

Colonial Heights High School



Student Athlete Handbook & Parent Information

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I. Virginia High School League (VHSL)

A. Mission & Vision

(Mission)

The VHSL is an alliance of Virginia's public and approved non-boarding, non-public high schools that promotes education, leadership, sportsmanship, character, and citizenship for students by establishing and maintaining high standards for school activities and competitions.

(Vision)

The VHSL, composed of member schools in the state of Virginia, believes:

- That it is the function of the VHSL to attempt to provide programs which best fit the needs of eligible students.
- That competition is desirable in a democratic society and is best conducted under the spirit and letter of the rules provided to govern each activity.
- That the opportunity to participate should be available in individual and team events allowing for the unique differences in talents and abilities of students served.
- That good sportsmanship, fair play, honesty, and respect for others shall be evident in all participants at all levels of competition.
- That governance of all activities shall be through the democratic process with equal voice and vote for all member schools and equal right of appeal through due process.
- Those activities shall be supervised, directed, and officiated by individuals trained in their respective fields of service.
- That communities served shall be informed as to the function, operations, and management of this organization.
- That the scope of sponsored activities educates our youth to the need for trained minds and healthy bodies.

Furthermore, the VHSL believes in:

- providing educational opportunities for students beyond the classroom.
- ensuring fairness and equity through safe competitions.
- paving the way for personal growth.
- offering opportunities for students to develop teamwork and leadership skills.
- promoting sportsmanship, ethics, and integrity.
- building better citizens through student activities.
- providing the means whereby all coaches in VHSL schools are trained in fundamental coaching competencies.

B. VHSL Classifications

Colonial Heights High School is a member of the **Virginia High School League (VHSL)**. Virginia's public high schools, through their alliance as the Virginia High School League, serve their youth by establishing and maintaining standards for student activities and competitions that promote education, personal growth, sportsmanship, leadership, and citizenship. The VHSL is made up of the principals of all the public high schools in the state of Virginia.

Colonial Heights is a member of the **Central District**, and **Class 3, Region 3A**

The **Central District** is composed of the following schools and will be the schools we compete against in the **regular season**.....

1. Colonial Heights
2. Petersburg
3. Matoaca
4. Thomas Dale
5. Prince George
6. Hopewell
7. Meadowbrook
8. Dinwiddie

Region 3A is composed of the following 13 schools we compete against at the **region level of the post-season**.....

1. Colonial Heights
2. New Kent
3. Petersburg
4. Hopewell
5. I.C. Norcom
6. Booker T. Washington
7. York
8. Tabb
9. Heritage (Newport News)
10. Lakeland
11. Lake Taylor

“Colonial Pride!!!”

C. VHSL Eligibility Rules

1. Must be a bona fide student in good standing at CHHS
2. Must have a valid VHSL Physical and CHHS Concussion/Risk Form (date of physical must be on or after **May 1** of the current school year)
3. Must not be enrolled for more than **8** consecutive semesters once entering the 9th Grade
4. 8th Grade students may be eligible only for junior varsity teams
5. Must not be **19** years old before the **1st** day of August of the current school year
6. Must have enrolled not later than the **15th** day of the current semester
7. Must be enrolled in not fewer than 3 credit bearing courses each semester (**office aide and study hall is not a credit bearing class**)
8. Must have passed **3 credits** from the previous semester to participate in the next semester
9. May not repeat courses for eligibility purposes for which credit has been previously awarded
10. May not drop classes that will place the student below the **3-credit** course requirement each semester (**this includes seniors participating in spring sports during their senior year**)
11. Must sit out **365** consecutive calendar days following a transfer unless the transfer corresponded with a family move (**must be with the legal guardian**)
12. Must not be in violation of VHSL Amateur, Awards, All-Star, or College Team rules. See Activities Director for any clarification

Eligibility to participate in interscholastic athletics is a **privilege** you earn by meeting not only the above listed minimum standards, but also all other standards set by your League (VHSL), district, and school. If you have any questions regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, check with your principal or activities director for interpretations and exceptions provided under League rules. Meeting the intent and spirit of League standards will prevent you, your team, school, and community from being penalized.



*****Providing false information will result in ineligibility for one year*****

D. VHSL Calendar & Code of Conduct (Tryouts, 1st Contest Date, etc.)

(Ctrl + Click the link below to view the calendar for sport specific information)

<https://drive.google.com/file/d/1-hOmgecu231qngYJO5j1oKBaYpXeKLOAx/view>

VHSL Coaches Code of Conduct

The Coach Should:

1. Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
2. Demonstrate high ideals, good habits, and desirable attitudes in personal behavior and demand the same standards of the players.
3. Emphasize to his/her players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court to engage in a fight.
4. Recognize that the purpose of competition is to promote the physical, mental, social and emotional well-being of the individual players and that the most important values of competition is derived from playing the game fairly.
5. Be a modest winner and a gracious loser.
6. Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
7. Pay close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of improving his team's chances to win.
8. Teach athletes that it is better to lose fairly than win unfairly.
9. Discourage gambling, profanity, abusive language, and similar violations of the true sportsman's code.
10. Refuse to disparage an opponent, an official or others associated with sports activities and discourage gossip and questionable rumors concerning them.
11. Properly supervise student athletes under his/her immediate care and specifically observe a coach's responsibilities in conjunction with all contests.

“Go Colonials!!!”

II. CHHS Athletics/Activities Intro

A. Mission

Colonial Heights High School strives to provide student athletes with programs that develop personal growth and instill valuable life lessons through participation in team and individual sports. Athletic programs are an extension of academic programs. Student athletes are expected to strive for excellence and demonstrate positive qualities of character, integrity, sportsmanship, respect, leadership, and teamwork in the classroom and during athletic competitions.

B. What is a student athlete?

Colonial Heights High School is an academic institution that recognizes the values of a strong athletic department. Interscholastic athletics represent a vital element of the total school curriculum. Student athletes are expected to realize that academic performance takes a priority over athletics. Colonials are expected to conduct themselves with integrity, sportsmanship, honesty, humility, and “Colonial” pride. Player’s conduct will be closely scrutinized in the classroom as well as when they compete at home and on the road. You are looked upon as a role model, particularly by your peers and younger children. You are expected to respect your team, coaches, opponents, and officials at all times. Realize that you are representing yourself, your team, your family and Colonial Heights High School.

C. Objectives of the Athletic Program

- Ensure that interscholastic athletics are a vital element in the overall school curriculum.
- Academic performance is a priority over athletics
- Encourage participation in athletic teams.
- Set standards of sportsmanship, fair play, and respect for the rules which will cultivate friendly relationships with team-mates, opponents, officials, and fans.
- Develop interest in physical activities which will serve the participant’s present and future leisure time.
- Develop the mental, emotional, and social qualities of the individual as well as the physical qualities.
- Develop positive relationships with coaches and team-mates.
- Experience the importance of discipline, rules, regulations, expectations and understand that consequences follow negative actions.

III. Extracurricular Activities

Extracurricular activities are those activities that supplement the regular school curriculum, do not carry credit toward graduation, and are joined voluntarily by students. Extracurricular activities are generally developed according to the needs and interests of students and may take the form of clubs, honor societies, publications, athletic teams, and other extensions of the classroom. All extracurricular activities are designed to promote character-building qualities of participation and leadership. All school rules and regulations are in effect during extracurricular activities, whether held on campus or away from school. Certain extracurricular activities can be considered co-curricular and relate to a culminating activity directly related to classroom instruction such as choral or band concerts. Co-curricular activities are included in the extracurricular regulations. Students are not permitted to participate in organizations or engage in related activities to the detriment of their classroom workload. All student organizations and extracurricular activities are under the supervision of the Colonial Heights High School Administration.

