

# **RSU #78**

Dallas Plantation ~ Rangeley Plantation ~ Rangeley ~ Sandy River Plantation

***Student & Parent***  
***INTERSCHOLASTIC and EXTRACURRICULAR***  
***Handbook***  
***2023-2024***

***Home of the Lakers***

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# RSU #78

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Athletic Website

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Athletic Calendar

[www.rangeleyschool.org/calendar/sports-calendar/](http://www.rangeleyschool.org/calendar/sports-calendar/)

Events Calendar

<https://www.rangeleyschool.org/calendar/>

# ***RANGELEY LAKES REGIONAL SCHOOL***

is a member of the East-West Athletic Conference

Class D – South Region

## **EAST/WEST CONFERENCE**

Buckfield Junior/Senior High School	160 Morrill Street	207.336.2151
Carrabec Community School	56 N Main Street	207.635.2209
Forest Hills High School	606 Main Street	207.668.5291
Islesboro Central School	159 Alumni Drive	207.734.2251
North Haven Community School	93 Pulpit Harbor Road	207.867.4707
Richmond High School	132 Main Street	207.737.4348
Valley High School	110 Meadow Street	207.672.3300
Vinalhaven High School	22 Arcola Lane	207.863.4800
Wiscasset Middle/High School	272 Gardiner Road	207.882.7722

\*\* In addition to the conference opponents, the Lakers play opponents that vary from season to season. Locations will be announced at the start of each season..

**\* For the purpose of clarification, any reference to the word “athlete”, “team”, “game/event” “coach” encompasses ALL interscholastic and extracurricular participants/activities including but not limited to drama, chorus, math team and the outing club**

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## ***VISION STATEMENT***

To be a model program excelling in academics and Interscholastic/Extracurricular Programs

## ***MISSION STATEMENT***

The athletic department of Rangeley Lakes Regional School supports the overall academic mission of the school and serves as an extension of the classroom experience. It is the intent to provide opportunities for student-athletes to enrich their lives through participation in education-based athletic programs, which are developmentally appropriate and competitive at the conference and state level. We are committed to providing experiences that enhance the intellectual, physical, social, moral, and cultural development of the whole person, while providing lifelong lessons, teaching self-pride, positive winning attitude, commitment to self and others, promoting and modeling good sportsmanship, and high expectations for all.

## ***VALUES***

### **R - Respect**

Rangeley Lakers will exhibit respect everywhere we go and in everything we do.

### **L - Leadership**

Rangeley Lakers will demonstrate leadership both in and out of athletic competition and throughout the whole school community.

### **R - Responsibility**

Rangeley Lakers will display responsibility in all their interactions.

### **S - Service**

Rangeley Lakers will commit to an expectation of service to self and others.

## **GUIDELINES FOR PARTICIPANTS**

The Rangeley school community recognizes the importance of interscholastic activities as a means to promote sportsmanship, team membership, good citizenship, high academic standards, exploration of the arts, and community responsibility. Interscholastic activities provide the opportunity for all students to explore their unique talents outside the classroom setting. These activities demand a high level of commitment, excellence, and self-motivation, which will help prepare students for the challenges they will meet outside the school community.

### **A Word to the Participant**

As students at Rangeley Lakes Regional School, you must always be aware that you represent the school, the community, and yourself. As such, we ask that you project a positive image of the Rangeley Lakes Regional School community. There is a strong tradition associated with interscholastic activities in Rangeley. You now have an opportunity to become part of and contribute to that history. **It is the requirement that students will uphold high standards academically and behaviorally during the entire school year.** As such, all students will be held to these standards for the entire interscholastic school year.

The interscholastic school year shall begin on the first day of practice for fall sports and shall end with the final school day in the spring or, if a game/event falls after the closing of the school year, with the conclusion of the final game or event.

It is a privilege for students to participate in interscholastic activities. Participation is voluntary and is not a requirement. Therefore, extra time and effort are required of those who participate. Since the reputation of the school is often judged by its interscholastic programs, high standards must be maintained. Those who earn the privilege to represent RLRS in interscholastic activities are expected to accept greater responsibilities as school citizens.

Participation in interscholastic activities is open to all students provided that they meet the requirements outlined in the handbook pertaining to academic standing, behavior and appearance.

