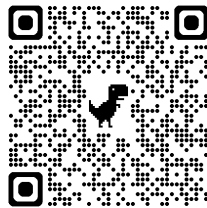


# Rangely Junior/Senior High School

## Activities Handbook

2026-2027



Principal: Richard Sinclair

Phone: 970-675-2253

Email: [richard.sinclair@rangelyk12.org](mailto:richard.sinclair@rangelyk12.org)

Activities Director: Rodney Yates

Phone: 970-675-2253

Email: [rodney.yates@rangelyk12.org](mailto:rodney.yates@rangelyk12.org)

Activities Assistant: Candice Winder

Phone: 970-675-2253

Email: [candice.winder@rangelyk12.org](mailto:candice.winder@rangelyk12.org)

Junior High Athletic Director: Jeremy Lohry

Phone: 970-675-2253

Email: [jeremy.lohry@rangelyk12.org](mailto:jeremy.lohry@rangelyk12.org)

## **WELCOME**

The Activities Handbook rules will take effect on the first day of the fall sports season, 2026, and run through the beginning of the next Fall sports season, 2027 (year-round). These rules will be in effect for all students involved in athletics and activities at Rangely Junior High School and Rangely High School.

On behalf of the Activities Department of Rangely Junior/Senior High School, we welcome every student with the ability, attitude, cooperative spirit, and desire to represent our school well. Participation in activities is a PRIVILEGE, NOT A RIGHT, and that involves accountability, leadership, teamwork, self-discipline, respect, and responsibility.

## **PHILOSOPHY AND EXPECTATIONS**

- Activities are an extension of the educational experience offered in the classroom. Our philosophy is aligned with the district:
- Rangely School District RE-4 Vision Statement: “Inspiring excellence - every student every day.”

### **I. Philosophy and Purpose**

These activities are governed by specific training and eligibility rules that demand sacrifice, self-discipline, and dedication.

These standards are higher than those of the general student population and are designed to:

- Motivate student-athletes to maintain high standards of personal conduct.
- Achieve optimal physical and mental conditioning.
- Enhance and protect the health and welfare of all participants.
- Promote abstinence from harmful or unhealthy substances.
- Ensure that representatives of our District serve as positive role models.

## **GOALS FOR ACTIVITIES**

- Develop key skills: standards, expectations, character, culture, leadership, cooperation, dependability, organization, sociability, punctuality, self-control, and teamwork.
- Understand that programs are education-based with an emphasis on building lifelong skills.
- Provide opportunities for students to participate in a variety of activities and experience interscholastic competition.

## **CODE OF CONDUCT AT ACTIVITIES**

- 1.) **PARENTS:** As parents, you are an invaluable part of your child’s educational and athletic development. Your attitudes and actions have the most impact on the outcome of your child’s learning.

- Be positive role models; ensure your child has the best athletic experience possible.
- Be a “team” fan, not a “my kid” fan.
- Be respectful towards all players, participants, coaches, officials, and fans. Cheer for our team, not against the opponent.
- Refrain from the use of alcohol, tobacco, and other drugs before or during contests/activities on school premises.
- Remember that the game/activity is for the kids, NOT ADULTS.
- Allow the coach to coach; do not instruct your child during a game, as it may conflict with the team's strategies.
- A signed Code of Conduct must be on file for your child to participate in Rangely Junior/Senior High School athletics/activities.

**2.) STUDENTS:** Being a spectator is a privilege. It does not allow you the opportunity to yell at officials, coaches, or players, or to act inappropriately.

- Refrain from unsportsmanlike behavior, including: booing, taunting, profane language, "start the bus" cheers, or turning your back on opponents during introductions.
- Do not signal out players by name or number to taunt them.
- Any action deemed inappropriate by a supervisor or administrator may result in disciplinary action.
- A signed Code of Conduct must be on file for a student to attend or participate in Rangely Junior/Senior High School activities.

Consequences for violations by parents or students include:

1. Verbal or written warning (including the CHSAA yellow warning card).
2. Immediate ejection from the event by a school official or Rangely PD.
3. Suspension from the next two (2) home games/activities.
4. Suspension for the remainder of the season or school year.

### **EVENT BEHAVIOR EXPECTATIONS**

JUNIOR HIGH AND ELEMENTARY STUDENTS:

- Elementary students may attend events if accompanied by a parent or a sibling 21 years of age or older.
- Elementary students who cannot follow expectations will be asked to sit with their parents for the remainder of the event.
- There will be a designated seating area for all Rangely Junior High students when attending High School athletic events. All junior high students are asked to sit in this designated section.
- No balls of any type (footballs, basketballs, etc.) should be brought to games. These often end up on the playing surface, causing disruptions.

- Students must be respectful of supervisors. Failure to abide by instructions may result in a ban from future events at Rangely Junior/Senior High School.

