



**2019-2020**

**Athletic Handbook**

# Gainesville Leopards Athletic Handbook 2019-2020

## Administration

### GISD Mission Statement

The mission of the Gainesville Independent School District is to provide opportunities to develop the knowledge, skills and attitudes necessary for immediate and future success for all students, PK-12, through a cooperative effort of school, home and community.

### Board of Trustees

Mr. Corey Hardin	President Place 7
Mr. Phil Neelley	Vice President Place 6
Mr. Marvin Royal	Secretary Place 2
Mr. Mike Rosenberg	Vice President Place 1
Mr. Will Presson	Place 3
Mr. Nathan Dempsey	Place 4
Mr. Brad Cox	Place 5

### GISD Administration

Dr. DesMontes Stewart	Superintendent
LaCreasha Stille	Assistant Superintendent
David Glancy	High School Principal
Krista Beal	Jr. High School Principal

### GISD Athletic Administration

James Polk	Athletic Director	
Tobin Thurman	High School Girls Coordinator	<a href="mailto:tthurman@gainesvilleisd.org">tthurman@gainesvilleisd.org</a>
Blake Crutsinger	High School Boys Coordinator	<a href="mailto:bcrutsinger@gainesvilleisd.org">bcrutsinger@gainesvilleisd.org</a>
Shaun Weaver	Jr. High Girls Coordinator	<a href="mailto:cweaver@gainesvilleisd.org">cweaver@gainesvilleisd.org</a>
LJ Searcy	Jr. High Boys Coordinator	<a href="mailto:lsearcy@gainesvilleisd.org">lsearcy@gainesvilleisd.org</a>
John Morgan	Athletic Trainer	<a href="mailto:jmorgan@gainesvilleisd.org">jmorgan@gainesvilleisd.org</a>

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## Staff Directory

Visit our website for more information [www.goleopards.org](http://www.goleopards.org)

Position	Name	Email	Sports
Athletic Director	James Polk		
HS Girls Coordinator	Tobin Thurman	<a href="mailto:tthurman@gainesvilleisd.org">tthurman@gainesvilleisd.org</a>	Head HS Volleyball, Head Softball
HS Boys Coordinator	Blake Crutsinger	<a href="mailto:bcrutsinger@gainesvilleisd.org">bcrutsinger@gainesvilleisd.org</a>	Head HS Golf, Football Offensive Coordinator
JH Girls Coordinator	Shaun Weaver	<a href="mailto:cweaver@gainesvilleisd.org">cweaver@gainesvilleisd.org</a>	Head HS/JH Cross-Country, Head HS Girls Basketball
JH Boys Coordinator	LJ Searcy	<a href="mailto:lsearcy@gainesvilleisd.org">lsearcy@gainesvilleisd.org</a>	Head JH Football, Basketball, Track
Athletic Trainer	John Morgan	<a href="mailto:jmorgan@gainesvilleisd.org">jmorgan@gainesvilleisd.org</a>	HS Athletic Trainer
	Alexis Hughes	<a href="mailto:ahughes@gainesvilleisd.org">ahughes@gainesvilleisd.org</a>	Assistant HS Golf, Head JH Golf
	Alexus Vanlandingham	<a href="mailto:avanlandingham@gainesvilleisd.org">avanlandingham@gainesvilleisd.org</a>	Assistant HS Volleyball, Assistant Softball
	Amy Thompson	<a href="mailto:athompson@gainesvilleisd.org">athompson@gainesvilleisd.org</a>	Assistant JH Volleyball, Basketball, Track
	Bruce Davis	<a href="mailto:bdavis@gainesvilleisd.org">bdavis@gainesvilleisd.org</a>	Head HS Tennis, HS Football Special Teams Coordinator
	Bruce Scott	<a href="mailto:bscott@gainesvilleisd.org">bscott@gainesvilleisd.org</a>	Head HS Fishing
	Corey Leath	<a href="mailto:cleath@gainesvilleisd.org">cleath@gainesvilleisd.org</a>	Assistant HS Football/Basketball
	Danny Franco	<a href="mailto:dfranco@gainesvilleisd.org">dfranco@gainesvilleisd.org</a>	Head HS Girls/Boys Soccer, Assistant JH Girls/Boys Soccer
	DeShawn Franklin	<a href="mailto:dfranklin@gainesvilleisd.org">dfranklin@gainesvilleisd.org</a>	Head HS Track, Assistant HS/JH Football
	Eddie Gill	<a href="mailto:egill@gainesvilleisd.org">egill@gainesvilleisd.org</a>	Assistant HS Football, Assistant HS Tennis
	Francisco Bermudez	<a href="mailto:fbermudezcaldera@gainesvilleisd.org">fbermudezcaldera@gainesvilleisd.org</a>	Head JH Boys Soccer
	Jake Gray	<a href="mailto:jgray@gainesvilleisd.org">jgray@gainesvilleisd.org</a>	Assistant JH Football/Basketball/Track
	Jeff Wolf	<a href="mailto:jwolf@gainesvilleisd.org">jwolf@gainesvilleisd.org</a>	Head HS Basketball, Assistant HS Football
	John Morgan	<a href="mailto:jmorgan@gainesvilleisd.org">jmorgan@gainesvilleisd.org</a>	HS Athletic Trainer
	Jon Torres	<a href="mailto:jtorges@gainesvilleisd.org">jtorges@gainesvilleisd.org</a>	Assistant JH FB/BB/Track
	Josh Murray	<a href="mailto:jmurray@gainesvilleisd.org">jmurray@gainesvilleisd.org</a>	Assistant HS Football/Basketball
	Justin Bigelow	<a href="mailto:jbigelow@gainesvilleisd.org">jbigelow@gainesvilleisd.org</a>	Assistant HS Football/Assistant Powerlifting
	Justin Braswell	<a href="mailto:jbraswell@gainesvilleisd.org">jbraswell@gainesvilleisd.org</a>	Assistant HS/JH Football, Baseball
	JW Scott	<a href="mailto:jscott@gainesvilleisd.org">jscott@gainesvilleisd.org</a>	Assistant HS Football/Track, Assistant JH Basketball
	Kara Roberson	<a href="mailto:kroberson@gainesvilleisd.org">kroberson@gainesvilleisd.org</a>	Assistant HS Girls Soccer, Head JH Girls Soccer
	Kenneth Wilkerson	<a href="mailto:kwilkerson@gainesvilleisd.org">kwilkerson@gainesvilleisd.org</a>	Head HS Girls/Boys Powerlifting
	Kim Casper	<a href="mailto:kcasper@gainesvilleisd.org">kcasper@gainesvilleisd.org</a>	JH Athletic Trainer

