/drug screening procedures.

TRAINING CONTRACT

As a school we have a 365-day (calendar year) policy for all athletics and activities in which students can be involved.

TRAINING RULES

- The use or possession of alcoholic beverages is always prohibited.
- The use or possession of tobacco in any form is always prohibited.
- The use or possession of illegal drugs or narcotics is always prohibited.
- The use or possession of inhalants is always prohibited, including vape devices.
- Attendance at a party or get-together where underage consumption/use of alcohol or illegal drugs is taking place is always prohibited.

TRAINING POLICY'S PURPOSE

- To build character, morality, and responsibility into FMHS participants.
- To create uniformity of discipline action throughout the athletic/activity programs.
- To give FMHS participants a consistent set of training regulations to follow.

DEFINITION OF TERMS OF SUBSTANCE ABUSE POLICY

- **Controlled substance is any illegal substance or drug, in any form as defined under Colorado Law, including alcoholic beverages, tobacco, intoxicants, inhalants, and marijuana, and shall include any other substances represented as a controlled substance (look a likes) even if it is not actually a controlled substance.**

SCOPE OF SUBSTANCE ABUSE POLICY

The substance abuse policy shall apply to all Fort Morgan High School students enrolled in grades 9-12. The provisions and penalties of this policy shall be imposed without regard to whether the violation was related to a school event and regardless of the day of the week on which the violation occurred. All provisions and penalties of the substance abuse policy shall be

cumulative in nature and should apply throughout the students' enrollment in Fort Morgan High School whether continuous or not.

SUBSTANCE ENHANCEMENT POLICY

Possession, use or distribution of substances or supplements used or intended for use for abnormal enhancement of athletic performance and/or may atypically alter a body's physiological function are not permitted. This may include, but are not limited to narcotics, stimulants, anabolic agents, diuretics, hormones, masking agents, and other such items. Penalty will be the same as for possessing tobacco products.

ALCOHOL, DRUG AND TOBACCO POLICY

Use of Alcohol

A student participant should not possess, use, transmit, sell or be under the influence of any alcoholic beverage. A student participant who finds himself/herself at places where underage drinking is taking place is expected to leave the area to avoid being associated with that behavior.

Use of Drugs

A student participant shall not knowingly possess, use, transmit, sell or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, caffeine-based pill, substances containing phenylpropanolamine (PPS), stimulant, depressant, inhalant, solvent, ephedrine, or intoxicant of any kind, whether prescription or sold over the counter. Proper use of a drug authorized by a medical prescription from a health care provider is not a violation of this rule. Possession of drug paraphernalia is also a violation of this rule as outlined by Fort Morgan High School. A student participant who finds himself/herself at a place where any of the above substances are being used is to leave the area to avoid being associated with that behavior.

Use of Tobacco

A student participant shall not use or possess tobacco in any form, including but not limited to snuff, chewing tobacco, or smoking tobacco, on or off grounds of FMHS. This includes the use of or possession of a vape device or paraphernalia. A student participant who finds himself/herself at places where the above substances are being used is to leave the area to avoid being associated with that behavior.

VIOLATION OF ALCOHOL, DRUG AND TOBACCO POLICY

- **1st Offense** - Immediate suspension from 50% of the total scheduled contests the participant takes part in. Tobacco will be a suspension of 25% of the total scheduled contests the participant takes part in.
- **2nd Offense** - Immediate suspension from 75% of the total scheduled contests the

participant takes part in. Tobacco will be a suspension of 50% of the total scheduled contests the participant takes part in.

- **3rd Offense** - Immediate suspension from all activities/sports for a period of 365 days from the day of the ruling is made. Tobacco will be a suspension of 75% of the total scheduled contests the participant takes part in.
- **4th Offense** – Tobacco will be an immediate suspension from all activities/sports for a period of 365 from the day the ruling is made.

