

2018-2019

HERNANDO HIGH
SCHOOL



ATHLETIC HANDBOOK

HERNANDO HIGH SCHOOL

ADMINISTRATION

PRINCIPAL: DUANE CASE

ASST. PRINCIPAL: ASHLEY TAGGART

ASST. PRINCIPAL: CALEB SHEPHERD

ASST. PRINCIPAL: MALINDA WHITE

ATHLETIC DIRECTOR: DAVID LARA



Hernando High School
Athletic Department
805 Dilworth Ln
Hernando, MS 38632

Coach: _____

Sport(s): _____

I have received the Hernando High School Athletic Handbook for the 2016-2017 school year. With its receipt, I understand the following:

I am responsible for reading the information it contains and becoming familiar with its contents and following the guidelines.

Coach's Signature

Date

Hernando High School Athletic Handbook

Updated SY 2017-2018

David Lara, Athletic Director

HERNANDO HIGH SCHOOL COACHING ASSIGNMENTS AND SPORTS OFFERED – 22 TEAMS

FALL SPORTS

<i>SPORT</i>	<i>COACHES</i>	<i>SEASON</i>	<i>TEAMS</i>
FOOTBALL	WILL WOLFE – HC STEVE McCANN – ASST. CARRICK McDONALD - ASST. COLIN BOONE - ASST. MARLON WALLS – ASST. STEVE PASTERCHIK – ASST.	(FALL)	V/JV/9TH
VOLLEYBALL	JAYME VINSON – HC	(FALL)	V/JV
SWIM (B/G)	NICKI WHITTEN – HC	(FALL)	V/JV
CROSS COUNTRY(B/G)	LOGAN CLARK – HC	(FALL)	V/JV
CHEER	SUZANNE HUTSELL – HC		

WINTER SPORTS

BASKETBALL (B)	STEVEN COX – HC MARLON WALLS – ASST.	(WINTER)	V/JV
BASKETBALL (G)	DANIEL FORBES – HC	(WINTER)	V/JV
SOCCER (B)	RANDY REITER – HC _____ – ASST.	(WINTER)	V/JV
SOCCER (G)	JANA PERKINS – HC _____ – ASST.	(WINTER)	V/JV
POWERLIFTING (G/B)	WILL WOLFE – HC	(SPRING)	V

SPRING SPORTS

ARCHERY (B/G)	ADAM SOWELL - HC	(SPRING)	V
BASEBALL	DAVID LARA - HC SHANE FAULKNER - ASST.	(SPRING)	V/JV/9TH
GOLF (B)	STEVEN COX - HC	(SPRING)	V
GOLF (G)	SARAH LITTLE - HC	(SPRING)	V
FP SOFTBALL	NICKI WHITTEN - HC MELISSA WYATT - ASST.	(SPRING) (SPRING)	V/JV
TENNIS (B/G)	CYNTHIA COLEMAN - HC FRANKIE SHOWS - ASST.	(SPRING)	V/JV
TRACK (G)	LOGAN CLARK - HC	(SPRING)	V
TRACK (B)	LOGAN CLARK - HC	(SPRING)	V

INTRODUCTION

This athletic handbook has been prepared to present clear guidelines to cover specific aspects of the athletic program at Hernando High School. It is supplemental to and is not intended to supersede or substitute policies and procedures of the school district adopted by the DeSoto County School District. Every staff member and all students are subject to these policies together with policies stated in the student handbook.

All staff members must make certain that programs under their supervision and/or with which they are associated as members of the athletic department are in compliance with the policies of the school district and the Mississippi High School Activities Association.

CODE OF ETHICS

When one becomes a member of the coaching profession, he or she assumes certain obligations and responsibilities to the sport, to players, and to fellow coaches. It is essential that every member of the profession be consistently aware of these obligations and responsibilities, to the end that coaching remains an honorable calling, and that each member conduct himself or herself in such a manner as to maintain the dignity and decency of the profession.

In relationships with players under his or her care, the coach should always be aware of the influence he or she wields for good or bad. Parents entrust their children to the coach and through his or her example; these young people should emerge as fine and decent people. The coach should never place the value of winning above that of instilling the highest ideals and character traits in his or her players. The safety and welfare of the players should be uppermost in the mind of the coach.

In teaching a sport, the coach must realize that there are certain rules designed to protect the player and provide common standards for determining a winner or loser. Any attempts to beat these rules, to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct have no place in athletics. The coach should set the example for winning without boasting and for losing without bitterness.

Coaches who conduct themselves using these principles as guidelines will be successful in terms of the respect they have gained from their players as well as from their opponents.

The essential qualities desired in coaches are HONESTY and INTEGRITY. Coaches whose conduct reflects these characteristics will bring credit to the coaching profession and to themselves. It is through such conduct that the profession will earn and maintain its rightful place in the educational program and make its full contribution to the American way of life.

COACHING ETHICS

The Hernando High School Department of Athletics not only expects but also demands that our coaches be of the highest moral character and act in such a way as to be a positive role model to all our young people. The following are a few of these expectations:

- The use of tobacco on the school facilities or in the presence of student athletes will not be tolerated.
- Coaches shall use proper language and behavior in all situations.
- Conduct on the Field: Coaches often become over excited during the heat of competition. Our coaches must display the example of good sportsmanship that we are trying to teach. Coaches can defend their rights and the rights of their team at all times but should not initiate or participate in heated differences with officials. Never engage in an exchange of words with spectators during a contest. Remember the eyes of all students, spectators, and athletes are always watching you. Be discreet when reprimanding an athlete in front of his or her peers or spectators.
- Faculty Relations: Coaches and fellow teacher relationships should be positive at all times. Coaches should not isolate themselves from the other members of the staff. Our coaches should join courtesy committees, attend school functions, etc. Always remember that the classroom teacher is as eager as coaches to see individuals succeed.
- Press Relations: News reporters will contact our coaches from time to time. Coaches should always be sure to say what they mean. Reporters will quote you! Coaches should never make a statement that could embarrass their players, team, or school.

- Coaches shall not co-hearse student athletes into individualizing in the coaches' sport. We're here for the kids, not the coaches!
- Coaches of all athletic teams are to conform in all ways to the general education program as laid down by the school board and administration, including such matter as schedules, financial expenditures, relationships with other schools, and health and safety regulations.
- Coaches shall not remove teams from the playing area until the contest is completed. Once a contest is started, it is in control of the officials.

DEPARTMENT OF ATHLETICS CARDINAL RULES

- 1) A student athlete shall not be permitted to practice or compete in interscholastic athletics for the high school until he or she has the parental consent, emergency medical, concussion, and physical consent forms completed and signed by a parent or legal guardian. These forms must be on file in the office of the Athletic Director.
- 2) All athletic participants must have a physical examination before he or she practices or plays in a game. The physical exam record must be on file in the office of the Athletic Director. A physical exam record is good for only one year from the date of the examination. **Physicals taken after April 1 will stay in good standing until the end of the next school year.**
- 3) A student athlete must be academically eligible and entered in the school's MHSAA Eligibility Database (C2C) before he or she may participate in an athletic contest.
- 4) It is the responsibility of the school principal, athletic director, and the head coach of each sport to determine the eligibility of each student athlete participating in that sport, as governed by the regulations set forth by the MHSAA. If any coach has any questions or concerns about a student- athlete's eligibility (residency requirements, legal guardianship, etc.) it is his or her responsibility to contact the principal or athletic director immediately!
- 5) Student athletes must be in school for two periods or 63% on the day of a contest in order to participate. If the contest is on Saturday, student athletes must be in school for 2 periods or 63% on Friday. The principal or athletic director must approve any exception to this rule in advance.
- 6) If an athlete shows a lack of self-discipline, poor attitude, or is not

fulfilling his or her commitment to the athletic program, he or she may be suspended from athletic participation in all sports for the remainder of that school year.

7) If an athlete boycotts the team for any reason, he or she may be suspended from athletic participation in that particular sport or any other for the remainder of that season.

8) Coaches in charge of a sport will see that the sport is conducted on the highest professional level possible at all times. This applies to all levels of competition.

9) Every coach is expected to have a complete knowledge and understanding of the Mississippi High School Activities Association Handbook of Rules and Regulations as well as the regulations and policies of the DeSoto County School District.

10) Each coach will make every possible effort to assure that all student athletes exhibit behavior beyond reproach in the classrooms and on the school campus. The coach should work closely and cooperate with the principal and classroom teachers to promote in the student athlete the best kind of leadership and attitudes.

11) If a student athlete quits a sport or is dismissed at any time after the official start date of the season, he or she is not eligible to participate in another sport until the season of the sport dropped is completed. This includes any off-season or in-season practice or workouts.

