

LULING I.S.D.



**Athletic Guidelines
2024-2025**



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ATHLETIC DEPARTMENT STAFF

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Central Office

Superintendent: Erin Warren
Superintendent's Secretary: Lisa Patterson

Athletic Office

Athletic Director: Jeremiah Granado
Boys Coordinator: Alexander Gillis
Girls Coordinator: Rachel Altman

Luling High School

Principal: Joseph Alvarez

Head Coaches

Football: Jeremiah Granado
Volleyball: Peyton Sulak
Cross Country: Jose Campos
Girls Basketball: Rachel Altman
Boys Basketball: Ryan Geiger
Tennis: Eric Tate
Golf: Caleb Chamness / Megan Kersh
Powerlifting: Caleb Magallanez
Softball: Bonnie Besetzny
Baseball: Cory Matthews
Head Track: Bill McCabe
Soccer: Jose Campos & Riley Blok
Head Athletic Trainer: Kasey Hairell

Gilbert Gerdes Junior High School

Principal: Kelli Johnson



LULING INDEPENDENT SCHOOL DISTRICT

ACKNOWLEDGEMENT OF ATHLETIC POLICY
SIGNATURE PAGE

Athletes and Parents: Make sure you read and understand the Athletic Policy Handbook. Retain the handbook for you reference. Please sign, date and return the signature page to the proper coach. No athlete will be allowed to participate without the signature page on file.

I have read and understand the Athletic Policy Handbook.

Student Name (printed)

Grade

Date

Student Signature

Parent or Legal Guardian Name (printed)

Parent or Legal Guardian Signature



LETTER TO ATHLETE

Dear Eagle Nation Athlete,

The Athletic Department of a public school system should be a vital, contributing part of the total education system. It should be a working laboratory where team skills are experienced. We should not serve as a “minor league” for college or professional athletics, but rather an educational arm for helping to develop our students into the best citizens possible. We believe we do this by teaching character first, servant leadership, mental toughness, and academic success.

The total athletic program should maintain a broad scope that will offer all students with athletic interest the opportunity for safe, wholesome, beneficial participation in the sport(s) of their choice.

The most important purpose or goal of the athletic department should be to help young men and women, through competitive athletics, to develop their bodies, minds, and spiritual beings into strong, contributing members of society.

We would like for the coaches, student-athletes, parents, and community to be a “class act” component of our educational system. This philosophy will promote the attitude and expectancy of a “championship” program.

Emphasis will be placed on developing the work ethic and commitment necessary to enhance the performance of the athlete on the court/field. Tradition and winning are attributes that are associated with those athletes that are willing to devote the additional time before or after school, during the season, after the season, and during the summer. Tradition and winning begin with the commitment, first with you, the athlete, then to the team, and finally with the program.

We look forward to your commitment to the program.

Sincerely,

Jeremiah Granado
Luling ISD Athletic Director / Head Football Coach





ATHLETIC GOAL & OBJECTIVES

When young men and women sign up for athletics and become members of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. It is voluntary; therefore, they are expected to follow the rules of order.

Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to reach their fullest potential. Supportive parents can instill this desire in student-athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

Athletic Goal and Objectives

Our Goal: The student-athlete shall be trained and equipped to be a successful member of society.

Our Specific Athletic Objectives:

- Mold student-athletes to become successful members of society and to give back to the community.
- Model and train positive leadership strategies and skills.
- Uphold the standard of academic excellence.
- Develop mental toughness and resiliency through the exposure to difficult situations, physically and mentally.
- Create a positive environment that student-athletes are proud to represent, on and off the field.
- Pursue meaningful relationships between student-athletes, coaches, administration, and the community.