### **COMMON vs. PERSONAL AGENDAS**

Rangely Junior/Senior High School offers many growth opportunities. For success to be achieved, everyone must share a common agenda. The needs of the team supersede the desires of the individual or parent. Teams that work together to reach common goals are the most successful.

### **ATHLETIC DEPARTMENT SOCIAL MEDIA & ONLINE CONDUCT POLICY**

This policy applies to all student-athletes, parents, guardians, and athletic department personnel. The purpose of this policy is to maintain a respectful, safe, and positive athletic community while strictly protecting coaches, staff, and student-athletes from public harassment, direct threats, and cyberbullying.

#### **General Prohibitions on Public Attacks & Defamation**

- **No Cyberbullying, Digital Threats, or Targeted Harassment:** Posts, comments, direct messages, or shared content intended to demean, intimidate, humiliate, or provoke a coach, player, or staff member will trigger immediate administrative review and disciplinary consequences.

#### **Mandatory Communication Protocols (24-Hour Rule)**

To ensure concerns are addressed constructively and to prevent online escalation, parents and athletes must follow official channels:

- **24-Hour Cooling-Off Period:** Parents/guardians and student-athletes may not contact a coach—publicly or privately—about game strategy, playing time, or team decisions for **24 hours** after a contest.
- **Official Channel Requirement:** All grievances, playing-time concerns, or conflict discussions must take place through private, pre-scheduled meetings (or official school email). Public social media platforms are **never** an acceptable forum for athletic complaints.

#### **Direct Messaging & Boundary Policy**

- **No Unsanctioned DMing:** Coaches and adult staff members will only communicate via official department-approved platforms (e.g., school email, Remind app, Hudl).
- **Public Social Media Distance:** Student-athletes and parents should refrain from sending private messages to coaches on personal social accounts. Coaches are instructed not to accept private messages or friend/follow requests on personal social media accounts from active student-athletes.

## Policy Violations & Penalties

Violations of this policy by student-athletes or parents affect the standing of the student-athlete within the athletic program.

| Offense Level            | Student-Athlete Violation                                                              | Parent/Guardian Violation                                                                                         |
|--------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>1st Offense</b>       | Formal warning;<br>mandatory removal of post within 2 hours; 1-game suspension.        | Formal written warning; mandatory removal of post; parent banned from attending the next 2 contests.              |
| <b>2nd Offense</b>       | Multi-game suspension (25% of season schedule) and meeting with the Athletic Director. | Season-long ban from attending all athletic events (home and away).                                               |
| <b>Severe / Repeated</b> | Immediate removal from the athletic team for the remainder of the school year.         | Permanent athletic event ban; referral to law enforcement/school district legal counsel if posts contain threats. |

## WEIGHT ROOM AND FACILITIES

The weight room is a vital facility for Rangely Junior/Senior High School athletics. It is where our athletes build the strength and speed necessary to compete at a high level. We strongly encourage parents to support their children in utilizing this facility throughout the school year and the summer months. Students should use the National Strength and Conditioning recommendations or the National High School Strength and Conditioning Association as an educational tool to help assist athletic development.

## PROGRAMS OFFERED

Rangely High School is a member of the Colorado High School Activities Association (CHSAA) and the Western Slope League (or current local league).

- High School Programs may include: Basketball, Baseball, Cross-Country, Football, Golf, Track, Volleyball, Wrestling, Band, Cheerleading, Choir, FBLA, FCCLA, FFA, Knowledge Bowl, National Honor Society, and Student Council.

### **SUBSTANCE ABUSE VIOLATIONS**

**Substance Abuse:** There is a prohibition on the use, distribution, or possession of illegal drugs, alcohol, tobacco, or nicotine products (including vaping).

### **CONSEQUENCES:**

### **DISCIPLINARY ACTION DUE TO INFRACTIONS RESULTING FROM THE PRESENCE OF DRUGS**

#### Marijuana / Illicit Drugs

- 1st infraction will result in a student's dismissal from the team for the remainder of that activity season. Students may not practice with the team.
- 2nd infraction will result in a student's removal from activities until the beginning of that activity season in the next school year (if penalized during soccer, out until the start of spring season of the next school year).
- 3rd infraction will result in a student's removal of activities for the remainder of their academic career.

### **NON-TESTED SUBSTANCES**

#### Alcohol / Non-Tested Drugs

- 1st infraction will result in a student's dismissal from the team for the remainder of that activity season. Students may not practice with the team.
- 2nd infraction will result in a student's removal from activities until the beginning of that activity season in the next school year (if penalized during soccer, out until the start of spring season of the next school year).
- 3rd infraction will result in a student's removal from activities for the remainder of their academic career.

#### Tobacco

- 1st infraction will result in a student's removal from the next activity event. Students may practice.
- 2nd infraction will result in a student's removal from 20% of the activity season. Students may practice.