The offense can carry over to the next season if needed to fulfill the rest of the suspension. If an athlete is not on an active team, the athlete will be suspended the amount of time of the next completed season. If an athletic team makes it to post-season play, post-season games will count towards the total game suspensions. No participant serving suspension will be allowed to participate in post-season play until the suspension has been served in its entirety. Any student participant choosing to serve a suspension in a sport they would not normally participate in will be expected to start and finish the season to remain in “good standing”. If the participant does not finish the season, the suspension will be carried over to their next sport and all time served would be revoked. **These offenses and suspensions apply to all students who are active in other school activities and clubs and will be subject to the discretion of the AD and Administration.**

THEFT AND VANDALISM

A student participant shall not vandalize property at school or at other schools or have in their possession any stolen items from any source, including uniforms or equipment from FMHS or other schools.

- **Violation of Theft or Vandalism Policy** - a student committing this offense will be addressed on a case-by-case basis. A mandatory meeting with the student participant, parent, Athletic Director, and Head Coach/Advisor will determine the consequences of this infraction.

SELF REPORTING

If a participant admits to a violation voluntarily (prior to next competition) to the principal or athletic director, the penalty shall be reduced in the following manner for the first offense only.

- **Tobacco** - suspended immediately for 10% total scheduled contests the participant takes part in. If not on an active team, suspended from the first two contests of the next season the participant competes in.
- **Drug and Alcohol** - if on an active team, the penalty shall be immediate suspension from 25% of the total scheduled contests the participant takes part in. If not on an active team, the penalty shall be suspension from the first 25% of the next season the participant competes in.

- Self-reporting more than once could result in suspension but will be at the discretion of the AD and Administration.

TERMS OF SUSPENSION

- The participant must schedule a session with the high school counseling department and the Athletic/Activities Director prior to being reinstated. This session will include how to deal with the issue in a positive way, how to set goals in the relationship to becoming eligible again, awareness of infraction, and information on positive choices.
- All suspended student participants must be in good standing during their suspension. This means attending all practices, meetings, and functions as required by their coach/advisor. Any unexcused practices or misbehavior during their suspension time will result in dismissal from the squad and time served for suspension being revoked. The student participant would have to start their suspension over in the next sport in which they participate. - Already stated about next sport.
- All suspended student in clubs must be in good standing during their suspension. This means attending all required meetings and continuing to be part of the club. Any misbehavior during their suspension time will result in dismissal from the club and time served for suspension being revoked. Students will have to start their suspension over with the next club they join or following year.
- A student athlete who transfers into FMHS while serving suspensions at his/her previous school will serve out the remainder of his/her penalty at Fort Morgan. The previous school's penalty will be honored in full and will not be increased or decreased in length.

CARRY OVER SUSPENSION

If the violation of the Code of Conduct occurs in the last part of the activities/sport's season and the violator cannot fulfill the terms of his/her violation in that sport, the suspension will carry over until the suspension is fulfilled. This includes the next sport or the same sport next year. If a student athlete elects to participate in a new sport to serve a suspension, he/she will be required to complete that season in good standing.

APPEAL PROCESS

Any participant has the right to appeal removal from a team. A student participant and his/her parents/guardians have the right to a hearing on the removal from participation pertaining to violations of the handbook.

Parents may appeal handbook violation removals by notifying the Fort Morgan Athletic Department by phone or in writing within five (5) school days after the removal. The right of appeal is forfeited if this is not received within five (5) school day limit. The purpose of the appeal hearing is to inquire into the student participants alleged violation and the student participants and parents/guardians to present evidence on behalf of the student participant. The removal from participation will remain in effect during the appeal process. The student participant must show just cause to be reinstated. If the student participant is reinstated, the participant will be placed on a probationary contract in which any future violations will result in loss of athletic eligibility at Fort Morgan High School for the remainder of their high school career.

The FMHS Administration team will not accept any anonymous pictures, emails, or texts from an individual turning another individual in.

SOCIAL MEDIA

Fort Morgan High School recognizes and supports its students' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each program must remember that being involved at FMHS is a privilege, not a right. As a student you represent the high school and are expected to portray yourself, your program, and the high school in a positive manner always.

Guidelines

If you participate on a social networking site, you must keep the following guidance in mind:

- Everything you post is public information - any text or photo placed online is completely out of your control the moment it is placed online - even if you limit access to your site. Information may be accessible even after you remove it.
- Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity.
- What you post may affect your future. Many employers and school admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information.
- Like comments made in person, the Athletics/Activities Department will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory or defamatory language
 - Comments that create a danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person.
 - Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substance; or any other illegal or prohibited conduct, including violating FMHS's policy on

Prohibited Harassment and Discrimination.

