



Middle School Coach's Handbook

ATHLETICS



2021-2022



OBJECTIVES OF THE ATHLETIC PROGRAM

The Dysart Unified School District considers interscholastic athletics a vital part of the total educational process. The Athletic Department is committed to a process which recognizes an equal opportunity for all students, regardless of sex, color, national origin, religion or economic status. Win or lose, our students should learn lessons of a lasting and positive nature. The Dysart Unified School District adheres to the rules and regulations of the Arizona Interscholastic Association.

National Code of Ethics for Interscholastic Athletic Coaches

“Sportsmanship is that quality of honor that desires always to be courteous, fair and respectful, and it is interpreted in the conduct of players, spectators, coaches and school authorities.”

Fielding H. Yost

As a professional educator, I will:

- Exemplify the highest moral character, behavior and leadership
- Respect the integrity and personality of the student athlete
- Abide by the rules of the game in letter and spirit
- Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement
- Encourage a respect for all athletics and their values
- Display modesty in victory and a graciousness in defeat
- Promote ethical relationships among coaches
- Fulfill responsibilities to provide student health services and an environment free of safety hazards
- Encourage the highest standards of conduct and scholastic achievement among all athletes
- Seek to instill good health habits including the establishment of sound training rules
- Strive to develop in each athlete the qualities of leadership, initiative and good judgment

Responsibilities of a Middle School Coach

- Have current and valid CPR/First-Aid certification.
- Have all rules on file in the school office prior to the start of the season. Coaches may establish additional training rules for each sport but all rules must be in alignment with the Athletic Discipline Matrix.
- Hold a parent student meeting before the start of the season. Coaches must explain all Dysart Unified School District rules.
- Select and coach individual participants in the skills necessary for excellent achievement in the sport.
- Plan and schedule a regular program of practice in-season with other coaches. Practices may not be scheduled on holidays (Thanksgiving Day, Christmas Day, and New Year’s Day) or Sundays.
- Maintain and recommend the purchase of equipment, supplies and uniforms.
- Maintain and clean all uniforms after each activity and before turning in the inventory.
- Maintain the necessary forms and records as required by the Dysart Unified School District.
- Oversee the safety conditions of the facility, or the area in which the assigned sport is conducted, at all times whenever students are present.
- Establish performance criteria for participation in athletic competition in the sport.
- Enforce discipline and sportsmanlike behavior at all times. Establish penalties for breach of such standards by individual students.
- Maintain personal/professional conduct and dress standards commensurate with the ideals of the Dysart Unified School’s athletic program.
- Be familiar with all pertinent rules, regulations, policies, and procedures of the Dysart Unified School District.
- Perform other duties pertinent to the sport as assigned by the school administrator.
- Possess and be familiar with the National Federation Handbook for his/her sport.
- Be responsible for filling out an accident report for any significant injury, and filing it with the student’s health records.

- In most cases, it is not appropriate for coaches to have their own children accompany the team and be present in the bench area.
- Distribute written guidelines for earning awards and keep all records.

Performance Evaluation

The site administration will provide a written evaluation of each coach within their program. The principal shall prepare a written evaluation of all coaches and shall notify them as to his/her recommendation for the following school year's coaching assignment. The principal will schedule the final evaluation within thirty days of the completion of the season

Volunteer Coaches

In as much as volunteer coaches are being utilized extensively within the interscholastic athletic programs, the following guidelines are in place for their use:

- Volunteer coaches must complete all documents required by Dysart District and include fingerprint clearance and background check.
- The school administration prior to any commitment being made must interview volunteer coaches.
- Volunteer coaches need not receive any payment from the Dysart District if the following criteria are met:
 - They provide additional services for civic, charitable or humanitarian reasons, without any promise, expectation or receipt of compensation for the additional services. Volunteers can nonetheless be paid expenses, reasonable benefits or nominal fees for their additional services.
 - They offer their services freely and without coercion, direct or implied.
 - They perform services as a volunteer that are different from the services they are paid to perform as employees.
- All Support Staff must complete and submit to the Principal's Office of the site at which they are volunteering, their Dysart issued volunteer badge.
- Volunteers will always have a head or assistant coach in the direct vicinity.
- Volunteers will be expected to follow all Dysart District and school policies and guidelines.
- Volunteer coaches will not be allowed to drive District vehicles even if they are properly certified with a chauffeur's license.
- Volunteer coaches shall not administer discipline to any athlete. Discipline shall be handled by the district-employed head coaches.
- The District will be protected by its liability policy when using volunteer coaches.

Middle School Athletics

- Each school will have one team consisting of boys and one team consisting of girls in each sport.
- Seventh and eighth grade students will be eligible for participation
- Each sport will include a round robin schedule. All teams will compete in the end of season tournament.
- Each coach will hold a mandatory parent meeting.
- Officials will be assigned to all games.
- Coaches are asked to take a leadership role in promoting "Victory with Honor...Sportsmanship, and Citizenship.

Athletic Eligibility

Before being allowed to participate in practice or athletic contests, every athlete must provide the following information to the school administration:

- **Parent Permission Form** - Parents must sign the permission form indicating all sports in which the student may participate
- **Physical**- All athletes must have a current physical on file with the school prior to tryouts.
- **Proof of Insurance** - All athletes are required to purchase school insurance or provide proof of insurance by providing the school with the policy number and the name of the insurance company.

