

Athletic Program

Interscholastic Competition

Philosophy

The Heathwood Hall Episcopal School community cultivates creative and critical thinking, develops leadership and social skills, and promotes service to others over the pursuit of self-interest through a vigorous athletic program in a supportive community of talented coaches and student athletes. In that regard, the Heathwood Hall athletic program is an integral part of the School's mission. Similar to all other areas of the School, the athletic program, both in terms of philosophy and personnel, is part of every student's journey. The School believes that competitive team sports represent a critical opportunity for young people to experience the values of sacrificial collaboration, stewardship, inclusivity, and respect for the dignity of every human being. While the School is committed to excellence, it does not believe that such a commitment necessitates "winning at all costs". Rather, we believe in challenging student-athletes to balance individual and collective responsibility and growth through hard work, determination, fair play, sportsmanship, and accepting the role each is asked to play.

Opportunities

The School competes in the South Carolina Independent School Association (SCISA). The School offers a competitive interscholastic athletic program. The following teams and sports will be offered during the 2018-19 school year:

Fall Season

Varsity Football
Junior Varsity Football
B-Team Football
Varsity Volleyball
Junior Varsity Volleyball
Middle School Volleyball
Girls Varsity Cross Country
Boys Varsity Cross Country
Girls Junior Varsity Cross Country
Boys Junior Varsity Cross Country
Varsity Cheerleading
Junior Varsity Cheerleading
B-Team Cheerleading
Varsity Girls Golf
Varsity Girls Tennis
Junior Varsity Girls Tennis
Girls and Boys Varsity Swimming

Winter Season

Varsity Basketball (Girls and Boys)
Junior Varsity Basketball (Girls and Boys)
Middle School Blue Basketball (Girls and Boys)
Middle School Developmental Basketball (Girls & Boys)
Varsity Cheerleading
Varsity Wrestling
Junior Varsity Wrestling
Varsity Bowling (Girls and Boys)

Sporting Clays (Girls and Boys)

Spring Season

Varsity Baseball

Junior Varsity Baseball

Varsity Boys Lacrosse

Junior Varsity Boys Lacrosse

Middle School Boys Lacrosse

Varsity Boys Tennis

Junior Varsity Boys Tennis

Varsity Boys Golf

Varsity Soccer (Girls and Boys)

Junior Varsity Soccer (Girls and Boys)

Varsity Track (Girls and Boys)

Junior Varsity Track (Girls and Boys)

Junior Varsity Girls Softball

All students are encouraged to participate in the athletic program and all efforts will be made to ensure that a student can participate. In cases where teams are limited in size, the athletic department is committed to selecting an appropriate team in a fair and impartial manner. In the case where a student is not chosen for the team of their choice, the athletic department will work with the student to help identify other areas of athletic interest and potential participation.

Program Goals

In all sports offered at the School, the three levels of competition, Middle School, Junior Varsity and Varsity, are part of the same program coordinated by the varsity head coach. The Middle School and Junior Varsity interscholastic teams are designed to help students learn the various sports, determine their level of commitment to team based athletics and prepare them for varsity competition. Although all efforts will be made to secure playing time for every student, student athletes are expected to do their part in earning playing time through proper attendance, attitude and work habits. Other specifics regarding the goals of our program include:

Middle School- The program is designed to meet the developmental needs of its participants. The purpose of the program is to develop skills, sportsmanship, and behaviors that are part of being on a team. The coaches are instructed to make every effort to get each child in every game or to develop a rotation of players for different games that will ensure quality playing time in as many games as possible.

Junior Varsity - Team and individual skills are reinforced in preparing student athletes for the more competitive varsity schedule. Playing time is determined by the coach with a goal of providing most students with quality playing time in as many games as possible.

Varsity – The varsity teams play a competitive schedule including both independent and public schools. Our commitment to excellence requires that we field the best team available from among our student athletes. Varsity selection is based on skill and maturity of the student athlete. Each student athlete's skill level is reevaluated at the beginning of the season for team membership. Scheduling and playing time considerations are based on what best prepares the team to pursue season long excellence.

Student athletes wishing to play two different sports during the same season may do so only with the approval of the athletic director and the respective head coaches and must make a firm commitment at the beginning of the season to one of the teams in case of a conflict. In many

cases, it may not be possible for a student athlete to participate on two teams during the same season.