Participants in interscholastic activities are representing RLRS and are expected to exhibit the highest standards of good conduct, sportsmanship, and respect. Coaches/advisors will inform participants of team/club expectations in these areas. Any student who is involved in an incident of physical violence with teammates or members of other teams before, during, or after games is immediately suspended according to MPA rules and school policy.

### **THE VARSITY PROGRAM**

The varsity interscholastic program is the most intensely competitive level of athletics; therefore, athletes who are chosen to participate at this level will have demonstrated a high level of competence in their sport, the emotional capacity to cope with the pressures of a competitive program, and the willingness to share in the responsibility of developing the team and themselves to full potential.

The development of responsibility is a high priority of the varsity program. Having been confronted with less demanding situations at the middle school and junior varsity levels, varsity athletes will be expected to make an even firmer commitment to their team and the pursuit of excellence.

The goal of the varsity team is to reach maximum potential and to field a team that is as competitive as possible within the parameters of RSU 78 Athletic Philosophy. The athletes' playing times are determined by the nature of the sport, the situation and the coach's judgment. Every team member cannot expect to play in every contest.

### **MIDDLE SCHOOL PROGRAMS**

The goal of the program is to develop a healthy competitive spirit by teaching students fundamental skills and appropriate attitudes and behavior, while giving each team member an opportunity to participate in each contest.

# Interscholastic/Extracurricular Procedures

## Activities

### High School: Varsity

1. Soccer (Boys & Girls)
2. Basketball (Boys & Girls)
3. Skiing (Co-ed)
4. Cheerleading (Co-ed)
5. Golf (Coed)
6. Softball
7. Baseball
8. Math Team

### Middle School

1. Soccer (Boys & Girls)
2. Basketball (Boys & Girls)
3. Skiing (Co-ed)
4. Softball
5. Baseball

### Additional Clubs/Activities (for both High School and Middle School)

1. Outing Club
2. Math Team
3. Drama
4. Chorus
5. Music Festivals

In accordance with the **Bona Fide Team Rule of the Maine Principals Association**, the following will apply:

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona Fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

1. A single waiver per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity.

If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, than a waiver should not be granted **because it violates the spirit and intent of the rule.**)

1. This policy is not intended to restrict dual sport participation in schools that allow dual participation.
2. Penalty for violation of this policy:
  - a. 1st violation                      Suspension from play for one game/contest
  - b. 2nd violation                      Removal from team for remainder of season



### **Commitment**

As coaches/supervisors of interscholastic activities feel that students, by the act of making a team or activity, have committed themselves to that activity, *attendance at practices, games, and events are required*. Absences affect playing or competing time; three (3) unexcused absences or three (3) consecutive absences may cause the student to be removed from the team or activity at the coach's or supervisor's discretion.

In instances of extended consecutive absences of three days or more from practices or games, athletes will be required to practice one day for each day over three days missed consecutively before they return to competition. For example, if a student misses five consecutive practices/games, they will be required to practice two days before they can return to competition.

### **Day of Game Requirements**

Athletes will dress up on the day of an athletic competition for the entire day according to the guidelines established by the individual coaches. Athletes represent the school and community. In order to project a good image of both, athletes and managers must be well groomed and neat in appearance.

Game jerseys or shirts may be worn the day before or the day of athletic contests when appropriate. Coaches may opt to have their team travel in the team uniform. Coaches will use their discretion concerning the dress.

### **Awards Ceremonies**

It is an expectation that athletes/participants will dress-up for awards ceremonies. Boys will wear collared shirts and dress pants; girls will wear a dress, skirt, or dress pants. No *hats, jeans, or shorts* are to be worn. Athletes may choose to wear their travel warm up uniforms.

Awards ceremonies are scheduled by the Booster's organization. Every attempt will be made to have ceremonies occur the week following the state championship contest with the exception being the spring sports season when final games may occur following the end of the regular school calendar.

### **Early Dismissal**

Participants dismissed from school early are responsible for contacting all their teachers concerning assignments, quizzes, tests and work that will be missed. Participants must be prepared for the next class day.

### **Pre-season Meetings and Coaches' Rules**

Subject to review and approval by the Athletic Director, special rules for individual sports necessary to address unique circumstances will be set by the coach, discussed at preseason meetings, and distributed in writing at the preseason meeting for all parents and athletes. These meetings will take place in the fall, winter and spring prior to the beginning of each sports season. No policy set shall conflict with established Board policy.