A. Code of Student Conduct Governing Participation in Extracurricular Activities

- Students must be in good academic standing and follow all school and team rules and regulations to participate in extracurricular activities. Participation in clubs and athletics are a privilege for students. Students who do not follow school and/or team rules and guidelines set forth by sponsors/coaches/administrators are subject for suspension or removal from the club or team.
- Students may not participate in athletic practices and contests on days serving ALC (Alternative Learning Center) or OSS (Out of School Suspension). This includes weekends if ALC or OSS extends into the following week.
 - ❖ **ALC:** Any student placed in ALC may attend practice but cannot participate. If ALC is on a game day, the student may attend but not participate in the contest (Coach's Discretion). The coach may assign additional discipline to a student athlete that receives ALC.
 - ❖ **OSS:** Any student that receives OSS may not attend practice or contests at home or away. Also, the student is not permitted on school property until the suspension is over. The coach and/or administrators may assign additional discipline or possible expulsion from the club or team depending on the offense.
- A teacher or administrative detention will not be moved or cancelled due to a practice or contest. Coaches may add additional disciplinary consequences for these actions.

IV. CHHS Athletics Department Policies

A. CHHS Academic Expectations

Since athletic scholarships are extremely difficult to obtain, academic performance should be the focus over athletics. Colleges and universities search for well rounded students. Solid academic and athletic performance in conjunction with participation in clubs and community involvement are special qualities college admission boards look for when evaluating prospective students. Student athletes are expected to make academics a priority over athletics and to be model students in the classroom.

VHSL sets eligibility guidelines by using the “Take 3/Pass 3” philosophy in a standard 4x4 block scheduling system. Coaches may set further rules and expectations for the student’s academic performance. Students needing academic assistance should talk to their coach about receiving additional help to attend tutoring sessions, make up work, etc. Missing practice to attend academic assistance should be worked out ahead of time with the coach. It is the athlete’s responsibility to be transparent with the coach regarding missing practice.



B. NCAA Eligibility Center Information

Juniors & Seniors

If you are planning on playing sports at a college or university, you must receive clearance from the NCAA Eligibility Center.

- Division I or II: Athletes are required to register with the NCAA for your initial eligibility. Please see your guidance counselor or coach to discuss your intentions after high school.
- Division III: Academic requirements and rules may vary according to each school. Check specifically with the ones you are interested in. The NAIA and NJCAA (Junior College) schools also have their own minimum eligibility standards.

Athletes are required to complete an online registration at www.eligibilitycenter.org There is a registration fee. Once your online application is complete, please print the Transcript Release form and

give it to your counselor. Your transcript cannot be mailed until this is turned in. Lastly, you have taken a minimum number of core courses to play at the Division I or II level. In addition, you must have attained a minimum GPA in those core classes and a minimum score on the SAT or ACT. For a complete listing of those required CORE courses and regulations, go to the website listed above or talk to your counselor, coach, or activities director.

Start now and plan to have your ACT and SAT scores sent directly to the eligibility center (via code “9999”) so that your certification decision will not be delayed.

Suggested Timeline for NCAA Eligibility Center

9th and 10 Grade

- Take a college prep curriculum
- Get good grades
- Attend summer school if needed
- Talk to your coach about your aspirations

11th Grade

- Register with NCAA Academic Eligibility Center
- Talk to your counselor, coach, or activities director for more information
- Take SAT and/or ACT
- Use school code “9999” to have scores sent directly to the NCAA Eligibility Center

12th Grade

- Have transcripts mailed to the NCAA Eligibility Center (Print transcript release forms from NCAA Eligibility Center website and bring to guidance)
- Continue to do well in your classes
- Take SAT/ACT again if needed
- Graduate on time (Students must graduate with their class, not in summer school)

“You Get What You Work For, Not What You Wish For”

C. Out-of-Season Workouts/Activities

The VHSL out-of-season activity allows coaches to work with their athletes throughout most of the year.

- During the seasons in which a team is not competing and during the summer, coaches are able to conduct weight training, conditioning, and skill development activities.
- There are four designated “Dead Periods” throughout the year where coaches are not allowed to hold any out-of-season workout or activity. The dead periods are at the start of each season (Fall, Winter, Spring) for 14 days and one (Summer) session for 15 days (around July 4th).
- Out-of-season workouts/activities cannot occur on Sundays.
- Student athletes who quit or are dismissed from a team cannot participate in another sport’s out-of-season workout until the current season is complete.
- No competitions between schools or combined practices are allowed. Participation in leagues and camps is allowed under certain guidelines.
- While coaches should be attempting to improve the skill level of the participants during out-of-season activities, these sessions **are not mandatory, are open to all students** from the high school, and **cannot be considered tryouts**.
- All students in good standing, regardless of participation in out-of-season activities, must be allowed a fair, valid tryout at the start of the season.
- Student athletes are required to have a valid VHSL Physical and CHHS Concussion/Risk form completed prior to participating in any out-of-season workout.
- VHSL catastrophic insurance covers students while they are **in-season only**; therefore, students must have **independent insurance coverage to participate in the out-of-season workouts**.

“Hard Work Beats Talent When Talent Doesn’t Work Hard”

D. Behavior Expectations

VHSL athletic and academic activities are education-based activities. They are an extension of the classroom and play a vital role in the education of Virginia's students academically, physically, and socially. Teachers influence learning and students in the classroom every day. Likewise, athletic administrators, coaches, officials, and other adults interacting with VHSL athletic and academic activities also affect our students. These people play an essential role in student-athletes and academic participants' social-emotional and character development.

1. Student Athlete Expectations

Being on an athletic team is an **honor** and **privilege**. Being selected to a team carries a **great responsibility** and you must constantly strive to earn that privilege. Many people believe that athletes are held to higher standards. We expect you to positively represent yourself, your family, your team, and CHHS at all times!!

All eyes are on you....no matter if it is on the playing field, out in the community, at school, or engaging in social media!!!

- Student athletes are expected to follow all school, team, and VHSL rules and regulations regarding the CHHS Handbook, Athletic Rules Contract, and Virginia High School League Handbook.
- Participation on athletic teams is a privilege and not a right. A student's behavior can affect his or her status on a team whether at school, at home, in the community, or online.
- Student athletes will show respect to peers, coaches, faculty, and administrative staff at CHHS. The same respect will be shown to opponents, officials, trainers, staff, and fans of opposing schools while representing CHHS.
- Student athletes are reminded that behavior expectations carry over to online and social media activity. If you are ever in doubt of the appropriateness of your online public posts/materials, consider whether it upholds and positively reflects your own values and ethics as well as those of CHHS. Please present a positive image and do not engage in anything to embarrass yourself, the team, your family, or CHHS. Examples of inappropriate and offensive behaviors may include depictions or presentations of the following:
 - Photos, videos, comments, or posters displaying the use of alcohol, drugs, and tobacco or to condone drug-related activity.
 - Photos, videos, and comments that are of sexual nature.
 - Content that is unsportsmanlike, derogatory, demeaning, or threatening toward any other individual or entity.
- Student athletes and spectators are not allowed to leave the bench area or enter the playing field or court to engage in a fight or altercation.
- If a student athlete is released from a team for any reason other than being "cut", the athlete may not participate on another team or workout until the season he or she participated in is over.

- Any student athlete charged or caught possessing tobacco, alcohol, or illegal drugs will receive appropriate discipline from the coach/administration and/or is subject for dismissal from the team.
- **Per VHSL Rules: An ejection for unsportsmanlike conduct results in a minimum one game suspension. A second ejection results in a minimum two game suspension. Fighting, use of hate speech or ethnically or racially insensitive expression will result in a minimum of 30% game suspension of a team's season maximum contest limit. The use of profanity towards an official, coach, player, spectator, or school employee will result in a 20% game suspension of a team's season maximum contest limit. A second ejection for fighting, using profanity, or unsportsmanlike conduct will result in a dismissal from the team. Any athlete ejected from a contest is subject to additional suspension by the coach or CHHS administration. Student athletes who leave the bench area and become actively involved in an altercation will result in a suspension from the contest totaling a minimum of 20% of the maximum contest limit. Players must view and submit proof of completion of the NFHS online "Sportsmanship" Course prior to being eligible to participate in any future contest. Player and coach ejections for unsportsmanlike offenses are preventable and will not be tolerated!!!**

2. Spectator Behavior Expectations

- Spectators are expected to show respect to the visiting team, home team, coaches, officials, opposing fans, and event staff at all times.
- Spectators may be asked to leave the facilities for behaviors deemed unsportsmanlike or violate Colonial Heights High School or Colonial Heights Public School Policy.
- **Purchasing a ticket to attend an athletic event does not give the spectator the right to behave in an unsportsmanlike manner!!**
- Negative remarks and negative cheers should not be directed towards players, coaches, officials, trainers, or opposing spectators before, during, or after a game or contest.
- Spectators should not approach a coach or player during a contest unless requested by a game worker or coach. In cases of severe injury, a parent will be asked to enter the bench area.
- Spectators are not permitted to enter the bench area or playing field to engage in a fight or altercation.
- **Officials for a contest should never be approached by spectators!! Severe penalties could be imposed on the CHHS athletic program by the VHSL.**
- **Parents or spectators who engage in prohibited behaviors may result in the ejection of a single sports event at which one-time misconduct occurs, a**

multi-event ban for multiple transgressions, or a permanent ban when actions become sufficiently severe to create a significant disruption.