Participants at FMHS are required to abide by rules set forth in these guidelines.

The failure to do so will be considered a violation of the FMHS Athletic/Activities Handbook. The violation may result in disciplinary action by the activities/athletics department and the campus.

- **1st Offense** - Parent meeting with the head coach/club advisor. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.
- **2nd Offense** – Parent meeting with the head coach/club advisor and the campus Athletic/Activities Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.
- **3rd Offense** – Parent meeting with the head coach and Athletic/Activities Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

HAZING AND HARASSMENT

Fort Morgan High School policies do not allow for any form of harassment, hazing, intimidation, or bullying. Hazing activities of any type are inconsistent with the educational process. All such activities are prohibited at any time in school facilities, on school property, and at any school sponsored event. Hazing is defined as performing an act or coercing another person to perform any act of initiation into any class, group, or organization that causes or creates a risk (mental, emotional, or physical harm.) Permission, consent, or assumption of risk by an individual subjected to hazing shall not exempt the policy. No form of harassment or hazing (such as unwelcome words, physical contact, written notes, or electronic technical activities which inflict physical or mental harm or anxiety of which demeans or degrades or disgraces a person, regardless of location, or intent of participants) will be allowed at Fort Morgan High School. Any student who feels he/she is a victim or witness or hears about a hazing or harassment incident should immediately report the activity to a coach, athletic director, or principal.

NCAA CLEARINGHOUSE INFORMATION

The **NCAA Clearinghouse** is an organization outside of the **NCAA** which performs academic record evaluations to determine if a prospective student-athlete is eligible to participate at an **NCAA** Division I or II college as a freshman student-athlete.

NCAA Eligibility Center

www.eligibilitycenter.org/

The Official Web site of the NCAA Eligibility Center. Explore NCAA Divisions I and II initial-eligibility requirements and register to participate.

CONCUSSION MANAGEMENT PROTOCOL

Concussion Facts:

- A concussion is a type of brain injury, caused by a bump, blow, or jolt to the head or body that can change the way your brain normally works.
- Most concussions occur without being knocked unconscious.
- All concussions are not created equally.* Each player is different, each injury is different, and all injuries should be evaluated.

Concussion Symptoms:

Different symptoms can occur and may not show up for several hours. Common symptoms include:

Physical		Cognitive
Headache	Nausea	Disorientation and/or confusion
Blurred Vision	Numbness/Tingling	Feeling sluggish, foggy, or groggy
Dizziness	Sensitivity to light	Memory loss or difficulty remembering
Poor balance	Sensitivity to noise	Difficulty concentrating, easily distracted
Seeing “stars”	Ringing in ears	Slowed and/or slurred speech
Neck pain	Vacant stare	
Emotional		Sleep/Energy
Irritability	Feeling anxious/nervous	Drowsiness Increased sleep
Personality change	Sadness	Fatigue
Feeling more emotional	Inappropriate emotions	Trouble falling or staying asleep

Symptoms may worsen with physical or mental exertion (e.g. lifting, computer use, reading)

If any of the following symptoms occur, the athlete should be seen in an emergency department right away:

- Loss of consciousness.
- Persistent vomiting (more than one episode of vomiting).
- Deteriorating mental alertness.
- Amnesia or confusion that lasts for more than 10 minutes.
- Any seizure activity.
- Bruising under eyes or behind the ears.
- Concerns for cervical spine (neck) injury.

Things to remember:

- Acetaminophen (Tylenol) is an acceptable medication. Any other medication may increase risk of bleeding.
- Sleep is good! (Rest is very important for your brain).
- Limit screen time (including TV, video games, phone, and computer).
- You may return to school (as long as symptoms do not worsen).
- Do not engage in strenuous activity or sport (including job or active chores).

Colorado's Concussion Law SB 11-040 requires: Removal of athletes from play for "suspicion" of concussion. It also states that an athlete removed from play for signs and symptoms not readily explained by a condition other than concussion cannot return to play until receiving written clearance from a:

- Doctor of Medicine
- Doctor of Osteopathic Medicine
- Licensed Nurse Practitioner
- Licensed Physician Assistant
- Licensed Doctor of Psychology with training in neuropsychology or concussion evaluation/management.