### **Quitting a Team**

Athletes will be allowed to leave any team they try out for during the first two weeks of the season. However, it is still an expectation that they speak directly to the coach before leaving. **After this two-week period has ended, if any athlete leaves for other than medical reasons, or at the discretion of the Athletic Director, the athlete will sit out during the next season of sports that the athlete would participate in, unless the reason for leaving has been cleared in advance with the athletic director or principal.**

### **Release to Parents – (Away Games)**

Parents may, at the conclusion of an away game or other event, request that they transport their student. The parent is to speak to the lead teacher or head coach and make such a request. Students **will not** be released to a non-parent/guardian unless the parent has signed a Student Release Request Form,” designating to whom the student is to be released. This form must be pre-approved by the Athletic Director or Principal and is to be presented personally to the head coach or lead teacher by the parent/guardian before the student is transported.

### **Right to Participate**

The privilege of participation may be revoked by a coach/supervisor, the Athletic Director or Principal, if the student does not conduct himself or herself in a manner that reflects favorably on the school. Upon dismissal of a participant from an activity, parents will be notified both by letter and personally by the coach/supervisor, Athletic Director or Principal.

### **Sports Season**

It is the responsibility of the athletic department to offer a well-balanced program of sports. To prevent overlapping of seasons and excessive specialization, each sport will have a clearly defined season. This will allow a student to go from one sport season to another without any conflicts. Where possible, a week's rest between seasons should be given.

A sport season is that period of time beginning with the first day of organized practice and ending with the day of the last regularly scheduled game or tournament for any one particular sport.

Each sport shall follow the MPA guidelines when determining the duration of preseason training and the sports season. The coach shall stay within the administrative regulations for lengthy scrimmages and games.

### **Student's Absence**

Any student absent from any part of the school day due to illness or unauthorized absence shall not be permitted to participate in any extracurricular activity that day unless the student has a note from a medical provider clearing the student for play that day.

### **Tardiness**

Students with unexcused tardies on the day of an event will not be allowed to participate in that day's event unless the student has a note from a medical provider clearing them for play that day.

Legitimate reasons for absences or tardies are set by Maine Statute and are as follows:

1. Personal illness
2. Appointments with health professionals
3. Observance of recognized religious holidays
4. Emergency situations
5. Planned absence for personal or educational purposes that have been pre-approved by the principal or his/her designee

Students are expected to be in school on the day after a game on time unless cleared in advance by the Athletic Administrator or the Principal or his/her designee. Three tardies, be they excused or unexcused, on days after a game will render the student ineligible for the next scheduled event.

### **Suspension: Participation in School Activities**

Students who are under suspension are not allowed to attend or participate in any school- sponsored activities. Suspensions end on the day of the student's return to school following the period of suspension. Suspension may be either out-of-school or in-school. For example, a student undergoing a one-day in-house suspension may not take part or attend any after school activities on the day of the in-house suspension.

### **Uniforms and Equipment**

School property assigned on loan to athletes is to be used only for that particular sport and season and only at practices, meets, matches and games. Students are responsible for care, maintenance and cleaning of these materials, which are to be turned in at the end of that particular season. Materials lost, stolen or damaged are still the responsibility of the athlete assigned them and payment for replacement costs will be expected. Students are not to wear their uniforms as part of physical education class. Athletes owing uniforms or money will not be allowed to play in the next sports season until the bill has been paid.

### **Parent/Coaches Communication Guidelines**

Positive involvement in sports requires commitment from students, parents, and coaches. To be successful, all involved must work to ensure effective communication. The following guidelines are intended to aid parents and coaches in their interaction.

#### **Communication parents can expect from coaches:**

1. Location and time of practices games/meets
2. Description of coach's philosophy
3. Coach's expectations of all student athletes on the team.
4. Team expectations
5. Notification of injury or disciplinary action of student athlete.

#### **What are appropriate concerns for parents to discuss with coaches?**

1. Skill improvement and development
2. Treatment of their student athlete
3. Concerns about the student athlete's behavior

**What things are not appropriate for parents to discuss with coaches?**

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

**Communication coaches should expect from parents:**

1. What is going well for their student athlete
2. Individual concerns expressed directly to the coach
3. Advance notification of any schedule conflicts, vacations, etc.
4. Support for the program

**If a parent has a concern to discuss with the coach, what procedure should be followed?**

1. Make an appointment to meet with the coach.
2. Please do not attempt to confront the coach before, during, or after a game or practice.
3. Negative comments should never be made in the stands during athletic conferences.