3. Use of Hate Speech, Ethnically or Racially Insensitive Expressions

In 2018-2019, the VHSL adopted a policy requiring players who use racial slurs to be ejected from the contest immediately and serve a one-game suspension. Unfortunately, this penalty did not curb this behavior. We continue to have ejections for this type of behavior. In addition, we have experienced an increase in the number of incidents involving accusations of spitting on other players and the use of racial terms during competition. These types of situations affect our players and school communities in many ways. Many of Virginia's schools are becoming more diverse. Demographics in our schools continue to change. The same is happening with our student participants in athletics and academics. We should acknowledge and celebrate the differences each student brings to a community. However, there is no place for the type of behavior and racial language we have seen in the incidents in VHSL contests. No students or players should have to experience this type of action, hate speech, racial slurs, or any other type of insensitive expression. The policy was updated in the Fall of 2023 with more severe penalties. All are unacceptable!

What is hate speech?

Abusive or threatening speech or writing that expresses prejudice against a particular group, especially based on race, religion, or sexual orientation. There is a zero tolerance for using any terms that can be viewed as prejudice or discriminatory. This includes statements that could be viewed as acceptable in certain cultures.

- **VHSL 27-16-1: Any coach, team personnel and/or contestant who confronts or addresses a coach, contestant or official using hate speech, ethnically or racially insensitive expressions will be disqualified from the contest and will be ineligible for 30% of the team's maximum contest limit, and/or subsequent contests until penalties and/or educational/restorative interventions are completed. (Revised Fall of 2023)**
- **Educational/restorative interventions are recommendations. Beginning July 1, 2022, educational/restorative interventions were required for any person violating this policy.**

Penalties

The following represents degrees of VHSL discipline which will be referred to in interpreting a violation of using hate speech, ethnically or racially insensitive expression.

(1) Ejection - Any coach, team personnel and/or contestant who confronts or addresses a

coach, contestant, or official using hate speech, ethnically or racially insensitive expression, will be disqualified for the remainder of the contest and will serve additional game suspensions.

(2) Player/Coach Suspension - Any coach, team personnel and/or contestant who is ejected from a contest for using hate speech, ethnically or racially insensitive expression, **will be ineligible for 30% of the team's maximum contest limit, and/or subsequent contests until penalties and/or educational/restorative interventions are completed. (Revised Fall of 2023)**

(3) School Warning- A school's program may be placed on warning status for a one-year period by a Sportsmanship Committee for repeated infractions of using hate speech, ethnically, or racially insensitive expression.

(4) School Probation- Probation is a more severe penalty, based on repeated offenses within a two-year period by the same program or cumulative warnings over a period within the school. A school or program on probation may not enter any playoff toward a district, regional, or state championship nor may the school enter any sanctioned event.

(5) School Suspension- A school suspended from the League may not compete in interscholastic competition of any kind with a member of the League or a school that is a member of another state associated with the National Federation of State High School Associations.

(6) School Fine- A fine not to exceed \$1,000 may be levied with or without any other penalty on a school. Failure to report violations involving the use of hate speech, ethnically or racially insensitive expression, will result in a fine per occurrence.

**“One Person Practicing Sportsmanship Is Better Than 100
Preaching It”**

Knute Rockne

E. Additional Information

1. School Attendance:

- Students are expected to attend school regularly
- Students must attend at a minimum of two blocks to participate in a practice or contest. Students must be present for sixty of the ninety-minute block to receive credit through the CHHS attendance policy. The principal, assistant principle, or activities director may make exceptions to this standard for students with extenuating and/or unusual circumstances.
- Make sure the coach knows if you have missed school or if you are going to miss practice. Each coach will set a policy for missing practices.

2. Awards & Lettering:

- Lettering policies are posted on the CHHS website listed in the “Athletics” tab, then select “Forms.”
- Lettering policies are unique to the sport. Please have your coach define this at the beginning of the season.
- Athletes receive service pins, participation certificates, and letter awards.
- The first letter receives a varsity letter with a sport emblem. A repeat letter receives a service bar. Team managers and student athletic trainers will also receive pins, certificates, and letters.
- Athletes who actively participated on a varsity team for four years will be eligible to receive a special 4 Year Letter. *(Simply being on the varsity roster of a team without a J.V. team does not justify receiving a 4-year letter for that sport... Coaches discretion)*
- A few special awards/plaques will be awarded to athletes selected by the coaches for various accomplishments.

3. Facilities:

- Student athletes are expected to show “Colonial Pride” in their home facilities. Please take care of our school, locker rooms, gyms, fields, buses, etc.
- Please clean up your trash and belongings before you leave our facilities.
- The same guidelines are expected of our student athletes when we travel to our opponent’s facilities.

4. Athletic Trainer Services: Garrett Graves: (804) 914-0560

- CHHS has a certified athletic trainer on staff provided by VCU Health
- Garrett_Graves@colonialhts.net
- While we hope no one will get injured, please understand that participation in sports carries some risks. Some sports are more dangerous than others.
- Our athletic trainer is available around 1:30- 2:00 PM when school is in session and available by phone during practice hours. Also, our trainer is present at most home events throughout the season. However, one person cannot be at different sites for all sports. Coaches are trained to manage minor injuries until our trainer is available to see the student athlete.

- Please let our trainer know whenever you see a doctor. The athletic trainer will need the information to help you in your “Return to Play” and “Return to Learn.” The student athlete must bring a doctor’s note for our athletic trainer.
- If a physician holds you out from participation, that physician must “clear” you before you will be allowed to participate in practice or games.
- Please be sure your coach has emergency contact information and is aware of any medical conditions.

5. Communication:

- Communication between players, parents, and coaches is crucial to avoid potential misunderstandings!!
- If you have an issue or concern about your student athlete, please contact the coach prior to the Activities Director.
- Coaches are expected to provide concise rules and expectations to all players and parents.
- Let your coach know when things are going on that may affect practice or games in advance and not the day of the conflict. (Examples: make up quiz/test, tutoring, school sponsored activities, doctor’s appointments, funerals, court, illnesses, etc.)
- Coaches will set policies for absences and late arrivals for their team.
- Student athletes are encouraged to share thoughts, feelings, and concerns with the coach. However, coaches should not be approached before, during, or after a practice or game. Please set an appointment with the coach.

6. Prohibited Substances:

- **Energy Drinks:** VHSL policy prohibits athletes from consuming energy drinks during participation in VHSL practices and competitions. (This does not include Gatorade, PowerAde, or similar drinks).
- **Alcohol, illegal drugs, and tobacco products** are not to be used by CHHS student athletes. This includes electronic cigarettes and vaping. Disciplinary actions may include suspension and/or removal from the team. School disciplinary action and/or legal action may also be taken.
- **Steroids:** Anabolic androgenic Steroids (AAS) are extremely powerful drugs and can be extremely dangerous, especially to young athletes, if not prescribed by a licensed physician. These substances are not to be used by CHHS student athletes. Disciplinary actions including suspension and/or removal from the team may also be taken.

7. Transportation:

- Student athletes are expected to ride on the bus to and from athletic events.
- Coaches will set rules and regulations regarding if students can ride home with a parent/guardian
- If a coach allows the student athlete to ride home with a parent/guardian, the parent/guardian must notify the coach face to face at the event before the student athlete leaves with the parent/guardian.
- A student athlete is not permitted to drive himself/herself or another individual to an athletic event.
- Extenuating circumstances must be approved by the assistant principal or activities director.