- **Emergency Card** - Athletes must have their emergency card filled out in its entirety so that any physician can render emergency care. Fill out this card in ink and print everything except your signature.
- **Prior Sports Release** - The coach of the previous sport in which the student/athlete participated must release every athlete. This involves returning all equipment and uniforms checked out to them and meeting all requirements of that sport.
- **Pay to Participate Fee** - This fee must be paid online

POLICIES RELATED TO ATHLETICS

Grades 7-8: The district shall require all students who participate in extracurricular activities to maintain passing marks in all subjects on a cumulative basis.

It shall be the responsibility of the school staff, under the direction of the administration, to provide a bimonthly report for determining that the standards set forth in this policy are being met. Ineligibility shall be determined at the conclusion of each two week reporting period, and any change in eligibility status shall occur on the first official day following the last day of the previous eligibility period.

Immediately following any grading interval in which a student is determined to be academically ineligible, a period of ineligibility shall be imposed and shall last until all grades are restored to passing on a cumulative basis.

It shall be the responsibility of the principal to arrange for notification of the student and parents of any pending and actual ineligibility in a manner so as to protect the privacy of each student.

A student who becomes ineligible at the end of any grading interval will be permitted to participate in practice sessions but may **not** participate in team or group competition or performance. The student may attend club meetings but may **not** participate in any organized activity or business discussions and may not maintain voting privileges until having met eligibility requirements.

DUSD #89 Governing Board Policy 1.4 Sexual Harassment

All individuals associated with the District, including, but not necessarily limited to, the Governing Board, the administration, the staff, and students are expected to conduct themselves at all times so as to provide an atmosphere free of sexual harassment. Please review details of this policy here [Policy 1.4 Sexual Harassment](#)

Hazing State Law HB2476 Chapter 230, 2001 Laws

DUSD Governing Board Policy 10.28

There shall be no hazing, solicitation to engage in hazing, or aiding and abetting another who is engaged in hazing of any person enrolled, accepted for or promoted to enrollment, or intending to enroll or be promoted to District schools within twelve (12) calendar months. For purposes of this policy a person as specified above shall be considered a “student” until graduation, transfer, promotion or withdrawal from the District school. Please review details of this policy here [Policy 10.28 Hazing](#) .

Americans With Disabilities Act of 1990

Title I of the Americans with Disabilities Act of 1990 prohibits private employers, state and local governments, employment agencies and labor unions from discriminating against qualified individuals with disabilities in job application procedures, hiring, firing, advancement, compensation, job training, and other terms, conditions, and privileges of employment. The ADA covers employers with 15 or more employees, including state and local governments. It also applies to employment agencies and to labor organizations. The ADA’s nondiscrimination standards also apply to federal sector employees under section 501 of the Rehabilitation Act, as amended, and it’s implementing rules.

Intended initially to remove physical barriers to spectators and patrons, the law has been the basis of several challenges concerning athletic participation and eligibility. Generally, students cannot be guaranteed a position of a team because of multi-disciplinary team recommendations.

If the multidisciplinary teams recommend the involvement of the student on a team, the candidate with special needs must qualify for membership during regular try outs as a regular candidate.

Three questions are asked: Does the athlete have a disability as defined by Section 504 of The Rehabilitation Act of 1973? Is the disabled student fully qualified so that she/he could have made the team absent the disability? Are unreasonable accommodations needed that require fundamental alteration of a program or that place undue financial hardship on the program?

PROCEDURES

Mandatory Pre-Season Player and Parent Meeting

There will be a mandatory pre-season player and parent meeting. Parents shall be informed in writing at the mandatory meeting of the minimal health requirements for full participation, which include:

- Medical insurance coverage
- Acclimatization period (5 to 7 days with gradually increasing activity)
- Proper nutrition and hydration before and during season
- Strict adherence to safety rules and regulations
- It is strongly recommended that students participate in a year round conditioning program
- The athletic programs will be conducted in keeping with the highest ideals of sportsmanship and positive citizenship. We believe that promoting sportsmanship, ethics and integrity in extracurricular activities should be a part of that challenge to excel.
- Students, coaches, staff and parents will follow the principles of Pursuing Victory with Honor.
- Warn parents and athletes of unsafe practices specific to a sport and the potential for injury or death. This warning should be issued in writing and both athletes and parents should be required to provide written certification of their comprehension.
- Players, coaches, administrators, parents and spectators will: be polite of officials; control anger; be respectful to opponents and officials; control spectator behavior; structure cheers to support the teams.