- 3rd infraction will result in a student's removal from activities until the beginning of that activity season in the next school year (if penalized during soccer, out until the start of the spring season of the next school year).
- 4th infraction will result in a student's removal from activities for the remainder of the academic career.

No reinstatement will be considered during the course of a tournament, regional or state competition.

### **PATHWAY BACK**

#### **Marijuana / Illicit Drugs/Alcohol / Non-Tested Drugs**

##### **1ST INFRACTION**

To participate in future competitive events, a student must:

- Miss the remainder of that activity season. The student may not continue to practice.
- Complete an administratively approved 4-hour Drug/Alcohol Awareness Class.
- Must complete 8 hours of community service approved by administration.
- Have a clean drug test before the 1st competition back.

##### **2ND INFRACTION**

- To participate in future competitive events, a student must:
- Miss the remainder of that activity season and the subsequent seasons until the beginning of that same activity season in the subsequent school year. (If penalized during soccer, out until the start of the spring season of the next school year).
- Have a clean drug test before the 1st competition back.
- Must complete 8 hours of community service approved by administration.
- The student and parent/guardian will agree to onsite testing of the student for the remainder of the student's high school career. Testing time and dates will be at the district's discretion. The failure of the student to appear for any testing session would be considered an infraction absent a legitimate excused absence approved by the school principal.

##### **3RD INFRACTION**

- No pathway back.

All costs of classes and/or counseling will be borne by the student and/or student's parent/guardian. If an outside assessment is used, the cost will be borne by the student and/or the student's parent/guardian.

### **PROCEDURES FOR ALLEGED VIOLATIONS**

## Reporting and Investigation

1. Written Reports: Alleged violations must be reported in writing to the Principal or Activities Director by a responsible adult.
2. Timeline: Reports received more than 30 days after the alleged incident may be rejected as untimely.
3. Anonymity: School administration is under no obligation to investigate anonymous or verbal reports.
4. Cooperation: The Principal may request written consent to access relevant law enforcement or court records. Refusal to provide consent may be deemed a failure to cooperate and may result in immediate suspension or revocation of athletic privileges.

## **DUE PROCESS AND APPEALS**

- Notification: If a violation is confirmed, the Principal or Activities Director will promptly notify the student and parents (in person or via mail) regarding the conduct and the resulting sanction.
- Response: The student and parent/guardian will have ten (10) school days to respond to the notification.
- Finality: The Principal holds the authority to make the final decision on all athletic disciplines.
- Appeals: If a student wishes to appeal the Principal's final decision, they must follow the formal Board policy on public complaints.
- Note: The disciplinary suspension remains in effect throughout any appeal process.

## **ELIGIBILITY REQUIREMENTS**

CHSAA Eligibility (High School): Students must meet CHSAA rules to be eligible, including being a currently enrolled student in good standing. Students must have passed a minimum of five (5) credits (or equivalent) in the previous semester and be passing five (5) solid subjects at the time of the contest.

### **Rangely High School Academic Eligibility:**

- Eligibility is checked weekly starting after the third week of each semester.
- Students must be passing all courses with a D or better for unrestricted eligibility.
- Students with two or more F's are immediately ineligible.
- Students with 2-D's or 1 F are ineligible.

### **Rangely Junior High Eligibility:**

- **Eligibility is pulled every Tuesday** and distributed to coaches and advisors. If a student is failing or has an incomplete in any class on that day, he/she will be ineligible until the

following Tuesday. *(Grades are the responsibility of the student. It is not the responsibility of any RHS faculty member to offer extra credit or extend their duties to ensure a student's eligibility.)*

- Students who have not met Colorado High School Activities Association (CHSAA) requirements at the close of a semester (i.e., who failed more than one class at the end of the semester) may regain academic eligibility as designated by CHSAA, according to the CHSAA regain dates per sport.

### **ATTENDANCE POLICIES**

- **Pre-Competition Day Attendance:** All student-athletes must be in school for at least six periods to practice that day and play in the next competition.
- **Competition Day Attendance:** Students must be in scheduled classes ALL DAY on the day of an event or travel to participate. Exceptions are made only for medical appointments (verified by a physician's note) or prior administrative approval.
- **Post-Competition Day Attendance:** All student-athletes must be in school for at least six periods following a competition to be eligible to compete in the next event.
- **Practice Day Attendance:** All student-athletes must be in school for at least six periods to practice that day. A preapproved appointment following an event will be permitted if a note is provided from the doctor's office.
- **Suspension Status:** Students in OSS cannot practice or attend events. Students in ISS may practice and attend home events, but are barred from competing during that week.

### **COMMUNICATION**

Communication between students, coaches/sponsors, parents, and administration is of utmost importance for a successful program at Rangely Junior/Senior High School.