8. Uniforms, Equipment, & Attire:

- Uniforms should only be worn during VHSL competitions for CHHS or on game day if permitted by the coach. Sleeveless jerseys/tops must have a sleeved undershirt to meet CHHS dress code policy.
- Student athletes must pay a replacement fee if a uniform is lost or damaged.
- Uniforms must be turned to the coach at the conclusion of the season. All uniforms are due prior to the awards ceremony.
- Student athletes may be denied participation on subsequent athletic teams if uniforms are not returned from the previous season.
- Student athletes must be dressed properly for practices and games while on campus or representing CHHS. Shirts must always be worn at practice or games/contests.
- Student athletes are expected to respect all equipment, school property, and facilities both at home and on the road.

9. Hazing & Bullying:

- “Hazing” refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person’s willingness to participate. (www.stophazing.org)
- “Bullying” refers to unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. (www.stopbullying.gov)
- These types of behaviors are unbecoming of a CHHS student athlete on a high school athletic team. Student athletes should behave in a positive manner towards all teammates, students, teachers, coaches, staff members, trainers, bus drivers, event workers, and spectators.
- If student athletes are found to be involved with hazing or bullying activities, they may be suspended or dismissed from the team. In certain situations, there could be additional disciplinary actions taken by the school and possibly legal ramifications.

10. Harassment & Sexual Harassment:

Harassment

- The Colonial Heights School Board is committed to maintaining an educational environment and workplace that is free from harassment. In accordance with law, the Board prohibits harassment against students, employees, or others on the basis of sex, gender, race, color, national origin, disability, religion, ancestry, age, marital status, genetic information or any other characteristic protected by law or based on a belief that such characteristics exists at school or any school sponsored activity. The School Division shall promptly investigate all complaints of harassment, written or verbal, promptly take appropriate action to stop any harassment and take appropriate action

against any student or school personnel who violates this policy and take any other action reasonably calculated to end and prevent further harassment of school personnel or students. The School Board has designated Burke George, Director of Human Resources, 512 Boulevard, Colonial Heights, VA, 23834, Burke_George@colonialhts.net (804) 524-3400 as the Compliance Officer responsible for identifying, investigating, preventing, and remedying prohibited harassment. Complaints of discrimination can also be made to the Alternate Compliance Officer, Patrick Newman, Assistant Superintendent, 512 Boulevard, Colonial Heights, VA, 23834, Patrick_Newman@colonialhts.net (804) 524-3400. (See School Board Policies GBA/JFHA and GBA/JFHA-R)

Sexual Harassment

- It is the policy of the Colonial Heights School Board to maintain a working and learning environments for all its employees and students which provides for fair and equitable treatment, including freedom from sexual harassment. It is prohibited for any employee or student, male or female, to harass another employee or student by making unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or other verbal or physical conduct or communication, which may include the use of cell phones or the Internet, of a sexual nature, when (1) submission to such conduct or communication is made a term or condition, either explicitly, or implicitly, of obtaining or retaining employment or education, (2) submission to or rejection of such conduct or communication is used as a factor in decisions affecting that individuals employment or education, or (3) such conduct or communication substantially or unreasonably interferes with an individual's employment or education, or creates an intimidating, hostile or offensive employment or educational or educational environment. Any employee who believes that he/she has been subjected to sexual harassment should file a written complaint of the alleged act immediately with his/her immediate supervisor/principal or to the Title IX compliance officer. If the complaint is against the supervisor/principal or the Title IX compliance officer, the complaint shall be filed with the Superintendent. The written complaint should state in detail the basis for the complaint, the names of the persons involved, and the dates of any specific incidents. A thorough confidential investigation of all reported incidents to determine the nature and extent of any alleged sexual harassment will be undertaken immediately. The question of whether a particular action or incident is prohibited behavior requires a determination based on all the available facts in the matter. A written report shall be filed at the conclusion of any investigation of sexual harassment regardless of the outcome of that investigation. Any administrator, teacher, or employee who is found, after appropriate investigation, to have engaged in sexual harassment of another employee or student will be subject to disciplinary action appropriate to the offense, from a warning up to discharge. Any act of retaliation against individuals filing a sexual harassment complaint or testifying, assisting, or participating in the handling of a complaint is prohibited. Retaliators will be subject to discipline up to discharge. The School Board has designated Burke George, Director of Human Resources, 512 Boulevard, Colonial Heights, VA, 23834, Burke_George@colonialhts.net (804) 524-3400 as the Compliance Officer responsible for identifying, investigating, preventing, and remedying prohibited harassment. Complaints of discrimination can also be made to the Alternate Compliance Officer, Patrick Newman, Assistant Superintendent, 512 Boulevard, Colonial Heights, VA, 23834,

Patrick_Newman@colonialhts.net (804) 524-3400. (See School Board Policies GBA/JFHA and GBA/JFHA-R)

11. Profanity:

School Board policy prohibits the use of any type of profanity by school employees and coaches directed to or in the presence of students. The use of profanity by coaches or student athletes is unacceptable and will not be tolerated.

12. Lightning Safety for Outdoor Sports Events:

Practice and training increase recreation performance. Similarly, preparedness can reduce the risk of the lightning hazard. Lightning is the most frequent weather hazard impacting athletics events. Baseball, football, lacrosse, skiing, swimming, soccer, tennis, track, and field events...all these and other outdoor sports have been visited by lightning.

Education is the single most important means to achieve lightning safety. A lightning safety program should be implemented at every facility. The following steps are suggested:

1. A responsible person should be designated to monitor weather conditions. Local weather forecasts - from The Weather Channel, NOAA Weather Radio, or local TV stations - should be observed 24 hours prior to athletic events. An inexpensive portable weather radio is recommended for obtaining timely storm data.
2. Suspension and resumption of athletic activities should be planned in advance. Understanding of SAFE lightning shelters is essential. SAFE evacuation sites include:
 1. Fully enclosed metal vehicles with windows up.
 2. Substantial buildings.
 3. The low ground. Seek cover in clumps of bushes.
3. UNSAFE LIGHTNING SHELTER AREAS include all outdoor metal objects like flag poles, fences and gates, high mast light poles, metal bleachers, golf cars, machinery, etc. AVOID trees. AVOID water. AVOID open fields. AVOID the high ground.
4. Lightning's distance from you is easy to calculate: if you hear thunder, it and the associated lightning are within auditory range...about 6-8 miles away. The distance from Strike A to Strike B also can be 6-8 miles. Ask yourself why you should NOT go to shelter immediately. Of course, different distances to shelter will determine different times to suspend activities. A good lightning safety motto is: "If you can see it (lightning) flee it; if you can hear it (thunder), clear it."
5. If you feel your hair standing on end, and/or hear "crackling noises" - you are in lightning's electric field. If caught outside during close-in lightning, immediately remove

- metal objects (including baseball cap), place your feet together, duck your head, and crouch down low in a baseball catcher's stance with hands on knees.
6. Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
 7. People who have been struck by lightning do not carry an electrical charge and are safe to touch. Apply first aid immediately if you are qualified to do so. Get emergency help promptly.

13. VHSL Heat Guidelines

[\(Double Click on Heat Guide Icon to View the Document\)](#)



VHSL Heat Guide.pdf

HEAT INJURIES CAUSE MULTIPLE DEATHS EACH YEAR IN HIGH SCHOOL SPORTS. Heat illness and injury can range from a simple muscle cramp to life threatening heat stroke. Catastrophic heat injuries are preventable. Following the recommendations found in this document, the risk of heat injuries can be reduced significantly. The most important components in preventing heat injury are the prevention of dehydration and limiting activity when temperature and humidity make it near impossible for the body to cool through evaporation of sweat. The body produces heat at rest; this heat production increases 10 to 20 times with exercise. Evaporation is the major method of cooling the body during exercise. Evaporation of sweat dissipates the heat from the core of the body, keeping the internal organs cool. Exercising in a dehydrated state reduces the ability to sweat, therefore compromising the ability to cool. Dehydration also causes a reduction in blood volume, compromising cardiac output. The air temperature and humidity have a direct effect on the efficiency of this cooling process. Based on the effects of dehydration and exercising in the heat and humidity, the following guidelines have been established to provide administrators, coaches, and athletic training staff, with a sound plan to prevent heat injury. It is strongly recommended that each school system develops and adheres to specific heat guidelines appropriate for their student activity population and facilities based on scientific research. Guidelines should also apply to activities such as marching band and for gyms and indoor facilities without air conditioning.