Warning of Inherent Risk/Dangers of Athletic Participation

Participation in athletics includes the risk of injury which may range in severity from minor to disabling to even death. Although serious injuries are not common in supervised programs, it is impossible to eliminate the risk. Participants can do have a responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems, follow guidelines for safe play and inspect his/her own equipment and report any problems.

Eligibility Policies

The policy of the school is that students must be enrolled in the School in order to be eligible to compete in the athletic program. School sanctioned activities include but are not limited to all try-outs for athletic teams, summer team camps (or camps otherwise recommended by the school), and formal practice sessions, and games.

The athletic director and respective head coach will establish the maximum number of students allowed on a team and will develop criteria for team selection.

Students in grades six through twelve may participate in interscholastic competition. Teams may be comprised of students in the following grade levels:

Varsity Team - grades 7-12*

Junior Varsity Team - grades 5 - 10

Middle School Team - grades 5 - 8 (age/grade restrictions may apply in some sports)

***7th and 8th grade students may only participate in certain varsity sports and only with parent and School permission. A student must be in at least the 8th grade to participate at the varsity level in football, basketball, lacrosse, baseball and soccer.**

6th grade students may only participate in a non-contact varsity sport were a middle school or junior varsity team is not offered unless permission is given from the Athletic Department.

5th grade students may only participate in Middle School, B-Team, and Junior Varsity sports. 5th graders are not allowed to participate at the Varsity Level in any sport per SCISA Policy.

The athletic director and respective head coach will determine if a ninth or tenth grade student can participate at the varsity level.

Please contact the athletic director for more information on grade level and age restrictions.

Academic Guidelines for Athletic Participation

A Heathwood Hall student athlete is expected to be committed first and foremost to his or her academic responsibilities. In accordance with SCISA rules, a student in grades 9-12 participating in interscholastic athletics must take, and receive credit for at least FOUR (4) One Credit Core Subjects or Any FIVE (5) One Credit Courses each grading period/semester. Students below the 9th grade must pass four (4) subjects each grading period/semester. A senior who has met or is

meeting all requirements for graduation must pass four (4), one credit courses each marking period/semester.

If the student does not meet this standard, the student will not be eligible during the next 9-week marking period. Any student who is academically ineligible to participate is also prohibited from practicing with the team until the time he/she is academically eligible to participate.

The SCISA rules are minimum standards. In that regard, the athletic director and coaching staff at Heathwood expect a higher level of academic commitment and performance from our student athletes. In support of these expectations, the head coach of each sport will monitor the academic progress of student athletes throughout the season.

Academic Probation – please see the Heathwood *Upper School Student Handbook*.

Eight Semester Rule: A student has Eight (8) Consecutive Semesters of eligibility from the time he/she first enters the ninth (9th) grade.

Student Athlete Behavior

Student athletes are expected to be responsible for their behavior both on and off campus and conduct themselves in a manner consistent with the high expectations for all Heathwood students. Student athletes should demonstrate honesty, self-discipline and integrity and serve as role models for other students, particularly for younger students. Student athletes must be respectful of the judgment and decisions of coaches and officials. Student athletes must also respect teammates and opponents. The athletic director and/or head coach will handle any disagreements with coaches, officials, teammates, opponents or fans. Profanity will not be tolerated at any time during the season. Coaches are expected to refrain from the use of profanity and should deal very firmly with any offense by the student athlete.

Sportsmanship

Athletes and coaches are expected to exhibit good sportsmanship at all times. It is also essential that spectators exhibit good sportsmanship as well and adhere to the following guidelines during competition:

- Always cheer in a positive manner. Positive cheering leads to positive results.
- Do not talk to officials before, during, or after the competition.
- Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not what has already happened. PLEASE TRY TO LEAVE CONCERN FOR OFFICIATING TO THE ATHLETIC STAFF.
- Please do not communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused.
- Fans should be seated in bleachers or remain in designated areas away from the team and playing areas.

Sportsmanship Policies and Guidelines for Coaches and Athletes

First Level Infraction – Casual profanity by an athlete or coach; taunting of teammates/opponents or fans; displays of poor sportsmanship

Consequence- Warning and discussion with Coach and/or Athletic Director.