The athletic department has set the following limits for individual team rosters:

<u>Sport</u>	<u>Minimum</u>	<u>Maximum</u>
Basketball	8	15
Spiritline/Cheer/Dance	6	20
Football	11	20
Baseball/Softball	11	18
Volleyball	8	12
Soccer	14	20
Cross Country	None	None

Team Supervision: During the course of each season, practice and competition, it is the coach's responsibility to maintain supervision of their athletes. This supervision begins when the athlete arrives promptly to dress for practice and continues until they leave the facility after practice or a game. **AT NO TIME SHALL THE ATHLETES BE ALLOWED TO BE ON CAMPUS UNSUPERVISED.**

Try-Outs: Each coach must provide written criteria that will score each of the athletes at the various skills and other criteria. Each coach will need to keep a copy of their rubric or written criteria on file, in case any parent/guardian/athlete asks why they did not make the team. This will help you justify any cuts you may have to make. All rubrics and written criteria must be approved by the school administration prior to their implementation with athletes. Staff will only share information that pertains to each parent or guardians' student. Information regarding any student **will never be shared** with another student's parent or guardian.

Injuries: An athlete, who is injured playing their respective sport, practice or game situation, cannot be dismissed from a team unless one or more of the following occur:

- The athlete does not attend practice or follow directions from the coach.
- The athlete's attitude becomes disruptive to the team's ability to perform in an acceptable manner.
- The athlete does not make a reasonable effort to obtain proper medical attention to rehabilitate the injury. Any return to an activity after a serious injury or illness requires written consent of the athlete's physician. Even then, the final discretion rests with parents and the coach. Special concerns are head injury, heat illness, diabetes and mononucleosis.

Transportation of Student Athletes: Under no circumstances will District student/athletes be transported by private vehicle to any school related activity, except by immediate family members. Student athletes will not be released after contests for transportation home to anyone other than immediate family members (parent/guardian) that is a legal driver. Written permission from the parent can release an athlete to a brother, sister, grandparent, aunt or uncle. Coaches will remain on the school site after contests and practices until all students/athletes have received transportation home, unless arrangements have been made prior to situations.

Unfavorable Game Conditions: During the course of coaching, you may be met with many different types of game conditions. These conditions must be met with professionalism and reflect pride in the school, athlete, yourself and community. The following procedures will be followed if the situation arises:

Notify the head official as soon as you view a concern.

Notify the head coach of the opposing team as soon as possible as to your concern.

Request that the officials stop the game and talk with each team and coach about the situation that needs attention.

Notify the officials and the site supervisor that you will play the game under protest if conditions so warrant.

RISK MANAGEMENT

Duties Related to Negligence Litigation

Several obligations or duties have been identified as absolute requirements for coaches and athletic administrators. These standards have evolved as a result of various case law proceedings and legal judgments against individuals and school districts. Please visit [Duties Related to Negligence Litigation](#) for information related to each duty.

Duty to Plan

Duty to Supervise

Duty to Provide a Safe Environment

Duty to Provide Safe Equipment

Duty to Teach Properly

Duty to Condition Properly

Duty to Warn

Duty to Provide Emergency Care

Duty to Design a Proper Emergency Response Plan

Duty to Select, Train and Supervise Coaches

Negligence: Please visit [Negligence Detail](#) for information.

Facilities and Equipment: Properly installed, maintained, and regularly inspected activity areas provide the necessary environment for the prevention of catastrophic injury.

- All playing surfaces and related equipment must be approved and installed under the direction of qualified district personnel or designated manufacturer.
- Daily inspection by athletes, periodic inspection by the coach and seasonal inspection by an expert is required of all protective equipment.
- Immediately remove or correct all hazardous situations, which interfere with the safety of athletes (irregular playing surfaces, bleachers, upright standards, furniture, scorer's tables, sprinkler heads, defective training equipment).
- All available safety devices must be employed (helmets and protective screens in batting cages).
- Be aware of the intended use and limits of protective equipment capabilities established by the manufacturer and use only according to those intentions and within those limitations.
- Keep equipment in top repair. Maintain an adequate inventory of spare parts and extra units for immediate repair of damaged items.
- Use of equipment and, if necessary, the activity shall be suspended until damaged items are repaired or replaced.
- Dispose of un-repairable or equipment from all sports pursuant to District policy.
- No trampoline of any type shall be used for any purpose.

Sport Specific Warnings – Follow all guidelines from NFHS and AIA bylaws.

Baseball/Softball: It is mandatory for each batter, runner, catcher and base coach to wear a head protector. The protector worn by each batter and each runner shall have extended earflaps, which cover both ears and temples. The catcher shall wear, in addition to the head protector, a protective mask, body protector and baseball/softball shin guards. A male catcher shall also wear a protective cup. Any player warming up a pitcher in the “bullpen” shall wear a protective mask, (protective cup) and body protector. Failure of a player to do so when ordered by an umpire shall cause dismissal from the game.

- Protective equipment labeled with current NOCASE certification
- Protective equipment is properly fitted and worn properly
- Helmets equipped with current NOCASE certification
- Adequate inventory of helmets that are not cracked or in need of repair
- All non-wood bats shall meet the Batted Ball Coefficient (BBCOR) standards
- Pitching machines are grounded at the plug and are checked for accuracy and dependability of the machine's pitches.
- Pitching machine rules are posted

Cheerleading: Proper selection, care and use of personal equipment are as important to the safety and well-being as the conduct of the activity itself. The apparel selected for practice and performance situations should be snug-fitting, but should allow for a reasonable freedom of movement. Loose-fitting garments and pocketed shirts are not recommended because of their potential to “catch” and/or entangle another performer’s foot during the execution of partner stunts and pyramids. Excessive jewelry, including hard hair accessories such as large barrettes, should be prohibited in all practice and performance settings. Of all personal equipment used in cheerleading, perhaps none is more important than footwear. The term “shock absorption” and “dampening” are the more popular descriptions of shoe cushioning and can be used interchangeably to refer to the property of cushioning. Lateral support allows the shoe to respond appropriately to the lateral stresses resulting from side-to-side changes of direction realized in basing stunts, tumbling and dancing. Approximately one “thumb width” (or ½ inch) should be allowed between the longest toe and toe tip of the shoe. Any activity involving motion and height creates the possibility of accidental injury.