Signs and Symptoms of Heat Problems:

The following are common signs and symptoms related to heat illness but are not intended to represent a complete list. In the event an athlete is suffering from one or more of the

following, the athlete should be referred to appropriate allied health care or medical professional for full evaluation.

• Muscle spasms/cramps • Heavy or profuse sweating • Skin is flushed or cool and pale • Headache • Dizziness • Rapid pulse, nausea, weakness • Disoriented, confusion • Elevated body core temperature • Cessation of sweating • Red, dry skin • Shallow breathing and rapid pulse • Loss of consciousness

Heat Illness/Injury Facts:

• Adolescents take longer to acclimatize to the heat than adults • Weight loss of water greater than 3% of body weight significantly increases the risk of heat related illness. • 1.5 times the amount of water lost must be consumed to replace lost weight. • Unrelated illnesses causing vomiting and/or diarrhea will increase risk of heat related illnesses. These conditions should be brought to the attention of the ATC and/or coaching staff prior to participation and close monitoring of these individuals should take place during practice sessions and competition. • Athletes taking certain medications including diuretics, antihistamines, beta blockers and anti-cholinergics are at higher risk for heat illnesses. • Light colored breathable clothing can assist the body in cooling. • Athletes who are overweight, poorly conditioned, recovering from illness, lacking in sleep, or taking medications are at added risk for heat illnesses and should be monitored closely and/or have their participation level modified.

Did You Know?



Colonial Heights High School was established in 1957 at the site of the present Colonial Heights Middle School. Colonial Heights High School graduated its first class in 1961. Its first class graduated 90 students. In 1964 upon completion of the current building, it moved to its present location. The enrollment at the school is currently about 900 students. The mathematics wing was added to the main building in 1970-71; and the technical center, located just across the High School at 3451 Conduit Road, opened in 1980-81. The technical center contains the following vocational capabilities: Child Care, Culinary Arts, ICT, Marketing Education, Technology, Auto Mechanics, Business, and Building Trades. The Annual Homecoming of Colonial Heights High School was established in 1961 by the SCA. A homecoming queen is elected to reign over the celebrations. She is crowned during a halftime ceremony at the Homecoming Football Game. She reigns over the Homecoming Dance the following evening. All alumni are given a special welcome. The Junior Ring Dance is an important event each year. The Juniors form a ring figure, and their class rings are presented at this formal dance. The Senior Prom is held in the late spring. This formal dance is for Seniors and their dates only. This event is followed by an "After Prom" celebration sponsored by parents and the community.

14. CHHS Athletic Rules Contract:

1. All student athletes will follow all school rules as outlined in the CHHS Student Handbook. School rules, including bus behavior, apply anytime a team is practicing, going to a game or practice, or riding the bus.
CONSEQUENCE: As determined by school administration.
2. All student athletes will not use or possess any tobacco product at practice or games, or on a school bus or school property.
CONSEQUENCE: 1ST Offense- 1 game suspension.
2nd Offense- 2 game suspension.
3rd Offense- Dismissal from the team.
3. All student athletes will not use or possess alcohol.
CONSEQUENCE: 1st Offense- School appropriate discipline and coach's discipline.
2nd Offense- Dismissal from the team.
4. All student athletes will not use or possess any illegal drug.
CONSEQUENCE: 1st Offense- School appropriate discipline and dismissal from the team.
5. All student athletes will not engage in fighting, biting or aggressive behavior in any way that leads to an ejection.
CONSEQUENCE: 1st Offense- 3 game suspension (VHSL Rule 27-11-6) and subject to school or coach's discipline
2nd Offense- Dismissal from the team.
6. All student athletes will not use profanity towards an official or an opposing player, team, or coach. If the player is ejected from the contest....
CONSEQUENCE: 1st Offense- 2 game suspension (VHSL Rule 27-11-6) and subject to school or coach's discipline
2nd Offense- Dismissal from the team.
7. All student athletes will not leave the bench area to actively be involved in a verbal or physical altercation on the court or field. If the player is ejected from the contest....
CONSEQUENCE: 1st Offense- 2 game suspension (VHSL Rule 27-11-6) and subject to school or coach's discipline
2nd Offense- Dismissal from the team.
8. All student athletes are expected to attend all practices and/or games unless excused by the coach.
CONSEQUENCE: Discipline will be at the coach's discretion.
9. All student athletes will conduct themselves in a manner so not to be placed in (ALC) or suspended from school (OSS).
CONSEQUENCE: (ALC) Any student athlete placed in ALC may attend practice but cannot participate. If ALC is on a game day, the student athlete may not participate but may attend the game or contest.
(OSS) Any student athlete that receives OSS may not attend practice or game. The student athlete may not be on school property until the suspension is over. Additional discipline may be assigned, by the coach, for any student athlete that receives ALC or OSS.
10. All student athletes will be honest and truthful with the coach. Dishonesty and/or lying will not be tolerated.
CONSEQUENCE: Discipline will be at the coach's discretion
11. All student athletes will not be ejected from a game or contest.
CONSEQUENCE: 1st Offense- 1 game suspension (VHSL Rule 27-11-6) and may be subject to additional discipline from the coach or school.
2nd Offense- Dismissal from the team.
12. All student athletes will conduct themselves in a manner that is becoming to Colonial Heights High School. Inappropriate attitudes and/or actions to include defiance will not be tolerated.
CONSEQUENCE: Discipline is subject to coach's or school's discretion which may include ALC/OSS.

Additional Rules/Expectations

1. All student athletes should carry adequate health insurance to cover any injury that might occur while participating in any sport.
2. All athletic consequences are in addition to any school administrative consequences given by the school administration.
3. All student athletes will return all uniforms to their coach no later than one week after the last contest. Students will not be allowed to try-out/participate in another sport until uniforms/obligations are cleared from the previous sport and/or year.
4. All student athletes are responsible for their personal belongings while participating in any athletic activity.
5. The student athlete must be responsible for their actions and make their coach aware of any possible punishable events that may lead to disciplinary actions by teachers or school administration.
6. The student athlete must be dressed in street clothes while serving the suspension.
 - (Wearing a game jersey over their street clothes will be permitted)
7. All student athletes are expected to travel to and from all contests with the coach on the bus. Exceptions can be made by the coach for the student athlete wishing to return from a contest with a parent/guardian. Student athletes will **not** be permitted to return with the parent/guardian of another team member.
8. Removal from a team will be made by the coach of the sport, activities director and/or school administration. The athletic director and/or principal will confer with the coach before any removal action is taken. Causes for removal from a team may include, but not limited to the following:
 - Personal misconduct that involves police or court action during the athletic season.
 - Verbal and/or physical attack upon a teammate, opponent, contest official, teacher, fan, coach, or any other person.
 - Continued acts of unsportsmanlike conduct.
 - Continued acts of breaking team rules/expectations
 - Repeated violations of the CHHS Athletic Rules Contract.
9. **If a player quits a team or is removed from a team, he or she may not participate in any other sport or preseason workout until the season ends.**

Student Athlete Signature: _____

Print Name: _____

Parent/Guardian Signature: _____

Date: _____

Sport(s): _____

This contract will only be in effect through the above athletic season(s).

15. CHHS Concussion/Risk Form

Part 1: ATHLETIC CONCUSSIONS- A FACT SHEET FOR ATHLETES AND PARENTS

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or badly that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Observed by the Athlete

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or double vision
Bothered by light
Bothered by noise
Feeling sluggish, hazy, foggy, or groggy
Difficulty paying attention
Memory problems
Confusion
Does not “feel right”

Observed by the Parent/Guardian

Is confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Cannot recall events after hit or fall
Appears dazed or stunned

WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT

Athlete

TELL YOUR COACH IMMEDIATELY!
Inform Parents
Seek Medical Attention
Give Yourself Time to Recover

Parent/Guardian

Seek Medical Attention
Keep Your Child Out of Play
Discuss Plan to Return with Coach/Trainer

“It’s better to miss one game than the whole season.”