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	Leslie Thomas	<a href="mailto:lthomas@gainesvilleisd.org">lthomas@gainesvilleisd.org</a>	Assistant JH Volleyball/Basketball/Track
	Marcus Edwards	<a href="mailto:medwards@gainesvilleisd.org">medwards@gainesvilleisd.org</a>	Assistant HS Girls Basketball, Assistant JH Football
	Morgan Mathews	<a href="mailto:mmathews@gainesvilleisd.org">mmathews@gainesvilleisd.org</a>	Assistant HS Volleyball, Basketball, Track
	Nancy Davidson	<a href="mailto:ndavidson@gainesvilleisd.org">ndavidson@gainesvilleisd.org</a>	Head JH Tennis, Assistant JH Volleyball/Basketball
	Samantha Calhoun	<a href="mailto:scalhoun@gainesvilleisd.org">scalhoun@gainesvilleisd.org</a>	Assistant JH Volleyball/Basketball/Track
	Scott Falls	<a href="mailto:sfalls@gainesvilleisd.org">sfalls@gainesvilleisd.org</a>	Assistant HS Football/Track
	Travis Dyson	<a href="mailto:tdyson@gainesvilleisd.org">tdyson@gainesvilleisd.org</a>	Assistant HS Football/Boys Soccer
	Wesley Roberson	<a href="mailto:wroberson@gainesvilleisd.org">wroberson@gainesvilleisd.org</a>	Head Baseball, Assistant HS Football
	William Hendricks	<a href="mailto:whendricks@gainesvilleisd.org">whendricks@gainesvilleisd.org</a>	Head JH Golf, JH Assistant

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## Parent Letter

Athletes and Parents,

The athletic department is pleased to have you as a part of the program. The experiences you will have in the program will be enjoyable, successful and rewarding. The coaching staff is excited to see you grow as leaders, and winners through athletics. The information contained herein has been provided for you to read and study carefully, as it is your responsibility to know the rules and regulations of the athletic program. However, your coach in each sport may give additional rules, under these guidelines.