Football

- Wear all protective equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
- Wear outer and under garments that are appropriate for humidity and temperature.
- Players with visual impairment must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
- Remove all jewelry and metal hair fasteners.
- Inspect playing area for holes, pits and debris
- Adequate safety space to spectator areas
- No exposed sprinkler heads
- Pylons and flags soft, pliable and brightly colored – Down box padded
- Field markers soft and pliable
- Lines to be of noncorrosive material
- Sideline drains covered with heavy mats

Soccer

- Shin/elbow pads and shoes properly fit and worn
- Proper cleat length for shoes
- Goal cages are securely anchored into the ground.
- Goal mouths are securely anchored together when not in use
- Goal nets are soft mesh
- No hooks or fastening devices are protruding toward the field of play

Supervision of Activities: Supervision of all activities by the assigned District employee is necessary to reduce the risk of injury and assure proper handling of emergency situations.

- Proper supervision requires the immediate physical presence of an authorized adult during all periods of activity.
- Emergency occurrences require the suspension of all student activity until proper supervision is provided. Primary attention must be given to the injured athlete.
- Unique situations must be covered by a “supervision plan” as developed and authorized by the unit principal (locker room supervision of coach of the opposite sex).
- Primary supervision responsibilities must be completed prior to becoming involved in other assigned personal or school activities.
- Transportation conveniences provided by the District must be used in accordance with Board of Education policy and District administrative regulations.

Rules of Conduct – Athletic Discipline Matrix: Any athlete who is in violation of the following rules shall be subject to disciplinary action in accordance with Dysart Unified School District’s Athletic Code.

RULE 1 – Use or possession of illegal drugs or drug paraphernalia as per the Student’s Rights and Responsibility Handbook and including anabolic steroids (AIA By-Laws). Any violation of the Students Rights and Responsibility Handbook that reflects a consequence of 10 days, long term or expulsion will result in the student-athlete being ineligible to participate in athletics. Students may participate in a district approved diversion program to reduce suspension.

<p><u>FIRST VIOLATION</u> May result in immediate ineligibility for interscholastic competition in the current sport for the remainder of the season.</p>	<p><u>SECOND VIOLATION</u> Ineligible and prohibited from participating in any AIA sport program for a period of one calendar year from the date of second violation.</p>	<p><u>THIRD VIOLATION</u> Permanently prohibited from participation in any AIA athletic program.</p>
--	--	---

RULE 2 – Use and/or being in possession of, or remaining on premises where illegal drugs, drug paraphernalia or alcohol are knowingly being used. Students may participate in a district approved diversion program to reduce suspension.

<p><u>FIRST VIOLATION</u> Suspension for 10 school days effective immediately</p>	<p><u>SECOND VIOLATION</u> Suspension for the duration of the season in progress</p>	<p><u>THIRD VIOLATION</u> Expulsion from all athletics for the remainder of the current school year</p>
--	---	--

RULE 3 – Use and/or being in possession of tobacco or tobacco products.

<p><u>FIRST VIOLATION</u> Suspension for 3 school days effective immediately</p>	<p><u>SECOND VIOLATION</u> Suspension for 5 school days</p>	<p><u>THIRD VIOLATION</u> Suspension for 10 school days</p>
---	--	--

RULE 4 – Not obeying school rules and regulations (including regular school attendance). An athlete may not have ANY truancy/unauthorized absences including single period, portion of school day, all day, etc.).

<p><u>FIRST VIOLATION</u> Conference with administrator, unable to participate in the next contest for any violation of truancy or unauthorized absences</p>	<p><u>SECOND VIOLATION</u> Unable to participate in two contests for a second violation of truancy or unauthorized absence</p>	<p><u>THIRD VIOLATION</u> Suspension for current season</p>
--	--	---

RULE 5 – Suspension from school.

<p><u>FIRST VIOLATION</u> Suspension for the period of the school suspension and unable to participate in the next contest</p>	<p><u>SECOND VIOLATION</u> Suspension for up to 10 school days effective immediately and automatic probation (five day minimum). Unable to participate in the next two contests.</p>	<p><u>THIRD VIOLATION</u> Suspension for a minimum of ten days and up to the remainder of the current season</p>
--	--	--

RULE 6 – Any student convicted of a felony crime may not be allowed to participate in athletic competition for one full year or until the sentence is completed.