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from your doctor/health care professional AND the CHHS Athletic Trainer to return to play.

SIGNATURES: By signing below, I acknowledge that I have received and reviewed the attached two-page Colonial Heights High School Concussion Fact Sheet/Risk Form for Athletes and Parents. I also acknowledge and understand the risk of brain injuries associated with participation in a school athletic activity. I also agree to abide by the CHHS Concussion Protocols.

XXX _____

Athlete’s Signature

Date

XXX _____

Parent/Guardian’s Signature

Part 2: RISK FORM- WARNING, AGREEMENT TO OBEY INSTRUCTIONS, RELEASE, ASSUMPTION OF RISK, AND AGREEMENT TO HOLD HARMLESS

ACTIVITY (Check all that are applicable)

- | | | | |
|--|---------------------------------------|-------------------------------------|---------------------------------|
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Cheerleading | <input type="checkbox"/> Basketball | <input type="checkbox"/> Golf |
| <input type="checkbox"/> Football | <input type="checkbox"/> Softball | <input type="checkbox"/> Baseball | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Field Hockey | <input type="checkbox"/> Wrestling | <input type="checkbox"/> Tennis | <input type="checkbox"/> Track |
| <input type="checkbox"/> Field Hockey | <input type="checkbox"/> Swim | <input type="checkbox"/> Band/Guard | Other _____ |

STUDENT: I am aware playing or practicing to play/participate in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing to play/participate in the above sport(s) include, but are not limited to death, serious neck and spinal cord injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeleton system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risk of playing or practicing to play/participate in the above activity(s) may result not only serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in the above activity, I recognize the importance of following coaches' instructions regarding techniques, training, and other team rules, etc., and agree to obey such instructions.

In consideration of Colonial Heights High School permitting me to try-out for the _____ team and engage in all activities related to them, I hereby assume all the risks associated with participation.

PARENT/GUARDIAN: I, _____ am the parent/guardian of _____

(student). I have read the warning on **BOTH** pages and understand its terms. I understand that all activities can involve may RISKS OF INJURY, including, but not limited to, those risks outlined in this two-page document.

HEAD GAMES: CONCUSSIONS IN SPORTS

Concussion:

- Any blow or force to the head that causes mental status changes; disorientation, confusion, memory loss or slowness in thinking.

Symptoms:

Viewed by Others

- Memory loss (past or present)
- Difference in pupil size
- Confusion
- Disorientation
- Change in emotions (sadness, irritability)

Described by Athletes

- Headache
- Dizziness
- Nausea/vomiting
- Feeling in a "fog"
- Sensitivity to light and sound
- Fatigue
- Problems focusing and concentrating
- Difficulty sleeping
- The sky may change colors

Treatment

- Call for an assessment
- REST!!! No school, no practice.
- Limit cognitive use. No video games, TV, computers, etc.
- Make academic accommodations.
- Monitor all physical symptoms and cognitive symptoms.

Return-to-Play (RTP)

- Student must be without any cognitive or physical symptoms, at rest and exertion, PROVIDED BY ATHLETIC TRAINER
- REST!!! After 5 days of no symptoms, athlete MAY BE ABLE to return-to-play.
- External Protocol: Athlete must be without symptoms after each day to proceed to the next day.
- If the athlete is not without symptoms, then they will repeat that day, the next day.
- RTP must be done in consecutive days.

Educate the Athletes

Accelerated rehabilitation centers
Physical Therapy • Sports Medicine
PUTTING PATIENTS FIRST • 877-97-REHAB • acceleratedrehab.com

16. Covid Protocols/Waiver Form

CHHS Covid Protocols

- Acknowledgement Risk Forms will be signed by all players, parents, and coaches.
- Masks must be worn by players, coaches, event staff, and spectators at all indoor events except when players are actively participating in the practice or game. This includes warmups before a game.
- Coaches and players must always wear a mask on the bus going to and from events.
- Practice social distancing at all practices and games when not actively participating in a drill, game, meet, or event.
- Disinfecting sprays will be used before, during, and at the end of practice to disinfect the facility and equipment.
- Handwashing is imperative to reduce the spread of germs.
- Players are encouraged to shower and wash practice clothes daily after each practice or game.
- Locker rooms and showers will be closed. Players must arrive ready to play or practice daily. The only exception is football due to equipment sanitation concerns and equipment storage. The head football coach will establish pods for the team to limit the number of players in the locker room at one time.
- Restrooms will be provided for all athletes. Please check with the head coach to determine which restrooms are to be used.
- Players and coaches will be verbally screened daily for COVID-19 symptoms
- If a player or coach tests positive or is believed to have symptoms of Covid-19, he or she will be quarantined from the team and must have proper documentation/clearance from a physician (doctor's note) before returning to practice; and are symptom free for 24 hours prior to return.
- If we have a player or coach test positive for Covid-19 during the season or have a direct exposure to Covid-19, our team will be quarantined from participating in practices and competitions. The CHHS administration and athletic trainer will provide our coaches with the "Return to Play" protocols for all participants. This includes the total amount of days needed for quarantine and when players/coaches must get tested (PCR Test).
- A positive exposure consists of being in contact with a person positive for Covid-19 within 3 days (72 hours). The exposed person will need to take a PCR Covid Test on the fifth day after the exposure.
- If a player or coach chooses not to get tested, he or she will need to quarantine from the team for 14 days from the exposure.
- Parents, visitors, or spectators are not allowed to be at any practice.
- Players must bring a large water thermos or jug to every practice and game to participate. We cannot use community water bottles.
- Players are not allowed to ride to and from practice with other players or coaches.
- Any player or coach displaying symptoms of Covid-19 will not be allowed to participate in any practice or game and must leave the facility immediately with a parent or with parent consent if the player can transport himself or herself.



COLONIAL HEIGHTS HIGH SCHOOL RETURN TO ATHLETICS PLAN

Acknowledgement of Risk and Waiver of Liability for Colonial Heights High School Athletics Relating to COVID-19 Student/Parent Form

The novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization, COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Colonial Heights High School Athletics Department has put in place preventative measures to reduce the spread of COVID-19. However, the school system cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending the extracurricular activities could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending or my child(ren) attending school sponsored activities (i.e., practice, conditioning and out of season workouts, such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the school may result from the actions, omissions, or negligence of myself and others, including, but limited to, School employees, volunteers, and program participants and their families.

I voluntarily agree to assume all the foregoing risks and accept sole responsibility for any injury to my child(ren) of myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance of the school's extracurricular activities or athletic activities. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the school system, its employees, agents, and representatives, of expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the school, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in schools sponsored activities.

Student Name _____

Parent/Guardian Name _____

Parent/Guardian Signature _____ **Date** _____

17. Sudden Cardiac Arrest Risk Form



Sports Medicine

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 students die of SCA each year. It is the #1 cause of death for student athletes.

Warning Signs of SCA

Tell Your Coach, Athletic Trainer, or School Nurse and Consult Your Doctor if These Conditions Are Present in Your Student Athlete

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle (Fainting is the #1 sign of a potential heart condition)
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise
- Severe headache, Vague malaise, Cold Sweat, or Indigestion/Heartburn/Gastrointestinal Symptoms

What should you do if you experience any of these symptoms?

Immediate removal from play. Any student athlete who shows signs or symptoms of SCA must be removed from play. We need to let student athletes know that if they experience any SCA related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician.

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning, or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills, or performance- enhancing supplements

Sports Medicine

What should you do if your student athlete has any risk factors for SCA?

If the athlete has any of the SCA risk factors based on family history, these should be discussed with a doctor to determine if further testing is needed. Wait for your doctor’s feedback before returning to play, and alert your coach, trainer, and school nurse about any diagnosed conditions.

When should a student athlete be removed from play and when can they return?

Any student athlete who shows signs or symptoms of SCA before, during, or after activity must be removed from play/practice. Play includes all athletic activity. Before returning to play, the athlete must be evaluated by an appropriate licensed health care provider determined by the Virginia Department of Education. (Licensed physician, physician assistant certified registered nurse practitioner or cardiologist (heart doctor). Clearance for the student athlete to return to play must be provided in writing.