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

1. Call the Athletic Administrator to establish an appointment for further discussion.

*Interscholastic/Extracurricular Policies*

**Academic Eligibility**

**\* This policy applies to all interscholastic/extracurricular participants including members of drama, chorus and math team**

**Policy JJJ**

A continuous academic policy gives interscholastic and co-curricular activities academic consistency year-round. Parents, students, and coaches/advisors are encouraged to check student progress weekly on Infinite Campus.

Coaches/advisors may request printouts of course grades from students.

**High School/Middle School**

Any student, including those home-schooled and non-day students, wishing to participate in interscholastic or co-curricular activities at Rangeley Lakes Regional School must:

- 1.1 Be enrolled as a full time (six or more courses or credit equivalent) student. (Home-schooled students shall also be involved in six or more courses via their home-schooled program). The building Principal and Athletic Director will review homeschool athletes eligibility each season.
- 1.2 Maintain a 70 average in each and all courses at the time of eligibility grade checks. Eligibility grade checks will occur biweekly on Mondays. Athletes and families will be provided a schedule of eligibility checks at the beginning of each season.
  - A. If a student has less than a 70 average at the time of an eligibility grade check, the student will have one (1) week to bring the grade(s) up to a 70.
  - B. If after the one (1) week period, the student is achieving at a 70 level, he/she becomes eligible.

- C. If after the one (1) week period the student has not brought the grade(s) to a 70 average, he/she shall have one (1) more week to attain the 70.
  - D. During the periods noted above, the student may practice but will not be allowed to participate in games or travel with the team.
  - E. If the student has a 70 average after the two (2) week period, he/she will become eligible.
  - F. If the student has below a 70 average at the end of the two-week period, he/she will be ineligible for the remainder of that sports season. Eligibility will be reviewed upon the start of the next season.
- 1.3 Students have a maximum of two (2) weeks of ineligibility during any season, whether consecutive or not. Any student who uses more than two weeks cumulative to maintain grades above 70, will be ineligible for the remainder of that season.
  - 1.4 Any student with less than a 70 average at report card time will be ineligible for the remainder of that interscholastic season.
  - 1.5 Be in compliance with current Maine Principals Association's rules and regulations regarding eligibility.
  - 1.6 Students dropping courses with a failing mark after the add/drop period, that begins each semester, will be ineligible for two weeks from the drop date.
  - 1.7 Failure to attend practices while ineligible without permission from the coach will result in dismissal from the team.

## **General Information**

- 1. Incomplete grades must be closed within two weeks of grades closing. If not, they will be counted as failing grades and the student will be ineligible for a two-week period.
- 2. For any interscholastic activity that spans more than one grading period, the same rules apply. Therefore, it is possible for a student to join a team or activity while academically eligible, become ineligible, and later become eligible again.
- 3. Students who fail to maintain eligibility will not be permitted to receive awards, letters, or other recognition as part of the sports recognition program, this includes being selected for an all-star award by the conference or state associations.

### **Additional Requirements for Participation in Interscholastic Activities**

- 1. Each student participating in interscholastic athletics must be under 20 (twenty) years of age.
- 2. Before participating in interscholastic athletics every student must pass a physical administered by a medical doctor, doctor of osteopathy, nurse practitioner or physician's assistant every other year stating, unless ordered sooner by medical provider, that the student is physically fit. Any athlete who suffers a major injury, illness or undergoes a significant medical procedure, will be required to provide a medical form stating their fitness for return to physical activity. (Policy JLCA)
- 3. Every athlete is required to show proof of insurance.
- 4. The athlete and a parent/guardian MUST attend the annual sports information meeting. In the event the parent/guardian and/or athlete cannot attend, arrangements must be made with the Athletic Director to obtain the information before the athlete may participate.
- 5. Each student athlete and their parents MUST read and sign understanding of the Interscholastic Handbook.