RULE 7 – On-line social network: Any student of any age who exhibit unacceptable conduct in or out of school or competition or through any on-line social network (including but not limited to: buying, selling, possessing or using alcohol, tobacco, drugs, or steroids; fighting; threatening; stealing; lying; possessing false identification; forgery; cheating; vandalizing; violating school rules; trouble with law enforcement; sending inappropriate messages or pictures; or any other illegal activity or unacceptable conduct) may be suspended from interscholastic competition in accordance with the Dysart Unified School District formal suspension policy. Appropriate authorities may be contacted.

EMERGENCY PROCEDURES

Emergency Information: Each sport must develop a list pertinent to its individual area and schedule needs including the following specific emergency phone numbers. Numbers should be periodically checked and updated. Be sure to carry the phone number for your principal.

Medical Referral Card (Emergency Cards): One for each participant must be carried to all practices and games.

Emergency equipment and “daily” check

Ice – available in large volume

Telephone and emergency number card- Always carry a phone to call the Athletic Trainer or 911 in emergencies.

Instruction and drills of staff and athletes: Establish periodic instruction sessions and follow-up drills for all staff members and athletes including procedures for an incapacitated coach.

Cardiopulmonary Resuscitation (CPR) and first aid certification: All coaches will carry a current CPR and first aid card. All coaches will be responsible for renewing certification when it expires.

Four Basic-Decisions

First Question – Is the injury life threatening?

Life Threatening

Airway obstruction; Respiratory failure

Cardiac arrest; Head injury

Heat Illness; Cervical spine injury

Spleen injury/ internal bleeding

Severe bleeding; Drug overdose

Anaphylaxis (severe allergic reaction,
ex: Bee stings)

Non-Life Threatening

Fractures

Soft tissue injuries (sprains, contusions,
dislocations, open wounds, strains)

Second Question – Is emergency professional medical coverage indicated?

Third Question – Is the injury in need of immediate emergency care on the field?

Observations

Scene and position of injured

Conscious or unconscious

Breathing and circulation

Immediate Emergency Care

Airway obstructed

Respiratory failure

Cardiac arrest

Severe bleeding or drug overdose

Fourth Question – Moving the injured athlete. When is it necessary to move the athlete?

- Face down – non-breathing (to his/her back)
- During heat illness (to cool place)
- Remove from immediate danger (fire, traffic, etc).

Catastrophic Injury Emergency Procedures

Implementation of standardized procedures is vital in dealing with catastrophic injury. The site principal shall design an emergency plan, which defines all responsibilities.

Home Games

- Appropriate professional medical personnel must be in attendance and must assume responsibility for initiating the catastrophic emergency plan.
- The athletic trainer will assist in carrying out the standardized procedures as outlined in the practice plans.

Away Games

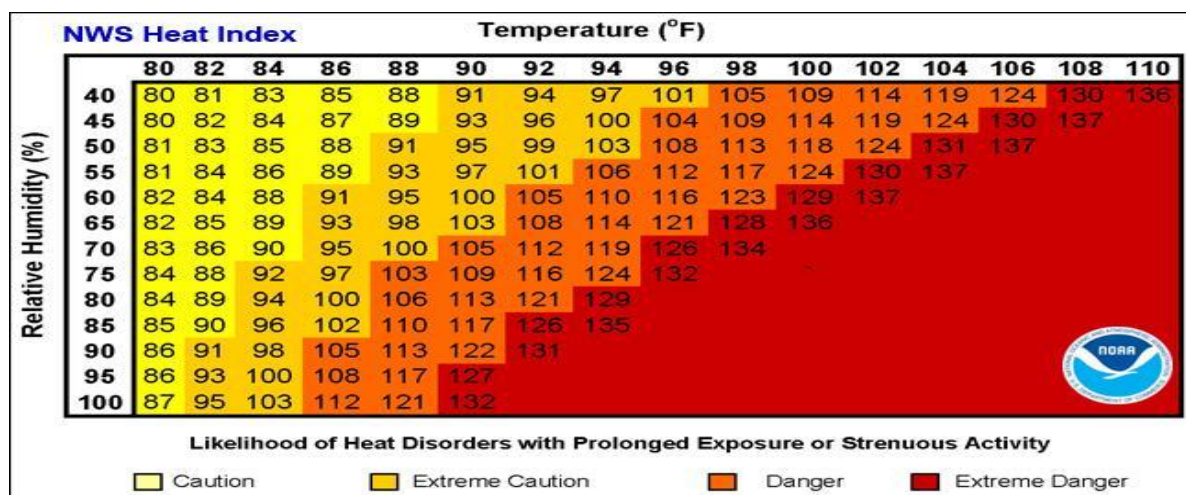
- Secure additional emergency phone numbers.
- Predetermine the types of medical assistance available.
- Adapt District emergency plan to fit host school facilities
- Initiate basic emergency procedures.

Follow Up

- A written report of material facts, eyewitnesses, the impounding of involved equipment and photographic evidence must immediately follow a catastrophic injury.
- The school nurse will need a completed District accident report form for the files.
- Prepare independently a narrative supplement, which reports factual observations of all events leading to, during and following the injury within 24 hours (do not include opinions).
- List all witnesses including name, address and phone numbers. Attach the team roster including coaches, etc.
- Impound involved equipment and any photographic record with identifying tag indicating date, event, occurrence, and names of persons in the chain of command.