AVAILABLE SPORTS

The following sports are available for athletics in grades 7-12:

Football	Boys	7, 8, 9, JV, Varsity
Basketball	Boys & Girls	7, 8, 9, JV, Varsity
Baseball	Boys	JV, Varsity
Softball	Girls	JV, Varsity
Track & Field	Boys & Girls	7, 8, JV, Varsity
Soccer	Boys & Girls	Varsity
Tennis	Boys & Girls	JV, Varsity
Volleyball	Girls	7, 8, 9, JV, Varsity
Cross Country	Boys & Girls	7, 8, JV, Varsity
Golf	Boys & Girls	HS (Junior High when applicable)
Powerlifting	Boys & Girls	HS



REQUIREMENTS TO PARTICIPATE

The following items must be turned in to the Athletic Department before participating in any practice or game for any extracurricular athletic activity.

A. Physical Examination

A physical examination is required for all grade levels. The physical form is available from the athletic office, the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical covers all sports for the two-year period, unless the physical expires prior to the beginning of a particular sport's season.

B. Athletic Department Forms

This packet includes (1) UIL Acknowledgment of Rules; (2) physical exam; (3) consent to emergency medical treatment; (4) personal student and parent information; (5) a medical history; (6) steroid notification; (7) drug testing consent form; (8) SCA Awareness Form; and (9) acknowledgment of LISD Athletic Guidelines. The medical history form is only required during the years that a new physical examination is not required.

C. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state-approved courses.

1. Beginning the ninth grade year – Must have been promoted from the eighth to the ninth grade.
2. Beginning the tenth grade year – Must have at least 5 credits towards graduation.
3. Beginning the eleventh grade year – Must have at least 10 credits toward graduation, **or** during the preceding 12 months, s/he must have earned 5 credits.
4. Beginning the twelfth grade year – Must have 15 credits toward graduation, **or** during the preceding 12 months, s/he must have earned 5 credits.

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors or advanced class) for a period of three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing all classes with a grade equal to or greater than a 70.



CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the Athletic Department. The school administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential to maintaining a sound program of athletics. The welfare of the student is the major consideration and transcends any other consideration.

Athletics is a privilege in Luling ISD, and students choose to be a part of the program. Since student-athletes represent their school and, in many instances, their community, student-athletes are held to higher standards of behavior than those specified in the LISD Student Handbook and Code of Conduct. Participants are expected to follow the rules including, but not limited to, the LISD Student Handbook and Code of Conduct and to maintain a favorable attitude and proper conduct at all times. Violations of the athletic policy that are also violations of the LISD Student Handbook and Code of Conduct may result in independent disciplinary actions by the Athletic Department.

Athletic Code of Conduct – Athletic Department Policies

1. Coaches' Rule:

The head coaches of each sport may establish additional rules and regulations with the approval of the Athletic Director. The rules pertaining to a particular sport must be explained, in writing, by the coach at the start of the season. The coach shall administer penalties for violation of team rules. Copies of all team rules are on file in the athletic office.

2. Discipline:

Discipline yourself, so others won't have to. Each situation may require a different type of discipline. Whatever type of discipline is required, the purpose is to help athletes improve themselves and to become better people. Failure to accept discipline on the part of the athlete or parent/guardian may result in the dismissal from the team and/or the athletic program. The different discipline techniques listed below are recommended by the Athletic Department for coaches to use and are not intended to be a list of progressive sanctions:

- Verbal correction
- Cooling-off time or time out
- Counseling by coaches
- Techniques or penalties identified by individual coach
- Home visit or phone contact by head coach
- Parent-coach conference with Athletic Director
- Probationary contract
- Suspension from team
- Dismissal from team or program

3. Conduct:

Luling athletes are held to a standard higher than the LISD Student Handbook and Code of Conduct. This standard applies always and not just at athletic events.



Failure to comply with game conduct expectations, or an unsportsmanlike reprimand that results in a game ejection, may result in disciplinary action from the coach, game suspensions, or dismissal from the team and/ or program. Each situation will be reviewed and evaluated on a case-by-case basis.