Any questions that you may have should be brought to the attention of first the coach of the sport, and then administrative chain of command. Once again, we want to welcome you to our team.

If anything in the manual (Athletic Handbook) is in contradiction with UIL Guidelines, or Gainesville ISD Board Policy, then those policies will prevail.

In addition, the following link will help all parents understand the rules and guidelines of all UIL Athletic State Law and Policies

[https://www.uilTEXAS.org/files/athletics/manuals/Parent\\_Info\\_Handbook\\_17-18.pdf](https://www.uilTEXAS.org/files/athletics/manuals/Parent_Info_Handbook_17-18.pdf)

The following sections will be the local policies in athletics for the 2019-2020 school year.

James Polk  
Athletic Director

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## Policy and Procedures

**Chain of Command:** The Gainesville Athletic Department requires a chain of command to be followed at all times. Out of respect of all parties involved, the proper chain of command goes as follows:

Assistant Coach – Head Coach – Athletic Coordinator – Athletic Director - Superintendent

- Football is the only sport that this chain will not be followed. Football chain of command will go as follows:
  - Position Coach, Team Coordinator, Head Coach

**Specialization:** Specialization is highly discouraged. All athletes are encouraged to participate in any sports in which they have an interest. Athletes will not be restricted to any one sport by a coach. Athletes will not be encouraged by any coach to specialize.

**Dual Participation:** Athletes will be encouraged to not miss any GISD athletic practice/competition for an outside non-GISD academic/athletic event. If an athlete chooses to miss a GISD athletic practice/competition for an outside non-GISD academic/athletic event, suspensions and possible removal will be the consequence.

**Changing Sports:** After the first five days of practice, a student will be prohibited from quitting a team and joining another. If an athlete ever wants to quit a sport, they must communicate with the head coach of that sport. If a change is approved, all equipment must be returned. The athletic administrators will have final decision after reviewing each case. The following are exceptions to the rule:

1. The athlete has a doctor statement approved by the athletic trainer for medical reasons.
2. If the athletic administrators agree that this is the best move for the program and all parties involved

**Quitting:** If you quit a team, you will possibly be removed from athletics unless approved by the athletic administrators to move into another sport.

**Non-Participation “No-Shows”:** No shows is when an athlete says they will play a sport, go through the athletic period and offseason of that sport, and then never participates when the sport season starts. This will be prohibited and will result in possible removal from athletics.

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**Academic Eligibility** “No gain/Re gain”: If an athlete fails a six weeks they are required to attend practices daily. Athletes that fail will not be allowed to travel but still will be at practices. If the athlete doesn't regain eligibility and fails, the following six weeks the athlete will possibly be removed from the current sport. If a spring sport athlete fails every six weeks in the fall, the athlete will be removed from athletics and will only be allowed to participate after school, which would possibly affect playing time. The athlete will still be required extra work for missing the athletic period daily.

**Bus Transportation:** All student athletes will travel to competitions with the team. Estimated departure and arrival times will be communicated using Remind. All athletes will be expected to be on time or be left. Parents are not allowed to bring athletes to game unless pre-approved. Athletes will not be eligible to compete if they don't ride the bus to competitions. In an event that any rules are violated, suspensions and possible removal will be the consequence.

1. If the athlete is at another school competition (academic/athletic), parents will have an opportunity to transport athletes.
2. Email request must be submitted 24 hours before the contest to the head coach
3. Last minute requests must be approved by the head coach
4. Last minute sign out requests must be followed with an email explaining why and confirmation that the athlete made it home safe within 24 hours
5. All athletes must be signed out by the legal guardian on last minute requests
6. No sport will mandate riding home with the team if all guidelines have been followed

**Letter Jackets:** Letter jackets are ordered twice a year; once in the fall and once in the spring. The head coach will have the final decision on who gets a letter jacket. All managers must complete one school year of helping to be eligible for a jacket. Minimum requirements include, but are not limited to, the following

1. Must be academically eligible all season
2. Must not miss and games due to discipline
3. All equipment returned at the end of season

**Sports Honors:** Post-season sports honors are voted on by opposing coaches, media and other outside entities. The three types and explanations of honors is as follows:

1. All-District is an award that is nominated by the head coach and voted on by all opposing head coaches. Head coaches are not allowed to vote for their kids, they only nominate.
2. All-County/Region/Area/Websites are nominated and voted on by the media.
3. Academic All-State is an award for seniors only. UIL requires a GPA of 92 and above to be eligible, but it is not guaranteed

**Religious Holidays:** Athletes will be excused from participating in extracurricular activities for the purpose of observing religious holidays. Parents must send an email requesting an excused absence from competitions to the head coach.