Activity During Extreme Heat / Humidity

Be aware of temperature and humidity levels. Change practice length, intensity and equipment use as the levels rise. It should be easy for athletes to access water during practice, and you should remind them to drink regularly. Fluid breaks should be scheduled for all practices and become more frequent as the heat and levels rise. Always have contact information for parents available.



Work/Play Demand Legend

Light Work: Sitting with moderate arm and leg movements, standing, some walking only

Moderate Work: Walking with lifting, pushing, walking quickly jogging short distance, 5-15 yards while carrying a light load

Heavy: Lifting, any pushing or sprinting over distance

Very Heavy: Sprinting over 15 yards; continuous activity with contact prolonged running and jogging.

TEMPERATURE		ACTIVITY
Less than 80 degrees	No Limitations	No restrictions
80 to 89 degrees	Caution	75% heavy activity / 25% light activity or rest
90 to 104 degrees	Extreme Caution	50% heavy/moderate activity / 50% light activity or rest
105 to 129 degrees	Danger	25% moderate activity / 75% light activity or rest
130 + degrees	Extreme Danger	All non-essential activity is cancelled Cancellation of AIA games decided by the school AD

Dehydration and Heat Illness for Athletes

Athletic trainers and coaches must ensure that student athletes take it slow to be sure they get used to the heat and humidity gradually. There are other reasons why a young person may become ill from a heat illness. Those who have a low level of fitness, who are sick, or who have suffered from dehydration or heat illness in the past should be closely watched. A medical professional such as a certified athletic trainer (ATC) should be on site to monitor the health and safety of all participants during games and practice, especially when it is very hot and humid.

DEHYDRATION: Athletes get dehydrated if they do not replace body fluids lost by sweating. Being even a little dehydrated can make an athlete feel bad and play less effectively. Dehydration also puts athletes at risk for more dangerous heat illnesses.

Signs and Symptoms:

Dry mouth, thirst, headache, dizziness, being irritable or cranky, seeming board or disinterested, cramps, excessive fatigue, inability to perform as well as usual

Treatment:

- Move the athlete to a shaded or air-conditioned area.
- Give him or her fluids to drink.

When can I play again? An athlete may be active again as soon as he or she is symptom-free. However, it's important to continue to watch the athlete.

HEAT CRAMPS: Heat cramps are a mild heat illness that can be easily treated. These intense muscle spasms usually develop after an individual has been exercising for a while and has lost large amounts of fluid and salt from sweating. While heat cramps are more common in athletes who perform in the heat, they can also occur when it's not hot (for example, during ice hockey or swimming). Athletes who sweat a lot or have a high concentration of salt in their sweat may be more likely to get heat cramps. Heat cramps can largely be avoided by being adequately conditioned to the heat and humidity slowly, and being certain an athlete eats and drinks properly.

Signs and Symptoms:

Intense pain (not associated with pulling or straining a muscle), persistent muscle contractions that continue during and after exercise

Treatment:

- The athlete should be given a sports drink to help replace fluid and sodium losses.
- Light stretching, relaxation and massage of the cramped muscles may help.

When can I play again? An athlete may be active again when the cramp has gone away and he or she feels and acts ready to participate. You can help decrease the risk of recurring heat cramps by checking whether the athlete needs to change eating and drinking habits, become more fit, or get better adjusted to the heat.

HEAT EXHAUSTION: Heat exhaustion is a moderate heat illness that occurs when an athlete continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The athlete's body struggles to keep up with the demands, leading to heat exhaustion. Call 911.

Signs and Symptoms:

Athlete finds it hard or impossible to keep playing, loss of coordination, dizziness or fainting, dehydration, profuse sweating or pale skin, headache, nausea, vomiting or diarrhea, stomach/intestinal cramps or persistent muscle cramps

Treatment:

- Move the athlete to a shaded or air-conditioned area.
- Remove any extra clothing and equipment.
- Cool the athlete with cold water, fans or cold towels (replace towels frequently).
- Have the athlete lie comfortably with legs raised above heart level.
- If the athlete is not nauseated or vomiting, have him or her drink chilled water or sports drink.
- The athlete's condition should improve rapidly, but if there is little or no improvement, take the athlete for emergency medical treatment.

When can I play again? An athlete should not be allowed to return to play until all symptoms of heat exhaustion and dehydration are gone. Avoid intense practice in heat until at least the next day, and if heat exhaustion was severe, wait longer. If the athlete received emergency medical treatment, he or she should not be allowed to return until his or her doctor approves and gives specific return-to-play instructions. Parents and athletic trainers should rule out any other conditions or illnesses that may predispose the athlete for continued problems with heat exhaustion. Correct these problems before the athlete returns to full participation in the heat, especially for sports with equipment.

EXERTIONAL HEAT STROKE – CALL 911 Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated.

Signs and Symptoms:

Increase in core body temperature, usually above 104°F/40°C, central nervous system dysfunction, such as altered consciousness, seizures, confusion, emotional instability, irrational behavior or decreased mental acuity, nausea, vomiting or diarrhea, headache, dizziness or weakness, hot and wet or dry skin, increased heart rate, decreased blood pressure or fast breathing, dehydration, combativeness

Treatment:

- If there are no on-site medical personnel
- Call emergency medical services for immediate transport to the nearest emergency medical facility.
- Begin cooling the athlete while waiting for and during transport to the emergency facility.