Student-athletes who violate the LISD Student Handbook or Code of Conduct, as listed in the Athletic Guidelines, are subject to the disciplinary consequences and additional athletic penalties as deemed appropriate by the Athletic Department and approved by the Principal.

4. Suspension:

The athletic director will have the authority to suspend or place on probation from the athletic program any student-athlete for major or minor infractions of the rules (See LISD Extracurricular Standards of Behavior). Any punishment issued by the athletic department may be in conjunction with, or in addition to, punishment issued under the Luling ISD Student Code of Conduct. Any student suspended from athletics must be given:

1. The reason for the suspension;
2. The time and provisions for the suspension;
3. Procedures for reentering the program;
4. Information on class schedule change options;
5. Notification of parent/guardian for discussion of student suspension; and,
6. The opportunity to appeal.

To be clear, the Athletic Department has no interest in rushing to the conclusion that a permanent suspension from the program is the best plan of action. If a permanent suspension from the athletic program is warranted, it will be after all other modes of discipline have been exhausted.

5. Appeal:

The student and/or parent shall have the right to appeal any decision to suspend a student, expel a student, or place a student on probation from the athletic program in accordance with District Policy FNG (Local). A copy of the grievance and appeal process are available on request or can be found on the District's website.

Since participation in extracurricular activities is a privilege and not a right, Luling ISD is authorized to set higher standards for participants of extracurricular activities than for students who choose not to participate in extracurricular activities. The expectations for extracurricular activities extend beyond the Luling ISD Student Handbook, not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. Extracurricular expectations apply to all students participating in extracurricular activities, regardless of whether:

- School is in session;
- The offense occurs on or off school property or at a school-related event;
- The student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;



- The extracurricular activity is in-season; and
- Regardless of where or when the conduct occurs.

It is possible that a student who violates the Luling ISD Student Handbook will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities may violate the Extracurricular Standards and be subject to discipline or sanctions by a coach or sponsor without having violated the Luling ISD Student Code of Conduct.

The goal is to empower and teach student-athletes to become better people who will improve the culture of the school district and community. We understand that student-athletes are still young adults that will make ill-advised decisions. When they do, we'll be here to help them learn from their poor decisions and get them back on the right track.



SOCIAL MEDIA

Social Media and Other Violations – Student-athletes are high-profile representatives of Luling ISD, and their behavior is subject to scrutiny by their peers, the campus, community and the media. We expect student-athletes to represent themselves and LISD with honor, respect and dignity at all times, including when interacting on social networking websites and other online environments. As a condition of being a student-athlete in Luling ISD, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocate the violation of any school or team policy is unacceptable.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletic Department or the campus (examples: obscene images or language, racial slurs or images, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples, but not limited to: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the LISD Student Handbook and Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, plays or call signs, travel plans/itineraries, or any other information deemed confidential by the Athletic Department).
6. Student-athletes are required to abide by all laws related to the use of the internet, including state and federal privacy laws such as FERPA and HIPPA, and student-athletes are personally liable for any violations of those laws.



ATHLETIC STANDARDS

Academics: Go to Class - Act with Class!

All students are required to remain academically eligible under the guidelines of the UIL. Athletics and academics can and should work hand-in-hand. There is no reason that athletes cannot strive to be champions in the classroom, as well as in the athletic arena. Remember that repeated occurrences of ineligibility under the “No-Pass-No-Play” rule may result in dismissal from the team or even the athletic program.

Participation

Students desiring to compete in one or more team sports must be enrolled in the designated athletic period during the school day. Available team sports include:

- Fall: Football and Volleyball
- Winter: Basketball
- Spring: Baseball and Softball

Regardless of the timing of a student’s team sport, the student must be enrolled in the designated athletic period for the entire school year. Exceptions to this requirement will only be made at the Athletic Director’s discretion. In making an exception determination, the Athletic Director will take into account any graduation credit needs, medical needs, or relevant extenuating circumstances. Graduating seniors who have completed their final team sport season may be allowed to obtain a schedule change out of the designated athletic period at the semester at the Athletic Director’s discretion.

