



**Athlete / Parent  
Handbook for  
GHSA Sanctioned  
Interscholastic  
Athletic Activities**

**2014-2015**



**MEMBER SCHOOLS  
OF  
THE GEORGIA HIGH SCHOOL ASSOCIATION**

ALPHARETTA HIGH SCHOOL

BANNEKER HIGH SCHOOL

CAMBRIDGE HIGH SCHOOL

CENTENNIAL HIGH SCHOOL

CHATTAHOOCHEE HIGH SCHOOL

CREEKSIDE HIGH SCHOOL

JOHNS CREEK HIGH SCHOOL

LANGSTON HUGHES HIGH SCHOOL

MILTON HIGH SCHOOL

NORTH SPRINGS CHARTER HIGH SCHOOL

NORTHVIEW HIGH SCHOOL

RIVERWOOD INTERNATIONAL CHARTER SCHOOL

ROSWELL HIGH SCHOOL

TRI CITIES HIGH SCHOOL

WESTLAKE HIGH SCHOOL

It is the policy of the Fulton County School System not to discriminate on the basis of race, color, sex, religion, national origin, age, or disability in any employment practice, educational program or any other program, activity or service. If you wish to make a complaint or request accommodation or modification due to discrimination in any program, activity or service, contact Compliance Coordinator, 786 Cleveland Avenue, SW, Atlanta, Georgia 30315 or telephone 404 -763-4585. TTY 1-800-255-0135

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**This handbook is designed as minimum standards for the Fulton County Board of Education schools that are members of and participate in Georgia High School Association Interscholastic Athletic sanctioned athletic events. Participating schools may increase the standards for participation but are required to submit to the Fulton County Schools Director of Athletics and to print/distribute to parents/guardians and students any addenda for each section that exceeds the minimum standards set in this handbook.**

4/3/14 **GEORGIA HIGH SCHOOL ASSOCIATION BEGINNING AND ENDING DATES FOR 2014-2015**

ACTIVITY	DATE FOR FIRST PRACTICE	FIRST CONTEST	MAXIMUM GAMES/DATES	LAST PLAY DATE	AREA/REGION QUALIFIERS DETERMINED	GHSA STATE PLAYOFF DATES				
						First Round/ Sectionals	Second Round	Quarterfinals	Semifinals	Finals
FOOTBALL	July 25 (Conditioning) Feb. 1 or later (Spring)	Aug. 29	10 (7 JV)	Nov. 8	Nov. 8	Nov. 14-15 (Class A bye week)	Nov. 21-22 (Class A 1st Round)	Nov. 28-29	Dec. 5-6	Dec. 12-13
CHEERLEADING	Aug. 1 Feb. 1 or later (Spring)	Aug. 9	6 (4 JV)	Nov. 7	Nov. 8	Nov. 8 (Class A & Coed)			Nov. 14 (Coed Final)	Nov. 15 (Class A - 6A)
SOFTBALL	Aug. 1	Aug. 8	28 (19 JV)	Oct. 11	Oct. 11	Oct. 15-16 (Class A bye week)	Oct. 22-23 (Class A 1st Round)		Oct. 30-31	Nov. 1
VOLLEYBALL	Aug. 1	Aug. 4	18 (13 JV) Dates	Oct. 11	Oct. 11	Oct. 15, 16	Oct. 21	Oct. 25	Oct. 29	Oct. 31-Nov. 1
CROSS COUNTRY	Aug. 1	Aug. 11	10 (7 JV)	Nov. 1	Nov. 1					Nov. 8
ONE ACT PLAYS	Aug. 1	Aug. 4	–	May 15	Oct. 25					Nov. 1 & Nov. 8
LITERARY	Aug. 1	Aug. 4	–	May 15	March 7					March 14
RIFLERY	Aug. 1	Oct. 6	–	May 15	March 14	March 21			March 28	April 11
SWIMMING	Oct. 20	Nov. 3	10 (7 JV)							Feb. 5-7
BASKETBALL	Oct. 27	Nov. 8	25 (18 JV)	Feb. 14	Feb. 14	Feb. 17-18 (Class A bye week)	Feb. 20-21 (Class A 1st Round)	Feb. 24-25	Feb. 27-28	March 5-7
WRESTLING	Oct. 27	Nov. 14	20 (14 JV) Dates	Jan. 29	Du - By Jan. 10 Tr - Jan. 30-31	Tr - Feb. 6-7				Du - Jan. 15-17 Tr - Feb. 12-14
GYMNASTICS	Jan. 12	Feb. 2	10 (7 JV)	April 16		April 18				April 24
TENNIS	Jan. 12	Feb. 2	18 (13 JV)	April 18	April 18	By April 23 (Class A Areas)	By April 28 (Class A 1st Round)	By May 2	By May 6	May 9
SOCCER	Jan. 19	Feb. 9	18 (13 JV)	April 22	April 22	April 28-May 1	May 5-6	May 8-9	May 12-13	May 15-16
TRACK - Girls TRACK - Boys	Jan. 19 Jan. 19	Feb. 9 Feb. 9	10 (7 JV) 10 (7 JV)	April 25 April 25	April 25 April 25	May 2 May 2				May 7-9 May 14-16
BASEBALL	Jan. 19	Feb. 16	26 (18 JV)	April 25	April 25	May 1-2	May 6-7	May 12-13	May 18-29 (A: May 11-12)	May 23, 25 (A: May 16, 18)
LACROSSE	Jan. 26	Feb. 16	18 (13 JV)	May 8	May 8	May 12-13		May 15-16	May 19-20	May 23
GOLF	Feb. 16	Feb. 21	12 (8 JV) Dates	May 2	April 24	May 4				May 18

NOTE: 2015 "DEAD" WEEK: Sunday, June 28 through Saturday, July 4, 2015

## 2014-15 Systemwide Testing Schedule

### Elementary School Testing Dates

Sep. 2, 2014-Mar 20, 2015	Georgia Alternate Assessment (GAA) – ongoing portfolio collection	Grades K, 3-5
Oct 20 – Oct 24, 2014	Iowa Tests of Basic Skills (ITBS)	Grades 3 and 5
January 20-Mar. 3, 2015	ACCESS for ELLs	Grades K-5
March 4, 2015	Georgia Writing Assessment	Grade 5
March 16-27, 2015	Georgia Writing Assessment	Grade 3
April 15-22, 2015	GMAP* End of Grade Test	Grades 3-5
May 19-20, 2015	GMAP* End of Grade Retest	Grades 3 and 5
Ongoing	GKIDS Assessment	Grade K

### Middle School Testing Dates

Sep. 2, 2014-Mar 20, 2015	Georgia Alternate Assessment (GAA)	Grades 6-8
Oct 20 – Oct 24, 2014	Iowa Tests of Basic Skills (ITBS)	Grade 8
January 21, 2015	Georgia Writing Assessment	Grade 8
January 20-Mar. 3, 2015	ACCESS for ELLs	Grades 6-8
April 15 – 22, 2015	GMAP* End of Grade Test	Grades 6-8
May 5-7, 2015	GMAP* End of Course Test	Grades 7-8
May 19-20, 2015	GMAP* End of Grade Retest	Grade 8

### High School Testing Dates

July 16, 2014	Georgia High School Writing Retest (GHSWT)	Grade 12
July 14-18, 2014	Georgia High School Graduation Retest (GHS GT)	Grade 12
Sep. 2, 2014-Mar 20, 2015	Georgia Alternate Assessment (GAA)	Grade 11
September 8, 2014	Georgia High School Graduation Retest (GHS GT) Sc/ELA	
September 9, 2014	Georgia High School Graduation Retest (GHS GT) SS/Math	
September 24, 2014	Georgia High School Writing Test (GHSWT)	Grade 11
October 15, 2014	PSAT	Grades 9-11
November 10, 2014	Georgia High School Graduation Retest (GHS GT) Sc/ELA	
November 11, 2014	Georgia High School Graduation Retest (GHS GT) SS/Math	
December 15-17, 2014	Georgia Measures of Achievement and Progress (GMAP)	Grades 9-12
January 20-Mar. 3, 2015	ACCESS for ELLs	Grades 9-12
Feb. 3 – April 30, 2015	ACT WorkKeys	Grade 11**
February 25, 2015	Georgia High School Writing Retest (GHSWT)	Grades 11 and 12
March 16, 2015	Georgia High School Graduation Test (GHS GT) Sc/ELA	
March 17, 2015	Georgia High School Graduation Test (GHS GT) SS/Math	
March 23-27, 2015	State-Required Remedial Testing	Grades 9 and 10
April 13-24, 2015	End of Pathway Assessment***	Grade 11 and 12
April 27 – May 7, 2015	GMAP* End of Course Test	Grades 9-12
May 4-15, 2015	Advanced Placement (AP) Exams	AP students

\*Georgia Measures of Achievement and Performance

\*\*Grade 11 indicated students

\*\*\*Questions regarding this assessment should be directed to (404) 346-4376

This schedule subject to change due to changing state assessments

Please call (404) 763-5600, ext. 143 if you have any questions about this testing schedule.

May 19, 2014

**Interscholastic Athletic Competition Philosophy** Statement of Philosophy - The Fulton County interscholastic athletic activity program will provide a variety of experiences to aid in the development of favorable habits and attitudes that will prepare students for adult life in a democratic society. The interscholastic athletic activity program will be an integral part of the total school program as conducted in accordance with existing Board of Education policies, rules and regulations and the Georgia High School Association Constitution and By-laws. While the Board of Education encourages the highest level of performance, it discourages any and all pressures which might tend to neglect good sportsmanship and/or good mental health.

### **Athletic Goal and Objectives**

**GOAL** - The athlete participant shall become a more effective and productive citizen in a democratic society.

**OBJECTIVES** - The athlete participant shall learn:

1. To work with others - In a democratic society a person must develop self- discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. To be successful - Our society is very competitive. We do not always win, but we succeed when we continually strive to do our best. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
3. To develop sportsmanship - To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others the way we would have them treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
4. To improve - Continual improvement is essential to good citizenship. As an athlete, you must establish goals and you must continually try to reach those goals. Try to better yourself in the skills involved and those characteristics set forth as being desirable in your chosen activity.
5. To enjoy participation - It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from participation, and to give sufficiently of themselves in order to preserve and improve the program.
6. To develop desirable personal health habits - To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

### **Governances**

*The Fulton County Board of Education (FCBOE)* - One of the primary duties of the Board of Education is to enact policy. The Superintendent and staff enforce the policies and permit each student to have an equal opportunity for a quality education. The Board also fulfills those duties described in [LINK POLICY ABB].