#### **Topics that will not be discussed include:**

- Playing time: This is entirely in the hands of the coach/sponsor and no one else.
- Game strategies: These are entirely in the hands of coaches/sponsors and no one else.
- Other athletes/students: It is unprofessional to discuss other participants' talents, and such discussions will not take place.
- Other coaches or school personnel.

#### **Acceptable topics of discussion between coaches/sponsors and students/parents include:**

- What role will I/my child play in this activity and why?
- What does/do I/my child have to do to improve?
- What can we, as parents, do to help our child fulfill his/her expectations?

The “Chain of Command” to discuss your concerns is as follows:

1. Athlete/student with coach
2. Parents/Athlete with coach
3. Activities Director
4. Building Principal
5. Superintendent
6. School Board

The Activities Director, Building Principal, Superintendent, and School Board are not your first level of communication when concerns arise. Please follow the Chain of Command and begin with the coach.

***There will be a mandatory 24-hour “Cooling Off” period before a coach will meet with an upset parent(s). Coaches will not meet with a parent following a game or after a practice if a prior meeting was not scheduled.***

#### **SCHOOL TEAMS vs. CLUB TEAMS**

- Rangely Junior/Senior High School coaching staff and administration believe that our school-sponsored programs should take priority over "club," "travel," or "recreation" teams. While we encourage off-season development, students are expected to prioritize their RJSHS team commitments during the CHSAA-sanctioned season. **Missing a school practice or game for a club event will result in consequences determined by the head coach.**

#### **FORMS REQUIRED FOR PARTICIPATION**

Before any student can practice or participate in a sport at Rangely Junior/Senior High School, the following must be on file in the Activities Office:

1. Current Physical Examination: Must be completed by a licensed healthcare provider and dated after May 1st of the current year.
2. Parental Permission/Assumption of Risk Form.
3. CHSAA Eligibility Form.
4. Proof of Insurance: The district does not provide insurance for student injuries; parents must provide proof of personal insurance or purchase school-offered accident insurance. **Email a copy/picture of your insurance card to Candice.winder@rangelyk12.org**
5. Fees paid.

#### **NO-CUT & ATHLETIC COMMITMENT (NO-QUIT) POLICY**

1. No-Cut Roster Philosophy

Our athletic program is committed to maximum student participation. Any student-athlete who maintains academic eligibility, completes all administrative/medical clearances, and attends mandatory tryouts will be awarded a roster spot within the program (Varsity, Junior Varsity, or Freshman/C-Team, based on skill level and athletic assessment).

## 2. Commitment & "Drop Deadline"

Joining a roster represents a firm commitment to coaches, teammates, and the school community for the duration of that sport's season.

- The Drop Deadline: A student-athlete may drop a sport without penalty during the first 2 calendar days following the first official day of practice.
- To officially drop a sport before the deadline, the athlete must complete a Roster Modification Form, return all issued gear/uniforms, and meet with the Athletic Director.

## 3. Quitting Penalty (Unapproved Withdrawal)

Any student-athlete who quits or voluntarily withdraws from a team *after* the 2-day Drop Deadline will face the following administrative penalties in their subsequent sport season:

- Game/Contest Suspension: The athlete will be suspended for the first 15% of regular-season contests in the next sport season in which they participate.
- Practice-Only Status During Suspension: The athlete may practice with their new team during the suspension period, but cannot wear a uniform or travel to away contests until the suspension is served.
- Delayed Tryouts/Conditioning: The athlete cannot participate in official workouts, tryouts, or pre-season practices for their next sport until the season of the sport they quit has officially concluded (including post-season play).

## 4. Hardship & Medical Waiver Process

Penalties will not be enforced if the withdrawal is approved by the Athletic Director under one of the following documented exceptions:

- Medical / Injury Exemption: A certified medical professional directs the athlete to discontinue physical activity.
- Academic Hardship: The athlete is placed on an academic intervention plan requiring a temporary focus on coursework.
- Personal / Family Emergency: Circumstances beyond the student's control render participation impossible, as verified by school administration.

## **EVENT CANCELLATION PROCEDURES**

When weather is a potential issue, the administration will consult the National Weather Service and the Colorado Department of Transportation ([cotrip.org](http://cotrip.org)) regarding road conditions and safety.

1. The administration of the involved schools will communicate regarding possibilities for rescheduling.
2. If an event is canceled or postponed, students will be notified immediately and are expected to notify their parents.
3. Cancellations will be posted on the Rangely School District RE-4 website and social media pages.

## **TRANSPORTATION**

School Transportation: Students are expected to travel to and from activities in school-provided transportation.