Repeated First Level Infraction

Consequence- Disciplinary action taken by coach or Athletic Director. Athlete's parents are contacted and actions reported to the Athletic Director. In addition, there may be possible suspension from an athletic contest for coach or athlete for this offense.

Second Level Infraction – Flagrant display of profanity by athlete or coach in public setting

Consequence- Automatic suspension for a contest. Parents are contacted and actions reported to the Athletic Director.

Repeated Second Level Infraction

Consequence- One month suspension from the team. Any additional infractions at this level will lead to dismissal from the team.

General Team Policies

Start Dates

The Sports Information Sheet marks the first day that a coach may begin required practice sessions for his or her team. A student athlete involved with a team whose season is still in progress may not practice with the next season's team until the current season has ended unless special arrangements are made with the head coach of the team whose season is in progress.

If a student athlete is dismissed from a team or voluntarily leaves a team before the end of a season, that student athlete may not compete or practice with another team during that season, nor can that student athlete practice with next season's team before the current season has ended. The athletic director may consider exceptions to this policy.

Practice and Game Attendance

Student athletes are expected to attend all practices and games unless an illness, death in the family or another significant event prevents their attendance. In order for a student athlete to be able to participate in a practice or a game, the student athlete must be in school for at least 60 percent of his/her regular class schedule on the day of the event. The appropriate principal and the athletic director must approve exceptions to this policy.

It is the responsibility of the student athlete to organize his or her time and priorities so that commitments to both academics and athletics are fulfilled. It is also the responsibility of the student athlete to notify classroom teachers of absences from class at least one day prior to the absence when the absence is caused by an athletic contest. The student athlete is responsible for make-up work resulting from such an absence. All student athletes are expected to be at school on time the day following an athletic contest. A concerted effort is made to schedule games so that a minimum of class time is missed.

Any team member who is injured but able to attend school is expected to continue to attend all practices and games unless personally excused by the head coach. Physical limitations do not preclude an athlete from being able to assist the team in some way.

Coaches are required to keep practice attendance records throughout the season. If a student athlete must miss a practice session or a game, the coach must be notified at least a day in advance. If a student misses a practice or a game and no advance notice is given, the coach will call the parents of the student athlete to make them aware of the absence. If excessive absences

occur, a student athlete may be dismissed from the team. Parents will be made fully aware of their child's absenteeism record before the child's position on the team is in jeopardy.

Events Held Off Campus

If a team uses school transportation to get to an athletic contest, students must travel to and from on the school provided transportation unless the coach allows students to return with their parents. Parents must sign the transportation roster after the game if their child is riding home with them. Parents' approval must be confirmed in writing in advance if a student is to ride with adults other than his or her parents. For athletic events held outside the Columbia area, students are not allowed to drive to or from the event unless parents have given written permission to the coach and Athletic Department.

Practice/Game Schedule and Student Pick up

A schedule for all games and practices will be given to all athletes. The practice schedule will be set monthly. It is the athlete's responsibility to provide this schedule to his or her parents. Coaches will stay after practices and games until all athletes have been picked up. Parents should pick their child up within 15 minutes from the end of practices/games. A schedule of departure and return times for away games also will be given to all athletes. Please note that the return time is approximate because it is difficult to predict how long a game may last. Please be considerate of the coaches and pick your child up at the requested time.

Dress

An athlete's appearance is expected to be neat and clean at all times during the season and when appropriate should be in compliance with the Heathwood Hall dress code. When students are traveling to an away contest either in or out of town, they are expected to follow the team's policy on dress as set by the varsity coach of each program and the athletic director.

Training and Health Related Issues

The Athletic Program endorses fully the School's policies on substance use and tobacco use. In addition to disciplinary action by the School for students who may violate these policies, the Athletic Department reserves the right to limit, suspend or dismiss a student from his or her involvement in athletics. The School's policies are as follows:

Substance Use

The Heathwood Hall community believes that students should be alcohol and drug-free and actively supports programs and initiatives that aim to reduce risky behavior and unhealthy lifestyle choices. At the least, we must be assured that our students do not use, are not in possession of, or are not under the influence of alcohol or illegal drugs while on this campus or at school-related events. A student who disregards this guideline shows the greatest disrespect for our community and violates its trust to such a degree that he/she will be asked to leave the School.