*The Georgia High School Association (GHSA)* - All schools are voluntary members of the Georgia High School Association and compete only with member schools or out-of-state schools that are approved by the GHSA. As GHSA member schools, the high schools of the Fulton County School System agree to abide by and enforce all rules and regulations set forth by the GHSA. The primary role of the GHSA, which is empowered by the Georgia State Board of Education, is to maintain rules and regulations that ensure equity in competition for the athletes and a balance with other educational programs. The GHSA solicits input and is responsive to requests for modification from member schools, appointed committees, and coaches' associations. The GHSA attempts to enforce such rules that assure the greatest good for the greatest number to ensure that competition is conducted in an appropriate manner.

*The Georgia High School Association (GHSA) Regions* - Each Fulton County High School is a voluntary member of a GHSA Region. The Region was established for the purpose of promoting selected interscholastic athletic activities among member schools and the assurance of such advantages as may be gained by a union of effort. Region membership facilitates the arranging of schedules, equalizing competition, conducting Region meets, tournaments, playoffs, and determining Region championships. The Region provides each school the opportunity for competition without excessive travel and with schools of similar size. Membership requires abiding by Region schedules, rules, and regulations. The GHSA Executive Committee determines each school's Region membership assignment.

*The National Federation of State High School Associations (NFHS)* - The National Federation consists of the fifty individual state high school athletic/activities associations. The purposes of the Federation are to serve, protect and enhance the interstate activity interests of the high schools belonging to the state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications, and activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication.

## Requirements for Athlete Participation

*Pre-Participation Physical Evaluation* - A yearly physical examination is required. The physical must be completed by a medical doctor and submitted to the coach prior to participation. The physical covers all sports for one calendar year. The form will be kept on file in the high school athletic office. The recommended pre-participation physical evaluation form is the form which was adopted by the GHSA. It consists of an athlete's personal and family medical history and an athlete's physical examination completed by a medical physician. (See Appendix)

*Parental Consent for Athletic Participation and Transportation* - All athletes and parent(s) / guardian(s) must realize the risk of serious injury which may be a result of athletic participation. Fulton County School System requires that a Parental Consent for Athletic Participation and Transportation Form is signed by the athlete and his/her parent(s) / guardian(s). Parent(s) / Guardian(s) may not alter or change this form. Parent(s) / Guardian(s) acknowledge that they have read and understand the "Athlete / Parent/ Guardian Handbook for GHSA Sanctioned Athletics Interscholastic Activities 2013-2014" when they sign this form. (See Appendix)

*Emergency Medical Authorization* - Each student-athlete's parent(s) / guardian(s) shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) / guardian(s) are not available. The form will be kept by the school's athletic department for use as needed during the emergency. (See Appendix). **Each sport should have an emergency action plan for every sport, and this plan should be accessible by the head coaches and assistants at all times.**


Student/Parent Concussion Form—Each student and parent/guardian shall complete the GHSA Concussion Awareness Form.

*Insurance* - The school district provides an opportunity to purchase insurance to cover student athletic injuries. Parent(s) / Guardian(s) are required to sign a form stating that they have purchased either the necessary school insurance or possess a family insurance plan that covers athletic injury. If a family insurance plan is used, the family must provide the school with the name of the insurance company and the policy number on the appropriate form. Where possible, a scholarship fund should be set up to assist students who are in financial need as determined by the principal or his/her designee. Some method of discreet communication through a school contact person should be made available for students. There are **NO WAIVERS** for insurance; **ALL ATHLETES MUST HAVE INSURANCE.** (See Appendix)

Policy EGB.

## Introductions to the Parent / Guardian / Student Athlete

Parent / Guardian / Student Athlete Awareness of Athletic Policies, and Procedures – All student athletes / parent(s) / guardian(s) shall have access to this Handbook through the Fulton County Schools website. A hard copy of this Handbook will be made available any student athlete / parent / guardian who requests a copy of the Handbook. Each parent(s)/guardian(s)/student athlete shall be expected to read all of the enclosed material and complete all required forms including but not limited to athletic participation and transportation, health insurance, and physical examination. This handbook is designed as minimum standards for the Fulton County Board of Education schools that are members of and participate in Georgia High School Association Interscholastic Athletic sanctioned athletic events. Participating schools may increase the standards for participation but should submit any participation standards which exceed those described in this Handbook to the Director of Athletics and to parents/guardians and students.

 **To the Parent(s) / Guardian(s)** – This material is presented to you because your son or daughter has indicated a desire to participate in GHSA Sanctioned Interscholastic Athletic Activities. These GHSA interscholastic athletic activities include baseball, basketball, competition cheerleading, cross country, football, golf, gymnastics, lacrosse, soccer, softball, swimming, track and field, tennis, volleyball, swimming, and wrestling. The Fulton County School System believes that participation in interscholastic athletic activities provides a wealth of opportunities and experiences which will assist students in personal growth and development

We believe that a properly controlled, well-organized interscholastic athletic activity program meets with students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and that will further each student's educational maturity.

Interscholastic sports and athletic activities are exciting and often involve forceful contact with the ground, playing surface, or another player. Because of these conditions inherent to the sport or activity, participation in a school's interscholastic athletic activity program exposes an athlete to many risks or injury. In an effort to make the sports and athletic activities safer, the coaching staff will instruct players in the rules and correct mechanics of skills. It is vital that athletes follow the coach's skill instructions, training rules, and team rules to decrease the possibility of serious injury. The parent / guardian should be aware that student-athletes should: participate in proper warm-up and stretching before strenuous activity takes place either during practice or at a contest; (2) check his/her equipment before use for each practice and contest; (3) perform only those skills and techniques instructed and/ or supervised by his/her coach; (4) be aware of his/her surroundings, taking no unnecessary risks on either home or away playing surfaces; (5) contact his/her coach immediately if an injury occurs, no matter how slight the injury might be; (6) read the National Federation of High School and Georgia High School Association information on supplements and hot/cold weather training advisories; read

and understand the section on eligibility, transportation, codes of conduct, and basic participation policies; and, read and understand the "Athlete / Parent / Guardian Handbook for GHSA Sanctioned Interscholastic Athletic Activities 2013-2014".

A student who elects to participate in the interscholastic athletic activity program is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct may mean exclusion from participation. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team or activity.

Staff will strive to:

- (1) to provide adequate equipment and facilities;
- (2) to provide well-trained coaches; and,
- (3) to provide full schedules with qualified officials as directed by the GHSA.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would encourage you to join your school's Booster Club(s) to help provide the financial support essential to your school's interscholastic athletic activities program, and we would like to take this opportunity to acquaint you with the specific policies that are necessary for a well-organized program.

It is the role of the school system to make rules that govern the spirit of competition for the schools. These rules need a broad basis of community support, which is achieved only through communication to the parent / guardian. It is our hope to accomplish this objective through this publication.

Why should it be any different now that your child is an athlete? A parent's job is not to be the coach or the certified expert even if you are retired from a professional sports team. Parents are there so that they can share "the thrill of victory and the agony of defeat" – together. In fact each athlete needs parental support more in defeat than in victory. Did you ever notice that strangers feel free to come out of the stands to congratulate the winner? But, in defeat, sometimes the athlete's own teammates and coaches ignore him/her and the fans do not come out to console or congratulate him/her on a good game or match. As a parent / guardian you have to be there to cushion setbacks with a positive "We'll get them next time!"

Let the three "B's" be your guide:

- **Be there!** Parents can never hope to be an All-Star parent unless they show up at games. Regardless of the skill level of the athletes or the success of the team – go to the games. Be supportive. Don't be a fickle, fair-weather fan or an absent, too busy parent.
- **Be positive!** On the sidelines or in the stands, if parents can't say something positive, don't say anything at all. Nothing good comes from negative statements and nothing negative comes from positive ones. If parents can't say something positive and supportive during the contest at least be silent.
- **Be seated!** Even though it's good to be positive, it's not good to overdo it. Don't stick out. Be an admirer – not a cheerleader. Players should not confuse their parent's voice from the home stands with that of the public address system's announcers.

**Sportsmanship** - "The GHSA and its member schools have made a commitment to promote good sportsmanship by student/athletes, coaches, and spectators at all GHSA sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated, and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at all of our schools' athletic events."

**Grievances and Complaints** – Athletics involvement is highly emotional and very time consuming. Sometimes conflicts arise between athletes, coaches, and occasionally parents. When conflicts or issues arise, it is important that they be addressed immediately, and as directly as possible, so that it can be resolved promptly. Parents / Guardians should use the following process as a guideline when seeking resolution to conflicts or issues between athlete and coach:

The First Step: Contacting the Coach – The Parents / Guardians should present the conflict/issue to the coach as soon as possible. In order for the contact to be as productive as possible, times that should be avoided are: prior to, during or immediately following a contest; during an active practice session when other athletes or parents are present or when it would be readily visible to others that the discussion is taking place or when it is apparent that there is not sufficient time to allow for a complete discussion. This includes the time immediately before leaving for an away contest. Perhaps the best solution is to ask the coach, either over the phone or in person, if an appointment could be made to discuss the issue. Parents / Guardians may also leave a note for the coach in the athletic office.


The Second Step: Contacting the School's Athletic Coordinator – If a satisfactory solution is not reached through direct contact with the coach, the parents / guardians should contact the school's Athletic Coordinator. The coach should be informed that this contact is going to be made. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. Since athletic seasons are relatively short, there should be no delay in airing any and all concerns. It is important for all parents / guardians to know that any comments, concerns or issues raised to the Athletic Coordinator will be addressed and communicated to the coach. Parents / Guardians may also expect to hear from the Athletic Coordinator as to the disposition of their concerns. Although there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

The Third Step: Contacting the Principal – If there is still not a satisfactory resolution, the parents / guardians may contact the high school Principal. The school's Athletic Coordinator should be informed that this contact is going to be



made. In accordance with the GHSA Constitution and By-Laws 2.20 and 2.30 the high school shall operate all interscholastic contests and activities under direct and complete control of the school administration or designated school personnel. The decision of the Principal is the final decision of the all appeal processes for grievances and complaints other than those grievances and complaints involving Title IX compliance, which are investigated according to the procedures outlined in Board Policy IDFA.

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 **To the Student-Athlete** - Being a member of a Fulton County Schools interscholastic athletic activity is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great competitive tradition is not built overnight; it takes hard work from many people over many years. As a member of an interscholastic activity team, you will be faced with either the task of maintaining an already successful tradition or the task of establishing a successful tradition. It is not easy to build a great tradition in interscholastic athletic activity competition. When you represent your school, we assume that you not only understand your school's goals and traditions, but also that you are willing to assume the responsibilities that go with them.