Special circumstances that may be reviewed:

- i. If the person presents to both coaches involved a doctor's certificate recommending that he/she drop the first sport for reasons of health and permits participation in the second sport. The coaches and Athletic Director will review and make a determination on these requests.
- ii. No athlete may quit one sport and try out for another after the season has begun without the mutual consent of both coaches. If the coaches fail to reach an agreement, the Athletic Director will make the final decision.

12) Seventh and eighth grade student athletes are encouraged to compete in sports at their grade level. The athletic director must grant any exception to this requirement after a meeting with the athlete, parent(s), and principals and head coaches involved.

13) Coaches should be very careful with their keys and should never duplicate keys or allow the use of their keys to non-school personnel

without approval from the athletic director.

14) Student athletes should never be left alone waiting for rides after a practice or contest. A coach shall stay until all student athletes have been picked up.

15) The athletic director must approve all written team rules or handbooks.

STUDENT ATHLETE ELIGIBILITY

To be eligible to participate in practice and athletic competitions a student athlete must have the following items on file ready to forward to the Athletic Director.

1. Current year physical
2. Athletic Participation Clearance Form completed and signed by the parent or guardian
3. NOTE: Parents ***MUST*** indicate that their child or ward has insurance coverage (include policy holder and policy numbe) or they may purchase an insurance policy provided through the school!!!
4. Emergency Medical Consent form completed and signed by the parent or guardian
5. Concussion Form signed by student athlete and parent
6. Copy of birth certificate – on file in counselors office.

It will be the responsibility of the head coach of each sport to see that all of the above items are secured from each student athlete before he or she is permitted to participate in practice. Be sure to check that ALL forms are thoroughly completed and have all the required signatures. These items are due in the office of the Athletic Director immediately. They should be turned in prior to the first contest.

The Athletic Director will check eligibility for each student athlete and see that all student athletes are presently on or are placed in our school's MHSAA Eligibility Database.

It is the responsibility of the school principal, Athletic Director, and the head coach of each sport to determine the eligibility of each student athlete participating in that sport, as governed by the regulations set forth by the MHSAA. If any coach has any questions or concerns about a student-athlete's eligibility (academic

requirements, residency requirements, legal guardianship, etc.) it is his or her responsibility to contact the principal or athletic director immediately!!!

**** If a parent contacts a head coach or an assistant coach about their student/athlete transferring to Hernando High School, they must first contact and meet with the Athletic Director first before they meet with a coach. This is your response to the inquiry!!!

MEDICAL AND INSURANCE WAIVERS

Insurance: The Hernando High School Athletics Department does not carry insurance on the student athletes. All student athletes must have insurance coverage to practice or participate in interscholastic athletics (grades 7–12). It is the responsibility of the parents (guardians) to have or obtain insurance coverage for their child (ward). Hernando High School does not offer a supplemental insurance policy. There is a policy available, and can be picked up in the main office.

Parents are responsible for filing all insurance claims for athletic injuries. Parents purchasing insurance through the school may pick up claim forms *in the office* of the athletic director.

All student athletes are covered by a catastrophic insurance policy secured by the Mississippi High School Activities Association for all member schools.

Physicals: All athletic participants must have a physical examination before he or she practices or plays in a game. The physical exam record must be on file in the office of the coach or athletic director. A physical exam record is good for only one year from the date of the examination.

Emergency Medical Consent Form: Every student athlete must have an emergency medical consent form signed by the parent or guardian to participate in interscholastic athletics. These forms **will** always be carried to or kept very near the practice location and to all competitions whether at home or away contest. In case of a medical emergency, these forms contain the following information: student athlete's parent's (guardian's) home and work telephone numbers,

other contact persons, preferred physician, preferred hospital, and medical information.

ATHLETIC CONTESTS

- Head coaches shall complete a MHSAA Game Officials' Evaluation Form on line (misshaa.com) within **three days** following each contest.
- The Athletic Director will send out schedule confirmations and contest information to all scheduled opponents.
- Any coach that is ejected from a contest for unsportsmanlike conduct will be personally responsible for all fines levied by the MHSAA and will be reprimanded by the school district. For a second ejection the coach could face possible suspension.

Scheduling Contests

- Athletic contests should not be scheduled during state testing dates, if possible.
- Athletic contests will not be scheduled on Wednesdays or Sundays, though it may be necessary to reschedule a contest on Wednesday, this shall be a last resort.
- The Athletic Director must approve all athletic schedules and rescheduled contests.
- The amount of missed academic time should be heavily considered when scheduling contests and opponents.
- Head coaches should confirm schedules with the Athletic Director.
- Number and length of time of contests shall be taken into consideration when scheduling contests during exams.

Postponing Contests

If a game must be postponed due to weather or any other factor not conducive to good game conditions, the following procedure should be followed:

- The coach should contact the Athletic Director or Principal.
- Factors to be considered:
 - Weather conditions
 - Playing conditions of field
 - Safe travel for team, opponents, and officials
 - Damage to equipment
 - Safety of teams, officials, and spectators
 - Unforeseen circumstances

After considering these factors, it will then be left to the discretion of the Athletic Director and the head coach to play or postpone the game. It will be the responsibility of the head coach to **work** with the Athletic Director to reschedule the contest.

FACILITY PREPARATION

It shall be the responsibility of the coaches involved to work with the Athletic Director to have facilities ready for all athletic contests. All restrooms, dressing rooms, press boxes, dugouts, etc. should be clean. Coaches will be responsible for marking game fields for their contests. All coaches will share the responsibilities of prepping their field and/or gym and post game equipment pickup.

CONTEST SUPERVISION

The Athletic Director, Principal, or their designee shall serve as the game administrator and is responsible for the supervision at athletic contests. The MHSAA will require that the game administrator conduct a meeting prior to the start of all varsity contests in football, softball, basketball, volleyball, soccer, and baseball. This meeting must include the coaches, officials, and security personnel. The game

shall not start until this meeting is held. Items to be covered by the game administrator:

- Welcome/Introduction
- Officials - Enforce the rules
- Coaches - Display the highest level of conduct at all times
- Players - Expected to conduct themselves in a sportsmanlike manner at all times
- Security, Game Administrator, & administration identified
- Notify officials and security as to where the game administrator, will be located during the contest

Head coaches and cheerleader sponsors are responsible for their squad members, including managers, trainers, etc. during athletic contests. This also includes Band Directors, Chorus, Speech and Debate. Coaches/Sponsors must supervise their athletes until every student/athlete has left campus. This includes practices, home contests and away contests.

DUTY FOR ATHLETIC CONTESTS

During the school year, members of our coaching staff will be assigned duties for athletic contests. Coaches will be sent a duty roster at the beginning of the fall, winter and spring sports seasons. Duty rosters for special events (tournaments, play-offs, etc.) will be sent to coaches as soon as possible.

Always be on time and report to his/her assigned duty area. If a coach has a conflict with an assignment, it will be his or her responsibility to switch assignments with another coach, and then contact the Athletic Director with the change.

SAFETY PROCEDURES FOR ATHLETICS

It is the responsibility of each coach to take every measure necessary to minimize the number and degree of seriousness of athletic injuries. It is important that the following safety procedures be strictly adhered to:

- Ascertain that the physical facilities are safe and free of hazards. Report any unsafe facilities or equipment to the director of athletics.
- Establish an emergency plan of action for practice and home and away games.

- See that each participant is well fitted with the proper gear and all equipment is in good condition and properly maintained.
- Provide immediate first aid care or medical care to all injuries regardless of how minor they may appear to be.
- Ascertain that participants are in adequate physical condition for the activity in which they are involved.
- Provide the participants with the fundamentals needed for the sport in which they are participating.
- In football, neither the teaching of nor the use of spear tackling nor head blocking will be permitted. All participants should be informed of the dangers involved in these techniques. Football will video at the beginning of fall pre-season practice a demonstration of the proper tackling techniques. Any student/athlete that is absent will be required to view video before participating in tackling drills. Video will be given to Athletic Director.
- Take frequent water breaks.
- Postpone or cancel practice or athletic contests whenever practicing or playing conditions are unsafe. When this occurs, always contact the athletic director.
- Football players are required to wear a mouthpiece during all practices and games.

EMERGENCY EVACUATION PROCEDURE FOR INJURED

- Call the ambulance and direct them to evacuate the injured player to the hospital designated on the emergency medical consent form.
- Send a coach to the hospital with the injured player.
- The **COACH** shall call and inform the parents of the injury and action that has been taken. Use discretion in this matter; try not to alarm the parents, be optimistic and thorough in giving correct information.
- Several days following the injury, a telephone call or personal visit to the home of the injured student athlete is a **MUST**. Never permit a player to feel he or she is forgotten due to an injury.

EMERGENCY ACTION PLAN

(E.A.P.)