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**Off-Season:** Athletes are mandated to be an active member of any off season for any sport they choose to play. Athletes who are currently competing with another sport during the next sport off-season will not miss the next sports season. If you are not in the next sports off-season athletes will not be allowed to play.

By Sport – if an athlete doesn't play any other sport, then they are in that chosen sport off-season all year:

Volleyball	December – May
Football	January - May
Girls Basketball	August – October
Boys Basketball	August – October
Soccer	August – November
Baseball	August – January
Softball	August - January



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### Discipline Management

The plan was created to help keep an organized, progressive, but fair tracking plan to help our athletes understand the meaning of student-athlete, and to hold a higher standard as a member of the athletic department. Student-athletes will always have additional consequences for mistakes made in any setting. Athletes will be given a fair amount of time to have all consequences completed before they are eligible for competition. All suspensions will be based off business days not calendar days. The plan is broken into three levels explained below. Suspensions will always start the 1<sup>st</sup> eligible game/competition the athlete is scheduled to compete.

Athletes on ISS Suspensions are mandated to be at practice & competitions. Additional discipline to follow. Playing time is discretionary.

Athletes on OSS or DAEP suspensions are not allowed at practices or games and will have ½ the number of days to complete all extra punishment and make up practices before competition eligibility. Playing time will be affected.

All suspensions will carry over year to year. Each day of suspension is one day of extra work. All practices will be made up before a student athlete is eligible to compete. Refusal to do the mandated work will result in removal from athletics.

Examples include but not limited to

Level 1 Incidents: minor class disruptions, student dress-code, excessive tardiness to class, etc...

- Discipline managed by current coach's team rules

Level 2 Incidents: dual participation, ISS, competitive, and practice ejections, travel incidents

- Discipline managed by athletic handbook policy
  - a. 1<sup>st</sup> Offense 7 business day suspensions
  - b. 2<sup>nd</sup> Offense 14 business day suspension
  - c. 3<sup>rd</sup> Offense 21 business day suspension

Level 3 Incidents: DAEP & OSS

- Discipline managed by athletic handbook policy
  - a. 1<sup>st</sup> time 15 business day suspension
  - b. 2<sup>nd</sup> 30 business day suspension
  - c. 3<sup>rd</sup> removal from Athletics 45 business days

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### **Athletic Training Policy & Procedures**

#### **Gainesville ISD Sports Medicine Policy and Procedure**

As trained and licensed healthcare providers the Athletic Trainers at GISD put the student athletes' health and safety as our first priority.

#### **Athletic Trainers Role:**

- Act under the standing orders from team physician
- Provide care based on the Texas Athletic Trainers Practice Act
- Follow the NATA code of ethics
- Provide the best care possible to injured/ill athletes
  - Get athletes back on the field/court as quickly and safely as possible
- Determine if an injury or illness needs to be referred
  - Make parent contact when referral is necessary
  - Make parent contact when deemed necessary
- Follow and implement the GISD Weather Policies, Pregnancy Policy, and EAP
- Keep the coaches, athletes, and parents apprised of injury/illness progression
- All home (on-site) practices and games (HS) will have an athletic trainer available
  - Middle School will have home football game coverage
  - The Athletic Trainer(s) will be on campus during all home practices and games
    - To the best of their ability the Athletic Trainer(s) will be physically present (or able to respond within 5 min)
    - Games have priority over practice. Varsity sports have priority
    - Athletic Trainer(s) will provide water to outside sports
  - Travel
    - The Athletic Trainer(s) will travel with Varsity Football
    - The Athletic Trainer(s) will travel for playoffs of other sports
    - The Head Athletic Trainer will decide if travel will be done for non-playoff games (excluding Varsity Football)

#### **Student Athletes Role:**

- Obtain yearly Pre-Participation Physical
- Register and sign forms on Register My Athlete (parents)
- Do not hide injuries from Coaches or Athletic Trainers