- Release to Parents: Students wishing to return with their parents must have written permission on file with the coach, and the parent must sign the student out in person.
- Alternate Transportation: An Alternate Transportation Form must be completed and approved by the AD/Principal 24 hours before the trip for a student to travel with an adult (at least 21 years old) other than their parent.
- Conduct: Student conduct on trips must be of the highest caliber. Damage to property (motels, restaurants, or schools) will require financial restitution by the student and potential suspension from traveling during overnight trips.
- **Disciplinary Return: Students who violate trip rules may be sent home immediately at the parents' expense. This may require a parent to travel to the site to pick up their child.**
- Private Vehicles: At no time will a student ride in a private car while at an out-of-town event without express permission from the coach/sponsor.
- Medical Release: Any student traveling outside of Rangely must have a signed medical release form on file in the office.
- All medical conditions that potentially harm someone need to be documented. (Food allergens)
- Conduct on Bus: Students are expected to maintain high standards of behavior while traveling. The bus is considered an extension of the classroom.

## **LODGING AND MEALS**

- One-Day Trips: Students are responsible for paying for their own meals.
- Arrangements: The Activities Office will coordinate lodging and itineraries with the coaches.
- Students will stay at the site designated by the school, with lodging costs covered by Rangely High School.

- Junior High Trips: All RJHS athletic trips are one-day trips; therefore, junior high students are responsible for their own meal costs.
- Student-athletes will share Queen beds with no more than 4 per room.
- No student-athlete will stay in a room by themselves.
- Hotels with a breakfast option will be a priority, and each coach and athlete is encouraged to utilize this option during their stay.

### **AWAY EVENTS**

Coaches/sponsors and participants are expected to dress appropriately at all times. Athletes traveling to events should wear sport-specific apparel (i.e., travel warm-ups) or dress clothes. **Pajama pants, slippers, and non-team sweats are not considered appropriate dress. It is preferred that blue jeans not be worn on trips.**

- Weather should always be considered; wearing flip-flops during winter travel is not appropriate. Students are expected to have coats, gloves, and hats when traveling in the winter. Coaches or administration who deem attire inappropriate will require the student to change before leaving. **The Rangely Junior/Senior High School dress code applies to all travel.**

### **EQUIPMENT AND UNIFORMS**

All equipment and uniforms issued to students are the property of Rangely Junior/Senior High School.

- Students are responsible for the proper care and laundering of uniforms.
- Equipment must be returned within one week of the conclusion of the season.
- Students will be billed the replacement cost for any lost or damaged items. Graduation or future participation may be withheld until all fees are paid.

Rangely High School will provide necessary equipment and uniforms for participation in the Activities Program whenever possible. Uniforms and equipment considered “unique” to an individual may have to be purchased by the participant.

Participants who check out the school-owned uniforms and equipment should:

- Understand they are responsible for the care, cleaning, and return of the equipment after the season.
- Understand that uniforms are worn only at games.
- Be responsible for all items checked out to them. Items not returned or damaged will be reimbursed to the school by the participant (this includes items lost or stolen).
- Do not sell or give items to another student without the consent of the Activities Director.

## **EJECTIONS FROM ATHLETIC COMPETITIONS**

- All athletes are subject to the CHSAA Code of Conduct. Students ejected from a game will face the following mandatory suspensions:
- Basketball, Baseball, Volleyball, and Wrestling: Two-competition suspension following the violation.
- Football, Soccer, Track, Cross Country, and Golf: One-competition suspension following the violation.
- Subsequent Violations: A second violation results in a four-game suspension. A third violation during a student's high school career results in a permanent suspension from all CHSAA-sponsored events.

## **DUAL SPORT PARTICIPATION**

Student-athletes may participate in two sports during the same season, provided they designate a Primary Sport (Team Sport) and a Secondary Sport (Individual Sport) before the start of the competition season. The goal of this policy is to maximize athletic opportunities while protecting team cohesion, competitive integrity, and student-athlete wellness.

## **CORE GUIDELINES & PRIORITY RULES**

- Priority Order: The Primary Sport always takes precedence over the Secondary Sport whenever a scheduling conflict arises.
- Practice Requirements: The athlete must fulfill all practice requirements for the Primary Sport first. Attendance at Secondary Sport practices must be pre-approved by the Secondary Coach and scheduled around Primary Sport obligations.
- Competition Priority: The athlete must attend all Primary Sport competitions. They may only compete in Secondary Sport events if there is no conflict with a Primary Sport game, match, or team travel requirement.
- Conflict Resolution: If a Primary contest and a Secondary contest occur on the same day, the athlete must report to the Primary Sport. A Secondary Coach may not request or pressure an athlete to miss a Primary event.