HERNANDO HIGH SCHOOL

ATHLETIC PROGRAM



The following information is for the basic implementation of procedures for the following:

- a) Procedures for athletic injuries both minor and major plus notification
- b) MHSAA Lightning Guidelines and Lightning Emergency Action Plan
- c) Preseason Heat-Acclimatization Guidelines
- d) MHSAA Heat Illness Statement
- e) Wet Bulb Temperature Risk Chart
- f) Urine Color Chart
- g) Coaches Check List

IMMEDIATE RESPONSE

1. The coach that is closest to the initial injury at any athletic practice or athletic contest will notify or alert the athletic trainer and the head coach immediately.
2. The coach closest to the injured athlete will remove the other athletes from the area so the athletic trainer can begin their work.
3. The coach involved with athlete will stay and help keep athlete calm while the athletic trainer performs initial assessment of injury.
4. **IMPORTANT:** A player should not be moved unless the player is in a dangerous location or neck, head or back injury has been ruled out. **THE ATHLETIC TRAINER OR MEDICAL PERSONAL WILL DETERMINE WHEN THE PLAYER CAN BE MOVED AND BY WHAT METHOD THEY WILL BE MOVED.**
5. **The athletic trainer or head coach or designee, (SRO) will call EMS**

EMS CONTACT PROCEDURES

When it becomes necessary to contact EMS, the following procedures will be followed:

1. Athletic Trainer, Head Coach, or SRO will contact EMS, **(662- 429-1382)** and provide them with the following information:
 - a) School Name and athlete's name
 - b) Athletes gender, age, and suspected type of injury
 - c) School address and location of practice or game field
 - d) Any other information required

IMPORTANT:

1. Athletic Trainer or Head Coach will not hang up from the dispatcher until the dispatcher has ended the call.

2. A designated individual or coach or SRO will then go to the school entrance to lead the medical personal to the injury location.
3. Coach or asst. coach will produce the proper paper work for the EMS personal.
4. When the athletic trainer and medical personal decide whether or not to transport to a medical facility, the head coach or trainer will notify the parents or guardians,(if not at the contest), and explain the situation to them.
5. Athletic trainer will also notify the athletic director of the injury and of the current status of the athlete.
6. Head Coach will fill out an accident report form within the next 48 hrs, make copies and give them to the principal, athletic director, and the athletic trainer.
7. Head Coach will remain in contact with the athletic trainer and or medical facility to get update information on the athletes injury. Athletic Trainer will notify Head Coach as to the type of rehabilitation that will be necessary.

CONTACT INFORMATION

EMS DISPATCHER: 662-429-1382

FIRE DEPARTMENT: 662-429-1382

POLICE DEPARTMENT: 662-429-9096

PRINCIPAL: 662-429-4170

ATHLETIC DIRECTOR: 601-750-7940

ATHLETIC TRAINER: CHRIS SMITH – 901-605-9550

-UPDATE*** Lightning Guidelines for the MHSAA Member Schools

The implementation of the Lightning Detector requirement is not meant to supplant common sense or to ignore visual sightings of lightning strikes, but rather to be used as an adjunct to increase the safety and well-being of athletes, fans, and officials at outdoor events. Today's advanced technology provides relatively reliable devices that can actually detect lightning in the area and give approximate distances from one's location. There are presently no devices that can predict when or where a lightning strike will occur, but rather the recent location and/or distance of a strike. These devices may have a delay up to several minutes, but still give a warning of several miles (minutes) away that would otherwise be unknown. The lightning devices should be monitored closely once lightning is detected within a 40-mile radius. These new guidelines will take the initial responsibility of lightning detection away from the Game Officials so they can concentrate on their officiating duties and place it with the "host" game administrator.

The host school officials' are responsible for the correct operational guidelines of their lightning detection device and are responsible for maintaining it in a proper working condition.

1. **CONTESTS** - Each school will have an emergency plan in place that addresses the evacuation of athletes and spectators to a safe location within a reasonable time should a lightning threat be present. The amount of time it takes to evacuate spectators properly to a safe location should also be considered when recommending any postponement due to lightning. A brief description of the plan may be put in the program for spectators and fans to review while at an activity. The plan should be briefly explained by the game announcer if there is no program for the event. All individuals should have the right to leave an athletic site or activity, without fear of repercussion or penalty, in order to seek a safe shelter or location if they believe they are in danger from impending lightning activity
2. The host Game Administrator (GA) will be responsible for having the lightning detector operational for outdoor events. The GA will monitor or appoint a responsible individual to monitor the device and sky conditions for lightning.
3. Once a lightning strike has been detected within 15 miles, the GA will then notify the Officials, then the GA, Principal (if available) and Officials will make the decision to postpone the game using all resources available to them, i.e., lightning detector, visual warnings, radar etc. If the lightning is detected within 10 miles of the event, the activity will be postponed and all evacuation guidelines will be put into effect. The decision to resume the contest/practice should consider using the same criteria. If the Officials' desire, they may use the existing 30/30 policy and if available any National Weather Service information or advisories.
4. **PRACTICES** - These guidelines should also be enforced and utilized at all outdoor athletic practices. It is the head coaches' responsibility to have the Lightning Detector activated and monitored when there is a chance for severe weather in the area. The head coach will be responsible for getting the athletes and ancillary personnel into a safe facility within a reasonable time when lightning is within 10 miles of the practice location

-UPDATE* Model Lightning Emergency Action Plan**

NOTE: This plan contains options that should be tailored to local circumstances, available equipment, and predetermined evacuation options. For locations with high attendance or lack of nearby shelter, it may be prudent to initiate actions earlier than suggested.

I. Weather Watcher: Designate a person or persons to monitor lightning and severe weather each day

1.1. Weather watcher reviews available forecasts. NWS Advisories, Watches, and Warnings can be monitored at <http://www.weather.gov/>. Thunderstorm and severe weather forecasts are also online at <http://www.spc.noaa.gov>.

1.1.1. A "Watch" indicates that conditions are favorable for severe weather to develop.

1.1.2. A "Warning" means that severe weather has been detected and may be imminent to the locale. 1.2. If the weather watcher has questions about a storm, contact the National Weather Service in :

1.3. Weather watcher notifies staff of predicted weather hazards

1.4. Staff notifies public of weather forecast (e.g. via information boards, PA announcements, multimedia notification)

1.5. Weather watcher notifies staff when hazardous weather is imminent

1.6. Weather watcher and other staff use available tools to monitor weather

16 NOAA weather radio

17 On-site lightning detector

18 Smartphone application

19 Commercial notification subscription

20 Flash-to-bang rule: The observer begins counting once sighting a lightning flash. Counting is stopped at the sound of related thunder. The count is then divided by five (5) to determine the proximity in miles of the lightning strike. (5 seconds = 1 mile; 50 seconds = 10 miles, etc.).

2. Threat Level I: Lightning detected within 20 miles

2.1. Weather watcher notifies management and staff

2.2. If it appears the thunderstorm is moving toward the site, or if a more organized thunderstorm or cluster of thunderstorms (supercells, squall lines, bow echoes) are headed for the site, a 30-minute lead time or more should be considered for protective actions. The weather watcher should attempt to estimate the speed and direction of the storm movement to determine when it will enter a 10 mile radius of the location.

2.3. Protective actions

2.3.1. Consider closing facilities that do not provide protection from lightning

2.3.2. Notify the public of the lightning threat and recommended actions:

2.3.2.1. Return to shore

2.3.2.2. Prepare to leave and find shelter (identify appropriate shelter). No place outside is safe if lightning is in the vicinity. Partially enclosed vending areas and picnic shelters are not safe. If a substantial building is not available, fully enclosed motor vehicles provide good shelter as long as occupants do not touch the metal framework during the thunderstorm. If no protection from lightning is available, direct patrons to stay away from the tallest objects (lifeguard stands, light poles, flag poles), metal objects (fences or bleachers), standing pools of water, and open areas.