Interscholastic sports and athletic activities are exciting and often involve forceful contact with the ground, playing surface, or another player. Because of these conditions inherent to the sport or activity, participation in a school's interscholastic athletic activity program exposes an athlete to many risks or injury. In an effort to make the sports and athletic activities as safe as they can, the coaching staff will instruct players in the rules and correct mechanics of skills. It is vital that athletes follow the coach's skill instructions, training rules, and team rules to decrease the possibility of serious injury. The athletes should: (1) participate in proper warm-up and stretching before strenuous activity takes place either during practice or at a contest; (2) check his/her equipment before use for each practice and contest; (3) perform only those skills and techniques instructed and/ or supervised by his/her coach; (4) be aware of his/her surroundings, taking no unnecessary risks on either home or away playing surfaces; (5) contact his/her coach immediately if an injury occurs, no matter how slight the injury might be; (6) read the National Federation of High School and Georgia High School Association information on supplements and hot/cold weather training advisories as printed in this handbook; read and understand the section on eligibility, transportation, codes of conduct, and basic participation policies; and, reads and understands the "Athlete / Parent / Guardian Handbook for GHSA Sanctioned Interscholastic Athletic Activities 2013-2014". The GHSA and its member schools have made a commitment to promote good sportsmanship by student/athletes, coaches, and spectators at all GHSA sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated, and are grounds for removal from the event site.

**Conditioning and tryouts for programs in and out of season** are open to all FCS students providing they meet the standards of academic eligibility, parental permission; basic physical/health qualifications; and medical/health insurance.

**DEAD WEEK: NO PRACTICES, WORK OUT SESSIONS, or MEETINGS.** During the summer (i.e., between the ending of one school year and the beginning of the next) the only restrictions on practices and competition are that all activities must be strictly voluntary, and the "Dead Week" must be observed, as follows: Schools are prohibited from participating in voluntary workouts, camps and/or clinics, weight training or competitions during the week (Sunday through Saturday) in which the Fourth of July falls each year. While athletes may work out on their own, they cannot do so at their school or any other Fulton County school site under the supervision of a coach or at any non-school site under the supervision of a coach.

**Summer Conditioning Rule:** No student is allowed to participate in any activity with the school or a team during the summer months unless they are an enrolled student in that school or a rising 9<sup>th</sup> grader from a feeder school. This includes summer conditioning and weight room sessions. Once the student is officially enrolled at the high school, the student can start participating in any and all activities.

**Participation in athletics is a privilege;** athletes try out voluntarily and, for some of our teams, risk being cut. During the tryout period the coach will provide an explanation of his/her expectations. It is the athlete's responsibility to demonstrate to the coach that he/she can meet these expectations. No athlete is guaranteed a place on the team simply because of his or her grade level or past participation. Athletes cut from a team are encouraged to try out for another team if there is space on that team and the final cuts have not been made. The athlete cut from a team may request a meeting with the coach during which the athlete will be informed as to the reason for the cut. Decisions made by the coaches will be explained to athletes at an appropriate time and in an appropriate setting, usually in an athlete-requested meeting with the coach.

**Athlete Playing Time** - There are many factors that determine playing time, such as practice attendance, attitude, commitment, effort and athletic ability. There are many decisions made on a regular basis by the coaching staff. It is the coach's responsibility to decide which athletes should start a contest, which athlete should play what position, and how long each athlete should play. These decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the athlete in practice sessions, scrimmages and, at times, games.

**Varsity Teams** - The emphasis at the varsity level shifts towards fielding competitive teams. Our teams will compete against opponents at the highest level of execution and the goal is to win as many games as possible while constantly emphasizing fair play and sportsmanship. This emphasis may result in the major burden of the contest being carried by the most competitive, skilled team members and uneven playing time among the athletes, with some athletes not playing in every game. Once again, it is the coach who makes the decision on who starts, plays and for how long. However, teams cannot be successful without committed substitutes. These players should be ready at all times to step up and take on the burden of competition when called upon. It is the hard work in practice each day that prepares the whole team for the upcoming games.

**Athlete Codes of Conduct** - A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the county and school. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of the athlete is our major consideration. Any conduct which results in dishonor to the athlete, the team, the school, or the community will not be tolerated. Notwithstanding the consequences discussed in this handbook, any act at school or away from school, which results in any discipline by school administration; or any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity may result in removal from the team or event or lessened participation opportunities. Behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds. In addition to the individual penalties associated with this handbook, all athletes fall under the jurisdiction of local school rules and policies and the Fulton County Code of Conduct (LINKS TO ALL PARTS OF OPERATING GUIDELINES JD (Parts A, B, and C)).

**Ethics Rule:** Acts of unacceptable conduct, such as, but not limited to, disruption of school, theft, vandalism, disrespect, immorality, or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate coach, the athletic director and the principal shall establish procedures to determine the penalty according to the degree of the infraction.

**Bullying and Hazing:** The Fulton County School District expressly prohibits the bullying of any person by any means or method, at school, on school property, or at school-related functions. Policy JDB and Operating Guideline JD

**Training Rules/Regulations:** Training rules/regulations about substance abuse cannot be compromised to allow participation in GHSA Extracurricular Activities. The athlete who uses tobacco, alcohol, illegal drugs, or any type of mood altering substance found in legal over the counter products jeopardizes team morale, team reputation, and team success and does physical harm to himself/herself (Operating Guideline JD).

1. Use of Tobacco - Student athletes shall not use tobacco at any time, during the season and/or off-season.
2. Use of Alcoholic Beverages - Student athletes shall not consume alcoholic beverages at any time, during the season and/or off-season.
3. Use of Illegal Drugs or Mood Altering Substances - Student athletes shall not use illegal drugs or mood altering substances at any time, during the season and/or off-season.

**Penalties for Violation of Training Rules With Alcohol or Drugs (Non-Felony)**

A. Chemical Use

1. An athlete, regardless of quantity, shall not:
  - a. Buy, be in possession of, or use a beverage containing alcohol at any time;
  - b. Be in possession of, or use tobacco at any time;
  - c. Use, consume, possess, buy, sell, or distribute any controlled or other illegal or mood-altering substance at any time.
2. Athletes are responsible for their off-season and out-of-school behavior. These rules apply to an athlete's entire high school career.
3. It is not a violation for an athlete to be in possession of a controlled substance specifically prescribed for the student's personal use by his/her doctor.
4. Athlete possession of substances containing alcohol under parent supervision for religious purposes will not be considered a violation of this policy.

B. Penalties for violation include:

Tobacco:

1. First Violation:  
After confirmation of the first violation during out-of season or during the sport's season, the athlete will receive coach's administered discipline.
2. Second Violation:  
After confirmation of the first violation during the season, the student will lose a minimum of 20% or up to a maximum of 100% of his/her remaining competitions/events. If the first violation occurs out-of-season, the determination of the penalty is at the discretion of the coach and/or principal. The athlete may be permitted to try out for the sport but will lose a minimum of 20% or up to a maximum of 100% of his/her remaining competitions/events. The athlete may be prohibited from ever representing his/her school in inter-scholastic activities at any time in the future.

Alcohol/Drugs/Controlled Substances

3. First Violation:  
After confirmation of the first violation during the season, the student will lose a minimum of 20% or up to a maximum of 100% of his/her remaining competitions/events. If the first violation occurs out-of-season, the determination of the penalty is at the discretion of the

coach and/or principal. The athlete may be permitted to try out for the sport but will lose a minimum of 20% or up to a maximum of 100% of his/her remaining competitions/events.

4. **Second Violation:**

After confirmation of a second violation during the season, the athlete will lose 100% of his/her season schedule. The athlete may be prohibited from ever representing his/her school in inter-scholastic athletic activities at any time in the future. If the second violation occurs out-of-season, the athlete will lose a minimum of 20% or up to a maximum of 100% of his/her competitions/events in the sport of which the student is about to participate in or compete in following the second violation.

These rules and consequences in addition to any other school discipline under the Code of Conduct. Because the rules are consistently applied in all Fulton County Schools, an athlete may not regain eligibility by merely transferring to another Fulton County School.

**Self-Referral by the Student:** An athlete who wishes to seek information, guidance, counseling, and assessment with regard to use of tobacco, alcohol, and other drugs may take advantage of our self-referral program. If a student fails to self-report and is caught violating the above-stated rules regarding tobacco, alcohol, and other drugs, that student may be subject to harsher penalties.

**Criminal Activity:**

Parents/guardians and/or students must report any arrest of a student or behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior. The two week time frame includes weekends, school holidays and summer vacation. Failure to report arrest or behavior will result in the student's consequences for the behavior in question being doubled and possible additional consequences for failure to report the behavior.

**Felonies (Including Felonies Relating to Drugs or Alcohol):** A student who is arrested for, or charged with a felony or charged with an act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic GHSA activities. Students will not be permitted to participate in preseason activities. The student shall remain suspended until: (1) The charges are completely dismissed; (2) The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined for misdemeanors or alcohol/drugs; (3) The student is found not guilty; or (4) The student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion, the student may be permitted to participate in extracurricular activities. Evidence that the probation period has expired, fines have been paid and/or community service has been completed is required.

If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

**Misdemeanors Not Related to Drugs and Alcohol:** A student who is arrested for, charged with, or found guilty of a misdemeanor shall receive consequences as outlined below. However, minor offenses that result in fines alone may be dealt with in the discretion of the coach and Principal or designee. However, any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as "Penalties for Violation of Training Rules With Alcohol or Drugs" above.

1st and Subsequent Offenses: Minimum suspension from activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities.

If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

**Individual Coach's Rules:** Coaches may establish general rules and regulations with the approval of the athletic coordinator and principal for their respective activities. Coaches may also address unique situations and issue consequences to athletes in accordance with the circumstances involving the athlete and his/her membership on the team. These rules, pertaining to a particular activity, must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the local athletic office.

