

**MONTROSE SCHOOL DISTRICT RE-1J  
ATHLETIC / ACTIVITIES  
TRAINING CODE**

**Name:** \_\_\_\_\_  
**Sport:** \_\_\_\_\_  
**Grade:** \_\_\_\_\_  
**Parents' Name:** \_\_\_\_\_  
**Phone Number:** \_\_\_\_\_

**Message from the Board of Education**

The Board of Education of Montrose County School District RE-IJ recognizes the great benefit to the district and its students, as well as to the community, of a comprehensive and vigorous athletic/activities program firmly focused upon the welfare of its participants. The short term and long-term health and life experience advantages to athletic participants are well known.

To that end, the Board wishes to make it clearly and widely known that full compliance with the adopted Athletic/Activities Training Code and Procedures Handbook is expected of all participants, their parents and guardians, and their coaches/sponsors. These rules and procedures have been established to ensure that interscholastic participants in the Montrose County School District RE-IJ will be conducted primarily for the benefit of the students, that participation will be a worthwhile and healthy learning experience, and that individuals and teams will be well and fairly coached/sponsored. The Board considers the importance of individual and team win-loss records to be secondary to these objectives.

Furthermore, the Board takes very seriously its' responsibility to the district's students and coaches/sponsors to ensure that all policies, procedures, and rules will be enforced fairly and uniformly. To that end, it holds the school district and building administrators, the coaches/sponsors, the students and the student's parents and guardians individually and collectively accountable for observing and enforcing those policies, procedures, and rules. In return, it pledges, without reservation, to firmly support any and all reasonable efforts by school district personnel, students and parents and guardians to enforce those policies, procedures, and rules.

**Montrose School District RE-IJ Athletic/Activities Training Code**

**Philosophy**

The athletic/activities code is built and can work only within each individual participant's sense of integrity and honesty, the unwavering support of parents in helping the participant to hold firmly to the code, and the consistency of coaches/sponsors and administrators in dealing with violations.

- This code should be viewed, first and foremost, as a promise to oneself. Further, it is a promise to one's teammates, parents and coaches/sponsors to abstain from all illegal activities, and to maintain a standard of excellence in academics and citizenship.

Students who choose to participate in athletics/activities also assume the responsibility of representing our schools and keeping their commitment to follow the athletic/activity code.

- Students, in order to participate to the best of their ability, must be physically fit.
- Students must maintain academic standards to establish their privilege to participate.
- Students in extra-curricular activities are "looked up to" and receive public recognition. They have the responsibility of maintaining acceptable behavior standards in school and in the community.

Coaches/Sponsors will follow the athletic/activities policy handbook as established by the district. Violations of these policies will not be taken on hearsay or rumor; however, an investigation will be initiated by the head coach

and/or athletic director when reliable information comes to their attention. A valid case for action would include eye-witness testimony, law enforcement records or an admission of guilt.

**The Athletic/Activities Training Code shall be in force from the beginning of the participant's first sport season through the last official day of the participant's academic career. (7-8, 9-12) Violations shall be cumulative during that period. A Montrose County School District RE-IJ Athletic/Activities Training Code Contract must be signed by the student and his/her parent or guardian before the student will be considered a member of a team.**

**Citizenship Violations:**

Any flagrant disregard of appropriate behavior that is counter to established school policies and/or governmental law will be considered a citizenship violation and will be dealt with accordingly. The appropriate school administrator of the student violator's school will take appropriate disciplinary action, ranging from school sanctions to temporary or permanent suspension from participation.

**Violations: Substance Abuse.**

- The use or possession of tobacco in any form
- The use or possession of alcohol
- The use or possession of illegal drugs or misuse of any form of legal drug or medication
- The use or possession of e-cigarettes and /or vapor pen products

**Penalties:**

The above behaviors or activities will be considered a violation of the Athletic/Activities Training Code and will result in disciplinary action as follows:

**First Offense:** The participant will be suspended immediately from the current sport season for a minimum of twenty percent (20%) of the allowable contests as established by the Colorado High School Activities Association (including playoffs) or according to the carry-over rule. If the participant is not currently involved in an activity; he/she will be suspended for twenty percent (20%) of the next season in which he/she is a bona fide team member.