If there are on-site medical personnel:

Locate medical personnel immediately. Remove extra clothing or equipment from athletes. Begin aggressive whole-body cooling by immersing the athlete in a tub of cold water. If a tub is not available, use alternative cooling methods such as cold water, fans, ice or cold towels (replaced frequently), placed over as much of the body as possible.

Call emergency medical services for transport to the nearest emergency medical facility.

When can I play again? No athlete who has suffered heat stroke should be allowed to return until his or her doctor approves and gives specific return-to-play instructions. Athletic trainers should work with the athlete's doctor to rule out or treat any other conditions or illnesses that may cause continued problems with heat stroke. The athlete should return to physical activity slowly, under the supervision of an ATC or other qualified healthcare professional, especially for sports with equipment.

WHAT IS A CONCUSSION?

The American Academy of Neurology defines concussion as “a trauma-induced alteration in mental status that may or may not involve loss of consciousness.” This signifies that a person does not have to be knocked unconscious to receive a concussion.



When an athlete sustains a concussion, they are more susceptible to suffer another concussion in subsequent contests.

Some Signs and Symptoms of Concussion

- Vacant stare
- Delayed verbal and motor responses (slow to answer questions or follow directions)
- Confusion and inability to focus attention (easily distracted)
- Slurred or incoherent speech (making disjointed or incomprehensible statements)
- Gross observable incoordination (stumbling, inability to walk tandem/straight lines)
- Emotions out of proportion to circumstances (distracted, crying for no apparent reason)
- Disorientation (walking in the wrong direction; unaware of time, date, and place)
- Memory deficits
- Any period of loss of consciousness (paralytic coma, unresponsiveness to arousal)
- Persistent headache
- Double vision
- Nausea/ may be accompanied by vomiting
- Tinnitus (ringing in the ears)

Protocol for Suspected Head Injury

1. Determine the level of consciousness.
 If unconscious, **call 911 and check the airway, breathing, and circulation *DO NOT MOVE THEM!***
 if conscious, continue to #2
2. Remove the athlete from the activity
3. Observe athletes for movement, disorientation or confusion.
4. Talk to athlete to determine if they
 - a. are disoriented, have a headache or blurred vision
 - b. have any memory loss, they are sick to their stomach
5. If any of these symptoms are present, continue to observe the athlete for 15 minutes.
6. If any of these symptoms persist for longer than 15 minutes, that athlete should not be allowed to return under any circumstances. The athlete should be observed by an adult, and seen by a physician within 24 hours.

Determining When Advanced Care is Necessary

When a head injured athlete is allowed to go home, there are certain circumstances which warrant emergency medical care. If any of the following conditions exist, do not delay—call 911 or transport them to the nearest emergency room if:

- At any time, there is a loss of consciousness.
- The athlete is incoherent, vomiting, or has blood or discharge around the ears or eyes.
- There is a loss of vision, hearing or other senses.
- A headache persists or worsens.
- One pupil becomes larger than the other.
- The athlete's condition worsens or any time the athlete "just isn't right."

If a student is suspected to have a severe injury (including broken bones) call 911.

Rules for the Prevention of Infection

With the increased knowledge of the spreading of different infections through contact with that infection, the following steps are mandatory when treating an injury, cleaning vomit, or any contact with bodily fluids:

- Wear gloves whenever in contact with bodily fluids.

- Wash hands thoroughly and immediately with soap if any contact with bodily fluid occurs.
- Change gloves between patients and throw used gloves away in biohazard plastic bags.
- Protect your eyes when in contact with bodily fluids. Use sunglasses, or any other type of eyeglasses.
- Have contaminated areas cleaned with paper towels and disinfectant as soon as possible with household bleach and water solution (mix 1:10).
- Special plastic containers or gloves cannot be reused.
- Call the custodian to assist with clean up and send the athlete to the athletic trainer, nurse or medical personnel.
- Students are not to empty biohazard containers or handle any soiled materials.
- All open lesions or sores must be cleaned and covered for both students and staff.
- Only the athletic trainer or nurse will treat or clean bleeding wounds unless the wound is life threatening.

Inclement Weather Policy / Lightening Policy

Lightening may be the most frequently encountered weather hazard affecting active people each year. Millions of lightning flashes strike the ground annually in the United States, causing nearly 100 deaths and 400 injuries. Three quarters of all lightning casualties occur between May and September, and nearly four fifths occur between 10:00 a.m. and 7:00 p.m., which coincides with the hours for most athletic activities. Additionally, lightning casualties from sports and recreational activities have risen alarmingly in recent decades. For this reason, all coaches and athletic trainers must utilize extreme caution when a storm arises.

A flash-to-bang count of 30 seconds or less should be used as a minimal determinant of when to suspend activities. Waiting 30 minutes or longer after the last flash of lightning or sound of thunder is recommended before athletic activities are resumed. Lightning safety strategies include avoiding shelter under trees, avoiding open fields and spaces, and suspending the use of land-line telephones during thunderstorms.