If the School becomes aware of a student's alcohol or illegal drug use outside of school, the School may make any number of recommendations dependent on the nature of the incident, its legal disposition, the danger posed to others, and the impact it has on the full school community. Courses of action may include a required professional assessment of drug or alcohol dependence, counseling for the student and family, possible suspension or withdrawal from the school community, dismissal, or expulsion. The School believes parents and students should take

seriously the issue of substance use by our young people, and it will take steps to educate, to support non-users, and to do all in its power to help youngsters make wise decisions.

Tobacco

The School takes a strong position on the use of any kind of tobacco, especially by our young people, because of the clear health risks. All guests at Heathwood Hall, whether students or adults, are asked to respect the School's "tobacco-free campus".

Consequences for not following Substance Use and Tobacco Use Policies:

These are minimum consequences and are **in addition to** other disciplinary actions from the School that may arise from violations of school policies.

First Offense (Tobacco and Alcohol): Student will be suspended from the team for the next two weeks of regular or post season athletic contests. If there is only one week left in the season then the second week will carry over to the next athletic season that student participates in.

First Offense (Illegal Drugs other than Alcohol): Student will be dismissed from the team for that school year and will be required to submit to future drug testing in order to return to the athletic program.

Second Offense (Tobacco and Alcohol): Student will be dismissed from the team for the remainder of the playing season. The dismissal must be for a minimum of four weeks of athletic contests or the suspension will carry over into the next athletic season.

Second Offense (Drugs other than Alcohol): Student's athletic career at Heathwood Hall is ended.

Third Offense (Tobacco and Alcohol): Student's athletic career at Heathwood Hall is ended.

In the case of the first tobacco and alcohol offense, students are required to attend all practices and team meetings during their suspension.

Family ID, Physicals and Insurance

All students who participate in the athletic program are required to register on Family ID and have an uploaded current and successfully completed physical examination. A certified medical physician must give the exam. No student athlete will be allowed to participate in any school-sponsored sport without an updated physical on file with the head trainer. Physicals are current for one (1) calendar year. The link to family ID is available on the School's website.

All student athletes must be covered by insurance before participating on a school sponsored athletic team. All students must be covered by family insurance and all family insurance information must be on file with the head trainer.

Heathwood Hall does not provide student insurance for any athletic related injury.

Training Room

Training room rules and hours will be posted permanently on the bulletin board outside the training room. Student athletes or coaches needing access at times other than those posted must make arrangements with the trainer in advance. It must be understood that the trainer cannot leave any teaching responsibilities to perform training duties unless notified in advance so that the class can be covered.

It is the coach's responsibility to contact the trainer, at school or at home, immediately after any accident or injury occurs to a student athlete. All coaches must inform the student athlete that the student and/or his or her family should contact the trainer immediately following treatment

for the accident. If a student athlete sees a doctor because of an athletic injury or illness the student athlete must have a written and signed release form from the doctor before returning to play or practice.

It must be understood by all coaches that a student athlete **cannot** participate without the following:

- A successfully completed physical examination on file;
- All other completed athletic forms on file; and
- Properly fitted equipment.

Concussion/Mild Traumatic Brain Injury Policy

Introduction

A concussion is a mild/traumatic brain injury (TBI) caused by a direct or indirect blow to the head or body.

In order to ensure the safety of student athletes, it is imperative that clear and easily understood guidelines be stipulated for returning the student athlete both to the field of competition and to the classroom. Allowing a student athlete to return to play or to return to the classroom before recovering from a concussion increases the chance of continuing symptoms or predisposition for a more serious brain injury that can result in severe disability and/or death.

Heathwood Hall Episcopal School (HHES) seeks to provide a safe return to activity- athletic and academic - for all student athletes after injury, particularly after a concussion. In order to effectively and consistently manage these injuries, procedures have been developed to aid in insuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day, including academic assistance, and are fully recovered prior to returning to activity.

Policy

Once each school year, a coach shall complete the concussion management certification training course offered by the National Federation of State High School Associations. A coach shall not coach an athletic activity until the coach completes the training course required under this subsection. These certificates are kept in individual employee files in the office of human resources.

Heathwood Hall Episcopal School (HHES) will hold an information meeting, prior to the start of each athletic season, for all competitors regarding concussion management and how pre-season baseline assessments can aid in the evaluation, management, and recovery process.