After a concussed athlete has been evaluated and received clearance to return to play from one of the approved health care providers, a licensed athletic trainer with specific knowledge of the athlete's condition may manage the athlete's gradual return to play. (*Information from CHSAA concussion management packet*).

Return to Learn & Return to Sport***Return to Learn***

Returning to the classroom is just as, if not more, important as returning the athlete to practice and competition. The student-athlete should be symptom-free and back to normal function in the classroom before starting the return to sport.

The student's general education teachers receive an email from the Concussion Management Team regarding the student's injury in order to provide academic adjustments and resources.

Return to Sport

Once the athlete has been symptom free during normal daily activities, and cleared by an approved health care provider (see above), they will go through the following Return to Play:

The Graduated Return to Play Guidelines are as follows: (McCrory et al., 2013):

Stage	Activity	Functional Exercise	Objective of Stage
1	No Activity	Symptom limited physical and cognitive rest	Recovery
2	Light aerobic activity	Walking, Swimming or stationary cycling keeping intensity <70% maximum permitted heart rate. No resistance training.	Increase heart rate
3	Sport-Specific exercise	Skating drills in ice hockey, running drills in soccer. No head impact activities.	Add movement
4	Non-contact training drills	Progression to more complex training drills, (eg, passing drills in football and ice hockey). May start progressive resistance training.	Exercise, coordination and cognitive load
5	Full-contact practice	Following medical clearance, participate in normal training activities; full exertion	Restore confidence and assess functional skills by coaching staff
6	Return to play	Return to normal activity	

Things to Remember:

- 24 hours between stages.
- If symptoms occur during the RTP, the athlete will drop back to the previous asymptomatic stage and attempt to progress again after being symptom-free for 24 hours.
- RTP will take a minimum of one week once asymptomatic at rest.

RANDOM DRUG TESTING INFORMATION
FOR STUDENTS INVOLVED IN EXTRACURRICULAR ACTIVITIES
AT FORT MORGAN HIGH SCHOOL

This policy is an extension of the Drug and Alcohol Use by Student Policies JICH and JICH-R, of the Morgan County School District. The purpose of this policy is to create a safe drug/alcohol free school for all students. It is the belief of the Morgan County School District that participation on any interscholastic athletic team and in extracurricular activities is a privilege, not a right. Students who volunteer to participate in these programs are expected to accept the responsibilities granted to them by this privilege. These students as well as their parents/guardians must also recognize that because of their choice to participate in these activities, they have less expectation of privacy than do other students.

The effects of drug usage in an educational environment are visited not just upon the users, but also upon the entire student body and faculty, because the educational process may be disrupted, and the individual's safety risk factor is increased.

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.

There exist several over-the-counter products known as sports enhancing supplements. The purpose of those supplements is to assist an athlete, enhance his/her overall physical development, and some are designed to enhance a specific athletic event.

The Morgan County School District wants to be clear in conveying the thought that the use of supplement(s) or product(s) designed to enhance performance is not endorsed or condoned. It is our hope that parents/guardians will support our view that the use of such supplements should be prohibited.

As a means of conveying our opinions on the topic, our coaches, trainers and teaching staff through curriculum and annual team orientations, address this issue with our students. The message we want to convey to our students is that preparation for athletic performance is best served through a proper and well-balanced nutritional diet and appropriate physical activity designed by our coaches, trainers, and weight room supervisors.

RANDOM DRUG TESTING GUIDELINES
FOR STUDENTS INVOLVED IN EXTRACURRICULAR ACTIVITIES
AT FORT MORGAN HIGH SCHOOL

Authority:

The Morgan County School District prohibits the possession, use, misuse, or the distribution of drugs, controlled or mood-altering substances, including anabolic steroids, look-alikes, designer drugs, drug paraphernalia, and medication not registered with the office, or alcohol on school district property, school buses, or during activities under school district jurisdiction. This policy encompasses all students in grades 9 to 12 desiring to participate in any interscholastic athletic activity and/or extracurricular activity. The policy includes those students being educated by the district under special circumstances, including home schooling and home bound. The district welcomes all students, with the permission of their parents/guardians, to participate voluntarily in the program.