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- Come in for designated treatment times
  - Sign-in when entering Athletic Training Room for treatment
  - Keep coming for treatment until released
- Follow treatment plan given by the Athletic Trainer(s)
- If seen by a Doctor, Physical Therapist, Occupational Therapist, Chiropractor, etc bring a note. Parent notes are not considered a valid reason to miss a workout/practice/game.
  - If an athlete goes to the Doctor, the Athletic Trainer(s) will not treat the athlete without a note from said Doctor.
  - A Doctor note is required to miss a workout/practice/game unless already determined by the Athletic Trainer(s)

### **Coaches Role:**

- Report any suspected injuries to the Athletic Trainers
- Do not question the Athletic Trainers decisions
- Read injury reports and follow recommendations
- Keep Athletic Trainers updated on any practice/game schedules
  - Give the Athletic Trainer(s) at least 24hr or as soon as possible notice to any game/practice changes
    - If not given 24hr notice there is no guarantee an Athletic Trainer will be present
- In the event of an emergency while the Athletic Trainer(s) is not present. The Head Coach should implement the Emergency Action Plan, then notify the Athletic Trainer(s)

### **Gainesville ISD Athletics Pregnancy Policy**

The following policy has been adopted for the protection of the student athletes in Gainesville ISD.

#### **Notification**

- Should a student athlete suspect that she may be pregnant, we recommend she have a pregnancy test immediately. If she finds that she is pregnant, she is required to notify her Coach and Athletic Trainer promptly.
- From that point on she will not participate in any athletic activity until released by her physician.

#### **Playing**

- A Written note from the athlete's physician stating the she can or cannot practice or play and any restrictions in place is required before the athlete will be allowed to participate in any athletic activity.
- Once a written note is received by the Athletic Trainer from the athlete's physician and parents she will be allowed to participate based on the restriction from the note.
- Any student athlete who aborts, gives birth or miscarries, must have a written and signed release from her attending physician indicating approval to return to competition. In addition, she must also be cleared by the athletic trainer.
- Gainesville ISD is not liable for any complications in the pregnancy that may occur as a result of an accident or injury during athletic participation.

This policy is to protect the health of the student athlete and the unborn child from complications due to exertion caused by athletic activities.

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If a Coach or Athletic Trainer suspects that an athlete may be pregnant; the athlete may be pulled aside and privately asked if she is pregnant. This is for the protection of the athlete and possible unborn child.

### **Gainesville ISD Athletics Emergency Plan**

Emergency: 911 Gainesville ISD Police: 940-736-8685 Gainesville City Police: 940-668-7777

### **Emergency Personnel:**

A licensed athletic trainer will be present or on call to every home practice and game. All athletic trainers and coaches will be certified in CPR/AED and concussion training as required by the UIL. The athletic trainer will have a cell phone at every practice and game. There is a land line telephone in the coaches' office in the field house and in the coaches' office behind the gyms.

### **Automated External Defibrillators (AED):**

1. The athletic trainer will carry one on the sidelines at all football games
2. If there is not a practice or game in progress one will be in the athletic training room
3. There is one located on the West wall of the weight room in the field house.
4. There is one next to the concession stand outside the gyms, as well as one across the hall from the office next to the library

### **DUTIES IN THE EVENT OF AN EMERGENCY**

#### **Athletic Trainer:**

- If at all possible, call 911
- Immediate care of the athlete
- Delegation of appropriate duties to others (may have to delegate call of 911)

#### **Coaches:**

- Maintain control of team and stop/move practice or game
- Contact game administrator and notify of situation
- Remain available to assist with any needs of the athletic trainer
- Make sure all gates and access points are open for medical personnel

#### **Game Administrator**

- Contact GISD Police (If not already present)
  - If present notify them of situation
- Help control crowd

Emergency Script (basketball/football/track/baseball/softball/indoor)

Hello, my name is \_\_\_\_\_ and I am a \_\_\_\_\_ at Gainesville High School. We have an emergency at the \_\_\_\_\_ (specify location). The emergency is \_\_\_\_\_. You can access the gym/field entrance from \_\_\_\_\_ (specify easiest way to location (east side or west side entrance to campus)).

### **Gainesville ISD Athletics Lightning Policy**

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Lightning is the most consistent and significant weather hazard that may affect interscholastic athletes. Within the United States, the National Severe Storms Laboratory Estimates more than 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. While the likelihood of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and the proper safety procedures are not followed.