## Basic Interscholastic Participation Policies

### Extracurricular Activities are covered by District Procedure IDE and District Procedure IDF

- A. **Participation:** An athlete may participate in only one sport per season unless two coaches /sponsors agree to the athlete's competing in both athletic activities, and priorities are set to settle conflicts before the season.
- B. **Fees:** Some sports carry an athletic participation fee. The maximum activity fee for student athletes is \$300 per sport. Fifty dollars from this total is a uniform and/or equipment deposit and will be refunded upon the return of uniforms and/or equipment in good condition, leaving a maximum total expenditure of \$250.00. Any expenses in excess of the \$300.00 will be funded through general fund raising and not by soliciting donations from students participating in the program or their parents. Athletes will not be denied the opportunity to participate if they cannot pay this fee. Where possible, a scholarship fund will be set up to assist students who are in financial need. Students who believe they cannot afford this fee should contact their local school Athletic Director for more information.
- C. **Dropping or transferring sports**
1. A quitter may lose the privilege of participating in the interscholastic program. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:
    - (a) The athlete will consult with immediate coach and then the head coach. (b) The coach will report the situation to the athletic coordinator. (c) The athlete will return all equipment issued to him or her.
  2. The athlete cannot begin a new sport until she/he completes the regular season of the sport in which he/she is currently involved.
- C. **Equipment:** School equipment issued to the athlete is the student's responsibility. Loss of any equipment is the athlete's financial obligation, and failing to meet that obligation can result in the denial of participation in the program.
- D. **Missing practice:** An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason will be dealt with at the discretion of the coach.
- E. **College recruitment policy:** In the event that an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. It is important to inform the coach about the contact as soon as possible. College recruitment information is available in the school's athletic office or counseling office.
- F. **Conflicts in extracurricular activities:** An individual athlete who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.
1. The school recognizes that each athlete should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.
  2. Athletes have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.
  3. When a conflict arises, the sponsors/coaches will work out a solution. If a solution cannot be found, the principal will make the decision based on the following:
    - (a) The relative importance of each event. (b) The importance of each event to the student.
    - (c) The relative contribution the athlete can make. (d) How long each event has been scheduled. (e) Input from the parent(s) / guardian(s).
  4. Once the decision has been made and the athlete has followed that decision, he/she will not be penalized in any way by either sponsor/coach. If it becomes obvious that an athlete cannot fulfill the obligations of a school activity, he/she should withdraw from that activity.
- G. **Attendance:** Students who miss over half of the school day due to illness will not be able to participate in a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the principal. Students absent from school on the day prior to a non-school day will be eligible to participate the day after the absence.
- H. **In-School and Out-Of-School Suspension:** Students will not be allowed to participate in activities on the days they have been assigned to in-school suspension and until they have served their out-of-school suspension. There should be no adjustments made in the assignment of suspension days to allow a student to participate in any activities.
- I. **Release from Class:** It is the responsibility of the student to see his/her teacher(s) the day before he/she is to be released to participate in an interscholastic activity. All work shall be made up at the convenience of the teacher. (Link to Policy JBD)
- J. **Team selection:** In accordance with our philosophy of interscholastic activities and the desire to see as many students as possible participate in interscholastic programs while at our school, we encourage coaches to involve as many students as possible without compromising the integrity of the program. Time, space, facilities, equipment, and other factors will place limitations on the most effective team size for any particular activity. Choosing the members of teams is the responsibility of the coaches or sponsors of those teams.
- K. **Reporting of injury:** All injuries that occur while participating in interscholastic activities should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed by the trainer/coach. Once a student is treated by a doctor, written permission from the doctor is required to return to the activity.

**L. Dismissal of a Student-Athlete from a Team**

1. When a coach makes a decision to dismiss a student-athlete from a team, the student-athlete should be informed verbally by the coach in a private setting. It is the responsibility of the coach to discuss the situation with the student-athlete and his/her parent(s)/guardian(s).
2. The student-athlete may appeal the coach's decision for dismissal from the team to the Principal of the school. This appeal must be made within 48 hours of the notification of dismissal and the appeal must be made in writing by the student-athlete to the principal.
3. The student-athlete is denied participation on the team until the appeal process is completed.
4. The Principal should review the appeal and make a decision whether to uphold the dismissal from the team or to restore the student-athlete's membership to the team. *The Principal's decision should be made within 72 hours of receipt of the written appeal from the student-athlete.*
5. ***The Principal's decision of the appeal made by the student-athlete is the final decision and represents the conclusion of the appeal process. There is no appeal beyond the appeal to the Principal.***

**NOTE:** A Principal can remove or suspend a student-athlete from any team. The Principal should inform the student-athlete of the decision and should also inform the student-athletes parent(s) / guardian(s). Participation on an interscholastic athletic team is a privilege and not a right. A student may also be removed from a team in other circumstances, such as when the student is expelled from school.

**M. Transportation**

- A. Under normal circumstances Fulton County Schools provides transportation for all student-athletes, support, and coaching personnel of athletic teams in authorized school vehicles when the contest has been scheduled away from the high school site.
- B. Team members may only ride with those individuals listed on the student's transportation release (see Appendix).
  1. A Transportation Release must be signed by the student-athlete's parent/guardian;
  2. The parent/guardian of the student must submit a written request for Travel Release to the team's coach 24 hours in advance of the trip to the contest. The coach will release the student-athlete to the parent/guardian or designated adult upon presentation of the written Travel Release;
  3. Should a parent approach the coach at an away contest and request that his/her student-athlete ride home with him/her, the parent/guardian must still submit the request in writing to the coach, then and only then may the coach agree;
  4. A student-athlete will not be allowed to ride home with another student or another parent from any away athletic contest unless conditions are met under Section B.

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## Student-Athlete Eligibility

### (Selections from the Georgia High School Association Constitution and By-Laws)

These rules are current as of May 2013. Refer to: <http://www.ghsa.net> for further updates on student eligibility and other components of the Georgia High School Association Constitution and By Laws

## GHSA BY-LAW 1.00 - STUDENT

### 1.10 - CERTIFICATION OF ELIGIBILITY

1.11 **Students gain eligibility** to practice or compete for the school in which they are enrolled after they have been certified by the principal of that school, after the eligibility forms have been processed by the GHSA office, and after the students have met the standards of:

- (a) academic requirements
- (b) age
- (c) semesters in high school
- (d) residence in the school's service area
- (e) transfer rules

Note: Students establishing eligibility as entering 9th graders are automatically eligible for the first semester.

1.12 The **certification of eligibility** shall be submitted initially in each sport or activity no later than twenty (20) days before the date set by the GHSA for the first contest in that sport or activity.

- (a) This due date does not consider the date of the first contest scheduled.
- (b) EXCEPTION: Literary, One-Act Play, Debate, and Riflery certification is due twenty (20) days prior to the first scheduled contest.

1.13 If a student ruled ineligible by the GHSA, competes interscholastically due to the terms of a **court restraining order or injunction** against his/her school and/or the GHSA, and then has the court order vacated, stayed, reversed, or ruled unjustified; the Executive Director shall take one or more of the following actions against the school involved in the interest of restitution and fairness to the competing school(s):

- (a) Require that individual and/or team records and performances achieved during participation by the ineligible student be vacated or stricken.
- (b) Require that team victories be forfeited to the opponent(s).
- (c) Require that team awards earned by the school or individual awards earned by the ineligible student be returned to the GHSA.

### 1.20 - ENROLLMENT AND TEAM MEMBERSHIP

1.21 **To be eligible to participate and/or try-out** for a sport or activity, a student must be enrolled full time in grades 9-12 inclusive at the school seeking eligibility for that student.

- (a) Enrollment is defined as follows:
  - (1) Fall Semester: when the student participates in a practice or contest before classes begin, or the student attends classes.
  - (2) Spring Semester: when the student attends classes.
  - (3) A student may be enrolled in only one (1) high school at a time.
- (b) The student must be in regular attendance.
- (c) The student must be taking courses that total at least 2.5 Carnegie Units that count toward graduation. NOTE: If an eligible student transfers from a school that uses a block-schedule format to a school using a traditional format (or vice versa) and that student cannot get a full schedule of classes with equivalent credit, the school may petition the Executive Director for a waiver of this rule for the semester the transfer occurs.
- (d) All or part of the course load of a student may be taken online through a virtual school as long as the student's grades are being kept at the school in which the student is enrolled. Grades from virtual school courses must be on file at the school by the first day of the new semester in order for the student to be eligible.

1.22 Students enrolled in **grade 9 in a middle or junior high school** which is a feeder school to the high school may participate in interscholastic activities for the parent school.

1.23 All-male schools may enlist female students from other schools to be on sideline cheerleading squads as long as the following conditions are met:

- (a) Each cheerleader must be eligible at the school at which she is enrolled, and must have a signed release from an administrator at that school.
- (b) Each cheerleader must have a GHSA Pre-participation Physical Evaluation Form on file at the school where she will be cheering as well as at the school at which she is enrolled.
- (c) Each cheerleader must have insurance coverage comparable to all other participants in GHSA activities.
- (d) Supervision must be provided by the all-male school for all practices and games.

### 1.30 - AGE

To be eligible to participate in interscholastic activities, a student must not have reached his 19th birthday prior to May 1st, preceding his year of participation.

### 1.40 - LIMITS OF PARTICIPATION

1.41 Students must have a certificate of an **annual physical examination on file** at the school prior to participating in any athletic try-outs, practices, voluntary summer workouts, or games that indicate the students are physically approved for participation.

- (a) Physical examinations will be good for twelve (12) months from the date of the exam. EXCEPTION: Any physical examination taken on or after April 1 in the preceding year will be accepted for the following GHSA school year.
- (b) The physical exam must be conducted by a licensed medical physician, doctor of Osteopathic medicine, nurse practitioner or a physician's assistant.

- (c) The exam must be signed by an M.D. or D.O., but the doctor's stamp is acceptable if it is in script, and if information appears elsewhere on the form identifying him/her as a medical doctor.
- (d) The GHSA requires that member schools use the latest edition of the pre-participation physical evaluation form approved by the American Academy of Pediatrics, et. al., found on the GHSA web site.
- 1.42 A student has **eight (8)** consecutive **semesters** or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.
- (a) A student is not considered to have entered the 9th grade when a 9th grade course is taken if:
- (1) the student is regularly enrolled in a member's feeder school in a grade below the ninth, AND
  - (2) the course is taken as an advanced course, AND
  - (3) the principal of the school attended by the student certifies to the GHSA that the subject and course(s) meet the criteria set forth above.
- (b) Credits earned toward high school graduation which are taken below the ninth grade may be used when considering high school eligibility.
- 1.43 **Sub-varsity competitors** must meet all eligibility requirements with the exception of the migratory rule.
- 1.44 Students in grade 9 and higher may participate on **both the varsity and sub-varsity teams** in the same sport with the following limitations:
- (a) Football – a player may not participate in interscholastic competition more than six (6) quarters per week. The week starts with the varsity game. Violations of this participation rule will result in a mandatory fine and an automatic forfeiture of the game in which the student exceeded the limit. Additional penalties may be imposed by the Executive Director in extreme circumstances.
  - (b) Basketball – a player may not participate in interscholastic competition more than five (5) quarters per calendar day. EXCEPTION: Sub-varsity teams are allowed to play two (2) full games at the same level in tournaments on non-school days with at least a four-hour interval between games.
  - (c) Soccer – a player may not participate in interscholastic competition more than three (3) halves per calendar day.
  - (d) All other sports - the combination of games, play days, or weigh-ins (varsity and sub-varsity) in which the student participates may not be greater than the limit allotted to the varsity in that sport.
- 1.45 While the GHSA allows for eight grade students to participate on sub-varsity teams at their local high school, it is the practice that **Fulton County Schools does not permit eighth grade students to participate on sub-varsity teams at their local high school** due to their participation in intramural and extramural activities at their middle school.
- 1.46 The number of contests, starting and ending dates, and the number of practice days allowed for each sport or activity can be found listed in a calendar at the front of this publication.
- 1.47 **Girls** may participate **on boys' teams** when there is no girls' team offered in that sport by the school. Boys are not allowed to play on girls' teams even when there is no corresponding boys' sport. NOTE: Cheerleading is a co-ed sport.
- 1.48 **Advisory Notice - Pregnant Students:** In response to the increasing number of pregnant students attending member schools, and the continued participation of these students in GHSA activities, the following advisory notice is being offered:
- (a) During the first 18 weeks of pregnancy, students, with written consent from a physician, may be allowed to participate in athletic activities except those activities in which a fall or other rapid deceleration is likely to occur.
  - (b) Pregnant students should not be allowed to participate in any athletic activities after the 18th week of pregnancy.
- 1.49 Schools having students participate in athletic activities with **artificial limbs** must certify that the artificial limb is no more dangerous to participants than a natural limb.
- (a) A permission form must be filed with the GHSA office.
  - (b) The form may be found in the Miscellaneous section on the GHSA web site.