6. All student athletes (including managers) MUST be registered online (FamilyId.com) prior to participation.

**Administration of Medications on Interscholastic Trips**  
**Policy JLCD, JLCD-E**

Although the Regional School Unit 78 School Board discourages the administration of medication to students during the school day when other options exist, it recognizes that in some instances a student's chronic or short-term illness, injury, or disabling condition may require the administration of medication during the school day. The school will not deny educational opportunities to students requiring the administration of medication in order to remain in attendance and participate in the educational program.

The intent of this policy is to promote the safe administration of medications to students by school personnel and to provide for authorization of student emergency self-administration of medication for asthma inhalers and epinephrine pens. The Board encourages collaboration between parents/guardians and the schools in these efforts.

The Board disclaims any and all responsibility for the diagnosis, prescription of treatment, and administration of medication for any student, and for any injury arising from a student's self-administration of medication.

1. Any unlicensed personnel, such as a teacher, parent, or coach, administering medications must hold documentation of their training in the administration of medication, including personnel administering medication on a field trip. Documentation is achievable through the nurse's office.
2. There must be written permission from the parent/guardian providing consent to administer the medication in school and a written physician's order and/or an appropriately labeled original medication container.
3. Either a standardized preprinted medication label or preprinted envelope containing the information described below or medication in its original container will be used for students attending a field trip. The medication envelope or label will contain the following information.
  - Date to be administered.
  - Name of student
  - Name of the medication
  - Dose to be given
  - Time to be given
  - Physician prescribing the medication
  - Special directions
  - Phone number of school nurse
  - Emergency directions
4. When using a preprinted label or preprinted envelope, the school nurse shall transfer the prescribed amount of medication needed for the field trip from the original medication container into the approved envelope and fill in the appropriate information on the envelope.
5. The envelope will be provided to the trained personnel for administration during the trip. The school nurse will provide a review of the medication and its administration to the trained personnel on an as needed basis. All trained personnel administering medication

- must understand what to do in an emergency.
6. The medication will be transported and stored in compliance with any special directions for the medication and will be secured as safely as possible.
  7. The administration of medication on a field trip will follow the procedures found in the “Guidelines for Training of Non-Licensed Personnel in Medication Administration.” The administration of medication will include consideration of student privacy and cleanliness of area where medications are administered.
  8. The trained personnel administering the medication will double-check the student with the medication label, the dosage, the method of administration, and the time of administration. The medication will be given within 30 (thirty) minutes either side of the prescribed time and documented appropriately.

### **Medical & Injuries**

Injuries that are severe enough to seek medical attention will need the student’s primary care physician(s) to sign off student/athletes in order to begin participating in activities or joining teams to play in athletics. All head injuries, regardless of the severity, will require written permission to resume activity from the student’s attending physician or in case of surgery, the surgeon who tended to the injury. All communications from medical providers will be handled by the school nurse.

### **Concussion**

#### **Policy JJIF, JJIF-E**

**\*\*Student-Athletes & Parents MUST read and sign the RSU 78 Concussion Information Sheet included in this packet**

The Board recognizes that concussions and other head injuries are potentially serious and may result in significant brain damage and/or death if not recognized and managed properly. The Board adopts this policy to promote the safety of students participating in school-sponsored extracurricular athletic activities, including but not limited to interscholastic sports.

### **Drugs, Alcohol, and Tobacco Use**

#### **Policy JICH, JICH-A, JICH-R**

In order to promote a safe and healthy environment for students choosing to participate in the school’s extracurricular programs and/or to uphold the principles of Sports Done Right, the Regional School Unit 78 board establishes the following:

#### **1 Prohibited Conduct**

No student participating in extracurricular activities shall possess, sell, furnish, distribute, provide or consume drugs, alcohol, tobacco or any “look-alike” products.

No student participating in extracurricular activities shall be in attendance at any event or place where under age use of alcohol, drugs or “look-alike” substance is occurring.

It shall not be a violation of the rule if the Principal, in consultation with the Athletic Director determines that the student’s presence was completely innocent and to impose the rule would be unjust.

## **2 Time Period Covered**

The standards contained in the policy shall be in place from the first day of fall practice until the last day of school regardless of when a student joins an activity.

In cases where a playoff game could occur after the end of the school year, standards will end when the last contest is completed.