**Second Offense:** The participant will be suspended immediately from the current sport season for a minimum of thirty percent (30%) of the allowable contests as established by the Colorado High School Activities Association (including playoffs) or according to the carry-over rule. If the participant is not currently involved in an activity, he/she will be suspended for thirty percent (30%) of the next season in which he/she is a bona fide team member. If the participant has not served any of the first violation suspension, then the participant will be suspended for fifty percent (50%) of the allowable contests of the next season in which he/she is a bona fide team member.

**Third Offense:** The participant will be suspended immediately from the current sport season for the remainder of that season and from fifty percent (50%) of the allowable contests from the next sports season in which he/she is a bona fide team member. If a participant has not served any of the first violation suspension or the second violation suspension, then the participant will be suspended from the entire next season in which he/she is a bona fide team member and for fifty percent (50%) of the allowable contests for the next season in which he/she is a bona fide team member.

**Fourth Offense:** The participant will be suspended for one calendar year from participation in all athletic activities. Upon completion of the calendar year, a student/athlete may file for reinstatement of his/her eligibility with the infraction committee. The infraction committee retains the right to deny this request for reinstatement, to approve the reinstatement with stipulations, or to approve reinstatement without stipulations.

\*Stipulations must be agreed upon prior to reinstatement

\*Stipulations must be adhered to by the athlete or eligibility will be revoked immediately

**SELF-REPORTING OF A TRAINING CODE VIOLATION:** If a student self-reports a violation of the training code to a coach or school official in a timely manner, (to be determined by school administration) the student may elect to meet with an infraction committee (comprised of school administration and available coaching staff) in lieu of an automatic 20% suspension of activities. The committee may determine that the suspension of activities is not warranted for the infraction and may assign consequences that are more restorative in nature or may reduce the suspension to no less than 10% of total games played in that season, to include playoffs if the number of games has not been satisfied in the regular season. Completing a diversion program DOES NOT eliminate the consequences for a training code violation.

**THE SELF\_REPORTING OPTION ONLY APPLIES TO 1ST OFFENCES; ALL OTHER INFRACTIONS WILL FOLLOW THE ESTABLISHED PROTOCOL.**

**CARRY-OVER RULE:** A suspension will be carried over and enforced, on a percentage basis unless otherwise stipulated, into the athlete's next sport season if the suspension has not been completed. (The next sport season being the next sport the athlete participates in and is a bona fide team member as determined by the building administrator.)

**BONA FIDE - School administrators will determine if a student/athlete qualifies as a bona fide team member. i.e. incurring training code violations and going out for a sport one would not normally participate in order to serve suspension time.**

### **Due Process**

- A thorough investigation of a suspected violation will be conducted before action is taken.
- The administrator will determine if a violation has occurred, and if so, will take the indicated and appropriate disciplinary action.
- After a decision has been reached, the parents or guardian, the student, the coach/sponsor will be informed of the decision, in writing. The parent or guardian, or the student may appeal the school level decision to the principal, if the principal has not been involved in the original action.
- An appeal may be made to the superintendent of schools or designee, and if the disagreement is not resolved by the superintendent, an appeal can be directed to the School Board in executive session.
- At the beginning of each athletic/activities session, schools are required to provide information to students about the Training Code, and each participant and his/her parent/guardian must have signed the code. Athletic Directors/Coaches/Sponsors must conduct the meetings with participants so that all will understand the Training Code.

### **WARNING**

By their very nature, competitive athletic/activities can put students in situations where SERIOUS, CATASTROPHIC, and perhaps FATAL ACCIDENTS may occur.

**ATHLETIC/ACTIVITY TRAINING CODE CONTRACT**

I have read the Montrose County School District RE-IJ Training Code and the Montrose School District Athletic/Activities Procedures Handbook. I understand that I will be governed by these training rules as a participant in all District Athletic/Activities. I have reviewed the training rules and my signature acknowledges an understanding of the rules and the consequences of a violation.

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Student Signature

Date

I have read the Montrose County School District RE-IJ Training Code and the Montrose School District Athletic/Activities Procedures Handbook. I understand that my son/daughter will be governed by these training rules and my signature acknowledges an understanding of the rules and the consequences of a violation.

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**Parent's/Guardian's Signature**