## 1.50 - SCHOLASTIC STANDING / SCHOLARSHIP

- 1.51 To be eligible to participate, practice, and/or try out in interscholastic activities, a student must be academically eligible. A student is required to pass classes that carry at least 2.5 Carnegie Units counting toward graduation the semester immediately preceding participation.
- Exception: First semester ninth grade students.
- (a) Passing in all GHSA member schools is a grade of seventy (70).
  - (b) If a student is taking a multiple-period subject such as a vocational course for a full morning or afternoon it may be counted for more than one subject. The number of subjects counted will be equivalent to the number of units given.
  - (c) Students participating in junior varsity or "B" team competition must meet all scholastic requirements. try-outs that the school has designated.
  - (d) If an eligible student transfers from a school that uses a block-schedule format to a school using a traditional format (or vice versa) and that student cannot get a full schedule of classes with equivalent credit in the semester of the transfer, the school may petition the Executive Director for a waiver of this rule for the first semester after the transfer occurs.
  - (e) For schools offering courses with yearlong grading, eligibility must be computed for each semester.
    - (1) At the end of the first semester, the school must determine that the student has a grade of 70% or higher in classes carrying at least 2.5 Carnegie Units.
    - (2) The second semester grade will be the grade given for the entire course and shall include the end-of-course test grade.

(3) Remediation programs designed to bring the student's first semester grade up to 70% or higher may be used (in accordance with GHSA guidelines) if the school allows such programs for all students.  
*By-Law 1.51 Exception 2: A cheerleader who is academically ineligible for the spring semester may try-out if he/she is passing ALL classes at the time of the try-out. The window of opportunity to try-out under these conditions is available only during the ten days set aside for try-outs that the school has designated.*

1.52 Students gain or lose eligibility on the first day of the subsequent semester. The first day of the Fall semester shall be interpreted as the first date of practice for the first sport.

(a) Exception: Students who successfully complete summer school to maintain eligibility become eligible the last day of summer school.

(1) Summer school is an extension of the previous semester and courses may be:

- a. remedial in nature where a previously-taken course is repeated in its entirety with a new grade being given.
- b. enrichment in nature where a new course is taken that results in new credit being earned.

(2) A maximum of two (2) Carnegie unit credits earned in summer school may be counted for eligibility purposes. NOTE: Additional credits may be earned in credit recovery programs or make-up programs.

(3) Summer school credits earned in non-accredited home study programs or non-accredited private schools may not be used to gain eligibility. Accreditation recognized under the rule shall be from the Georgia Accrediting Commission (GAC) or a regional accreditation agency (such as SACS) or the Georgia Private School Accreditation Council (GAPSAC).

(4) An independent study course taken in summer school must be regionally accredited and accepted by the school system for graduation credit.

(b) Courses completed after the beginning of a new semester may not be used to gain eligibility for that semester. Example: night school classes, correspondence courses, etc.

(c) Independent study courses taken during the school year must meet the criteria of 1.52 (a) 4.

1.53 Students must **accumulate Carnegie units towards** graduation according to the following criteria:

(a) **First-year students** (entering 9th grade) are eligible academically. Second semester **first-year students** must have **passed courses carrying at least 2.5 Carnegie Units** the previous semester in order to participate.

(b) **Second-year students** must have **accumulated four (5) total Carnegie units** in the first year, **AND passed courses carrying at least 2.5 Carnegie Units** in the previous semester.

(c) **Third-year students** must have **accumulated ten (11) Carnegie units** in the first and second years, **AND passed courses carrying at least 2.5 Carnegie Units** in the previous semester.

(d) **Fourth-year students** must have **accumulated sixteen (17) Carnegie units** in the first three years, **AND passed courses carrying at least 2.5 Carnegie Units** in the previous semester.

(e) Students may accumulate the required Carnegie units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

## ADVISORY NOTICE: CURRICULAR INNOVATIONS

### A. BLOCK FOUR PROGRAMS:

1. The student takes four courses that are worth one (1) Carnegie unit each and the classes meet twice the number of hours per week as in the standard curricular programs.
2. To be eligible, a student must earn at least 2.5 Carnegie units.
3. Carnegie unit requirements are the same in all curricular programs.

### B. BLOCK EIGHT PROGRAMS:

1. The student takes eight courses at some time during the term, and each course is worth one-half Carnegie unit.
2. To be eligible, a student must earn at least 2.5 Carnegie units during the term.
3. Carnegie unit requirements are the same in all curricular programs.

### C. HYBRID SCHEDULING:

1. Definition: A student takes a combination of courses scheduled as block courses, yearlong courses and/or traditional courses.
2. To be eligible, a student must be enrolled in a combination of courses that carry at least 2.5 Carnegie units.
3. To be eligible, a student must have passed a combination of courses the previous semester that carries at least 2.5 Carnegie units.

1.54 A Dual Enrollment program is defined as a program in which a fulltime student at a GHSA member high school takes one or more courses from a state public or private postsecondary institution and receives credit at the high school (toward graduation) and at the postsecondary institution.

(a) Dual enrolled students shall take courses that are approved by the Georgia Department of Education.

(b) Courses may be taken in a variety of formats (including distance learning and virtual courses) as long as the courses are approved.

(c) Postsecondary semester hour credit shall be converted to high school unit credit as follows:

1. 1-2 semester hours equates to .5 unit
2. 3-5 semester hours equates to 1 unit

(d) Postsecondary quarter hour credit shall be converted to high school unit credit as follows:



1. 1-3 quarter hours equates to .5 unit

2. 4-8 quarter hours equates to 1 unit

1.55: Students involved in approved Dual Enrollment programs shall be eligible to participate in GHSA activities provided that academic eligibility is maintained.

- (a) Courses taken each semester at the high school and/or postsecondary institution must total at least 2.5 units.
- (b) Courses passed the previous semester at the high school and/or postsecondary institution must total at least 2.5 units
- (c) Students will gain or lose eligibility on the first day of each semester at the high school and a college calendar that differs from the high school calendar may cause problems.
- (d) Students who withdraw or are dropped from a Dual Enrollment program and are returned to the high school only, may encounter eligibility problems.
- (e) Students involved in Joint Enrollment programs, Early College programs, or Gateway to College programs may not be eligible at their respective high schools.
- (f) A student who participates on an intercollegiate athletic team may not participate in any GHSA activity.

1.56 Loss of Eligibility: Students assigned to an **alternative school** or on **out-of-school suspension** for **disciplinary reasons, or adjudicated to YDC**, lose their eligibility. Suspension is considered to have ended when the student is physically readmitted to the classroom.

1.57 Failure to Meet Academic Standards: When a school administrator believes that the student has failed to meet the academic eligibility requirements due to conditions that were beyond the control of the school, the student, and/or his parents, and such that none of them could have been expected reasonably to comply with the rule, he may request that the student's case be put on the agenda of the **Appeal Board**.

- (a) Ignorance of the rule(s) on the part of any individual is not sufficient cause to set aside the rule(s).
- (b) Schools must supply all the materials requested on the Hardship Application Form on the GHSA web site.

1.58 Credit Recovery/Make-up Work: Students who have academic deficiencies at the end of a semester may make up those deficiencies in programs that are available to any student in the school.

- (a) Credit recovery programs are short-term programs that involve a course that has been completed and a grade given. The student is given the opportunity to work on areas of deficiency.
- (b) Make-up programs occur when a course has not been completed and an "Incomplete" grade has been given. The student is given the opportunity to work on areas of deficiency.
- (c) Credit recovery and make-up work must be completed within fourteen (14) school days after the start of the next semester. The student is ineligible until such time as the work is completed and the required passing grade has been recorded. Exception: If the end-of-course test is not offered within 14 days of the beginning of the next semester, the student may be granted a reasonable extension by the GHSA.
- (d) The GHSA Executive Director shall be authorized to approve credit recovery or make-up work completed later than fourteen days after the start of the next semester if he finds that the:
  - (1) timeframe was not met due to circumstances outside the control of the student, his parent(s), and the school, AND
  - (2) work was completed as soon as reasonably possible, AND
  - (3) allowance for such a delay is offered on the same basis to all students in the school.
- (e) Credit recovery programs operated during the summer or in intersessions shall be completed within fourteen days of the beginning of the new semester. Students using those credits to gain eligibility are ineligible until the course is completed successfully. Credit recovery is used for remedial work only, and no new credit courses may be applied under this provision.
- (f) Students using credit recovery or make-up programs must have their eligibility submitted to the GHSA office on a "Form C."

1.59 Students with disabilities:

- (a) A student with disabilities who is enrolled in a special education program which is not physically located at the parent school (example: psycho-education center, regional occupation center, community-based instruction class, etc.) shall be eligible to participate, practice, and/or try out in interscholastic activities at the parent school if IEP (Individual Education Program) requirements are met.
- (b) Schools with students having to meet only IEP requirements for course credit must establish an accounting process for the number of courses passed each semester, and for the awarding of Carnegie units. Requirements for the date of entry into the ninth grade and for age apply to students with IEPs without variation.
- (c) Competitive interscholastic activities administered through local **special education programs** shall follow Georgia Department of Education guidelines and procedures for special education, and are exempt from GHSA requirements.

## 1.60 - SCHOOL SERVICE AREAS / TRANSFER / MIGRANT STUDENTS / MIGRATORY WAIVER

1.61 School **service areas** for member public schools are those attendance boundaries established by local boards of education from which a school normally draws its students. The school service area for a member private school is the county in which the private school is located. The school service area for a startup or converted charter school will be the same as the school from which the charter school draws its students.

1.62 A **transfer student** who has established eligibility at a former school in grades 9-12 shall be **immediately eligible** at the new school if:

- (a) The student moved simultaneously with the entire parental unit or persons he/she resided with at the former school, and the student and parent(s) or persons residing with the student live in the service area

of the new school This is known as a “**bona fide move.**”

(1) The student may choose the public or private school serving that area.