## **3 Consequences for Violations**

### First Offense

- a. Verify incident
- b. Notify administration of incident
- c. Administration to follow normal administrative procedures
- d. Discuss concerns with student
- e. Inform parent(s), require student to meet with school's substance abuse counselor or social worker.
- f. Suspend student from extracurricular activities for the season or 9 weeks, whichever is greater
- g. Require student to attend awareness education group and/or other recommended services in order to participate in another school activity
- h. Encourage parents to attend an educational program on alcohol or other drug abuse
- i. Notify superintendent and police

### Second Offense

- a. Follow above procedures
- b. Suspended from extracurricular activities for the remainder of the school year.

## **4 Drug Testing**

Student athletes who violate this policy shall be subject to random drug testing until graduation.

## **5 Self-referral**

A participant's request for acceptance of assistance in addressing chemical use, abuse or dependency will not adversely affect that student's attendance at school or participation in school activities. School personnel will work cooperatively with parents and others entrusted with the care of the student to ensure the health and safety of the student population. The student may not use the voluntary referral procedure merely to circumvent the consequences that would otherwise be implemented due to an ongoing investigation. The voluntary referral procedure is as follows:

- a. Talk with student
- b. Refer to qualified helping personnel for non-clinical assessment
- c. Assess to determine if student is successfully participating in recommended programs
- d. Invite parents to attend a parent education program
- e. Follow-up to determine if resources are effective and/or helpful



- 6 Students who fail to maintain participation eligibility will not be permitted to receive awards, letters, or other recognition as part of the sports recognition program, this includes being selected for an all-star award by the conference or state associations.

### Hazing Policy ACAD

Maine statute defines injurious hazing as “any action or situation, including harassing behavior, that recklessly or intentionally endangers the mental or physical health of any school personnel or a student enrolled in a public school.”

It is the policy of the Board that injurious hazing activities of any type, either on or off school property, by any student, staff member, group or organization affiliated with this school unit, are inconsistent with the educational process and shall be prohibited at all times.

No administrator, faculty member, or other employee of the school unit shall encourage, permit, condone, or tolerate injurious hazing activities. No student, including leaders of student organizations, shall plan, encourage, or engage in injurious hazing activities.

Persons not associated with this school unit who fail to abide by this policy may be subject to ejection from school property and/or other measures as may be available under the law.

Administrators, faculty members, students, and all other employees who fail to abide by this policy may be subject to disciplinary action, which may include suspension, expulsion, or other appropriate measures.

In the case of an organization affiliated with this school unit, which authorizes hazing, penalties may include rescission of permission for that organization to operate on school property or to receive any other benefit of affiliation with the school unit.

These penalties shall be in addition to any civil or criminal penalties to which the violator or organization may be subject.

The Superintendent shall assume responsibility for administering this policy. In the event that an individual or organization disagrees with an action—or lack of action—on the part of the Superintendent as he/she carries out the provisions of this policy, that individual or organization may appeal to the Board. The ruling of the Board, with respect to the provisions of this policy, shall be final.

A copy of this policy shall be included in all school, parent, and employee handbooks or otherwise distributed to all school employees and students.

### Health Insurance – (Athletes Only)

All athletes **must show proof** of health insurance in order to participate in Rangeley Lakes Regional School athletics. Insurance may be purchased through independent insurance companies. It is the parent’s responsibility to obtain, complete and submit forms for claims. The school assumes no responsibility for injuries, filing claims or subsequent negotiations with the insurance company.

**Interscholastic Athletics Guided By: “SPORTS DONE RIGHT”**  
**Policy AF, JJI**

The Rangeley Board of Education recognizes the value of athletics as an integral part of the educational program. Learning and personal growth form the foundation for interscholastic and intramural sports. The intrinsic qualities of sports create a strong learning dynamic that complements the academic program. On the playing field, student-athletes learn skills, strategies, leadership and responsibility. They also learn the importance of setting goals – for oneself and for the team – and how to make plans for achieving those goals. Young people who play sports make a voluntary – and often passionate – commitment to their activity, enhancing their learning opportunities. Sports provide a performance-based, real-life experience, not an abstract concept. Sports also provide students with an opportunity to shine in a different setting, and to increase their engagement with school. Authentic events improve the learning potential and offer opportunities for the personal growth of the individual athlete.

Athletic participation must be healthful, positive and safe for everyone involved, conducted in an environment that teaches values and ethics, strengthens the community, promotes competition without conflict and enriches the lives of the athletes. At their best, school sports provide an opportunity to teach good sportsmanship and other values.