The district will require any student who is submitting to testing and the student's custodial parent/guardian to consent in writing to drug testing pursuant to the district's drug testing program using the forms provided by the district. No student will be able to participate in any interscholastic sport or any extracurricular activity without such consent. Students and parents or legal guardians will have the opportunity to participate in an Informational Meeting concerning the District's Random Drug Testing Policy. Immediately prior to giving a specimen, each student shall complete all forms required by the testing company selected by the district.

PROCEDURE FOR DRUG TESTING PARTICIPANTS

INFORMED CONSENT FOR TESTING

Prior to the joining of a sports and/or club/organization, a consent form signed by the student and their parent/guardian will be required. Students will not be able to participate without the consent form turned in.

DRUG MONITORING FREQUENCY

Testing will be randomly conducted throughout the school year, starting the second week of school. Each week, approximately 20 students will be randomly chosen by Colorado Mobile Drug Testing and sent over to the high school Athletic/Activities Directors. Students will be called up to the office from this list and taken to the area where the Drug Testing will be conducted by the Colorado Mobile Drug Testing company. Any eligible student athlete and/or activity participant selected randomly for drug monitoring who are not in school the day of testing, will automatically be added to next week's testing group.

SAMPLE COLLECTION

Samples will be collected as outlined under vendor requirements. Each student will be given the Test Request & Chain of Custody paper before the test. We will be using an Instant Test and students will get results ASAP.

REFUSAL TO SUBMIT TO DRUG USE TEST

A participating student who refuses to submit to a drug test authorized under this policy, will result in a positive test.

SELF-REPORTING

If a student is part of the random testing group for a week and self-reports, they will receive the same consequences as if a student tested positive.

RESULTS

If a student's tests are positive an administrator will be contacted to come and get the student and escort them up to the office. The administrator then will contact the parents/guardians to go over the results. The test will be sent for confirmation of the positive.

REQUEST FOR RETEST

Students involved in the program may, upon a non-negative test result, request that the sample be re-tested (within 72 hours of being notified of the final testing result) at a second nationally certified laboratory. The request for the test must be submitted in writing to the principal. Students participating in athletic/extracurricular activities are required to pay the associated costs for an additional test in advance. However, the costs will be reimbursed if the result of the re-test is negative.

RELEASE OF INFORMATION

No information will be released and will be kept completely confidential for all testing by the testing company and Morgan County School District. Colorado Mobile Drug Testing will send all test results to the high school. Parents/Guardians can contact the high school for a copy of results.

SELF-DISCLOSURE

Any student who was proven by self-admission or admission by the parent/guardian to violate the policy throughout the calendar year while off campus will be subject to consequences outlined in the Student Handbook and the Athletic/Activities Handbook.

SUSPENSION REQUIREMENTS

If a student has a positive test and is put on suspension from their sport and/or club, they will be required to take a secondary test before they can return to the sport and/or club. The test will be done through Colorado Mobile Drug Testing in Fort Morgan, at the cost of the student and/or parent/guardian.

If a student has tested positive and it is their first offense, they will be required to attend counseling meetings with the Student Health Counselor at Fort Morgan High School.

If a student has a 2nd or 3rd positive test during their suspension time, they will be required to attend Drug and Alcohol testing with Centennial Mental Health. If a student chooses not to attend the required class and put in effort, they will not be able to return to their sport and/or

club until it is fulfilled. The cost of the counseling will be paid for by the student and/or parent/guardian. Centennial Mental Health will work with insurances, pay scales, and other needs of the family.

APPEAL

Fort Morgan High School conforms to federal requirements of due process for students. A student participating in athletic/extracurricular activities who has been determined by the school Principal, Athletic Director, or Activities Director to be in violation of this policy shall have the right to appeal the decision to the Superintendent or his/her designee. Such a request for a review must be submitted to the Superintendent in writing within five (5) calendar days of notice of the positive test. A student requesting a review will remain ineligible to participate in any athletic/extracurricular activities until the review is completed. The Superintendent or his/her designee(s) shall then determine whether the original finding was 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 the sole and exclusive judgment and discretion of the Superintendent, which shall be final and non-appealable.