(2) It must be apparent that the parent(s) or the persons residing with the student and the student have relinquished the residence in the former service area and have occupied a residence in the new service area.

(3) Relinquishment of the former residence may be met by one of the following procedures: selling the residence; having the residence listed with a real estate agent for sale at a fair market value; having a contract with a buyer; having a lease agreement at a fair market value; or abandoning the house and shutting off unnecessary utilities. When a family claims multiple residences, the residence for which they apply for a homestead exemption will be declared the primary residence.

(4) The bona fide move is validated when the student's family maintains the new residence for at least one calendar year. A return to the previous residence within that year renders the student to be a migrant student. All hardship appeal processes are available.

(b) The student was enrolled in a **private school or a magnet school** and has a bona fide move from one public school service area to another public school service area. A student in this situation may attend either the public school or a private school serving his area of residence.

(c) The student was enrolled in a **non-member private school in Georgia or was boarded at a school out of state** and, without a bona fide move, transferred to a GHSA-member school that serves his area of residence as long as:

(1) The student was enrolled at the high school serving his/her area of residence in grades 9-12 before attending the non-member school, OR

(2) The student has not yet established eligibility at grades 9-12 at a member school serving his area of residence, OR

(3) the student has previously established his attendance at a school other than the school serving his area of residence, and chooses to return to that school, AND

(4) it is the initial move of the student from a non-member school to a member school serving his area of residence.

(d) The student transfers from a non-member home school and the receiving school grants credit so that the student has accumulated sufficient Carnegie units. At the time such credit is given, the student must also have passed a minimum of five (5) courses the previous semester. The student becomes eligible when credit is awarded officially.

(e) The student is involved in a **foreign exchange program** that is approved and published on the “Advisory List of International Educational Travel and Exchange Programs” published by the Council on Standards for International Educational Travel (CSIET). This list is found on the GHSA web site.

(1) The student shall be considered eligible for a maximum period of one calendar year.

(2) The student shall not be a graduate of a secondary school in his home country.

(3) The student must maintain eligibility requirements at the member school.

(4) The foreign exchange program must assign students to schools by a method that insures that no student, school, or other interested party may influence the assignment for athletic purposes.

(5) All eligibility forms for foreign exchange students (Form B) must be accompanied by documentation from the approved exchange agency that the student has been placed according to the normal procedures for that agency.

(f) If one of his/her parents or the custodial parent is a certified teacher or administrator teaching at the receiving school. This opportunity is available one time only at any given school.

(g) The student has one of the following family-related situations that produces a **waiver of the bona fide move rule**:

(1) There is a Superior Court awarded **change of permanent custody** and the student moves to the residence of the parent receiving custody.

(a) The student must attend the member school serving that area of residence.

(b) A copy of the court order must accompany the eligibility forms.

(c) NOTE: Temporary guardianship papers issued by a Probate Court are not valid for eligibility.

(2) There is a Superior Court final order awarding permanent **joint custody** to the parents and the student moves to a residence of his or her parent outside the service area of the previous school.

(a) This waiver may be made one time during a calendar year.

(b) A copy of the court order must accompany the eligibility forms.

(3) There is a **death of a custodial parent** and the student moves to live with the other natural parent in a new school service area. NOTE: A copy of the death certificate shall be submitted with the eligibility papers.

(4) There is a military transfer of one or both custodial parents that creates a change of residence that is not a bona fide move. NOTE: A copy of the deployment order shall be submitted with the eligibility form).

- (h) Students who are U.S. citizens **returning from a foreign country** shall be eligible as long as they meet all other requirements of eligibility.
- (i) Students who are transferred from one school attendance area to another school attendance area by a **mandate of the local board of education** maintain their eligibility.
- (j) **Married students** setting up a household (domicile) shall be eligible in the school of their residence provided they meet all other requirements of eligibility.
- (k) Students at the Atlanta School for the Deaf will be eligible at the school serving their area of residence provided they meet all other eligibility requirements.
- (l) The migratory rule (See 1.63) will be waived **one time** for **students entering the following boarding schools**:

Ben Franklin Academy	Rabun Gap School	Tallulah Falls School
Georgia Military College	Riverside Military Academy	

Exception: Students from foreign countries not on an approved foreign exchange program are not eligible.

- (m) Students entering a school as "unaccompanied youth" under the conditions of the McKinney-Vento Act must go through the hardship appeal process to become eligible.

1.63 A **"migrant student"** is a student who transfers into a GHSA school without a bona fide move or without one of the exceptions listed in by-law 1.62. The student may practice or compete at the sub-varsity level, but may not compete at the varsity level for one calendar year from the date of his entry into the new school.

1.64 A student who is not eligible because of GHSA rules at the former school, and then transfers to a new school, cannot regain eligibility by the transfer. Ineligible students cannot gain eligibility by being adjudicated to YDC and subsequently returning to their resident school with earned credit.

1.65 Students whose transfers from member school to member school have been approved by the GHSA office after the end of regular season play or during post-season play are not eligible for participation in GHSA sponsored tournaments and/or playoffs in that particular sport for the school year of transfer.

1.66 A student who is not eligible at one school because of **suspension or expulsion** and then transfers to a member school cannot regain eligibility by such a transfer, for the length of the suspension or one calendar year, whichever is less.

1.67 A **permissive transfer** is defined as an allowance by a local board of education for students and/or their parents to choose a school to attend without regard to the location of residence.

- (a) A student transferring from member school to member school on a permissive transfer is considered a migrant student.

- (b): A student transferring to or from a school housing a system-wide, singular academic or vocational program on a permissive transfer is considered a migrant student.

- (1) The offering of an individual course or series of courses by one school in a system does not provide inherent justification to grant GHSA eligibility.

- (2) Special options offered by a school system that allow students to attend a school outside their area of residence do not provide inherent justification to grant GHSA eligibility.

- (3) Any such permissive transfer issue may be brought before the GHSA Hardship Committee.

- (c) Students transferring under the provisions of Federal or State Accountability regulations must be processed through the normal hardship appeal process. Such students must demonstrate that they have been materially affected by the issue(s) that caused the former school to be placed on the "Need to Improve" list.

- (d) When a military base is located in two school districts, a student moving onto the base for the first time may choose to attend either school district and that district will place the student appropriately. Any transfer after the initial move will be subject to standard eligibility regulations.

1.68 **Hardship Applications** may be filed to attempt to establish eligibility in the following situations:

- (a) A student who changes schools because of a **temporary custody transfer** from a parent to a guardian, or from one guardian to another (See Article IV, Section 5, in the GHSA Constitution).

- (b) A student whose transfer is based upon his being **emancipated**, homeless, a child from a broken home, a **ward of the DFACS**, or a **ward of a Court** (See Article IV, Section 5, in the GHSA Constitution).

- (c) In order for a hardship appeal based on financial hardship to be approved, the new school must provide proof that the family attempted to address the financial problem at the previous school, and that the need-based financial aid was non-existent or insufficient to resolve the problem. Increases in tuition or other costs at a private school do not create an automatic reason to grant the appeal, because such fee increases are considered foreseeable and not unavoidable. Documentation of the financial problem is required.

1.69 When a new school opens, student eligibility shall be determined as follows:

- (a) When a school district mandates an attendance area for a new school for all grades enrolled at the new school, all students living within the mandated attendance area in those grades are immediately eligible. All students living outside the mandated attendance area who desire to attend the new school are considered migrant students and are ineligible for one year. Hardship appeals may be filed if conditions warrant.

- (b) When a school district mandates some students to attend the new school, allows some students to stay at their present school, and permits some students to transfer to the new school, the school shall set a deadline for students living in the attendance area of the new school to decide whether they will move to the new school, or stay at the present school. The decisions exercised at the deadline date are binding. Subsequent changes render the student to be a migrant student with the one-year period of ineligibility. Students who are granted

permissive transfers to enroll at the new school from other schools within the system are considered to be migrant students. Hardship appeals may be filed if conditions warrant.

## 1.70 - RECRUITING/UNDUE INFLUENCE

1.71 **Recruiting and Undue Influence** is defined as the use of influence by any person connected directly or indirectly with a GHSA school to induce a student of any age **to transfer** from one school to another, or **to enter** the ninth grade at a member school for athletic or literary competition purposes, whether or not the school presently attended by the student is a member of the GHSA.

(a) The use of undue influence to secure OR retain a student for competitive purposes is prohibited, and shall lead to penalties being assessed against **either school**. NOTE: This violation may cause the student to forfeit eligibility for one year from the date of enrollment.

(b) Evidence of undue influence includes, but is not limited to:

- (1) personal contact initiated by coaches, boosters, or other school personnel in an attempt to persuade transfer
- (2) gifts of money, jobs, supplies or clothing
- (3) free transportation
- (4) free admission to contests
- (5) an invitation to attend practices and/or games
- (6) a social event (other than an official school wide Open House program) specifically geared for prospective athletes
- (7) free tuition beyond the allowable standards found in by-law 1.82
- (8) a coach asking a prospective student for contact information

(c) Complaints or reports of violations of this rule will be investigated and handled on a case-by-case basis. If **coaches** are found to be in violation of the recruiting rule, a copy of the investigation will be forwarded to the Professional Standards Commission of the Department of Education.

(d) A school will be afforded an opportunity to demonstrate it could not reasonably be expected to be responsible for the actions of a booster who is found to have violated the recruiting/undue influence rules

1.72 A student athlete transferring from one member school to another shall be ruled ineligible for one year because of "undue influence" if it is proven that:

- (a) the coach of the receiving school coached an out-of-school team or an all-star team on which the athlete played prior to the transfer; OR
- (b) the coach at the receiving school acted as a private athletic instructor for the transferring athlete, regardless of whether the coach was paid for his services and/or expertise
- (c) the student participated in a sports camp or clinic run by a member school and/or its coach(es).
- (d) Articles (a) and (b) shall be enforced even in the event the student made a bona fide move into the receiving school's service area.

1.73 A booster club shall be considered to be an extension of the school and must abide by all the rules applied to coaches and other school personnel. The following persons or groups may be considered boosters: members of the school's Booster Club; alumni; parents; guardians; or relatives of a student or former student; financial donors; or, donors of time and effort.

NOTE: Fulton County Athletic Guidelines Pertaining to Recruiting and Undue Influence are included in the Appendix.

## 1.80 - FINANCIAL AID

1.81 Any student who receives financial aid or non-GHSA approved gifts from any source and in any form (scholarships, tuition remission, cash, gifts, etc.) arising out of or **received in connection with their participation** in any sport or literary event shall be ruled ineligible. The duration of the ineligibility will last as long as the illegal benefits are being received. This prohibition shall not apply to awards under By-Law #1.90 or to other items approved by the GHSA.