Participation in all assigned activities during the athletic period is mandatory. Reductions, modifications, or eliminations of all or portions of the scheduled workout activity will occur under the guidance of the Athletic Trainer and Athletic Director. For injuries or illnesses outside of the Athletic Trainer’s treatment program, the Athletic Trainer and Athletic Director will rely on medical documentation from a physician to implement workout restrictions. A student who chooses not to participate in an assigned workout activity and does not have a documented medical rationale will be subject to disciplinary sanctions as outlined in the Code of Conduct section.

Students wanting to participate in team sports along with athletic training, must participate in the designated athletic period for their team sport. These team sport students can then get their athletic training experience before and/or after school, but not during the designated athletic period.

Attendance

Attend classes and be on time! Absence from or tardy to an athletic period is handled just like all other academic classes as stated in the LISD Student Handbook. The Athletic Department asks parents/guardians to call the athletic office of the sport in which their son/daughter participates and let



his/her coach know of his/her absence. Medical appointments are necessary for all families; the Athletic Department asks parents to inform coaches of their son's/daughter's appointments in advance. Playing time and position on the depth chart are factors that are affected by absences. Athletes must attend school and practice to participate in extracurricular activities.

Squad Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can while maintaining the integrity of their sport. Incoming freshmen must have the recommendation of their middle school coach or the approval of the Athletic Director before signing up for an athletic period. Returning high school students who have never been in an athletic period must have the approval of the Athletic Director and the head coach of that sport to be placed into an athletic period.

Cutting

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to tryouts, the coach shall provide the following information to all candidates for the team:

- Extent of tryout period
- Criteria used to select the team
- Number of athletes to select

Injury or Illness

The Luling Athletic Department has one athletic trainer on staff. Upon having an injury or illness, the student or family member should contact the athletic trainer. Our trainer works very closely with the physicians in our community and can assist you with any possible questions that you might have. If the athlete is injured, he or she should attend treatments before school, during athletic period and after school as recommended by the athletic trainer and physicians.

Ambassadors of Luling

All athletes must realize the responsibilities of being ambassadors of their community. Unsportsmanlike or disrespectful behavior will not be tolerated. Conduct of this nature will result in disciplinary action. Serious or repeated offenses may result in removal from the team or athletic program.

Quitting

If a student-athlete quits a sport after a trial period (usually before the first game), that student-athlete will not be allowed to participate in another sport for a calendar year from the date the student-athlete quit. If a student-athlete quits past the trial period, the athletic department will work with the counselors to get the



student-athlete's schedule changed out of athletics. If the student-athlete quits towards the end of the semester, the student-athlete may have to remain in the athletic period until the following semester. The Athletic Director, working in conjunction with the head coach, will make the final decision in any disputed matters involving quitting.

Conflict in Activities

Several of our athletes are in other school-related activities, such as band, cheerleading, dance team, FFA, Student Council, etc. Multiple interests can cause a conflict of obligations for the student. The Athletic Department recognizes that each extra-curricular activity requires different mandates that are necessary to achieve the level of excellence afforded to their programs. It is imperative that, if the student and parents know of any possible conflicts, they initiate the communication to the appropriate coach or sponsor. If practices are missed, then it is left up to the coach or sponsor to determine the role that athlete plays in his/her program.

Multiple Sports

Athletes are encouraged to participate in more than one sport; however, eligibility to participate in a particular sport will not be based upon participation in a second sport. Student-athletes will be given every opportunity to compete in multiple sports. If two sport seasons overlap, the student-athlete will have an opportunity to try out for the second sport once the first sport season has concluded. If there are any concerns, please consult with the head coach of the sport or the Athletic Director. We want what's best for your child.