## **Dual-Sport Participation Contract**

| Requirement | Primary Sport (Team) | Secondary Sport (Individual) |
|-------------|----------------------|------------------------------|
|             |                      |                              |

|                       |                                                                            |                                                                                                 |
|-----------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Designation           | Must be selected and documented before Day 1 of tryouts/practice.          | Must be selected and documented before Day 1 of tryouts/practice.                               |
| Attendance            | Mandatory 100% attendance at games/practices unless excused by head coach. | Attendance filled around Primary schedule; minimum weekly quota agreed upon by coach.           |
| Post-Season Priority  | Full commitment to all post-season play/playoffs.                          | May compete in post-season events only if Primary season has concluded or dates do not overlap. |
| Lettering Eligibility | Meets standard team lettering criteria.                                    | Must meet secondary athletic criteria and complete the full season without unexcused absences.  |

## **PRACTICES**

Practices are closed to parents and spectators. The only exception to this rule is if a coach specifically invites a parent or spectator to a practice session. If a parent or spectator is permitted to watch, they must do so from a designated area away from the field, court, mat, track, or other areas. At no time will parents or spectators be allowed to interrupt practice to speak with a coach.

- Practices may be held during school breaks, including Christmas and Spring Breaks. Parents are encouraged to arrange family vacations with this schedule in mind. **Coaches have the right to impose consequences for missing practices during breaks, which may include, but are not limited to, extra conditioning or making up missed sessions.** Athletes need to maintain the conditioning levels and skills they obtained before the vacation/break.

## **INJURIES**

Reporting: All injuries must be reported to the coach or sponsor immediately.

- Documentation: An injury report will be filled out and submitted to the RJSHS Activities Office by the coach or athletic trainer. The athlete is responsible for ensuring the injury is reported.
- Athletic Trainer: Rangely School District RE-4 provides access to an athletic trainer for student-athletes for all home games via our local Hospital.
- Assumption of Risk: An assumption of risk of injury is inherently present when competing in any extracurricular sport or physical activity.

Due to concerns associated with head injuries and Second Impact Syndrome, Rangely School District RE-4 takes every step possible to ensure student safety. The district follows a mandatory two-step approach for any athlete who has suffered a concussion:

STEP 1: The student-athlete must be evaluated by a licensed health care professional and receive written clearance to return to participation.

STEP 2: After written clearance is received, the student must complete the CHSAA/District Return to Play Protocols. All progression steps must be completed before the athlete returns to full competition.

### **CONCUSSION WARNING SIGNS AND SYMPTOMS**

*(Reference information provided by CHSAA and regional medical providers)*

| <b>Signs Observed by Others</b>  | <b>Symptoms Reported by Athlete</b> |
|----------------------------------|-------------------------------------|
| Appears dazed or confused        | Headache                            |
| Answers questions slowly         | Memory problems                     |
| Personality changes              | Feeling “woozy” or sluggish         |
| Confused about assignments/plays | Nausea or vomiting                  |
| Loss of consciousness            | Fuzzy or double vision              |

|                              |                               |
|------------------------------|-------------------------------|
| Moves clumsily               | Balance problems or dizziness |
| Forgets events before injury | Sensitivity to light or noise |
| Unsure of score or opponent  | Poor concentration            |

### **CHSAA CONCUSSION RULES & SAFETY**

As per CHSAA and district rules:

- No player shall return to play the same day if a loss of consciousness or suspicion of a loss of consciousness has occurred.
- No player should be returned to play with ANY signs or symptoms of a concussion.
- Immediate referral to emergency care is indicated for deteriorating status, persistent symptoms, or suspicion of neck injury.
- Players experiencing a second concussion in a single season should NOT be returned to play the same day and must be referred for medical evaluation.

Rangely Junior/Senior High School personnel have been educated on these signs and symptoms. We will always be conservative regarding any suspicious head injury. Medical evaluation and documentation are required in all head injury cases. Our purpose is to keep all our athletes safe; we fully believe that regarding head injuries, “when in doubt, sit them out.”

Coaches will not hesitate to call parents or emergency medical assistance if a situation is deemed life-threatening. Parents must communicate with the coaching staff if any symptoms arise at home.

*After reading the above information, parents and athletes should sign the sign-off sheet indicating they have read the information about concussions.*

### **END OF SEASON AWARDS NIGHT**

RANGELY HIGH SCHOOL. Each sport will have an end-of-season awards night. All participants are expected to attend, and appropriate dress is required for this event.

- Appropriate attire for males: Includes dress slacks and a dress shirt (tie is optional). It does not include T-shirts or hats; jeans are discouraged.
- Appropriate attire for females: Includes dresses, dress slacks, and a nice top. It does not include T-shirts or hats; jeans are discouraged. Dress attire must comply with the Rangely High

School Student Handbook. Attendance is considered a mandatory team activity; failure to attend may result in the student not receiving their varsity letter for that season.

- RANGELY JUNIOR HIGH SCHOOL. Each sport or activity may hold an end-of-season recognition event. Students involved in Junior High athletics will receive a certificate of participation.