All students in grades 5-12 at HHES and their parent or guardian shall, each school year, sign and return to the school an acknowledgement of their receipt and review of concussion and traumatic brain injury information. Students will not be permitted to participate in athletics until these signed forms are received and on file in the athletic training room.

HHES students eligible for athletic participation are recommended to sit for a baseline ImPACT test. Students new to HHES will have the opportunity to complete their baseline test prior to participation in a sport.

Authority is granted to game officials, the coach, athletic trainer, licensed physician, licensed physical therapist, or other individual trained in the recognition of the signs and symptoms of a

concussion and designated by the school, to determine that a student athlete exhibits signs or symptoms of a concussion or traumatic brain injury.

Once the student athlete has exhibited signs or symptoms of concussion/traumatic brain injury he/she must be removed by the coach from participation. The student athlete cannot return to practice or play until the student athlete is evaluated and cleared for return to participation in writing by an appropriate medical professional (as defined in the Safety in Youth Sports Act) with training in the evaluation and management of concussion.

Any coach who violates this policy will be suspended from coaching any athletic activity for the remainder of that season. For a second violation, the coach will be suspended from coaching any athletic activity for the remainder of that season and for the next season. For a third violation, the coach will be permanently suspended from coaching any athletic activity.

Management of Concussion

Student athletes who are exhibiting any of the signs or symptoms of a sports-related concussion or other head injuries during practice or competition shall be immediately removed from play and may not return to play until he/she is evaluated and cleared for return to participation in writing by an appropriate medical professional. Signs and symptoms of a concussion are listed below.

Signs of Concussion:

These could be observed by coaches, athletic trainers, school/team physician, school nurse, physical therapist, etc.

- Appears dazed, stunned, or disoriented, demonstrates decreased alertness
- Forgets plays, or demonstrates short term memory difficulty
- Slurs words
- Exhibits difficulties with balance or coordination
- Answers questions slowly or inaccurately
- Exhibits seizures or vomiting
- Changes in level of consciousness

Symptoms of Concussion:

These are **reported by the student athlete** to coaches, athletic trainers, school/team physician, school nurse, parent/guardian, physical therapist, etc.

- Headache
- Nausea
- Balance problems or dizziness
- Double vision or changes in vision
- Sensitivity to light or sound/noise
- Feeling sluggish or foggy
- Difficulty with concentration and short term memory
- Sleep disturbances
- Irritability or changes in personality and behavior

Students whom exhibit the signs and/or symptoms of concussion listed above will be removed from competition or practice. Once students have been removed, the following Concussion Management Protocol will be followed:

- Emergency medical treatment will be advised/ pursued if there is a deterioration of symptoms including seizure, altered level of consciousness, vomiting, altered pupillary findings, or direct neck pain associated with injury.
- All appropriate school officials will be notified of the event, including the athletic trainers, coaches, school nurse, athletic director, and division head.

- School officials will make contact with the student athlete's parent/guardian and inform him/her of the suspected sports-related concussion or head injury.
- The student athlete will be evaluated by an appropriate medical professional who is trained in the evaluation and management of concussions.
- The student athlete must/will receive written clearance from an appropriate medical professional, trained in the evaluation and management of concussions that states the student athlete is asymptomatic at rest and may begin a graduated return-to-play protocol.
- Complete physical, cognitive, emotional, and social rest is advised while the student athlete is experiencing symptoms and signs of a concussion/traumatic brain injury.
- Minimizing mental exertion, limiting overstimulation, limiting cell phone or computer usage, testing, video gaming, multi-tasking, etc. is all recommended.

Return to Classroom

Temporary learning support accommodations are sometimes needed for student athletes who suffer sports-related head injuries. Heathwood Hall Episcopal School works with the student-athlete's doctor and the Head Athletic Trainer to manage the student's recovery. Recommendations for academic rigors following a concussion may vary from doctor to doctor and student to student. However, accommodations may or may not include some or most of the following:

- Staying home from school
- Take rest breaks as needed
- Spend fewer hours at school (have a shortened school day)
- Be given more time to take tests or complete assignments.
- Receive help with schoolwork (e.g. pre-teaching, outlines, note taker).
- Reduce time spent on the computer, reading, and writing.
- Be granted early dismissal from each class to avoid crowded hallways.
- No standardized testing (e.g. PSSA, SAT) during the initial recovery window of 2-4 weeks.