2.3.3. Consider initiating predetermined evacuation plans

2.3.4. Ensure staff takes action to protect themselves

3. Threat Level 2: Lightning detected within 15 miles
 - 3.1. Weather watcher notifies management and staff
 - 3.2. Protective actions
 - 3.2.1. Consider closing facilities that do not provide protection from lightning
 - 3.2.2. Notify the public of threat and recommended actions:
 - 3.2.2.1. Exit the water
 - 3.2.2.2. Prepare to leave and find shelter (identify appropriate shelter). No place outside is safe if lightning is in the vicinity. Partially enclosed vending areas and picnic shelters are not safe. If a substantial building is not available, fully-enclosed motor vehicles provide good shelter as long as occupants do not touch the metal framework during the thunderstorm. If no protection from lightning is available, direct patrons to stay away from the tallest objects (lifeguard stands, light poles, flag poles), metal objects (fences or bleachers), standing pools of water, and open areas.
 - 3.2.3. Initiate predetermined evacuation plans
 - 3.3. Ensure staff takes action to protect themselves
4. Threat Level 3: Lightning detected within 10 miles
 - 4.1. Weather watcher notifies management and staff
 - 4.2. Protective actions
 - 4.2.1. Close facilities that do not provide protection from lightning
 - 4.2.2. Notify the public of imminent threat and to take recommended action:
 - 4.2.2.1. Exit the water
 - 4.2.2.2. Leave and find shelter (identify appropriate shelter). No place outside is safe if lightning is in the vicinity. Partially enclosed vending areas and picnic shelters are not safe. If a substantial building is not available, fully-enclosed motor vehicles can provide shelter as long as occupants do not touch the metal framework during the thunderstorm. If no protection from lightning is available, direct patrons to stay away from the tallest objects (lifeguard stands, light poles, flag poles), metal objects (fences or bleachers), standing pools of water, and open areas.
 - 4.2.3. Implement predetermined evacuation plans
 - 4.2.4. Ensure staff takes action to protect themselves
5. Lightning Injury Response
 - 5.1. Ensure scene safety (victims do not carry an electrical charge and can be touched)
 - 5.2. Follow local protocols for trauma injury and triage. If necessary, safe, and appropriate, move the victim to a safe place away from the threat of another lightning strike
 - 5.3. Summon an ambulance as needed according to local protocols
 - 5.4. CPR and/or AED may be necessary
 - 5.5. Heart irregularities, shock, or sudden loss of consciousness are possible. Keep the conscious victim calm and monitor closely
6. All Clear: The weather watcher will continue to monitor the proximity of thunderstorms and utilize local observations to make an informed decision, determining the appropriate time to recommend reopening outdoor facilities. Management may then allow for normal activities to resume after 30 minutes of no detected lightning strikes within a 10 mile radius of the site. Notify the public that outdoor activities can resume.

Preseason Heat-Acclimatization Guidelines for Secondary School Athletics

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DEFINITIONS

A proper heat-acclimatization plan in secondary school athletic programs is essential to minimize the risk of exertional heat illness during the

preseason practice period. Gradually increasing athletes' exposure to the duration and intensity of physical activity and to the environment minimizes exertional heat-illness risk while improving athletic performance. Progressive acclimatization is especially important during the initial 3 to 5 days of summer practices. When an athlete undergoes a proper heat-acclimatization program, physiologic function, exercise heat tolerance, and exercise performance are all enhanced.¹⁻⁶ In contrast, athletes who are not exposed to a proper heat-acclimatization program face measurable increased risks for exertional heat illness.

For these reasons, the Inter-Association Task Force for Preseason Secondary School Athletics, in conjunction with the National Athletic Trainers' Association's Secondary School Athletic Trainers' Committee, recommends that these "Preseason Heat-Acclimatization Guidelines for Secondary School Athletics" be implemented by all secondary school athletic programs. These guidelines should be used for all preseason conditioning, training, and practice activities in a warm or hot environment, whether these activities are conducted indoors or outdoors. When athletic programs implement these guidelines, the health and safety of the athletes are primary. However, the recommendations outlined here are only minimum standards, based on the best heat-acclimatization evidence available. Following these guidelines provides all secondary school athletes an opportunity to train safely and effectively during the preseason practice period.

Before participating in the preseason practice period, all student-athletes should undergo a preparticipation medical

examination administered by a physician (MD or DO) or as required/approved by state law. The examination can identify predisposing factors related to a number of safety concerns, including the identification of youths at particular risk for exertional heat illness.

The *heat-acclimatization period* is defined as the initial 14 consecutive days of preseason practice for all student-athletes. The goal of the acclimatization period is to enhance exercise heat tolerance and the ability to exercise safely and effectively in warm to hot conditions. This period should begin on the first day of practice or conditioning before the regular season. Any practices or conditioning conducted before this time should not be considered a part of the heat-acclimatization period. Regardless of the conditioning program and conditioning status leading up to the first formal practice, all student-athletes (including those who arrive at preseason practice after the first day of practice) should follow

the 14-day heat-acclimatization plan. During the preseason heat-acclimatization period, if practice occurs on 6 consecutive days, student-athletes should have 1 day of complete rest (no conditioning, walk-throughs, practices, etc).

Days on which athletes do not practice due to a scheduled rest day, injury, or illness do not count toward the heat-acclimatization period. For example, an athlete who sits out the third and fourth days of practice during this time (eg, Wednesday and Thursday) will resume practice as if on day 3 of the heat-acclimatization period when returning to play on Friday.

A *practice* is defined as the period of time a participant engages in a coach-supervised, school-approved, sport- or conditioning-related physical activity. Each individual practice should last no more than 3 hours. Warm-up, stretching, and cool-down activities are included as part of the 3-hour practice time. Regardless of ambient tempera-

ture conditions, all conditioning and weight-room activities should be considered part of practice.

A *walk-through* is defined as a teaching opportunity with the athletes not wearing protective equipment (eg, helmets, shoulder pads, catcher's gear, shin guards) for using other sport-related equipment (eg, footballs, lacrosse sticks, blocking sleds, pitching machines, soccer balls, marker cones). The walk-through is not part of the 3-hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight-room activities.

A *recovery period* is defined as the time between the end of 1 practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment, with no sport- or conditioning- related activity permitted (eg, speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permissible.

RECOMMENDATIONS FOR THE 14-DAY HEAT-ACCLIMATIZATION PERIOD

1. Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
3. A 1-hour maximum walk-through is permitted during days 1-5 of the heat-acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa).
4. During days 1-2 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, a helmet should be the only protective equipment permitted (goalies, as in the case of field hockey and related sports, should *not* wear full protective gear or perform activities that would require protective equipment). During days 3-5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin.
 - A. Football only: On days 3-5, contact with blocking sleds and tackling dummies may be initiated.
 - B. Full-contact sports: 100% live contact drills should begin no earlier than day 6.
5. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-

practice day is followed by a rest day, another double-practice day is permitted after the rest day.

6. On a double-practice day, neither practice should exceed 3 hours in duration, and student-athletes should not participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
7. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during, and after all practices.

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DISCLAIMER

The National Athletic Trainers' Association (NATA) and the Inter-Association Task Force for Preseason Secondary School Athletics advise individuals, schools, athletic training facilities, and institutions to carefully and independently consider each of the recommendations. The information contained in the statement is neither exhaustive nor exclusive to all circumstances or individuals. Variables such as institutional human resource guidelines, state or federal statutes, rules, or regulations, as well as regional environmental conditions, may impact the relevance and implementation of these recommendations. The NATA and the Inter-Association Task Force advise their members and others to carefully and independently consider each of the recommendations (including the applicability of same to any particular circumstance or individual). The foregoing statement should not be relied upon as an independent basis for care but rather as a resource available to NATA members or others. Moreover, no opinion is expressed herein regarding the quality of care that adheres to or differs from any of NATA's other statements. The NATA and the Inter-Association Task Force reserve the right to rescind or modify their statements at any time.

Disclaimer /or Erenio11al Heat Illness Statement .

The Mississippi High School Activities Association (MHSAA) Sports Medicine Advisory Committee (SMAG) would like to advise its member schools that these recommendations include some of the latest published research guidelines. However, variables such as individual district guidelines, state and/or federal statutes, rules, or regulations as well as regional environmental conditions, may impact the relevance and implementation of these recommendations. These guidelines should not be relied upon as an independent basis of care, but rather as a resource available to member schools.

The use of the Wet Bulb Globe Temperature Chart (WBGT) and the Heat Index Chart within these guidelines is intended to serve as flexible statements that can and should be modified to meet the needs of coaches and athletic trainers working in different geographical climates and within different financial and staffing situations.

Exertional Heat Illness Statement

In response to the need of information since the untimely death of some Mississippi high school athletes, the MHSAA in conjunction with the MHSAA SMAC adopted these recommendations for all member schools. This information should serve as an educational tool that coaches and administrators can implement and/or adopt to help prevent exertional heat related problems.

It is divided into several sections with some overlapping recommendations. A section is provided for your school's physician. Please share this info with them.