What can you do to protect young hearts	Cardiac Chain of Survival
<ol style="list-style-type: none"> 1. Talk with your student athlete about potential warning signs noted above and check your family tree for the above risk factors. Discuss any warning signs and risk factors with your primary care physician immediately. 2. Know the Cardiac Chain of Survival. 3. Help make AEDs available at your school or sports team 	<ol style="list-style-type: none"> 1. Recognition of Sudden Cardiac Arrest Collapsed and unresponsive. They are not breathing, even if you hear gasping, gurgling, snorting, moaning or labored breathing noises, or see seizure-like activity. Do not lose precious minutes trying to “wake them up”—act immediately! 2. Call 9-1-1 3. Begin CPR. Begin cardiopulmonary resuscitation (CPR) immediately. Hands -only CPR involves hard and fast and continual two-inch chest compressions in the center of the chest—about 100 per minute. CPR can be a bridge to life until the AED arrives. 4. Retrieve an AED. Know the location of the school’s automated external defibrillator (AED) and use it as soon as possible. Mobile AED units have step-by-step instructions for a bystander to use in an emergency—you do not need to be a medical professional to use an AED.

I have reviewed and understand the symptoms and warning signs of SCA



18. Important CHHS Athletic Dates

Gym Closed: Monday, June 22-July 4, 2022: Floor Reconditioning

First Practice/Tryouts Can Begin ON.....

- Fall Monday, July 28, 2025 (Golf)
Thursday, July 31, 2025 (Cheer, Football)
Monday, August 4, 2025 (Cross Country, Volleyball, Field Hockey)
- Winter Monday, Nov 10, 2025 (All Winter Sports)
- Spring Monday, Feb 23, 2026 (All Spring Sports)

Coaches Meetings

- Fall Tuesday, Aug 12, 2025 5:45PM CHHS Auditorium
- Winter Monday, Nov 17, 2025 5:45PM CHHS Auditorium
- Spring Thursday, Mar 5, 2026 5:45PM CHHS Auditorium

Athletic Sportsmanship Meetings

- Fall Tuesday, Aug. 12, 2025 6:30pm CHHS Auditorium
- Winter Monday, Nov. 17, 2025 6:30pm CHHS Auditorium
- Spring Thursday, March 5, 2026 6:30pm CHHS Auditorium

Athletic Pictures

- Fall Wednesday, Aug. 6, 2025 (Football, Cheer, Band) 9:00am Football Field
Wednesday, Aug. 27, 2025 (Volleyball, X-Country, Golf, Field Hockey) 2:30pm CHHS Gym
- Winter Wednesday, Jan. 7, 2026 2:30pm CHHS Gym
- Spring Wednesday, April 8, 2026 2:30pm CHHS Gym

Athletic Awards

- Coaches are expected to participate in some type of team dinner/award presentation at the end of the season.
- Please let me know if you would like to reserve the cafeteria or media center.

VHSL Dead Periods

- Summer June 22-July 6, 2025
- Fall July 27-Aug. 10, 2025
- Winter Nov 9-23, 2025
- Spring Feb 22-Mar. 8, 2026

PEP Rallies

- Fall Friday, Sept. 4, 2025 1:55pm CHHS Gym
- Homecoming Friday, Oct 3, 2025 1:55pm CHHS Gym
- Winter Friday, Nov 14, 2025 1:55pm CHHS Gym
- Spring Friday, Mar 8, 2026 1:55pm CHHS Gym

Athletic Signing Ceremonies

- Fall Wednesday, Dec 10, 2025 2:30pm CHHS Gym
- Spring Wednesday, April 22, 2026 2:30pm CHHS Gym

Interims: Oct 6, Dec 8, Mar 2, May II

Report Cards: Nov 14, Feb 6, Apr 17, Last Report Card Mailed Home

“Once a Colonial Always a Colonial!!!”

V. Risk of Injury Due to Participation

Students may suffer serious injuries including but not limited to sprains, fractures, brain injury, paralysis, or even death by participating in sports. Some sports have more contact and student athletes may be more susceptible to injuries. Football, field hockey, wrestling, cheer, soccer, baseball, and softball can be violent sports due to objects striking players or through forceful contact. However, all sports carry risk of injury from minor to major.

While injuries (no matter how severe) are possible, there are preventive steps that can be taken to lessen the chances. Honest communication is imperative!! Student athletes and parents are encouraged to let coaches know when athletes are ill or injured. Our athletic trainer, Garrett Graves, should be notified as well (804) 914-0560 or at Garrett_Graves@colonialhts.net.

When a student athlete sees a physician, he or she is under that doctor's care until they are cleared for participation. Please be sure to ask the doctor for a note that clearly states when the student athlete may return to play. Please do this even if you see a doctor for feeling ill. No coach, athletic trainer, or parent can override doctor's order or care. Student athletes are encouraged to see the athletic trainer before going to the doctor if possible. Our trainer has many resources that will expedite the process and provide a better line of communication between the student athlete, physician, and trainer. Also, it will help eliminate potential unwanted extended absence from participation.

Concussions are extremely serious and should not be taken lightly. One of the biggest concerns with concussions is “Second Impact Syndrome” which can occur when a student athlete suffers a second head injury before he or she have recovered from the first. Concussions, especially second impact concussions, can be fatal.

When a student athlete is suspected of a head injury, he or she will be taken out of play and may not return to play the rest of the day. State law states that student athletes must be cleared to return to play by a licensed health care provider including medical doctor, certified athletic trainer, physician's assistant, or nurse practitioner. Coaches may no longer rest a student athlete until he or she says they are ready to return to play. Student athletes are encouraged to be honest and must alert coaches and the athletic trainer to possible head injury. The athletic trainer has the final clearance for a student athlete to return to the playing field.

VI. Concussion & Return to Play Policy

The goals of the state “Student-Athlete Protection Act (SB 652)” are to ensure that student athletes who sustain concussions are properly diagnosed, given adequate time to heal, and are comprehensively supported until they are symptom free.

- **Definition of Concussion:** A brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face, or neck, or a blow to the body that causes a sudden jarring of the head. A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual.
- **Signs and Symptoms:** You cannot see a concussion. Signs and symptoms of concussions can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if he or she just “doesn’t feel right.” If your child or teen reports one or more of the symptoms below, or if you notice the symptoms yourself, you should seek medical attention right away.

Signs observed by parents or guardians

- 1.** Appears dazed or stunned
- 2.** Is confused about events
- 3.** Answers questions slowly
- 4.** Forgets an instruction
- 5.** Is unsure of game, score, or opponent
- 6.** Moves clumsily
- 7.** Loses consciousness (even briefly)
- 8.** Shows behavior or personality changes
- 9.** Cannot recall events *prior to* hit, bump, or fall
- 10.** Cannot recall events *after* hit, bump, or fall

Symptoms reported by athlete

- 1.** Headache or “pressure” in head
- 2.** Nausea or vomiting
- 3.** Balance problems or dizziness
- 4.** Double or blurry vision
- 5.** Sensitivity to light
- 6.** Sensitivity to noise

7. Confusion
8. Feeling sluggish, hazy, foggy, or groggy
9. Does not “feel right”
10. Concentration or memory problems

- **Return to Play Progression:** If a student athlete is suspected of having incurred a concussion during practice, play, or contest, this policy will be followed by CHHS:
 1. Immediately remove player from practice or competition (Athlete is done for the day)
 2. Sideline evaluation is conducted by athletic trainer or coach
 3. Notification of parent/guardian regarding the incident
 4. A release/clearance must be given by physician, certified athletic trainer, nurse practitioner, or physician’s assistant
 5. Begin a 7-stage Return to Play Progression Process per the athletic trainer
 6. Return to full participation after completion of all steps above

Why is it important for the Return to Play Progression to be followed?

- **To help them take time to get better:** If your child or teen has a concussion, his or her brain needs time to heal. Your child or teen may need to limit activities while he or she is recovering from a concussion.

Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

After a concussion, physical and cognitive activities such as concentration and learning should be carefully managed and monitored by a health care professional.