Care of Equipment and Facilities

Athletic equipment is issued in every sport and is to be hung up in the athlete's assigned locker. Each student-athlete is responsible for his/her equipment. It is encouraged that athletes bring their own locks. If equipment is lost or torn, the student-athlete should report it to his/her coach. The coach will determine the price of the equipment in question and assess a fee based on the replacement cost and age of equipment. All athletes should maintain the locker room and address any damages of the facility to the coach or Athletic Director.

Travel

All athletes represent the community, school, and team. Therefore, it is expected that all athletes dress in an acceptable manner as outlined by the head coach on all trips and conduct themselves in a proper manner. When missing classes because of early release during the week, it is the responsibility of that athlete to see his/her teachers the day before and request assignments. Student-athletes will not receive special privileges because of the events in which they participate. Utilizing travel time or idle time before or after a contest affords the student time to devote to his/her studies. All work shall be made up at the convenience of the teacher in accordance with the student handbook.

All athletes making a school sponsored trip shall be required to ride in transportation provided by the school to and from the event. The Athletic Department understands that there are family emergencies that



warrant the return of the athlete with the parent. If this emergency is imminent, then the parent must have an Athletic Travel Release Form signed by the coach or Athletic Director. The Athletic Department strongly encourages parents to minimize the use of Release Forms for convenience purposes, thus affording the team to use travel time as a unit bonding opportunity.

Coaches can, but are not required to, provide meals to teams traveling to out-of-town games out of each respective sport's fund-raising account. Coaches will factor in variables such as time until tip-off, time between games, and distance traveled when determining whether or not to provide meals. Meal plans will be communicated to student-athletes in advance so that student-athletes can make appropriate alternative arrangements, such as bringing snacks or snack money.

Vacations

Vacations by athletic team members during a sport season are strongly discouraged, and, while family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. We urge parents to plan their vacations around the schedule of the sport so there will not be conflicts.

Club Sports

In today's high school programs, athletes have the opportunity to enhance their skills by participating in club sports. A club sport is a sports program outside of the school that is not affiliated with the UIL. The Athletic Department feels that the athlete's obligations are to the school sport and should take precedence over any club activity. Athletes will not be excused to miss a school contest or event for a club event. If an athlete pursues club participation, he/she must:

- Contact the school's head coaches of all sports in which he/she is participating.
- Be willing to assume any impact club play conflicts may have on the status of school playing time and role on the school team.

Dress and Appearance: See School Dress Code Policy

Each coach may have additional dress requirements for athletes based on uniforms or travel mandates.



AWARDS

Awards

Athletic awards are awarded by the coaches, subject to approval by the Athletic Director, according to policy. A student may qualify for an award in a sport only if he/she has met all of the following criteria:

- The student-athlete must complete the entire season in good standing.
- The student must participate in all workouts, excluding illness, emergencies, or participation in another school-sponsored function.
- For varsity letter awards, the student-athlete must be on the varsity roster/team/squad for more than one-half of the season.

Exception

At his/her discretion, the coach of any sport may recommend an award for an athlete who has not met the guidelines. There are instances when an athlete contributes greatly to the team through personal effort, loyalty, attitude, etc., or suffers any injury that has prevented him/her from competing, but he/she continued to contribute to the team. If deemed worthy, at the coach's discretion and with the approval of the Athletic Director, an athlete may receive an award.

Note: In some sports, the end-of-season awards are voted on by team members, and not the coaching staff.

A letter jacket will be awarded to a student-athlete once in his/her high school years of competition. This jacket may be for academics, band, choir, cheerleading, drill team or athletics. The athletic jacket is earned through competition on the varsity level.



CODE OF CONDUCT FOR PARENTS

We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor.

Trustworthiness

Trustworthiness – Be worthy of trust in all you do.

Integrity – Live up to the high ideals of ethics and sportsmanship; do what’s right even when it’s unpopular or personally costly.

Honesty – Live and act honorably; don’t allow yourself or your children to lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability – Fulfill commitments; do what you say you will do; be on time; when you tell your child(ren) you will attend an event, be sure to do so.