Administrators and Athletic Directors

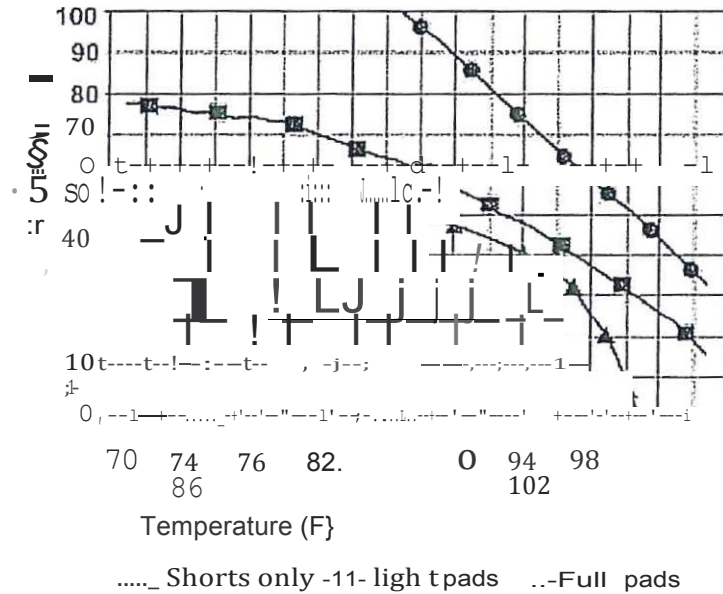
- o Establish a heat illness prevention protocol and heat illness emergency preparedness plan.
- e Make sure each athlete has a current physical on file and that any medical conditions that might prelude heat related illness are noted.
- o Make sure all coaches have read and are familiar with the school districts heat policy.
- o Make sure that emergency response teams and vehicles have access to practice fields and games.
- o Consider each sport's unique features. Activities that involve uniforms will place an athlete at an increased risk for heat illness. Endurance sports such as cross-country may require monitoring for dehydration or salt depletion.
- o Athletes playing indoor sports in facilities that are not environmentally controlled are also at risk.
- o Make fluids accessible to athletes during practices and games.
- o Encourage participants to begin activities well hydrated.
- o An athlete may be at greater risk on a day following an extreme reading.
- o Chart your daily WBGT and/or Heat Index results through September.
- o Encourage athletes to consume a meal within 2 hours after an athletic contest or practice.
- o Require field administrator and medical personnel (ATCs, nurses, and team physicians) to obtain WBGT and/or heat index readings and suspend or modify practice if excessive risk is present. There are many inexpensive portable devices that can be purchased. (sources listed at www.misshsaa.com with approximate cost). Also, Heat index can be obtained online prior to practice at your nearest airport weather station or by calling your nearest TV weather station. (See WBGT/heat index charts on website)
- o Be aware of the high-risk environment.
 - o Check WBGT and/or heat index
 - o Know fitness levels of participants

Wet Bulb Globe Temperature Risk

WBGT	F1	Level of Risk	COMMENTS
<65°F (18°C)	Green	Low	Risk low but still exists on the basis of risk factors
65-73°F (18-23°C)	Yellow	Moderate	Risk level increases as event progresses through the day
73-82°F (23-28°C)	Red	High	Everyone should be aware of injury potential; individuals at risk should not compete
>82°F (>28°C)	Black	Extreme or hazardous	Consider rescheduling or delaying the event until safer conditions prevail; if the event must take place, be on high alert. Take steps to reduce risk factors (e.g., more and longer rest breaks, reduced practice time, reduced exercise intensity, access to shade, minimal clothing and equipment, cold tubs at practice site, etc).

This table was originally printed in Roberts WO. Medical management and administration manual for long distance road racing. In: Brown CH, Gudjonsson B, eds. IAAF Medical Manual for Athletics and Road Racing Competitions: a Practical Guide. Monaco: International Association of Athletics Federations; 1998:39-75.

Table 2
Heat stress risk temperature and humidity graph (Heat index)



Heat stroke risk rises with increasing heat and relative humidity. Fluid breaks should be scheduled for all practices and scheduled more frequently as the heat stress rises. Add 5° to temperature between 10 a.m. and 4 p.m. from mid-May to mid-September on bright, sunny days. Practices should be modified for the safety of the athletes to reflect the heat stress conditions. Regular practices with full practice gear can be conducted for conditions that plot to the left of the circles; practices may be moved into air-conditioned spaces or held as walk through sessions with no conditioning activities.

Conditions that plot between squares and circles: use work/rest ratio with 15 to 20 minutes of activity followed by 5- to 10-minute rest and fluid breaks, practice should be in shorts only

(with all protective equipment removed, if worn for activity). Conditions that plot between triangles and squares: use work/rest ratio with 20 to 25 minutes of activity followed by 5- to 10-minute rest and fluid breaks; practice should be

in shorts (with helmets and shoulder pads only, not full equipment, if worn for activity). Conditions that plot beneath triangles (through remaining range of chart): use work/rest ratio with 25 to 30 minutes of activity followed by 5- to 10-minute rest and fluid breaks.

Adapted from Kulka J, Kerney WL. Heat balance limits in football uniforms: how different uniform ensembles alter the equation. *Physician Sportsmed.* 2002;30(7):29-39.

- o Be aware of high-risk participants.
 - o High body mass index
 - o Sick cell trait
 - o Previous heat illness symptoms

- o Encourage participants to monitor urine color. (Should resemble lemonade, not apple juice) (See chart on website)

URINE COLOR CHART

If the water in the body is balanced, the urine will be a **pale straw or lemonade color**. When water loss from the body exceeds water intake, the kidneys need to conserve water, making the urine much more concentrated with waste products and subsequently **darker in color**.

Using the chart to assess the color of the first morning urination provides a more accurate reflection of hydration status than at other times during the day. Colors numbered 1- 3 is the target for each player, showing a balanced hydration status. Colors 4 and 5 suggest dehydration, with colors 6 - 8 indicating severe dehydration.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

- Encourage participants to weigh before and after practice and not to return to the high-risk environment less >1% weight losses.



Coaches and Athletes

- Remember a cooler athlete plays better and learns quicker.
- Hydration helps maximize muscle performance
- Hydration helps maximize mental capacity
- Take frequent cooling breaks in the high-risk environment.
- Provide shade, ice water, and misting fans for rest breaks if available.
- When the WBGT is greater than 80 degrees, all athletes are at greater risk for heat illness.
Great than 77 degrees and those athletes in high-risk categories should be closely monitored.
- Suggested practice modifications to accommodate increase heat risks (some suggestions):
 - Reduce practice pace and duration in the high-risk environment.
 - Switch to shorts and helmets instead of full gear.
 - Eliminate conditioning.
 - When conditioning, allow athletes to remove equipment.
 - When not participating in drills, encourage athletes to remove helmets to allow for dissipation of heat.
 - Increase frequency and the amount of rest time of scheduled water breaks
 - Consider practicing at another time of day when the heat-risk is not as great.
 - Always allow athletes unlimited access to fluids.
- If available, use cold tubs after practice to restore normal body temperature and reduce soreness.
- Monitor athletes and recognize early warning signs: mental confusion, irrational or bizarre behavior, or poor competitive posture or behavior.
- Acclimate athletes to the heat.
Follow approved MHSAA guidelines regarding the acclimatization period
- Remove helmet and pads for fitness runs.
- Encourage adequate sleep. Lack of sleep increases and athletes' risk for heat illness.
- Tell an athlete not to rehydrate using drinks containing caffeine or alcohol, this includes carbonated soft drinks.
- Use a sports drink with replacement electrolytes when possible.
- Use a sports drink *with* less than 8% CHO. (Gatorade, PowerAde, or similar)
- Replenish your salt requirements through normal seasoning of food. Do not take sodium supplements unless directed by a medical professional.
- Calculate sweat rate and provide specific fluid amount for at-risk athletes.
- To reduce the chances of heat illness you should:
 - Before exercise:
 - Drink 16-18 ounces of fluid two hours prior to practice or event.
 - Eat a nutritionally balanced diet for the 24 hours prior to event
 - Carbohydrate loading may be beneficial before endurance events
 - Weigh each athlete prior to practice. Weight loss should be less than 2% from the previous practice. If more, limit the athletes activity and participation ..
 - After exercise:
 - The best rehydration fluid is not water. Drinking fluids containing sodium (sports drinks) may preserve intravascular volume and increase drive to drink.
 - Schedule meals 1-2 hours after practice or games.
 - Weigh each athlete following practice.