(Taken from U.S. Department of Health & Human Services Centers for Disease Control and Prevention)



VII. Parent Information

A. Intro

For your son/daughter to try out for an athletic program, we must have a fully completed Virginia High School League Parent Permission, Physical Form and CHHS Concussion/Risk Form on file before your athlete may practice. The physical examination date must be after May 1 of current year.

Try-outs last just a few days (3 days) for those teams that must cut. Your son/daughter should work hard to demonstrate the physical skills needed to execute the game. But most importantly, the coach will be looking at attitude, behavior, coachability, work ethic, and punctuality. Members of the team are selected by the coaches based on their performance at tryouts. Even if a team does not have a cut policy, the coach may immediately remove any athlete that may be a behavior problem. Participating in extra-curricular activities is a privilege – not a guaranteed right.

Team success depends on team effort between the athletes, the coaches, and the parents. It is important that athletes and parents support the effort and the decisions of the coach. The athlete's job is to execute, the coach's job is to coach, the official's job is to officiate, and the parent's job is to respect the efforts of those involved. Any concerns regarding your child should be discussed in private with the coach. This is the first step of the CHHS Parent/Coach Communication Plan.

Playing time is not guaranteed, it is earned. It is based on the coaches' decisions. Athletes should first determine what they need to demonstrate and then work hard at that effort. Athletes should be open with the coaches to gain the understanding of what they need to improve to see playing time. Coaches only want what is best for the team – they want to have the best effort at success. Sometimes a team decision does not seem best for every individual on the team. Many of us have experienced that in our lifetime.

Sportsmanship is imperative! We ask that you respect the effort of our athletes, our coaches, their opponents, the officials, trainers, security officers, and the school staff who work events. Sportsmanship is simply respect!

Communication is key. We welcome your concerns and your thoughts. However, please remember it is not good timing to approach a coach before, during, or after a game. Call and set up a time for sharing your thoughts and concerns. It is more productive for everyone when concerns are shared in a quiet, private, and adult environment. Coaches will discuss issues with your child but not, other children.

B. Parent/Coach Communication Plan

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from Your Child's Coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as for the players on the team
3. Locations and times of all practices and games
4. Team requirements, i.e., practices, team rules, expectations
5. Discipline that may result in the denial of your child's participation

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concerns regarding a coach's philosophy and/or expectations
4. Notification of illness or injury as soon as possible

Parent Code of Conduct

1. Make sure your child understands that win or lose, you support him / her.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "improved" performance, not winning.
5. Provide a safe environment for training and competition.
6. Do not relive your own athletic past through your child.
7. Control your emotions at games and events. (Be a good fan)
8. Do not call out or say inappropriate things to officials, coaches, or players of either team
9. Be a "cheerleader" for your child and other players on the team.
10. Respect your child's coaches. Communicate with them in a positive way.
Encourage others to do the same.
11. Be a positive role model.

As your child becomes involved in the Athletic Program at CHHS, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior
4. Concerns about your child outside of athletics

It is very difficult to accept if your child is not playing as much as you may hope.

Coaches are professionals. They make judgement decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution of the issue or concern.

If You Have a Concern to Discuss with The Coach

1. Call the coach to set up an appointment
2. If the coach cannot be reached, call the Activities Director. A meeting will be set up for you.

- 3. Please do not attempt to confront the coach before or after a game or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

THE NEXT STEP

What a parent can do if the meeting with the coach did not provide a satisfactory resolution.

1. Call and have a discussion with the Activities Director about the situation. Playing time, team strategy, play calling, and talking about other student athletes are topics that I will not discuss with parents.
2. If that step does not fix the problem, you can call and set up an appointment with the A.D. and coach. Please understand this is the last step in the communication plan. We must follow our player/coach communication plan protocol. Thank you in advance for your cooperation with this matter.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided makes both you and your child's experience with the CHHS Athletic program less stressful and more enjoyable.

“Great Communication Begin with Connection”

Oprah Winfrey

C. Admission Prices & Regulations

Regular Season Ticket Prices:

- Varsity Football.....\$10.00
- JV Football.....\$7.00
- Varsity Volleyball, Wrestling, Baseball.....\$7.00
- JV/Varsity Basketball.....\$8.00
- JV/Varsity Soccer.....\$7.00
- Tournament Entry, Regional and State Tournament Prices Vary
- Per Central District Policy...children in 1st grade and higher must purchase a ticket

(All tobacco use, including smokeless tobacco and electronic cigarettes, is **prohibited** on CHPS property as well as at Shepherd Stadium and Civic Field)

(Pets are **prohibited** on CHPS property as well as at Shepherd Stadium and Civic Field except for service dogs)

(Weapons, alcohol, drugs, signs/flags, artificial noise makers are **prohibited** on CHPS property as well as at Shepherd Stadium and Civic Field)

D. Where Can I Find Information?

CHHS Website: chhs.colonialhts.net

- Select “Athletics”: Options to select from are “Athletic Awards, Coaches, Forms, & Calendar”

rSchool Website: centraldistrictva.org, then select “Colonial Heights”

- Master Calendar for CHHS
- Site for all sports & school activities schedules
- Sign up to receive notification emails when events are changes or postponed (you can select what sports you would like to receive emails from)



rSchool App (Smartphones):

- Go to your app search and type “Activity Scheduler”

- Download the app
- Select “Set Up”, then “Virginia”
- Select “Central District, then “Colonial Heights”

(All updates to the schedule will appear on the app once changes are made)

School Marquee: 3600 Conduit Road

E. Important Contact Numbers

Colonial Heights High School: (804) 524-3405

Colonial Heights High School Athletic Department: (804) 524-3405 Ext 4144

Colonial Heights High School Athletic Trainer: Garrett Graves (804) 914-0560

F. Athletic Medical Insurance

Although CHPS does not require student athletes to carry medical insurance, parents are encouraged to purchase a supplemental policy to cover basic injuries. By signing the CHHS Concussion/Risk Form, parents are acknowledging the risk and financial responsibilities of injuries while participating in athletic events at CHHS. Student athletes are covered by the VHSL “Catastrophic” Insurance during regular and post-season games. The student athletes are not covered during pre-season workouts, practices, or other team functions. If you are interested in purchasing a supplemental policy, please review these links below.

<https://www.kandkinsurance.com/sites/k12voluntary/Pages/Home.aspx>
https://markel.sevencorners.com/downloads/Student_Accident_Ins.pdf

G. How to Purchase Tickets

WELCOME TO CHHS ATHLETICS



Colonial Heights High School has partnered with HomeTown Ticketing, formerly Ticket Spicket, to enable spectators to purchase tickets to HOME athletic events on a digital platform. The move to digital ticketing provides the safest, easiest, and most convenient option for access to athletic events. Please **DO NOT** validate your ticket. The gate worker will process upon entry. Just a reminder there is no re-entry into events. Refunds will not be issued unless the game is cancelled. In the event a game is cancelled, ticket buyers will receive a refund to the credit card account used in HomeTown Ticketing in 5 to 7 business days. If you have not received your refund in 5 to 7 business days, please contact Ticket Spicket. Here are a few resources to assist you in purchasing tickets. **We will accept cash at the gate, preferably exact change, for those without access to a smartphone.**

Tickets Prices: Varsity Football (\$10.00) JV/Varsity Basketball (\$8.00) All other athletic events: (\$7.00)

Region 3A Tournament Ticket Price: (\$10.00)

Smartphone Fan App Registration:

https://www.google.com/url?q=https://hometownticketing1.my.salesforce.com/sfc/p/3h0000066WtN/a/UH000000AU6U/5S9kaqoHXEA2DLjOZwymz2I8g58pQ71ItoT8EPARI_U&source=gmail-html&ust=1709830091248000&usg=AOvVaw0m-FU_ZC2LyY6Fw0b0cmTg

HomeTown Fan FAQ's:

https://www.google.com/url?q=https://hometownticketing1.my.salesforce.com/sfc/p/3h0000066WtN/a/UH000000AU6V/59Seu_Qyt59UeV1FzzMhL9XebB3kH54ZfnlvLNJbS0w&source=gmail-html&ust=1709829904840000&usg=AOvVaw2AL2SJMzpA7rHNEzaGIWeP

QR Code without HomeTown Fan Account (Fast Lane):

https://spicket.events/colonialheights_fastlane