Prevention and education of our coaches are the keys to lightning safety. Education begins with information on lightning. The references associated with these guidelines are an appropriate resource. Prevention should begin long before any athletic event or practice is held. The following steps are recommended by the NCAA and NSSL to mitigate the lightning hazard.

### **Section 1: Chain of Command**

Athletic Trainer / Game Administrator  
Game Official / Head Coach / Athletic Department Administrator  
School Administrator

The Licensed Athletic Trainer and the Game Administrator will co-command the implementation of the lightning policy. Both the Licensed Athletic Trainer and Game Administrator can activate safety plan by suspending the event.

The Game Administrator assumes the responsibility as a spokesperson to participating teams, school administrators, game officials, press box, and news media.

### **Section 2: Designate a Weather Watcher**

The Athletic Training Staff will actively obtain weather reports the day of the game and during the event. This information will be shared within the department and the Licensed Athletic Trainer will disseminate the information within the chain of command.

### **Section 3: Monitor Local Weather Forecasts**

All representatives in the "Chain of Command" are required to monitor local weather forecasts. The Athletic Trainers have access to the Perry Weather website and apps. All head coaches and administrators will be signed up to receive text alerts of lightning activity in the area.

Be aware of the National Weather Service issued thunderstorm "watch" and "warning" as well as any signs of a thunderstorm developing nearby.

- A "watch" means conditions are favorable for severe weather to develop in the area.
- A "warning" means that severe weather has been reported in an area and for everyone to take the proper precautions.

**Gainesville ISD uses Perry Weather to monitor weather conditions** [perryweather.com](http://perryweather.com)

Pocket Perry will be GISD's main lightning monitoring and warning tool.

When lightning is detected within 30 miles of the facilities a text will be sent notifying that lightning is in the "advisory area". If the storm is moving towards the GISD facilities another text will be sent when lightning occurs within 15 miles in the "caution area". If the storm continues to move closer another text

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will be sent when lightning occurs within 10 miles in the “warning area”. At this time, all athletes and coaches will be removed from the playing field and sent to the “safe shelter.” The public address announcer will make an announcement for spectators to seek safe shelter. Once no lightning has been detected within 10 miles for 30 minutes an “all clear” text will be sent and play will be allowed to resume. If lightning is detected within 10 miles during the 30 minute waiting period, the clock shall be restarted.

### **Section IV: Define Safe Shelter and List Safe Location**

Any building that has plumbing and/ or electrical wiring that acts to electrically ground the structure.

NOTE: avoid using showers during thunderstorms.

In the absence of a building as listed above, an enclosed vehicle with a metal roof would be considered a secondary safe shelter. NOTE: do not touch the sides of the vehicle.

In the event that a game is delayed due to lightning all spectators will be asked to go to the indoor facility or their vehicles, and the athletes will be taken to the locker rooms or the indoor facility.

### **Section V: Lightning Safety Rules**

In the event that Pocket Perry is unavailable the Flash to Bang method may be used. Once lightning is spotted count the number of seconds until thunder is heard and divide by 5. This number is the approximate number of miles that the lightning is. Lightning is known to strike as far away as 10 miles from the storm; it does not have to be raining for lightning to strike.

Once lightning is detected within 10 miles of the venue, play will be suspended an announcement made, and all athletes, coaches and spectators will need to proceed to the safe shelter. A 30 minute timer will start at this time play will not continue until there have not been any lightning strikes within 10 miles for 30 consecutive minutes. Every time lightning is detected within 10 miles the clock will restart.

### **Section VI: First Aide**

In the event that someone is struck by lightning EMS need to be activated immediately. The game administrator or Athletic Trainer will make the call. A person that has been struck by lightning does not carry an electrical charge, therefore it is safe to touch the person and provide any CPR or first aide necessary. If possible move the person to a safe location away from any possible lightning strikes and puddles of water (in the event an AED is needed).

### **Gainesville ISD Athletics Cold Weather Policy**

Cold exposure can be uncomfortable, impair performance, and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity and impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia is a significant drop in body temperature that occurs with rapid cooling, exhaustion, and energy depletion. The resulting failure the the temperature regulating mechanisms of the body constitutes a medical emergency.