- (a) If tuition is charged, it must be paid by a parent, legal guardian, or other family member with the exception of payments coming from need-based financial aid.
- (b) It is not legal for donated funds to be designated for a specific student that are given by non-family members, businesses, churches or other organizations, except for programs specified by state law.
- (c) Schools may not employ students to work off their tuition costs.
- (d) The GHSA Executive Director will determine whether the financial aid or gift arose out of or in connection with participation in any sport or literary event.
- (e) If a school allows a student who has received such financial aid or gifts to participate in competition, the Executive Director shall assess an appropriate penalty.

1.82 Financial aid in the form of free or reduced tuition or other aid must be **need-based aid** as determined by a national student aid service or financial aid based on institutional policies for academic performance (classroom record and/or test scores) that is administered by persons not in the athletic department.

1.83 Member schools who award financial aid shall issue a statement to the Executive Director signed by the principal or headmaster of the school giving the following information:

- (a) number of students enrolled in the school

- (b) number of students receiving financial aid
- (c) names of students (or a listing of student identification numbers) receiving financial aid who are involved in GHSA activities
- (d) certification that the percentage of students who participate in activities and who receive financial aid is the same percentage as the number of students receiving financial aid who do not participate in activities (plus or minus 5%)

## 1.90 - AMATEUR STATUS/AWARDS

- 1.91 A student who represents a school in interscholastic athletic competition shall be an **amateur** in that activity.
- (a) An **amateur athlete** is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived therefrom.
  - (b) Accepting nominal, standard fees or salary for instructing, supervising, or officiating in an organized youth sports program or recreation, playground or camp activity, shall not jeopardize an athlete's amateur status.
  - (c) Reasonable compensation derived from private lessons in a sport is permissible.
- 1.92 An athlete **forfeits amateur status** in a sport by:
- (a) competing for money or other monetary compensations except for reasonable allowances for travel, meals, and lodging. NOTE: Accepting expense allowances authorized by the United States Olympic Committee for Olympic Development Programs is acceptable for GHSA students.
  - (b) receiving any award or prize of monetary value which has not been approved by the GHSA.
  - (c) capitalizing on athletic fame by receiving money or gifts with monetary value except college scholarships.
  - (d) signing a professional playing contract in any sport, or hiring an agent to manage his/her athletic career.
- 1.93 Only **awards** approved by the GHSA may be accepted by a high school student-athlete as a result of participation in school or non-school competition in a sport recognized by the GHSA.
- 1.94 **Symbolic awards** (i.e. non-cash) presented for winning or placing in GHSA competitions are limited to \$250 per year, per student in the aggregate, paid by the local school. These are the only GHSA-approved awards for interscholastic competition. Beyond this, a student may receive one (1) school sweater or jacket presented by the school during his high school career.
- 1.95 Athletes competing in golf or tennis events are limited to awards as specified in the United States Golf Association Rules of Golf, and the United States Tennis Association Handbook of Tennis Rules and Regulations, which includes (but not limited to) the following:
- (a) No cash awards may be accepted.
  - (b) Merchandise awards in tennis may be accepted up to a retail value of \$250.00.
  - (c) Merchandise awards in golf may be accepted up to a retail value of \$750.00.

## 2.20 - ADMINISTRATIVE RESPONSIBILITIES

- 2.21 (A) The administrative head of each school shall have on file in the school office a certificate of an **annual physical examination** given by a licensed medical physician, a doctor of Osteopathic medicine, nurse practitioner or a physician's assistant indicating the student is approved for participation in athletic activities before that student may try-out, participate in practice or conditioning drills, or participate in interscholastic contests (see By-Law 1.41). (B) Each school shall have a written Emergency Action Plan for athletic practices and games. This plan must include responses to natural disasters, serious illnesses and injuries, and terroristic events and must have the involvement of local law enforcement agencies, rescue agencies, and medical doctors and hospitals. (Note: Model Emergency Actions will be available on the GHSA web site.
- 2.22 The administrative head of each school shall **operate** all interscholastic **contests and activities** under direct and complete control of the school administration or designated school personnel. These responsibilities are not to be delegated by the board of education, superintendent, or principal to any person or persons who are not a part of the school staff.
- 2.23 The administrative head of each school is expected to be a person who believes in fairness and honesty as evidenced by the strict adherence to all rules and regulations in regards to eligibility of contestants representing his/her school.
- 2.24 The administrative head of each school is expected to employ those persons who exemplify fairness and honesty. Any certificated person who violates rules in regard to student eligibility, or illegal practices, or knowingly misleads a member school and/or the GHSA will have a report of that behavior sent to the Professional Standards Commission.
- 2.25 The administrative head of each school may submit to the GHSA Executive Committee such recommendations for the improvement of the GHSA as he/she may deem necessary. These recommendations must be submitted to the GHSA Office at least thirty (30) days prior to the meeting of the Executive Committee.
- 2.26 The member institution has a responsibility to educate student-athletes, coaches, and other appropriate persons on GHSA rules and procedures that could affect them. Further, the member school should monitor its compliance with State Association guidelines.
- 2.27 Member schools that fail to follow stated procedures and deadlines may be assessed a fine for each violation.
- 2.28 Schools that need to cancel appointments scheduled with the Hardship Committee or the Appeals Board must do so at least 24 hours before the appointment. Failure to cancel properly will result in a fine.
- 2.29 Member schools are expected to fulfill their responsibilities for a sports season once they have committed to play that sport.
- (a) If a school commits to play a sport at the region meeting that precedes the sport, or on April 1 for Area sports, and then drops out of competition before or during the season, the school will have to play a non-region schedule in that sport the next year.

(b) If a school enters the competitive structure that qualifies it to advance in postseason competition, that school is expected to advance if it qualifies. Schools that drop out of competition after qualifying may be penalized with fines or probation.

(c) Appeals for emergency circumstances may be filed with the Executive Director.

## 2.60 - INTERSCHOLASTIC CONTESTS AND PRACTICES

2.61 A player who participates in a GHSA sport may not participate in practices (during the sports season) that occur during the school day even if that practice is not a part of the school's practice activity. Practice is defined as any activity that is school-initiated, organized, coordinated or supported.

(a) Regional, Sectional, and/or State **playoffs are exempt** from this rule.

(b) The "**school day**" is **defined** as: that period of time between when students are required to report to school and the time of dismissal of the host school. EXCEPTION: When the host school is not in session on a given day, competitions may be scheduled earlier than normal dismissal time for that school. However, any school that is in session on that day may not compete in that event before the normal dismissal time of the host school.

(c) No contest shall be played beyond 11:30 p.m., unless exempted under By-Law 2.93 (c2b) or by procedures found in sections of the by-laws dealing with specific sports.

**Fulton County Athletic Guideline on Sunday Practices:** Fulton County currently does not allow schools to practice on Sundays on a regular basis. If there is a special circumstance that warrants a practice on Sunday, the school Athletic Director must gain approval for the practice from the Fulton County Athletic Director.

2.62 The GHSA shall provide **rules and regulations for competition** among member schools for those competitive activities listed in the GHSA Constitution and By-Laws.

(a) Member schools shall **compete, practice or scrimmage only against other member schools** or against schools who are affiliated with the State Association in their respective states. When competing internationally, member schools may compete only against school teams in that nation that are composed of students of similar ages. International exhibition competitions or scrimmages are not allowed. NOTE: When member schools compete out of state, the host state's adaptations of NFHS playing rules will be enforced, and all GHSA by-laws regarding sportsmanship, eligibility and game times will be enforced.

(b) Member schools are **permitted to compete against non-member schools** in activities not listed in the GHSA Constitution and By-Laws.

(c) The GHSA Executive Director has the authority to approve competition between GHSA schools and **private schools from states in which membership in the State Association is not allowed**. These non-member schools must meet or exceed the State Association standards in order to compete with GHSA schools.

(d) A member school shall have no more than one varsity, one junior varsity, and one 9th grade team.

(1) Any **sub-varsity team** is limited to a maximum number of games equal to 70% of the varsity allotment in that sport. EXCEPTION: New schools that have only 9th and 10 grades with JV teams only (no varsity) are allowed to play the number of games allowed for varsity teams.

(2) **Competition between sub-varsity and varsity teams and/or individuals** at the same event is prohibited. An exception may be made by the Executive Director for schools just opening and for schools just starting a particular sport.

(3) In the sports of Cross Country, Golf, Swimming, Tennis and Wrestling, a school may use a "**split squad**" at two regular season events on the same day at the varsity or sub-varsity levels. Both of the contests must be counted against the total number of contests allowed in that sport. Individual players may not exceed the total number of contests allowed at the varsity level of that sport.

(4) **Unattached Competitor:** Individual athletes may participate in non-GHSA events in the sports of Cross Country, Golf, Gymnastics, Riflery, Swimming, Tennis, Track and Wrestling as long as they do not represent their school, do not wear the school uniform, and are not coached at the event, or transported to the event, by their high school coach.

(5) In any GHSA sport, there may be no "**open**" competitions or exhibition performances that extend participation beyond the three levels of competition (i.e., varsity, JV, 9th grade) mandated in this bylaw. The only interscholastic contests in which results are disregarded are scrimmages as defined below.

(e) One **interscholastic scrimmage** (two teams meeting head-to-head) is allowed in the sports of Baseball, Basketball, Football, Lacrosse, Soccer, Softball and Volleyball.

(1) This scrimmage may be scheduled anytime between the beginning of practice as set by the GHSA and the first regular season game for each team.

(2) This scrimmage is for varsity teams only, and shall be played with normal timing and/or scoring rules except as noted in individual sports sections.

(3) Game officials must be used.

2.63 **Written contracts** are **required** for all football, basketball and wrestling contests, and are strongly **recommended** in all other interscholastic contests that are scheduled between member schools.

(a) Contract forms can be found on the GHSA web site.

(b) Contracts are also recommended for all sub-varsity contests.

(c) GHSA-member schools are expected to fulfill the conditions of any game contract that has been properly executed.

(1) Exceptions to the contract may be made with the agreement and consent of both schools.

(2) Member schools that fail to fulfill the requirements of a scheduled event may be required to make **restitution** to the competing school if that school is unable to secure an opponent. The offended school shall petition the Executive Director for the desire restitution.