The Board embraces the tenets of *Sports Done Right* – the Core Principles, Core Practices and Out of Bounds – committing to work toward these standards on a journey of continuous improvement. As a public activity with clear rules, immediate accountability and a real outcome, *Sports Done Right* creates an environment in which to instill core values such as discipline, respect, responsibility, fairness, trustworthiness and good citizenship. Positive competition and a spirit of excellence are defining values promoted through sports. Given their entrenched popularity and capacity for shaping character, effectively implemented sports programs are a positive social force in Maine’s culture. The Board pledges to support at all levels – from the student-athlete to the coach, from the school and the school district to the entire community – opportunities for young people to experience the very best of interscholastic athletics in a setting where sports are “done right.”

We support a learning environment where:

- our student-athletes who represent their school both at home and away, are expected to conduct themselves respectfully and compassionately on and off the court/field.
- our coaches, through their conduct, provide enriching sports experiences that build good habits and self-confidence in each student-athlete.
- our School Board and administrative team provide quality athletic programs.
- our parents and community members, through their conduct, contribute to a positive experience for everyone at our sports events – whether at home or away.
- our school community appreciates the value of competition-without-conflict, which means handling success with grace and failure with dignity, replacing a “win-at-all-costs” attitude with the spirit of excellence.

As a school community, we will ensure the following:

- student-athlete involvement in developing, implementing and sustaining *Sports Done Right*;
- adoption by the Board of official policy articulating a philosophy of interscholastic sports and differentiating among the development levels of students;

- commitment each sports season to the *Sports Done Right* compact by student-athletes, parents, coaches and the athletic administrator;
- communication and coordination between school and community sports programs;
- program evaluation consistent with the Core Principles and Core Practices of *Sports Done Right*.

With the approval of this resolve, the Board formally adopts *Sports Done Right* as a guiding document for the oversight of middle level and high school interscholastic athletics.

### **Overnight or Out-of-State Trips** **Policy EEAA**

All school sponsored educational or athletic trips that require students to stay overnight, travel out-of-state, or both must have the approval of the Board.

A written request for approval must be provided to the Superintendent at a minimum of four weeks prior to the proposed date. (The four-week period will be waived for athletic teams qualifying for post-season tournament play. In this case, the Superintendent shall inform the Board at the first board meeting following the event.) The Superintendent shall ensure that the proposal is on the agenda for Board action at the next Board meeting.

Participation in such trips is limited to students at Rangeley Lakes Regional School, or students who have the option to attend Rangeley Lakes Regional School e.g., home-schooled students.

There shall be adequate adult supervision. At a minimum, there shall be a ratio of one adult chaperone to each eight students.

The lead chaperone, teacher or coach, shall serve as the trip leader. He/she shall also serve as the liaison between the school, parent, Principal, Superintendent and Board.

The Superintendent reserves the right to conduct a safety review and cancel the trip if conditions warrant.

Students participating in such trips are subject to all school rules, Board policies and State and Federal Laws and Statutes.

### **Practices** **Policy IDGJ**

**Purpose:** To insure that athletes are involved in conditioning and skill development exercises sufficient to prevent unnecessary injury to players and to develop appropriate skills to compete at school level.

It is the policy of the Board that student athletes are involved in frequent practice during their official Maine Principal's Association season or similar middle level season. To this end the following are intended to be guidelines for arranging schedules during each season:

1. Coaches should always be present; from the beginning of practice through the time the last participant leaves the practice facility. In cases where they cannot be present, approved assistants should be in attendance.

2. High School/Varsity: Practices may be held a maximum of six times each week. In no case shall practices be held on a Sunday.
3. Middle School: Practices may be held a maximum of five times each week. Optional practices may be held on a Saturday, with administration approval, and in no case shall practices be held on a Sunday.
4. In the event of inclement weather, coaches should bring "outside" (soccer, golf, baseball, softball, etc.) sports teams inside for chalk talks, conditioning drills, or other activities, which will benefit the player during competitions.
5. In the event of inclement weather that causes the closing of school or early-release of school; high-school varsity teams may still practice with approval of the Athletic Director. Middle School teams will not practice. No other student activities will be held at school.
6. No matter when an athlete tries out or joins a team, he/she must have practiced a minimum of five (5) times prior to participating in a game, scrimmage, or contest against another team.
7. Maine Principal's Association Sport Season Guidelines shall be adhered to in all situations and circumstances in regards to high school athletics. Middle school sports will follow similar guidelines established by the participating league (i.e. NFCL)
8. Parity amongst sports shall be used when deciding scheduling of practices. Head Coach availability may be a factor; however, assistant coaching availability shall not be a factor in determining practice times.