Hypothermia can occur at temperatures above freezing. A wet and windy 30-50 degree exposure can be as serious as sub-freezing exposure. Gainesville ISD has the following cold weather policy in place to protect the athletes, coaches, and spectators.

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### **Cold Exposure:**

- Breathing of cold air can trigger asthma attack
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic activity
- Core body temperature reduction, causing reduction of motor output

### **Cold Recognition:**

- Shivering, a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

### **Notification of Temperature:**

- The Athletic Training staff will provide notice to the coaches of if and how long they will be allowed to practice and or play.
- The weather conditions will determine which protocol is to be followed.

### **Enforcement of Policies:**

- Head Coach/Athletic Trainers will monitor time of exposure
- Athletic Trainers will report any violations to the respective coordinator
- The coordinator will meet with the head coach
- Violations of policies will be reported to the Athletic Director

### **Gainesville High School Athletics Cold Policy: Practice**

#### Wind Chill Factor 33-35 degrees (with precipitation)

- 35 minutes of exposure/ 20 minutes inside (may return outside after 20 minutes)
- Dry clothing (sock, gloves)
- Athletes must be dressed in warm-ups with extremities covered

#### Wind Chill Factor 32 degrees or below (with precipitation)

- All activities will be inside
- No outside exposure

#### Wind Chill Factor 31-32 degrees (Dry)

- 45 minutes of exposure/ 15 minutes inside
- Athletes must be in warm ups with extremities covered

#### Wind Chill Factor 26-30 degrees (Dry)

- 30 minutes of exposure/ 15 minutes inside
- Athletes must be in warm ups with extremities covered

#### Wind Chill Factor 25 degrees and below (Dry)

- No outside activity
- All practices will be inside

### **Gainesville Junior High Athletics Cold Weather Policy:**

#### Wind Chill Factor 39-45 degrees (with precipitation)

- 35 minutes exposure/ 20 minutes inside (may return outside after 20 minutes)
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm ups with extremities covered

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Wind Chill Factor 38 degrees or below (with precipitation)

- All activities will be inside
- No outside exposure

Wind Chill Factor of 35-38 degrees (Dry)

- 45 minutes of exposure/ 15 minutes inside
- Athletes must be in warm ups with extremities covered

Wind Chill Factor of 31-34 degrees (Dry)

- 30 minutes of exposure/ 15 minutes inside
- Athletes must be in warm ups with extremities covered

Wind Chill Factor of 30 degrees and below (Dry)

- No outside activity
- All practices will be inside

### **Cold Policy Games:**

- Games will be postponed or canceled on a case by case basis at the discretion of the Head Athletic Trainer and the Athletic Director. A game will be considered for postponement or cancellation if the wind chill is 28 degrees or below (dry) and 32 degrees or below (with precipitation).
- It will be up to the Head Coaches and Athletic Director to come up with a makeup date.

### **School Day Cancellation: Full Day**

- No travel or practice unless approved by the Athletic Director

### **School Day Early Dismissal: Deteriorating Weather Conditions**

- Practice or travel must be approved by the Athletic Director
- If approved practices must be over by 5pm

### **Gainesville ISD Athletics Hot Weather Policy**

Practice and competition in hot and humid conditions poses special challenges for student athletes. Heat stress and resulting heat illness is a primary concern in hot and humid conditions. Although deaths from heat illness are rare, they do happen. Constant surveillance and education are necessary to prevent heat related illness. The following practices should be observed.

### **General Considerations for Risk Reduction:**

- Encourage proper education regarding heat illness (for athletes, coaches, parents, and medical staff). Education about risk factors should focus on hydration needs, acclimatization, work/rest ratio, signs and symptoms of exertional heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
- Assure that Athletic Trainers have the authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or athlete's medical conditions.

### **General Guidelines:**



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- Gradual acclimatization of the athlete to hot/humid conditions is a must. It is recommended that athletes gradually increase exposure to hot and/or humid environmental conditions. Gainesville ISD will follow the UIL guidelines for acclimatization.
- Clothing and protective equipment can increase heat stress. Dark colored clothing absorbs solar radiation, some fabrics can interfere with the evaporation of sweat and other avenues of heat loss. Protective equipment can also interfere in the same ways.
- To identify heat stress conditions on the field of play wet bulb temperatures will be taken 30 minutes prior to practice as well as every 30 minutes during practice.
- Unlimited access to drinking water will be provided throughout practices and games.