Ongoing medication documentation for modifications to the school day and academic workload must be submitted to the Head Athletic Trainer, and each case will have an ongoing review with the Attending Physician, Head Athletic Trainer, Division Head, and parent(s).

The athlete will be instructed to report to the Athletic Training Department, and following a SCAT5 or IMPACT test and consultation with the attending physician, the student will be placed in one of four academic stages. Each stage determines what the student is able to do academically for that school day and evening. The student's academic commitments at all times are at the discretion of the Director of Health Services. The Director of Health Services will contact the student's advisor as well as the Dean of Studies to develop an individualized study plan.

- **Red Stage** – The student is experiencing significant symptoms, and needs cognitive and physical rest.
 - Student is excused from school and stays home
 - No schoolwork or video games.
 - No sports.
 - Limited movie/television watching, computer use, texting and cell phone usage as long as symptoms do not worsen.
- **Orange Stage** - Student is able to attend academic commitments as tolerated on an individual basis. Student should not be required to bring any books to class, take notes,

read, take tests or quizzes, or complete any homework. During this stage it is best for the student to observe while in the classroom, but limit mental stress as it could worsen his symptoms. If at any point and time the student mentions his symptoms worsening or he appears to be struggling please send him immediately to the health center/athletic trainer's office for further evaluation. It may be necessary for the student to take 15-20 minute breaks throughout the day in the health center. Student should be home - during this stage - outside of the academic day. This includes no athletic or extra-curricular activities. Student should limit his computer usage, reading, writing, movie/television watching, texting and cell phone usage as based on his symptoms.

- **Yellow stage** - Student is able to make it through an entire academic day without his symptoms worsening. In this stage the student should begin to catch up with his schoolwork including homework, quizzes, papers, projects and tests. Please be patient with the student as making him get caught up all at once can place an undo cognitive and emotional strain on them and increase their symptoms. If the student's symptoms worsen he should report to the health center for further evaluation. It may be necessary for the student to take small 15-20 minute breaks throughout the day in the health center. Student should be home during this stage outside of the academic day so that he can focus on academics as his symptoms allow. This includes no athletic or extra-curricular activities. Student should limit his computer usage, reading, writing, movie/television watching, texting and cell phone usage as based on his symptoms.
- **Green stage** - Student should be asymptomatic and fully engaged in school assignments. The student should do his best to complete all missed academic assignments. The student may be allowed to attend athletic and extra-curricular activities as determined by the athletic trainers and health center.

Return to Play

After written medical clearance is given by an appropriate medical professional, the student athlete may begin a graduated individualized return-to-play protocol supervised by an athletic trainer or licensed physical therapist, school/team physician or in cases where the aforementioned are not available a physician or licensed health care provider trained in the evaluation and management of sports-related concussions. The following graduated return to play is followed by HHES unless otherwise stipulated by the student's physician:

- HHES maintains baseline test scores for students in 5th through 12th grade.
- Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any sign or symptoms. If no return of symptoms, next day advance to:
- Light aerobic exercise, which includes walking, swimming, or stationary cycling, keeping the intensity at < 70% maximum predicted heart rate: no resistance training. The objective of this step is increased heart rate. If no return of symptoms, next day advance to:
- Sport-specific exercise including skating and/or running; no head impact activities. The objective of this step it to add movement and continue to increase heart rate. If no return of symptoms, next day advance to:
- Non-contact training drills (e.g., passing drills). The student athlete may initiate progressive resistance training. If no symptoms, next day advance to:
- Participation in normal training activities. The objective of this step is to restore confidence and to assess functional skills by coaching staff. If no return of symptoms, next day advance to:
- Return to play involving normal exertion or game activity.

If concussion symptoms return during the graduated return-to-play protocol, the student athlete will return, at minimum, to the previous level of activity that caused no symptoms.

HHES LIGHTNING PROTOCOL

As inclement weather conditions arise, please follow this protocol.

We have both Weather Sentry Detection and Thor Guardian Lighting Prediction Systems on our campus.

Play/practice may resume only after Weather Sentry or Thor Guardian has given the All Clear signal.