### **USE OF FACILITIES**

Rangely School District RE-4 facilities are to be used for school-sanctioned activities only. Outside groups wishing to use a facility must complete a use agreement and pay the required fee through the Activities Office.

- Supervision: No student may use school facilities (including the weight room) unless under the direct supervision of a faculty member or coach.
- Outdoor Areas: Fields, tracks, or tennis courts may be used by the public when not in use for school-sponsored activities.
- Stadium/Gym Use: Any use of the Panther Stadium or school gymnasiums must be cleared through the Activities Director and comply with District Policy.

### **RANGELY SCHOOL DISTRICT RE-4 POLICIES**

Rangely School District RE-4 is committed to a fair environment and prohibits discrimination and sexual harassment. Contact the District Civil Rights Coordinator at Rangely School District RE-4, Rangely, Colorado 81648.

### **SEXUAL HARASSMENT REPORTING**

Harassment based on sex is prohibited. Students who believe they have experienced sexual harassment must report it to a teacher, counselor, or principal immediately. Complaints will be investigated by the Superintendent.

### **INSURANCE**

Students must show proof of medical insurance before they are permitted to compete or travel in any sports or extracurricular activities. A copy of the medical insurance card must be turned in to the school office or the Activities Director before the first competition of the season.

If a student does not have personal coverage, an insurance policy may be purchased to meet this requirement. Information regarding available student insurance options can be found on the Rangely School District RE-4 website.

Additionally, as a member of CHSAA, Rangely High School participants are covered by a supplemental concussion insurance policy for sanctioned activities; details are available through the Activities Office.

### **ADDING AN ATHLETIC PROGRAM**

**Minimum Participant Numbers:** Each sport must meet a minimum number of participants to be viable. A viable number would be set if a new program were proposed. These numbers are also the threshold for current programs.

- ◆ Golf: 5
- ◆ Cross-Country: 5
- ◆ Football: 13
- ◆ Volleyball: 8
- ◆ Cheerleading: 5
- ◆ Girls Basketball: 7
- ◆ Boys Basketball: 7
- ◆ Wrestling: 5
- ◆ Soccer: 13 *(we no longer field a soccer team)*
- ◆ Track: 5
- ◆ Baseball: 11
- ◆ *NOTE: All participants must reside within the district.*

**Timing:** The participant count is based on the first day of practice. For example, volleyball must have 8 players at the start of the season and maintain this number throughout. **If the minimum is not met by the first competition, the season will not commence.**

**Funding Timeline:** (program must meet minimum numbers each year, or the process starts over)

- ◆ **First Year:** Parents cover all costs.
- ◆ **Second Year:** The district pays the coaching stipend, with parents covering all other costs.
- ◆ **Third Year:** The district assumes all costs.
- ◆ ***If the required numbers are not maintained over the three years, the program will be discontinued.***

### **CUTTING AN ATHLETIC PROGRAM**

**Low Participation:** If an established program drops below the minimum required number of participants, there is a one-year period to address the shortfall. During this time, we will collaborate with coaches and parents to offset some costs. For example, when wrestling dropped to 3 one year, parents were responsible for covering travel costs.

### **TRAVEL COSTS FOR SPORTS NOT OFFERED AT RANGELY**

**Support for Travel:** If 5 or more athletes participate in a sport not offered at Rangely and must travel to another school, the district will assist with transportation by providing a vehicle, such as a suburban. It must be at the closest Colorado school offering the sport, per CO state law. We will offer driver training, but will not provide a driver (***Training must be requested at least 2 weeks in advance of the first day of practice***). The district will cover fuel costs. If the number drops below 5 during the year or fewer than 5 athletes are using the vehicle for transportation, the district will no longer provide a vehicle.

### **NCAA ELIGIBILITY CENTER**

Students desiring to compete at the Division I, II, or NAIA levels after high school must follow strict NCAA guidelines. It is the student's responsibility to understand these requirements. A guide for College-Bound Student-Athletes is available in the Guidance Office or at [web3.ncaa.org/ecwr3](http://web3.ncaa.org/ecwr3). Students should register with the Eligibility Center by their junior year.

### **VARSITY LETTERING POLICY**

The Athletic Department supports the lettering policy for each sport based on its specific handbook and unique characteristics. Please consult the coach and the signed handbook for any specific questions regarding lettering.

### **NONDISCRIMINATION/ EQUAL OPPORTUNITY NOTICE**

In compliance with Titles VI & VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act of 1967, the Americans with Disabilities Act, the Genetic Information Nondiscrimination Act of 2008, and Colorado Law, Rangely School District RE-4 does not unlawfully discriminate against otherwise qualified students, employees, applicants for employment, or members of the public based on disability, race, creed, color, sex, sexual orientation, marital status, gender identity, gender expression, national origin, religion, ancestry, family composition, or need for special education services. Discrimination against employees and applicants for employment based on age, genetic information, and conditions related to pregnancy or childbirth is also prohibited in accordance with state and/or federal law.