PROGRAM EVALUATION

All data will be kept confidential between the Athletic Director and Activities Director. The Random Drug Testing Committee will meet once a week for the first month to analyze the procedure and to make sure everything is working correctly. After the first month, the committee will meet once a month to review the procedure. At the end of each school year a report will be completed to show proper procedure was followed throughout the school year. All information shall be aligned from the Colorado Mobile Drug Testing company to Fort Morgan HS. The report will be shared with the superintendent to keep on file, documenting that procedure was followed each testing week.

RANDOM DRUG AND ALCOHOL TESTING
PROGRAM CONSENT TO TEST FORM

The student and his/her parent(s) or guardian acknowledge that the Morgan RE-3 School District has the right to perform random drug and alcohol testing on students who wish to exercise the privilege of participating in athletic/extracurricular activities.

The student and his/her parent(s) or guardian understand that, as a condition of the student being allowed to participate in extracurricular activities in the district, the student may be required to undergo and successfully pass random screening for alcohol, illegal drugs, or other banned substances, as set forth in the District's Drug Testing Policy for Students Involved in Athletics and Extracurricular Activities at Fort Morgan HS. The student and his/her parent(s) or guardian acknowledge that they have read and understand this policy and that they agree to all terms and conditions contained in the policy and procedure.

The student and his/her parent(s) or guardian hereby consent to participate in the Random Drug and Alcohol Testing Program and to the disclosure of testing results to the District's Drug Program Coordinator and parent(s) and guardians. The student and his/her parent(s) or guardian further understand that the student's refusal to submit to a drug screening will be treated in the same manner as if the student had tested positive for banned substances.

The student and his/her parent(s) or guardian may voluntarily consent to participate in the random drug and alcohol testing program and to the disclosure of testing results to the District's Drug Program Coordinator and parent(s) or guardian.

No student shall be penalized academically for testing positive for banned substances during random drug testing. The privilege of being allowed to participate in athletics/extracurricular activities in the Morgan School District is contingent on the signing of this consent form.

This consent form shall remain in effect for the entire school year. Any revocation of this consent form shall disqualify the student from participating in athletics/extracurricular activities for the remainder of the school year.

Student Name – Please Print

Current Grade

Student Signature

Date

Parent/Guardian Signature

Date

COMMITMENT TO ACTIVITIES / ATHLETICS

Acknowledgement Form

Warning: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC INJURY. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk.

PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.

We have read, understand, and agree to abide by the Fort Morgan High School Athletic/Activities Policies Handbook. Once this form is signed, student athletes at Fort Morgan High School will be held accountable throughout their high school career. In addition, the acknowledgement will be signed each year.

SPORT (CIRCLE ALL THAT APPLY)

FOOTBALL, VOLLEYBALL, CROSS-COUNTRY, CHEERLEADING, GYMNASTICS, SOCCER,

BASKETBALL, WRESTLING, TENNIS, BASEBALL, TRACK & FIELD, GOLF

ACTIVITY (CIRCLE ALL THAT APPLY)

ART, BOOK CLUB, CHESS & BOARD GAMES CLUB, DIVERSITY CLUB, DUNGEONS & DRAGONS CLUB,

FBLA, FELLOWSHIP OF CHRISTIAN STUDENTS, FCCLA, FELLOWSHIP OF CHRISTIAN STUDENTS, FFA,

FORENSICS, FM ADVENTURE SEEKERS, GSA, INVESTMENT CLUB, KNOWLEDGE BOWL, LIBRARY

AMBASSADOR CLUB, LULAC, MINI MUSTANG MENTORS, MOCK TRIAL, MODEL UNITED NATIONS,

MUSTANG PRIDE, NHS, SPECIAL OLYMPICS, THESPIANS, VOCAL JAZZ ENSEMBLE, YES-O

(Participant Name-**Please Print**)

Current Grade

(Participant Signature)

Date

(Parent/Guardian Name-**Please Print**)

(Parent/Guardian Signature)

Date

THIS COMMITMENT HAS TO BE SIGNED BY PARTICIPANT AND PARENT/GUARDIAN BEFORE THE PARTICIPANT IS ALLOWED TO PARTICIPATE IN ANY INTERSCHOLASTIC EVENTS.