Team Physicians

- o -Oversee activities in the high-risk environment.
- o Be prepared to recognize and treat heat illness.
 - o Heat Exhaustion
 - o Athletes tend to terminate exercise due to fatigue at a rectal temperature of about 40 degrees C. (104 F.) -*Evidence category A*
 - o A high BMI (Obesity) increase risk for heat *exhaustion* -*Evidence category B*
 - o Allowing 10-14 days of acclimatization reduce the risk of heat exhaustion - *Evidence category C*
 - o Heat Exhaustion Symptoms (often ambiguous)
 - o Weakness, fatigue, general discomfort
 - o Lightheadedness, dizziness, headache
 - o Flushed skin, chills, heat sensations
 - o Nausea, vomiting, stomach cramping
 - o Alterations in sensorium, apathy, confusion
 - o Decreased performance
 - o Hyperventilation
 - o Tingling arms, piloerection, incoordination
 - o Heat Stroke
 - o Predisposing factors
 - o Hot-humid environment
 - o Lack of acclimatization
 - o Poor physical fitness
 - o Vapor barriers or uniforms
 - o Sleep deprivation
 - o Cumulative heat exposure
 - o Drugs (ephedra, synephrine, ma huang)
 - o Fever or sunburn
 - o Vomiting or diarrhea
 - o Heat Stroke is Medical Emergency!!
 - o Every minute counts when core temperature is over 104-105 degree F (40.0-40.6 degree C).
 - o Use rectal temperature.
 - o CNS changes are the hallmark of heat illness -delirium, stupor, seizures, or coma (Roberts, 1998)
 - o Cool Immediately!!!!
 - o Call for ambulance but do not just wait to begin cooling.
 - o Field treatment is rapid cooling.
 - o Use of an ice-water tub.
 - o Submerge the trunk –shoulder to hip joints.
 - o Research suggests ice-water immersion cools runners twice as fast as air exposure while wrapped in wet towels (Armstrong et al., 1996).
 - o The Marines also use ice-water cooling (Kark et al., 1996).
 - o Recent field research with volunteer runners suggests cold water may cool as fast as ice water (Clements et al., 2002).
- o Monitoring the Athlete

- Check rectal temperature 5minutes
- CNS status, and vital signs at 10 minutes.
- Indwelling rectal probe if available.
- Remove from the tub when rectal temperature drops to 102 degree F (38.9 degree C).
- An athlete can be cooled from 108-110 degree F (42.2-43.3 degree.C) to 102 degree-F- (38.9 degree C) in 15-30 minutes (Roberts, 1998).
- Pre-transport Activity
 - Cool first, transport second
 - Transport all heat-stroke athletes after initial cooling (even if become asymptomatic)
 - With fast cooling, survival rates approaches 100% (Kark et al., 1996).
- Evidence statements
 - Cold water immersions provides the fastest whole body cooling and the lowest mortality -*Evidence category A*
 - Ice water towel to head, trunk, and extremities are effective -*Evidence category C*
- Know the steps of recovery from heat illness and return to play.
 - Most runners cooled on-site return to racing in weeks.
 - Heat-stroke patients may have brief or lasting heat intolerance, but whether this is innate or a result of the heat stroke is unclear (Shapiro et al., 1979).
 - 90% of heat-stroke patients have normal heat tolerance within two months (Armstrong et al., 1990).
 - Long-term follow-up of 922 cases of heat illness in marine recruits reveals subsequent serious heat illness occurs in less than 1% of these Marines per year (Phimley et al., 2001)
 - Most athletes treated early for heat stroke and educated on preventing it can return safely to their sport within weeks.
- Do not allow athletes taking diuretics or drinking alcohol to play.
- Do not allow athletes with vomiting, diarrhea, or fever to play.
- Monitor all medication.

Parents (P) and Booster Clubs (BC)

- o (BC) Provide cool water and ice during practice and games
- o (BC) Consider providing sports drinks prior to practice instead of just after practice .
- o (P) Make sure your child consumes 16 – 20 oz. of sports drinks or water within 45 minutes prior to practice.
- o (P), (BC) Provide appropriate rehydration drinks and meals following exposure to high-risk environments.
- o (BC) Erect canopies or tents for shade near the practice field. "
(BC) Supply wet towels for additional cooling.
- o (BC) Provide weather-monitoring devices for coaches' use. (See [misshsaa .com](http://www.v.misshsaa.com) for info and links to suppliers for WBGT and Heat Index devices)
- o (BC), (P) Make sure that emergency response teams and vehicles have access to practice fields and games.
- o (P) Make sure your athlete/child eats a full meal within 2 hours following exercise and salts his food appropriately

Schools should review Emergency Action Plans for severe weat...
nfo/Ne,vsAnnouncements/ta

<http://www.v.misshsaa.com/General>

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Schools should review Emergency Action Plans for severe weather

The weather forecast for most of our state calls for inclement weather for tonight's high school football games. Please be pro-active in planning for bad weather before, during, and after our events.

As the host school, please review your schools Emergency Action Plan (EAP) as it relates to severe weather occurring before, during, or after sports contests.

1. Administrator monitoring local weather conditions before and during the contest. (Coordinate with game officials / use of lightning detector / communicate with security)
 2. Develop a criteria for suspension and resumption of play.
 - A. Removal of athletes from the field to an appropriate shelter. (Thirty-minute rule w/lightning before resuming contest)
 - B. Develop an evacuation plan for spectators, identifying appropriate nearby shelter. Provide supervision of this area for spectators.
 - C. Communicate criteria to all parties at game managers pre-game conference.
 - D. Ticket policy / re-admittance to postponed game.
- o Game managers should be ready to discuss their plan for safety measures to be taken at the pre-game conference with coaches and game officials.
 - o Upon entering the field of play (thirty minutes prior to scheduled game time), game officials (referees) are responsible for complete control of the

contest. The crew of game officials, when weather conditions are construed to be hazardous to life or limb of the participants are authorized to delay or suspend the game.

- Games interrupted because of events beyond the control of responsible administrative authority shall be continued from the point of interruption, unless the teams agree to terminate the game with the existing score.
- If a game is postponed, please contact the MHSAA office as soon as possible with the details.

Thank you for your planning and preparation to ensure the number one priority at our MHSAA events ... the safety of all participants.

- Actions: E-mail | [Permalink](#)

ASSISTANT COACHES - GUIDELINES

- Communicate – communicate – communicate.
- Don't be afraid to be in conflict with the head coach, (in the appropriate forum), if the issue you believe in can help grow the program and improve performance.
- Have an open mind to change, no comfort zones, no complacency and accept no compromise.
- Have an outstanding knowledge of the sport and be prepared to share that knowledge.
- Share the same philosophy as the head coach and together develop, enhance and grow that philosophy.
- Be prepared to assume the head coaching position in case of non attendance of the head coach but convey the same message with the same intent as if the head coach was still present.
- Collaborate with the head coach on a partnership basis in the development of the team strategies and individual player development.
- Accept and understand that no coach of any sport competing at the highest level can manage all tasks without specialist assistance in a number of elements and as such encourage the expression of the views, ideas, beliefs and contributions of players, coaches and staff.
- Be prepared to accept and welcome the contribution made by other additional assistant coaches within your team structure and do not assume that your role is superior in importance.
- While financial rewards are important, be more committed to the progress and performance of individuals and the team rather than be dollar-driven.
- Be aware that if the club management decides to fire the head coach and you might be an unfortunate victim of the decision, you should still support the head coach.
- If offered a head coaching position with another organization, do not seek or accept such a position without first consulting with your current head coach (and club management).
- Strive to learn more about coaching, your sport and your role, recognizing that no matter how much you might know there will always be more to learn.
- Meet with the Head Coach regularly (daily) to make sure you are always on the same page.
- Clearly define and understand your role, your responsibilities, accountabilities and limits.
- Discuss, argue, relate, disagree on anything and everything with the head coach but develop a relationship where you can challenge each other to find the common ground, new ideas and move forward.
- Attack everything you do with a united front. If you can, the effect on the players will be double pronged and more effective. Players will be more likely to develop confidence in the overall coaching team's methods and philosophy if they see consistency.
- Develop a vocabulary and culture of key similarities that all coaches in the team use consistently to reinforce your methods and so that players understand and respect that a strong professional relationship exists in the coaching group. Players will then feel comfortable in approaching any of the coaching team for the answers to their problems.

- Resolve conflicts quickly and appropriately. Don't leave the coaching environment with issues unresolved and conflicts left hanging.
- Never ever try to become the head coach of the organization that you currently work for.
- Because you are an assistant under one particular head coach, it doesn't mean you have an excuse to stop learning from any appropriate source. You probably got where you are by communicating and learning from hundreds of sources; never lose that basic instinct, the passion and desire to learn.
- Be a good listener/observer to players but only report what is relevant and necessary to the Head Coach.
- Be the best prepared Assistant Coach in skills development.
- Be friendly with players in social gatherings but retain an appropriate professional distance – and know where the limits are.
- Support the Head Coach in public at all times regardless of the pressure or media scrutiny of the situation.
- Do not allow club administration or sporting bureaucracies to compromise you and to destabilize the head coach.
- Have excellent working relations with all support staff.
- Have good synergy with all players, in particular the younger athletes and emerging stars.
- Have a strong interest and knowledge of player's outside interests, family/education, etc.
- Keep up with the latest technology in computing, communications, sports science and sports analysis.
- Develop outstanding recruiting skills – help the head coach sustain the competitiveness of the team.
- Have an excellent current knowledge of all opponents' individual and team strategies to allow you to have intelligent, informed input to your own team game plans.
- Don't offer "passive" support – be active in your support of decisions and philosophies. Maintain unquestionable trustworthiness – trust is the cornerstone of any great relationship. Dress professionally and appropriately at all times.
- Publically and privately be positive and always put the organization first - no public or private personal player or coach criticism.
- Manage and administrate as if it's your own money.
- Pay great attention to detail: the head coach has a strategic overview of all team issues – you are the person he / she relies on for detail.
- Develop sport-specific skills and knowledge that are world class and even beyond global standards.
- Maintain in depth knowledge of medical & strength & conditioning profiles of each player, to assist in player development, training planning, strategy development and tactical plays.
- Be innovative and creative: help create the future.
- Develop strengths where the program or Head Coach has weaknesses.
- Write workouts and training sessions every day for yourself and offer them to the Head Coach for comment, feedback, learning, growth and development.
- Develop a program that is superior in every way possible and help to incorporate policies and protocols of the Head Coach and program.
- Don't be an Assistant Coach for any longer than 4 years maximum – learn, grow and take on the challenges and opportunities of leadership on your own.