Respect

Respect – Treat people with respect all the time and require the same of your children.

Class – Live and cheer with class; be gracious in victory and accept defeat with dignity; compliment extraordinary performance; and show respect for all competitors.

Disrespectful Conduct – Do not engage in disrespectful conduct of any sort, including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials – Treat contest officials with respect; do not complain about or argue with official calls or decisions during or after an athletic event.

Respect Coaches – Treat coaches with respect at all times; recognize that they have team goals beyond those specific to your child. Do not shout instructions to student-athletes from the stands.

Responsibility

Importance of Education – Stress that student-athletes are students first. Be honest with your child(ren) about the likelihood of getting an athletic scholarship or playing on a professional level.



Place the academic, emotional, physical and moral well-being of your child(ren) above desires and pressures to win.

Role-modeling – Consistently exhibit good character and conduct yourself as a role model for your child(ren).

Self-control – Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to demean others.

Integrity of the Game – Protect the integrity of the game; do not gamble on your child(ren)'s games.

Privilege to Compete – Assure that you and your child understand that participation in interscholastic sports is a privilege, not a right, and that they are expected to represent their team, school and family with honor, on and off the field.

Fairness

Be Fair – Treat all competitors fairly; be open-minded; always be willing to listen and learn.

Caring

Encouragement – Encourage your child and teammates regardless of their play; offer positive reinforcement. Demonstrate sincere interest in your child's play.

Concern for Others – Demonstrate concern for others; never encourage the injury of any player, official or fellow spectator.



MEDICAL INSURANCE & INJURIES

Medical Insurance:

Luling ISD provides athletic insurance. It is the intention and purpose of this policy to provide secondary or “excess” coverage in the event of an athletic injury. Primary coverage is the responsibility of the athlete’s family. In the event no primary insurance exists, the insurance provided by Luling ISD becomes primary. This coverage is only available while the student is participating in an athletic practice, event or travel.

In the event of an athletic injury, the student should immediately report the injury to his/her supervising coach for proper procedure and documentation. The coach/trainer will make notation of time and date of injury for the injury claim. If medical attention is necessary; it is the responsibility of the parent or legal guardian of the student to obtain a claim form from the district. The athletic director or head trainer will have the form available in their office once the supervising coach has notified them. At that time, the proper procedure for filing a claim will be reviewed with the parent or legal guardian.

** Please note that the insurance policy explicitly states that medical care must be sought within 60 days of the initial injury for consideration for payment.

Injuries:

An athlete who is injured and cannot practice, will be under the direction of the certified athletic trainer who will advise coaches of the status of the individual. The athletic trainer will provide as much direct care to the student-athlete as possible. If the athletic trainer determines that the injury requires a physician, the trainer will notify the parents and recommend that an appointment should be made.

Since Luling ISD has a certified athletic trainer, it is highly advised (within reason) that before a student-athlete goes to the hospital for an athletic injury, the student-athlete should be seen by the athletic trainer. Frequently, the athletic trainer can provide effective treatment for the student-athlete so that a visit to the hospital is not warranted.

If the injury occurred during athletic participation, the athletic director or coach must be notified. Failure to notify the athletic director or coach may result in denial of district insurance coverage and, more importantly, greater risk of injury. Out of town participation or holidays does not exempt an athlete of this time limit.

Concussion Protocol:

The following requirements must be completed prior to the athlete returning to participation in interscholastic sports following an injury believed to be a concussion. Depending on the athlete and the



access to resources, the order of these items can change on a case-by-case basis.