- Check the weather report before any practice or event.
Consider monitoring the weather channel.
- Beware of the signs of nearby thunderstorm development.
-Lightning and thunder
-Know – identify available shelters and the time required to move your team there.

If the facility/school has an on-site lightning detection system, those warnings must be heeded.

In the absence of an on-site detection/warning system, use the following criteria for the suspension of play and resumption of play:

- When thunder is heard or a cloud –to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Cease all outdoor activity immediately and move to distant cover immediately.
- Be sure to move away from tall buildings, metal objects, light towers and open fields.
- If you feel your hair stand on end or your skin tingle – crouch immediately.
- Once the storm has cleared, allow 30 minutes after the last sound of thunder before resuming activity.
- Pay attention to lightning threats – not the magnitude of the rain.

**NO GAME OR PRACTICE CAN EVER BE WORTH THE
POSSIBILITY OF INJURY OR DEATH BECAUSE
SOMEONE DID NOT FOLLOW THE ABOVE PROTOCOL.**

The South Carolina Independent School Association

Heat Stress and Athletic Participation

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2004 football season there have been at least 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.

2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break.

WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES.

5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 – Unlimited activity

65-73– Moderate risk - Allow fluids as needed.

73-82 – High risk - Frequent hydration. Schedule 5 minute breaks every 25-30 minutes of activity. Monitor athletes.

82 plus – Very high risk - Assess practice activities, modify practice as necessary. Extend cool down breaks.

90+ - Changing practice time and moving to indoor facility recommended. Modify practice schedule . Extend cool down period breaks to 7-10 minutes every 10-15 minutes. Frequent hydration. Monitor athletes.

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**

8. Athletes should weigh each day before and after practice and **WEIGHT CHARTS CHECKED**. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.

10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

These guidelines are included for reference purpose only. Many factors contribute to potential heat stress such as age, medical history, whether the athlete is acclimated to the heat, type of activity, etc. It is recommended that all athletes be closely monitored at all times for the early signs of heat stress.

Postseason Awards

Recognition of athletic achievement is an integral part of the athletic program. Awards will be given out based on the following criteria:

Varsity

Varsity student athletes will be awarded a block H Letter as determined by the head coach based on the student-athlete's:

Attitude

Effort

Dedication

Participation at practice

Overall contribution to the team

If a player is injured, the student athlete may still receive a Letter based on the recommendation of the coach. Meeting the necessary criteria prior to the injury and helping the team following the injury are the key criteria the coach considers when making this decision.

Players who become academically ineligible during the season may or may not receive a Letter. Each case will be reviewed individually at the end of the season.

Team managers, statisticians and student trainers may also receive a Letter by meeting the same criteria as a student athlete.

Student athletes will receive the Letter only once during a Heathwood athletic career. Varsity student athletes will also receive: a pin denoting their sport after their first letter year; a gold star for their second letter year; and a gold service bar each letter year thereafter.

Three team awards may be presented to selected members of each varsity athletic team. The head coach will determine the recipients and titles of these awards.

All teams will present a Scholar Athlete Award in the form of a lapel pin. This award will be given to the team member who has maintained the highest academic average throughout the season.

Awards will be presented to captains of varsity teams. Special emphasis for these awards will be on leadership skills.

At the Upper School May Awards Ceremony, several awards will be presented to deserving senior student athletes. These awards are the *End of the Road Award*, the *Spirit Award* and the *Richard Hammond Service Award*. All are given in recognition of significant career athletic achievement. A *Scholar Athlete Award* will also be given at this ceremony in recognition of outstanding academic and athletic achievement by a senior student athlete.

Junior Varsity and Middle School

A certificate of participation will be presented, at the discretion of the coach based on the same criteria as the varsity letter, to deserving student athletes on junior varsity and middle school

teams. Each team will present a Student Athlete award in the form of a lapel pin. This award will be given to the team member who has maintained the highest academic average throughout the season.

Team Celebrations

All varsity coaches will be responsible for arranging a post-season celebration event for all players and parents within their program. This event will include an opportunity for coaches to reflect on their season and their players in an atmosphere of celebration. This occasion offers an opportunity for positive interaction among the coaching staff, student athletes and parents.

Varsity News Network

www.heathwoodhallathletics.com

For schedules, rosters, stories, and pictures.