- Offer appropriate positive comments to the Head Coach if he / she does something very well – head coaches are human too yet rarely receive positive praise from anyone.
- Do more listening than speaking.
Be the eyes and ears for the head coach and alert him / her to potential issues before they develop.
- Recognize the times that the head coach is under pressure and look to take some of his / her workload.
- Live the team values – don't just talk about them - and set an example for the players to follow.

MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.
Concussion Information Form
(Required by MHSAA Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

(Continued on next page)

CONCUSSION FORM

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key to a student-athlete's safety.

MHSAA Concussion Policy:

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal. The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually take 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a fully supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent Name Printed

Parent Signature

Date

2018-2019 STUDENT PARTICIPATION CLEARANCE FORM

I hereby give consent for my child, _____, to participate in the _____ School District's athletic and activities programs during the _____ school year. I agree to abide by the rules and regulations of my school district and its governing body, the Mississippi High School Activities Association.

I hereby authorize and give permission for emergency medical treatment to be rendered for and on behalf of my child, _____, for any injury received while participating in any supervised school activity. This authorization includes, but is not limited to, any treatment deemed necessary by certified personnel, physicians, hospital emergency room physicians and hospitals.

I hereby release the _____ School District and all school personnel for any and all liability associated with such necessary treatment.

I hereby acknowledge that health and accident insurance is recommended for participation in all organized sports and activities and further certify that my child is covered under the health and accident program listed below.

School day insurance: _____ Other insurance: _____

Policy # _____ Policy # _____

In addition, I assume any expenses for liability not covered by the insurance policy above for injury received by the above named student while participating in sports and school activities. I accept full responsibility for medical and hospital expenses and any other related expenses and do hereby hold harmless the _____ School District and the Board of Trustees, their agents or assignees, of responsibility for any such injury or expenses and waive any and all claims which may arise against them. I realize that participation in organized sports and activities involves the potential for injury, sometimes severe enough to result in total disability, paralysis, or death.,,

I give the Mississippi High School Activities Association and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes. In addition, I consent to the disclosure, by my child's/ward's school, to the MHSAA, upon its request, of all records relevant to his/her eligibility and participation including, but not limited to, his/her records relating to enrollment and attendance, academic standing, age, discipline, residence and physical fitness.

The Student Participation Clearance Form is required for all students to participate in MHSAA athletic and activity programs.

Parent/ Legal Guardian _____ Phone # _____

Cell # _____ Date: _____ (valid 365 days from this date)

DO NOT FOLD FORM
MISSISSIPPI ATHLETIC PARTICIPATION FORM

ATHLETIC HEALTH HISTORY

Please Print Name _____

School _____ Grade _____ Sport(s) _____ Sex: M
 Date of Birth _____ S.S.N. _____ Age _____ Address _____
 Home Phone _____ Work Phone _____

Family Physician
Parent / Guardian Name _____

FAMILY MEDICAL HISTORY

Has any member of your family under age 50 had these conditions?

Yes	No	Condition	Whom
<input type="checkbox"/>	<input type="checkbox"/>	Heart Attack	_____
<input type="checkbox"/>	<input type="checkbox"/>	Sudden Death	_____
<input type="checkbox"/>	<input type="checkbox"/>	Stroke	_____ Heart Disease / High Pressure _____
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	_____ Sickle Cell Anemia _____
<input type="checkbox"/>	<input type="checkbox"/>	Arthritis	_____
<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	_____ Kidney _____
<input type="checkbox"/>	<input type="checkbox"/>	Disease	_____

ATHLETE'S ORTHOPAEDIC HISTORY

Has the athlete had any of the following injuries?

Yes	No	Condition	Date	Yes	No	Condition	Date
<input type="checkbox"/>	<input type="checkbox"/>	Head Injury / Concussion	_____	<input type="checkbox"/>	<input type="checkbox"/>	Neck Injury / Stinger	_____
<input type="checkbox"/>	<input type="checkbox"/>	Shoulder L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Arm/Wrist/Hand L/R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Elbow LR	_____	<input type="checkbox"/>	<input type="checkbox"/>	Back	_____
<input type="checkbox"/>	<input type="checkbox"/>	Hip	_____	<input type="checkbox"/>	<input type="checkbox"/>	Thigh L/R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Knee L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Lower Leg L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Chronic Shin Splints	_____	<input type="checkbox"/>	<input type="checkbox"/>	Ankle L/R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Foot L/R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Severe Muscle Strain	_____
<input type="checkbox"/>	<input type="checkbox"/>	Pinched Nerve	_____	<input type="checkbox"/>	<input type="checkbox"/>	Chest	_____

ATHLETE'S MEDICAL HISTORY

Has the athlete had any of these conditions?

Yes	No	Condition	D	D	Organ Loss	D	D	Overnight in hospital
<input type="checkbox"/>	<input type="checkbox"/>	Heart Murmur	<input type="checkbox"/>	<input type="checkbox"/>	Shortness of breath / coughing during exercise	<input type="checkbox"/>	<input type="checkbox"/>	Hernia
<input type="checkbox"/>	<input type="checkbox"/>	Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Knocked out	<input type="checkbox"/>	<input type="checkbox"/>	Rapid weight loss / gain
<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	Take supplements / vitamins
<input type="checkbox"/>	<input type="checkbox"/>	Irregular Pulse	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Heat related problems
<input type="checkbox"/>	<input type="checkbox"/>	Single Testicle	<input type="checkbox"/>	<input type="checkbox"/>	Liver Disease	<input type="checkbox"/>	<input type="checkbox"/>	Menstrual irregularities
<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	Recent Mononucleosis / Enlarged Spleen
<input type="checkbox"/>	<input type="checkbox"/>	Dizzy / Fainting	<input type="checkbox"/>	<input type="checkbox"/>				
<input type="checkbox"/>	<input type="checkbox"/>	Surgery - What Type?	_____					
<input type="checkbox"/>	<input type="checkbox"/>	Allergies (Food, Drugs)	_____					

Date of last Tetanus Immunization _____

To the best of our knowledge, we have given true and accurate information and we hereby grant permission for the physical screening evaluation. We understand the evaluation involves a limited examination and the screening is not intended to nor will it prevent injury or sudden death. We further understand that the examination will be provided without expectation of payment and that the physician and many other medical professionals providing services may be immune from liability under Mississippi law.

WAIVER FORM

This waiver, executed this _____ day of _____, 20____, by _____, M.D., and _____, patient, is executed in compliance with Mississippi law, with the understanding that if a physician voluntarily provides needed medical or health services to any program at an accredited school in the state without expectation of payment, the physician will be immune from liability for any civil action arising out of the provision of those medical and/or health care services which were provided in good faith on a charitable basis. Such immunity does not extend to willful acts or gross negligence.

Typed or Printed Name of Patient _____

Signature of Patient
or Patient's Parent or Guardian (If Patient is 17 or younger)

Information below to be filled out by physician only

Height - Weight:	Blood Pressure:	Pulse
_____	_____	_____
Orthopaedic Exam	General Medical Exam	
Norm Abnl	Norm Abnl	Norm Abnl
I. Spine / Neck Cervical Thoracic Lumbar	ENT Heart Skin General Health Comments _____	Lungs Abdomen Hernia (if Needed)
II. Upper Extremity Shoulder Elbow Wrist Hand / Fingers	FLEXIBILITY Neck Shoulder Quads Heelcords _____	FLEXIBILITY LEFT RIGHT LEFT RIGHT
III. Lower Extremity Hip Knee Ankle Feet	_____	_____
Other Comments _____	Comments _____	_____

OPTIONAL EXAMS

DENTAL
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17
Comments _____

[] From this limited screening I see no reason why this student cannot participate in athletics
() (Student needs further evaluation as described)

Typed or Printed Name of Physician _____

Signature of Physician
PHYSICIAN - WHITE SCHOOL - CANARY PARENT/GUARDIAN - PINK

Classic Game, Jamboree/Scrimmage Application

MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.
P. O. BOX 127
CLINTON, MISSISSIPPI 39060

FAX: 601-924-1725

Application for Approval of MHSAA Classic Game and Jamboree/Scrimmage (MHSAA recommends a minimum of \$5.00 for all sports).