1. The student athlete must be evaluated by a physician. This includes, but is not limited to, physicians at the CHRISTUS St. John Concussion Center, Emergency Room and your Primary Care Provider. The physician must be chosen by the athlete's parent/guardian.
2. The parent/guardian must provide a written clearance from the treating physician that it is safe to return to athletic participation. Timing of the written clearance is at the discretion of the treating physician. Other licensed health care professionals may not take the place of a physician.
3. A written clearance must be provided by the school district's health care professional (i.e. athletic trainer or school nurse) designated to oversee the return-to-play protocol (see below). This clearance must occur after successful completion of the Stages of Exertion and when the health care professional believes it is safe for the athlete to return to athletic participation.
4. An acknowledgement form must be signed by the parent/guardian and the athlete after obtaining a physician's clearance and successful completion of the return-to-play protocol.

Stages of Exertion: Athlete must progress through each step before returning to game participation:

- Day 1 – Light to moderate activity, 10 to 15 minutes
- Day 2 – Moderate to heavy activity, 20 to 30 minutes
- Day 3 – Non-contact participation in team activity
- Day 4 – Full practice
- Day 5 – Game participation



HEAT-RELATED ISSUES

Dehydration, Its Effects on Performance, and Its Relationship to Heat Illness

1. Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
2. Dehydration of just one to two percent of body weight (only 1.5-3 lb. for a 150-pound athlete) can negatively influence performance.
3. Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, and heat stroke).
4. High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
5. Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
6. Medications/fevers greatly affect an athlete's dehydration problems.
7. Environmental temperature and humidity both contribute to dehydration and heat illnesses.
8. Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
9. To avoid exacerbation of high temperature environments, wear lightweight and light-colored clothing.

Recommendations for Hydration to Prevent Heat Illness

Types of Sports Drinks

Fluid Replacers

- Examples: Water, Gatorade, Powerade
- These drinks are absorbed as quickly as water and typically are used for activities lasting less than two hours.

Carbohydrate Loaders

- Examples: Gaterlode, Exceed High, Carboplex
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen re-synthesis after exercise.

Nutrition Supplements

- Examples: Gatorpro, Exceed Sports, Ultra Energy
- These supplements are fortified with vitamins and minerals, and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

What Not to Drink

- Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.



- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

Hydration Tips and Fluid Guidelines

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early — by the time you are thirsty, you are already dehydrated.
- In general, every 10-20 minutes, drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

What to Drink During Exercise

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks, and salt tablets should be avoided.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.



INFORMATION ON STAPHYLOCOCCAL INFECTIONS

This information is provided to assist you in the control and prevention of staphylococcal (commonly called staph) infections. These infections usually are easy to treat with inexpensive, well-tolerated antibiotics. However, some staph bacteria have developed resistance; that is, the antibiotics can no longer kill the bacteria. Although antibiotic-resistant infections pose a significant health threat, the following measures are effective against many other infectious diseases.

What is a Staphylococcal Infection?

Staphylococcus aureus commonly causes boils and soft-tissue infections as well as more serious conditions such as pneumonia or bloodstream infections. According to the Center for Disease Control and Prevention (CDC), twenty to thirty-five percent of adults and children in the United States are “colonized” with staph – the bacteria are present but do not cause illness. *Staphylococcus aureus* colonization usually occurs in the armpit, groin, genital area, and, most frequently, the inside of the nose. Most infections occur through direct physical contact of the staph bacteria with a break in the skin (cut or scrape) or during contact with inanimate objects (such as clothing, bed linens, or furniture) soiled with drainage. Your hands must be clean before you touch your eyes, nose, mouth, or any cuts or scrapes on the skin. The bacterium is not carried through the air and is not found in dirt or mud.

Methicillin-resistant *Staphylococcus Aureus* (MRSA)

A MRSA (often pronounced mersa) infection, unlike common *Staphylococcus aureus* infection, cannot be treated with methicillin-related antibiotics (such as penicillin). The treatment may be longer, expensive, and more complicated, and infections can reappear frequently. Originally, MRSA was limited to hospitals and long-term care facilities. In the past few years, sporadic reports of MRSA not associated with the medical environment have been confirmed. Since the summer of 2002, MRSA outbreaks associated with sports teams have been reported. These outbreaks have included wrestling, volleyball, and most frequently, football teams.