Complaint procedures have been established for students, parents, employees, and members of the public.

- Policy AC-R-1: Students
- Policy AC-R-2: Employees, Applicants for Employment, and Members of the Public
- Policy AC-R-3: Sexual Harassment (Title IX)

The following person has been identified as the compliance officer and the designated Title IX Coordinator for the district:

Superintendent of Schools  
402 West Main Street  
Rangely, CO 81648  
970-675-2207

### **Outside Agencies**

Complaints regarding violations of Title VI (race, national origin), Title IX (sex, gender), Section 504/ADA (handicap or disability), may be filed directly with the Office for Civil Rights, U.S. Department of Education, 1244 North Speer Blvd., Suite 310, Denver, CO 80204. Complaints regarding violations of Title VII (employment) and the ADEA (prohibiting age discrimination in employment) may be filed directly with the Federal Office of Equal Employment Opportunity Commission, 950 17th Ave., Suite 300, Denver, CO 80202, or the Colorado Civil Rights Commission, 1560 Broadway, Suite 825, Denver, CO 80202.

## **ACKNOWLEDGEMENTS**

***By signing this page and returning this document to keep on file, you acknowledge that the expectations and regulations presented in this document are designed to hold ALL student-athletes accountable. This document provides a solid foundation for our coaches, players, parents, and spectators.***

***If you understand the commitment to the success of our athletic teams and the student-athletes they represent, please sign.***

### **ATHLETIC PARTICIPATION RISK ACKNOWLEDGMENT**

**Participation in athletics involves inherent risks and may result in serious, catastrophic, or even fatal injuries.** Competitive athletics can involve physical contact, strenuous activity, the use of equipment, and other situations that may result in injury. While coaches and staff provide instruction, supervision, and safety precautions, **no amount of instruction, precaution, or supervision can eliminate the risk of injury.**

Students and parents or legal guardians should carefully consider these risks before choosing to participate. Injuries resulting from athletic participation may include serious or permanent physical impairment, paralysis, or, in rare cases, death.

By granting permission for your student to participate in athletic activities, **the parent or legal guardian acknowledges and accepts that these risks exist.** By choosing to participate, **the student also acknowledges and accepts these risks.**

Students will receive instruction on proper techniques and the correct use of equipment during practices and competitions. Students are expected to follow all safety instructions, use equipment properly, and avoid unsafe or improper techniques. **Despite proper instruction, safety precautions, and supervision, the risk of serious, catastrophic, or fatal injury cannot be completely eliminated.**

If you do not fully understand any part of this information, please contact the Athletic Director for additional information before participating.

***By signing below I acknowledge that I have read and understand the Athletic Participation Risk Acknowledgment.***

#### **EMERGENCY MEDICAL AUTHORIZATION & CONSENT TO TREAT**

I hereby authorize officials of the Rangely Public School District to contact the parent/legal guardian, emergency contacts, and medical providers listed on this form in the event of an illness or medical emergency involving my student.

I authorize the designated physician or other qualified medical personnel to provide emergency medical evaluation and treatment deemed necessary for the health and safety of my student.

If a parent/legal guardian or emergency contact cannot be reached in a timely manner, I authorize school officials and activity coaches to take whatever reasonable action they believe is necessary to protect the health and safety of my student, including obtaining emergency medical care.

I understand that the school district is not financially responsible for the costs associated with emergency medical treatment or transportation.

***By signing below, I authorize school officials and coaches supervising the activity to seek and authorize emergency medical attention for my student when, in their judgment, such care is necessary due to illness, injury, or another medical emergency.***

**FOR DIGITAL ACKNOWLEDGEMENT** [click here](#)

#### **Student Acknowledgment:**

By checking the box, typing my name, or clicking “**Accept**,” I acknowledge that I have read and understand and agree to be bound by this agreement, including the RJSHS Activity Handbook 2026-2027, Athletic Participation Risk Acknowledgement and Emergency Medical Authorization & Consent to Treat, and I agree to comply with the expectations and requirements described in it. I understand that my electronic acknowledgment has the same legal effect as my handwritten signature.

#### **Parent/Legal Guardian Acknowledgment:**

By checking the box, typing my name, or clicking “**Accept**,” I acknowledge that I have read and understand and agree to be bound by this agreement, including the RJSHS Activity Handbook 2026-2027, Athletic Participation Risk Acknowledgement and Emergency Medical Authorization & Consent to Treat. I acknowledge and accept

the risks associated with my student's participation in athletics and authorize my student to participate. I understand that my electronic acknowledgment has the same legal effect as my handwritten signature.

**If you have more than one student/athlete please fill out an individual form and digital acknowledgement for each athlete. Thank you. Go Panthers!**