Classic _____ Scrimmage _____
(check one)

PLACE OF CLASSIC OR JAMBOREE _____ SPORT _____

DATE OF GAME _____ ADMISSION PRICE _____

Participating Schools:

We agree to abide by the criteria adopted by the MHSAA Executive Committee.

Criteria for Pre-Season **Classic Games**:

A **Classic Game** will be allowed. The host school will receive 85% of the gate receipts and the MHSAA receives 15%. The proceeds retained by the host school may be split with the participating schools if desired. Monies received by the MHSAA will be used for maintenance and upkeep costs.

A **jamboree/scrimmage** consists of no more than one complete game (football – 2 quarters max.) A school may not play a single opponent more than one half of a game.

Football: Games will count on the regular season record, but will not be used as a tie-breaker or count on a Region record. There will be no controlled scrimmages allowed with another opponent without permission from the MHSAA office. If a team cancels a **Classic Game** without approval from the Executive Director/Associate Director, the team will be placed on probation. Cancellations will only be approved in extreme emergencies.

Other Sports: A **Classic Game** may be played the weekend prior to the regular season. **Classic Games will count on a team's record in all sports but will not be used in a tie breaker.**

Approved:

Signed:

Executive Director or Associate Director

Superintendent or Principal

Fax # _____

Application For Invitational Tournaments

Basketball	_____	Baseball	_____
Soccer	_____	SP Softball	_____
Swimming	_____	FP Softball	_____
Volleyball	_____	Powerlifting	_____
Bowling	_____	Track	_____
Archery	_____	X-Country	_____

Please indicate type tournament:

Invitational _____
Conference _____
County _____
Bi-County _____
Tri-County _____

Date of Tournament _____

Host School _____ Fax# _____

Address _____

The following schools will participate:

	<i>Boys</i>	<i>Girls</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

If you plan to invite out-of-state schools to participate in invitational tournaments, you must be governed by the regulations set forth in the MHSAA Handbook. Refer to Section C – rules governing Athletic Contest – Rules 1a. and b. The principal of each host school must notify the Executive Director when and where all conference, county, bi-county, and tri-county tournaments will be played.

Approved:

Signed: _____ *Coach* _____
Executive Director or Associate Director

Principal or AD _____

Application For Bordering State Events

MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.
 P. O. BOX 127, CLINTON, MISSISSIPPI 39060
 FAX – 601-924-1725

All contests held between Mississippi high schools and schools from bordering states must be sanctioned by the Mississippi High School Activities Association. Applications should be received by the MHSAA no later than 30 days prior to the date of the competition.

Name of School _____ Date _____

Signature of Principal _____ Fax# _____

Section 1
 We request to participate in the following events (AWAY):

<u>School</u>	<u>State</u>	<u>Date of Event</u>	<u>Activity</u>	<u>Boys</u>	<u>Girls</u>
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Section 2
 We desire to invite schools from other bordering states (HOME):

<u>School</u>	<u>State</u>	<u>Date of Event</u>	<u>Activity</u>	<u>Boys</u>	<u>Girls</u>
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Section 3
 Endorsement of MHSAA

The event is APPROVED _____
 DISAPPROVED _____

Executive Officer _____ Date _____

Endorsement of Bordering State

This event is APPROVED _____ DISAPPROVED _____

Executive Officer _____ Date _____

Application For Non-Bordering State Events

The Mississippi High School Activities Association and the National Federation of High School Associations must sanction all contests held between Mississippi high schools and schools from non-bordering states.

Section 1

We request to participate in a non-bordering state event (Away)

<u>Date of Event</u>	<u>Activity</u>	<u>Boys</u>	<u>Girls</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Name of School _____

Signature of Principal _____ Fax # _____

Signature of Coach or Director _____ Date Submitted _____

Host State _____ **Host School** _____

Section 2

We request to host a non-bordering state event (Home)

<u>Date of Event</u>	<u>Activity</u>	<u>Boys</u>	<u>Girls</u>
_____	_____	_____	_____

Non-bordering state schools invited:

<u>School</u>	<u>State</u>	<u>Boys</u>	<u>Girls</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

This event is approved MHSAA _____ National Federation _____

Executive Officer _____ Date _____

Section 3

Endorsement of MHSAA

The event is APPROVED _____ DISAPPROVED _____

Executive Officer _____ Date _____

Endorsement of Bordering State

This event is APPROVED _____ DISAPPROVED _____

Executive Officer _____ Date _____

Request For Tryout

MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.
P. O. BOX 127
CLINTON, MISSISSIPPI 39060
Fax: 601-924-1725

SCHOOL _____ SPORT _____

Dates for Tryout:

Principal's Signature _____

Coach's Signature _____

Fax # _____

MHSAA APPROVAL _____

Football: 15 days – 10 pads – 5 shorts (first 3 days must be in shorts and no pads)

Basketball: 5 days

All other sports are allowed two days with request from the principal and coach.

NOTE:

- *Students participating in other in-season sports should not be allowed to tryout.*
- *Tryouts must be conducted the semester prior to your sport season.*
- *No student shall be permitted to tryout at any school other than the one in which he/she is enrolled.*

2018 – 2019 FIELD TRIP/BUS REQUEST
HERNANDO HIGH SCHOOL

DATE OF TRIP: _____

PERSON REQUESTING BUS: _____

GROUP or SPORT: _____

DESTINATION: _____

DEPARTURE TIME: _____

RETURN TIME: _____

NUMBER OF STUDENTS: _____

NUMBER OF ADULTS: _____

NUMBER OF BUSES: _____

TEACHER IN CHARGE: _____

DRIVER: _____ (list all drivers)

COMMENTS:

Star Sportsmanship course complete

For Star Sportsmanship the athlete must:

- go to www.starsportsmanship.com
- click on STUDENT SIGN IN
- enter star code - star02294
- select their grade
- REGISTER - enter your first name, last name and birthday
- Take the course
- Print Certificate

SUPERVISION AT PRACTICE

Athletic facilities are made available only to team members and then only with a member of the coaching staff present and on duty. There will be no unsupervised practice sessions.

**Any staff member who chooses to ignore this area of responsibility assumes all liability related to the lack of supervision and could Face disciplinary ramifications from the school administration.*

TRAVEL

Transportation:

- All travel arrangements will be made by the athletic director/coordinator after consulting with the coach involved.
- A travel list must be on file in the office of the principal by noon at least one day prior to departure when instructional time will be missed.
- Athletes will travel on school-sanctioned vehicles to out of town events.
- The coach must provide protection and supervision of students in the event of an accident or breakdown.
- Only assigned school personnel may travel via school transportation. (no spectators or parents)
- All coaches are encouraged to attend the school bus training school, which included driving, testing, and drug screening.
- Athletes may check out with the coach and leave with the parents with prior approval from the game site.

SQUAD SELECTION

Time, space, facilities, equipment and other similar factors will place limitations on the size of the squad. Selecting athletic squads is the sole responsibility of the coaches in a particular sport. Prior to tryouts, the coach must provide the following information to those who wish to try out:

- Extent of tryout period
- Criteria in selection of team
- Squad size
- Required practice commitment if selected
- Required game commitment

Supervision of athletes:

1. When athletes are transported to or from athletic contests, a coach must accompany the squad.
2. Obscene language and roughhouse tactics will not be tolerated.
3. The discipline and good behavior of the squad is the responsibility of the coach.
4. The coach in charge is responsible for returning buses in clean condition following trips.
5. Other policies in the policy manual/student handbook must be followed.
6. The athletic director/coordinator makes hotel reservations for athletic teams.

Transportation to special events:

1. Transportation to special events will be provided by licensed public carriers or school activities buses.
2. Under no circumstances will a student or player be allowed to drive a car or an activities bus on a trip.
3. Requests for transportation of athletic teams or cheerleaders will be initiated by the teacher/coach. This request must be in the office of the transportation director at least one week prior to the trip.
4. Each coach is responsible for the conduct of students from the time they leave school until they return.
5. Coaches driving a bus must observe all traffic laws.
6. Upon completion of a trip, coaches and/or drivers are responsible for returning the trip report sheet to the transportation director or athletic director.

REMOVAL OF STUDENTS FROM CLASSES

The removal of a student from class for participation in an athletic event is a hardship on both the teacher and the student and will be held to a minimum in all sports.

WEIGHT ROOMS

Coaches are required to supervise weight rooms on a schedule established by the athletic director and/or head coach.

Weight room rules:

1. Shirts and shoes are required.
2. No one is allowed in the weight room without authorized supervision.
3. Weights are to be returned to the rack immediately following use.
4. Students must work under the supervision of an instructor assigned to the weight room.
5. Each student should work with the instructor to determine individual limits.
6. Roughhousing and horseplay are not tolerated in the weight room.
7. Gum, food or drinks are not allowed in the weight room.
8. Use of weight room facilities by outside groups or school personnel must be approved by the athletic director/coordinator.