- **Criteria for suspension of activities:** By the time the flash-to-bang count approaches 30 seconds, all individuals should already be inside a safe shelter.
- **Criteria for resumption of activities:** Wait at least 30 minutes after the last sound (thunder) or observation of lightning before leaving the safe shelter to resume activities.

Who is Responsible for the Decision?

If the athletic trainer is present during the practice or competition, the decision to suspend play and when it is safe to resume, will be made by the athletic trainer. If the athletic trainer is not present, the decision rests with the head coach. During suspension of activity all athletes must be directed to a secure structure, such as a building.

Other Weather Conditions:

Should any other forms of inclement weather arise (tornado, wind storm, etc.) the athletic trainer will monitor weather reports and make decisions regarding play accordingly. The athletic trainer will make the final decision in any dispute regarding inclement weather. Should a decision be ignored, the matter will be directed to the Athletic Director.

Parent / Guardian Risk Acknowledgement and Consent to Participate

NOTE: THE PARENT(S)/GUARDIAN(S) MUST FILL IN ALL BLANKS.

PRINT LAST NAME

FIRST NAME

MIDDLE

My/our child wishes to participate in the sport(s) of _____ in the Dysart USD Athletic program during the 2020-2021 season. I/We realize that there are risks involved in this participation. I/We have attended a group meeting held on _____, during which these risks were discussed and explained. The _____ Elementary School staff conducted the meeting.

I/we recognize the possibility that my/our child might die, become paralyzed, or suffer brain damage or other serious, permanent injury as a result of participation in this sports program. I/we realize that neither the protective equipment and padding used in the sport, the safety rules and procedures of the sport, the coaching instruction received nor the sports medicine care provided to athletes will guarantee safety or prevent all injuries they may sustain. I/we agree to accept these risks as a condition of my/our child's participation in this program.

** I/we also realize that my/our child's condition _____ creates additional risks, and I/we have discussed these risk with the school administration and or coach. Because of this condition the special risks for my/our child are: (list all concerns. If you need more room, write legibly on the back of this form)

I/we understand these concerns and agree to accept these additional risks as a part of my/our child's participation in the program.

Date

Signature

Relationship to student/athlete

Name of Parent/Guardian

DO NOT SIGN THIS FORM IF YOU HAVE ANY QUESTIONS OR CONCERNS.

Student Athletic Handbook Signature Form

This form must be signed by both the student/athlete and his/her parent/guardian and returned to the school office prior to participation in practice or games.

I have read, understand and will abide by all the rules set forth in the Student Athletic Handbook.

I will allow my name, picture and statistics to be printed in programs and news media articles and videos.

All equipment checked out to me will be returned or I will reimburse the athletic department for missing or damaged equipment.

Athlete's Signature: _____ Date: _____

I am the parent or legal guardian of _____

My address: _____

which is located within the boundaries of the Dysart Unified School District.

I live outside the Dysart Unified School District, and have met all District and A.I.A. domicile requirements for participation.

Parent Signature _____ Date _____

FAMILY AND COACH AGREEMENT

Protocol of Meetings: 24 to 48 Hour Rule: After a game or event, a parent will wait 24 to 48 hours before contacting the coach to set up a meeting.

Coach to Student/Parent

The coach will discuss expectations of student and parent; provide team and parents with access to rules of the sport and provide contact information including school e-mail and school phone number.

Coach will be available for students to discuss any issues; talk to the student and parent with any concerns; take unresolved concerns to school administration.

I have read and agree with all expectations above.

Coach Name

Coach Signature

Date

Student/Parent to Coach

Student/Parent will: be supportive of the coach, team and school; work with the coach to resolve issues.

If concerns arise, Parent/Student will: talk to the coach with concerns first; meet with the coach and Athletic Director if needed.

I have read and agree with all expectations above.

Parent Name

Parent Signature

Date

Student Name

Student Signature

Date

Coach's Athletic Handbook Signature Form

A coach must be able to develop good rapport with numerous individuals and community groups including team personnel, the student body, the professional staff, the community, spectators, officials and fellow coaches in the conference, media representatives, and the parents of players. Good rapport and demonstrated competency are invaluable for the coach. As a coach, you have high level visibility throughout the community. Your profession, as well as your reputation as a coach, is constantly under scrutiny.

The main reason for having athletic teams within the school is to help provide opportunities for young men and women to develop their respective capabilities to the fullest extent. Development of positive attitudes is an important means to accomplishing this aim. We must promote and teach only ethical, aggressive and fair play, while stressing good sportsmanship at all times. The coach must be the leader and set the example.

As a coach you must have a thorough knowledge of all athletic policies approved by the Dysart Unified School District and be responsible for their implementation by the sports program. Each coach must have knowledge of the Arizona Interscholastic Association Constitution and By-Laws, league regulations and implement these regulations consistently and interpret them for your staff. Each coach must understand the proper administrative line of command and refer all student and parent requests or grievances through proper channels.

The Coach's Handbook is a comprehensive list of suggested policies developed by the district and contains administrative and management tasks that accompany coaching assignments.

This form must be signed by the athletic coach and returned to the Athletic Director prior to the start of the athletic season.

I have read, understand and will abide by the guidelines set forth in the Coach's Athletic Handbook.

Coach Signature

Date

Athletic Director Signature

Date