Strategies to Prevent Staphylococcal Infections

Hand washing is the single most important behavior in preventing infectious disease. The proper way to wash your hands is as follows:

1. Use warm water.
2. Wet your hands and wrists.
3. Use liquid soap.
4. Work soap into a lather and wash between fingers, up to wrists and under fingernails for at least 30 seconds.
5. Dry, using a clean cloth towel or paper towel.
6. Use alcohol-based hand sanitizers to wash hands immediately if they come in contact with any body fluid at the playing field or other places where hand-washing facilities are not available.



Wash your hands as described above:

1. After sneezing, blowing, or touching your nose;
2. Before and after close contact or using the toilet;
3. Before leaving the athletic area.

Other precautions include:

1. Keep your hands away from your nose and groin.
2. Do not share towels, soap, lotion or other personal care items, even on the sidelines at games.
3. Shower with soap and water as soon as possible after direct contact sports.
4. Dry using a clean, dry towel.
5. Use a moisturizing lotion to prevent dry, cracked skin.
6. Items grossly contaminated with body fluids should be prewashed or rinsed with plain water.
7. Wash your towels, uniforms, scrimmage shirts and any other laundry in hot water.
8. Parents should follow all precautions for laundry taken home.
9. The Athletic Trainer or coaches may provide additional specific directions if needed.

How to Care for Draining Wounds

MRSA may be more difficult to treat. However, treatment is usually successful after prompt, appropriate evaluation by a doctor or clinic and when the correct antibiotic(s), if indicated, is prescribed. Other types of treatments may be indicated.

Consult with Your Physician

A physician or advanced practitioner should examine the wound. A culture and susceptibility test should be performed to determine what bacteria you have and what antibiotic would be the most effective with the fewest side effects. If the practitioner determines you do not have a bacterial infection, you will not receive an antibiotic. Antibiotics are not effective against non-bacterial infections.

1. Take all medication even after the infection seems to have healed.
2. Apply prescribed topical ointments as directed.
3. Follow all other directions the physician/practitioner gives you.
4. Inform the physician/practitioner if you are not responding to treatment.

How to Take Care of Wounds at Home

1. Avoid direct contact with others until the wound is no longer draining.
2. Wash your hands frequently, especially before and after changing band-aids.
3. Keep the wound covered. Change the dressing at least twice a day.
4. Place all disposable materials that make contact with the wound, including dressings or bandages, in a separate plastic bag and seal closed before disposal in the household trash. Wash your hands after removing and disposing of the soiled dressing.
5. Use isopropyl alcohol (available at pharmacies or grocery stores) to disinfect reusable materials, such as scissors.



6. All items that come in contact with the wound must be disinfected with a fresh (prepared daily) mix of one tablespoon of household bleach to one quart of water or a phenol-containing product such as Lysol or Pine-sol. Use a phenol-containing spray to disinfect any cloth or upholstered surface. Other commercially available products may be appropriate.
7. Have a designated chair or area for sitting. It should have a hard surface or an easily cleaned plastic or similar cover for easy disinfection. No one else should sit there until the wound has healed completely.
8. Utensils and dishes should be washed in the usual manner with soap and hot water or using a standard home dishwasher.
9. Carry laundry away from the body in a plastic or other lined bag that will not allow wet articles to drain through.
10. Handle and launder all clothing, towels, and linens that come in contact with the wound separately from those of other members of the household. Use a separate hamper.
11. Articles that come in contact with the wound should be washed in hot water.
12. Dry clothes thoroughly using the hottest dryer setting.
13. Change towels and linens daily.
14. Do not share ointments or antibiotics.

How to Take Care of Wounds at Home

1. Follow any instructions that your Athletic Trainer, coach, or school nurse gives you regarding direct contact with other persons at school.
2. Carry and use an alcohol-based hand sanitizer when soap and water are not available.
3. Wash hands immediately after contact with the wound.
4. Do not take antibiotics to prevent an infection.