### **Specific Guidelines:**

Heat index of less than 100

- Water breaks every 30-45 minutes

Heat index of 100-105

- Full pads
  - Water breaks every 30 minutes
  - Break duration 5 minutes
- Shorts/shirts/helmets
  - Water breaks every 40 min
- Cardiovascular Conditioning
  - Remove helmets

Heat index of 106-110

Football

- Full pads
  - Water breaks every 20 minutes (5 min)
  - Practice will not exceed 1hr 45min
- Shorts/shirts/helmets
  - Water breaks every 30 minutes
  - Practice will not exceed 2 hours
- Athletes will be allowed to remove helmets when not in contact drills
- Cardiovascular conditioning: remove helmets and shoulder pads

Cross Country/Track

- Long distance runners must be under direct supervision by coaches at all times
- Water breaks every 30 minutes
- Practice will not exceed 2 hours

Baseball/Softball/Soccer/Tennis

- Water breaks every 30 minutes
- Practice will not exceed 2 hours

Off Season Programs

- 45 minutes of heat exposure with a minimum of 1 water break

### **Heat Index of 111-115**

Football

- Shorts/shoulder pads/helmets only
  - Water breaks every 20 minutes

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- Practice will not exceed 2 hours
- Cardiovascular conditioning duration and intensity must decrease
  - Remove shoulder pads and helmets

### Cross Country/Track

- Long distance runners must be directly supervised by coaches at all times
- Water breaks every 20 minutes
- Practice will not exceed 2 hours

### Baseball/Softball/Soccer/Tennis

- Water breaks every 20 minutes
- Practice not to exceed 2 hours

### Off Season Programs

- 30 minutes of heat exposure with a minimum of 1 water break

### Heat Index of 116-117

#### Football

- Shorts/shirt/helmets only
  - Water break every 20 minutes
  - Practice to not exceed 1hr 30 min total
- No cardiovascular conditioning

#### Cross Country/Track

- Long distance runners must be directly supervised by coaches at all times
- Water breaks every 15 minutes
- Practice will not exceed 1hr 30min

#### Baseball/Softball/Soccer/Tennis

- Water breaks every 20 minutes
- Practice will not exceed 2 hours

#### Off season programs

- 30 minutes of heat exposure with minimum of 1 water break

### Heat Index of 118+

#### All Sports

- Nothing outside will be allowed

Practices may be moved inside, altered, or cancelled at any point under the discretion of the Head Athletic Trainer and Athletic Director.

### Junior High Athletics

#### Heat Index of less than 100

- Water breaks every 30-45 minutes

#### Heat Index of 100-106

- Full pads
  - Water breaks every 20 minutes
  - Practice will not exceed 1hr 30 min
- Shorts/shoulder pads/helmets

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- Water breaks every 30 minutes
- Practice will not exceed 1hr 45min
- Athletes will be allowed to remove helmets while not in contact drills
- Cardiovascular conditioning: remove shoulder pads and helmets

### **Heat Index of 106-110**

- Shorts/shoulder pads/helmets only
  - Water breaks every 15 minutes
  - Practice not to exceed 1hr 30min
  - No cardiovascular conditioning

### **Heat Index of 111+**

- No outside practice

### **Cross Country/Track**

- Follow the time and water break guidelines for football
- Distance runners must be under constant coach supervision when heat index is above 100

# Gainesville Leopards Athletic Handbook 2019-2020

Restore the Roar



A condition for participation in the Gainesville Athletic Program is to sign an acknowledgement that the student-athlete has read and understands the athletic handbook. The student's parents or guardians must also sign an acknowledgement. The acknowledgement states that the signing party understands the consequences for engaging in prohibited conduct. The signing party also understands all procedures in accordance with UIL and Local Policy.

Please Sign and Return This Page To Athletic Trainer

Date: \_\_\_\_\_ Students Grade: \_\_\_\_\_

I have read the athletic handbook and agree to these rules as a condition for my voluntary participation in athletics. I understand that failure to do so will result in disciplinary measures related to my athletic participation.

Students Name Printed: \_\_\_\_\_

Students Name Signed: \_\_\_\_\_

Parent/Guardian Name Printed \_\_\_\_\_

Parent/Guardian Named Signed: \_\_\_\_\_