### **Public Conduct at School Events** **Policy JJIBC**

Any person who behaves in an unsportsmanlike manner during an interscholastic event may be ejected from school property. Examples of unsportsmanlike conduct include but are not limited to:

1. Using vulgar or obscene language or gestures;
2. Possessing or being under the influence of any alcoholic beverage or illegal substance;
3. Possessing a weapon;
4. Fighting or otherwise striking, injuring, or threatening another person; and
5. Engaging in any activity that is illegal, disruptive or may result in criminal charges.

Visitors to the school shall comply with all applicable Board policies and school rules. Visitors who violate these policies/rules or disrupt the safe and orderly operation of the school shall be asked to leave school grounds. The building administrator/designee has the authority to refuse entry to persons who do not have legitimate, school-related business, and/or who may disrupt the operations of the schools.

The building administrator/designee may request the assistance of law enforcement as necessary to deal with unauthorized persons or violations of the law by visitors.

The Superintendent or building administrator/designee is authorized to report incidents involving violence, threats of bodily harm (including bomb threats), possession of a weapon, possession, selling, distribution, or use of illegal substances, or other activity that is illegal or which disrupts the operation of the schools or school activities and to furnish information concerning such incidents to law enforcement officials.

### **Sportsmanship** **Policy JJIBC**

Sportsmanship means treating all participants and officials in any competition, academic or otherwise, with dignity and respect. Sportsmanship must be a sincere effort by participants and spectators to provide for safe and fair competition in an atmosphere of friendliness. We expect our teachers, coaches, players and spectators to set a high standard of good sportsmanship.

### **Transportation**

All participants traveling to and from school-sponsored events must travel in transportation provided by the school. In special instances, as determined by the Athletic Director or Principal, the student may travel to an event with a parent or adult authorized by a parent; however, the student must submit in advance a written request signed by the parent or guardian. The coach or supervisor must be informed.

When activities happen off school grounds, but within the district and within the school day, students may provide their own transportation to those sites with written permission from the parent/guardian and permission from the coach/advisor.

Special arrangements can be made if conflicts arise where students are at another activity and need to meet their group outside the district with parent permission and approval of the coach/advisor.

Participants will remain with their group on and off the bus and under the supervision of the coach/advisor.

All school bus rules and team bus rules will be followed.

In the case of a late return from a co-curricular activity, e.g., if the bus arrives back at the school at midnight or later, the participants must sign into school by 9:30 AM to be considered tardy excused for that day and participate in extracurricular activities.

### **Transportation in a Private Vehicle** **Policy EEAB, EEAB-E, EEAB-R**

Whenever possible, school buses shall be used to transport students. However, when buses are not available, the Superintendent may authorize the use of private vehicles to transport students to and from approved co-curricular and extracurricular activities when the following conditions are met. The Superintendent's decision to approve or deny the use of particular drivers and/or vehicles is final.

### Driver and Vehicle Requirements

1. Any driver permitted to transport students must be the parent of a student or be a school employee
2. Each prospective driver must complete the School Department's Driver Information Form and provide the following documentation:
  - a. A valid Maine driver's license;
  - b. Auto insurance coverage equal to or exceeding the Maine minimum requirements;
  - c. A valid Maine registration and current inspection sticker for the vehicle.
3. The School Department shall conduct a Maine driver's record check on all prospective drivers.\*  
\*Please be aware that the record check may take up to two weeks.

### Other Conditions

1. Written permission must be obtained from the parents/guardians (See Forms) of all students to be transported by private vehicle.
2. Only in exceptional circumstances may a driver transport a single student unless the student is his/her own child. (In those circumstances, the parent/guardian must be made aware prior to departure).
3. All vehicle occupants are required to wear seat belts. Student under eight (8) years of age or under 80 pounds must be in a Federally approved child restraint system
4. All Board policies and school rules are in effect while transporting students in private vehicles to and from co-curricular and extracurricular activities.
5. Any accident during a school trip must be reported immediately to the appropriate law enforcement and school authorities