- (3) Schools failing to fulfill a game contract may be **suspended** in that sport for one (1) full calendar year or the corresponding date of the next calendar year, whichever is greater.
- (4) EXCEPTION: The GHSA Executive Director may excuse the failure to fulfill a game contract if, in his opinion, the circumstances causing the failure were outside the control of the school officials.
- (d) Forfeiture and Restitution Policy
- (1) If a team does not arrive at the game site for any contest without notifying the host opponent of a late arrival, that contest will be forfeited 30 minutes after the scheduled game-time. If the second game or contest was to be played by a different team (EXAMPLE: girl/boy or JV/varsity combination events), then a decision to forfeit that game will be made 30 minutes after the scheduled beginning of the second game.
  - (2) If there are to be multiple games by the same team and the team does not arrive at the game site without notifying the host opponent of a late arrival, all games will be forfeited 30 minutes after the scheduled game-time of the first contest. EXAMPLE: softball or baseball doubleheaders
  - (3) If a school fails to show up for a game or cancels a game within four (4) hours of the scheduled starting time without an emergency condition or weather-related conditions, that school shall pay a forfeiture fee to the host school equivalent to the cost of the officials. NOTE: If the host school is the violating team, the fee will be paid directly to the officials association.
  - (4) If a school fails to show up for a game or cancels within four (4) hours of the scheduled game time without emergency reasons or weather-related reasons for a second time, that school must make restitution again and must show cause to the GHSA Executive Director as to why they should not be placed on probation by the GHSA.
- (e) The minimum penalty for allowing an ineligible athlete to participate in an interscholastic contest is forfeiture of the game(s). Fines or other penalties may also be imposed. NOTE: If it is determined by the Executive Director that the school has exercised every reasonable precaution and has been deceived regarding the student's data, any or all penalties may be set aside.
- (f) A team shall forfeit any team standing or points toward team honors when an ineligible student participates in a contest. In sports where individual titles may be won (Cross Country, Literary, Swimming and Diving, Traditional Wrestling, Gymnastics, Golf and Track), eligible individuals will keep their placements and opportunities to advance toward individual honors even if a teammate participated while ineligible.
- 2.64 Tournaments or multiple-meets, other than the Region or State elimination series must be approved (**sanctioned**) by the GHSA Executive Director, subject to the special conditions for athletics and/or other activities.
- (a) A GHSA-member school shall not enter a tournament which requires sanctioning until that tournament has been **approved by the GHSA Executive Director**.
    - (1) The GHSA Executive Director may assess a fine and/or other penalties against a member school that violates the sanctioning rules.
    - (2) Approval will not be granted for any tournament, meet, or other contest to qualify for and/or determine a **national high school championship**. The GHSA strongly discourages participation in events that qualify a team representing a member school for a national championship during the Summer.
    - (3) **Tournament participation limits** are set for each sport, and they are listed in the specific sport sections in this document.
  - (b) All **applications for sanctioning** must be submitted to the GHSA thirty (30) days prior to the tournament by a GHSA-member school. NOTE: Tournaments that require National Federation sanctioning are an exception to this rule.
  - (c) The host school for all sanctioned tournaments shall **pay five percent (5%)** of all gross gate receipts **to the GHSA** within ten (10) days after the tournament.
    - (1) Total gate receipts before expenses are paid equals the gross receipts.
    - (2) A financial report of the event shall accompany the payment.
  - (d) GHSA approval for **tournaments in contiguous states** is needed when there are four or more schools participating.
  - (e) Approval for **tournaments in Georgia** is needed when:
    - (1) it is a tournament involving four or more schools OR
    - (2) it is a tournament in which awards are given.
  - (f) Tournaments that require **approval from the National Federation** with a processing fee of \$100.00 (NOTE: All NFHS sanctioning forms must be submitted to the State Association ninety (90) days prior to the event.) are:
    - (1) any interstate tournament in which more than eight schools participate, and at least one participant is from a non-contiguous state OR
    - (2) any interstate tournament that involves schools from five or more State High School Associations, and at least one of them does not border on the State of the sponsoring school OR
    - (3) any international tournament (except competition with Canadian and Mexican high schools) OR
    - (4) any interstate tournament involving two (2) or more schools which is co-sponsored by or titled in the name of an organization outside the high school community (e.g., a university, a theme park, an athletic company).
  - (g) The GHSA Executive Director has the authority to approve competition between GHSA schools and **private schools from states in which membership in the State Association is not allowed**. These non-member schools must meet or exceed the State Association standards in order to compete with GHSA schools.
  - (h) In all sports except Football, a team (sub-varsity or varsity) may play multiple games on a single calendar day in a tournament setting. NOTE: In these instances, the special "quarter/half participation rules" in basketball and soccer are waived.

- (i) For any one-day event in which more than two schools compete (i.e., a basketball showcase or some similar event), the following stipulations are in effect:
- (1) A "host school" must be designated for each game even if the games are played at neutral sites.
  - (2) The host school must provide a Game Manager for that game.
  - (3) The host school must schedule game officials through the local association assigned to it.
  - (4) These special events will require sanctioning approval from the GHSA office.
- 2.65 Available Seating: Member schools shall provide a seat for each ticket sold to any contest regulated by the GHSA.
- (a) An available seat is defined as twenty-four (24) inches in width.
  - (b) Each school is required to make a determination of the available seats prior to the beginning of the contest.
  - (c) At outdoor events, "standing room" tickets may be sold as long as they are identified as such at the time of the purchase, and as long as there are no problems with safety and security with such an arrangement.
- 2.66 Weekday Contests: Only one day and/or night preceding a school day per week may be used for a contest or activity with a starting time of 6:00 pm or later.
- (a) Regional, Sectional, and/or State playoffs are exempt from this rule.
  - (b) The GHSA Executive Director has the authority to set aside this rule upon request when there are extenuating circumstances.
  - (c) Teams playing any regular season contest when there are classes the next day shall be limited to a travel distance of no more than 100 miles one way as determined using the maps program at [www.Yahoo.com](http://www.Yahoo.com).
- 2.67 Practice Policy for Heat and Humidity: Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:
1. The scheduling of practices at various heat/humidity levels
  2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
  3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
Under 82.0	Normal activities--Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each
87.0 - 89.9	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each
90.0 - 92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice
Over 92.1	No outdoor workouts; Cancel exercise; Delay practices until a cooler WBGT reading occurs

#### **GUIDELINES FOR HYDRATION AND REST BREAKS**

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a "cooling zone" and not in direct sunlight
4. When the WBGT reading is over 86:
  - a. ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process
  - b. cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

#### **DEFINITIONS**

1. Practice: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave the field.
2. Walk Through: this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

**PENALTIES: Schools violating heat policy shall be fined a minimum of \$500.00 and a maximum of \$1,000.00.**



2.68 All athletic events hosted by GHSA-member schools (except Cross Country, Golf, Riflery, Swimming, Tennis and Track) shall be officiated at all levels of competition by **officials** who are members of associations that are approved by the GHSA. (Exception: situation noted in By-Law 2.95)

(a) In Soccer, Volleyball and Wrestling, **when competing schools cannot agree on officials** for regular season games, the principals should send in a written request for the GHSA office to assign the officials.

(1) This shall be done for both years of the scheduling period.

(2) The visiting team shall pay the mileage fees for the assigned officials, and the home team will pay the game fees.

(b) Officials' associations and their assigned schools shall include the method of payment in their contract.

(c) It is recommended that the same number of officials be used in regular-season competitions as the number used in playoff competitions in that sport.

2.69 **Legal practice dates** are established for each activity (see the calendar at the beginning of this publication), and schools shall not conduct or allow an **illegal practice**.

(a) The **beginning of each school year** is designated as the first date of practice for the earliest GHSA sport.

(b) **Illegal practices** are **defined** as practices involving three or more students participating in any extracurricular activity in the presence of, or under the direct or indirect supervision of any coach of the school (including a community coach). At any given point in time, only one (1) coach in a sport may work with up to two (2) athletes in skill-building drills.

(1) Any practice occurring after the beginning of the school year and **before the opening of the designated season** is an illegal practice.

(2) Any practice occurring **after the end of the season** for that team and the end of the school year for students in that school is an illegal practice.

(3) **During the summer** (i.e., between the ending of one school year and the beginning of the next) the only restrictions on practices and competition are that all activities must be strictly voluntary, and the **"Dead Week"** must be observed, as follows: Schools are prohibited from participating in voluntary workouts, camps and/or clinics, weight training or competitions during the week (Sunday through Saturday) in which the Fourth of July falls each year.

(4) It is illegal for a team to go to a competitive or instructional camp or clinic during the school year other than in-season events designed for that team alone.

(a) If the event is held out of season, it would constitute an illegal practice.

(b) If the event is held in-season, it would involve illegal coaching.

(c) Boys and girls teams in the same sport are considered the same activity.

(d) This prohibition does not apply to the summer months.

(5) Neither coaches, former coaches (including community coaches), nor any other school personnel shall suggest, require, or otherwise **attempt to influence students** to participate in or practice for a sport outside the GHSA-designated season.

(6) The following activities are **examples of illegal practices**:

(a) interscholastic scrimmages or practice competitions not in compliance with By-Law 2.62e

(b) practices involving alumni or students who presently are not eligible at the member school at any time in the school year

(c) practices against a non-school team at any time in the school year

(d) practices of any kind outside the season designated by the GHSA.

NOTE: Free Style and Greco-Roman Wrestling are considered to be the same sport as Folk Style (high school) Wrestling and are subject to GHSA rules regulating illegal practices.

(7) Coaches are allowed to be spectators or "fellow competitors" at non-school events out of season as long as no coaching occurs.

(8) Schools found guilty of having illegal practices will be subject to **penalties** that may include a fine, warning, probation, and/or suspension by the GHSA Executive Director.

(c) A GHSA coach (certified teacher or community coach) may not coach a non-GHSA team in a competitive setting during the school year that includes any player(s) who participate in the sport he/she coaches at the member school. EXCEPTION: In a situation in which the child or step-child of the coach is the only player on a non-school team from the coach's school, the coach would be exempted from this rule.

## 2.70 - SPORTSMANSHIP

2.71 GHSA-member schools are required to conduct all relationships with other schools in a **spirit of good sportsmanship**.

(a) It shall be the responsibility of a member school to use every means at its disposal to impress upon faculty, students, team members, coaches, and spectators the **values of sportsmanship** in preparation for the management of interscholastic contests.

(b) The Executive Director shall have the authority to assess penalties against schools and/or coaches for conduct unbecoming a professional educator or coach committed by coaches or other school personnel at GHSA events. Penalties against schools may include fines, probation or suspensions; and penalties against coaches and other school personnel may include suspension from GHSA events.

(c) It shall be the **responsibility of the home or host school** to take the following precautions at all interscholastic athletic events:

(1) take proper steps and precautions to insure crowd and spectator control, including having an administrator (or designee) from the host school to function as **"game manager"** at all GHSA sanctioned events. EXCEPTIONS: Golf and Tennis

- (2) take steps to insure the **comfort and security** of all players, coaches, and officials
  - (3) have in place sufficient **security personnel** to handle any crowd-control problems that might reasonably be expected. Security escorts must be provided to game officials by the host school at all GHSA sanctioned contests, before, during and following the contest - including to their vehicles.
  - (d) Each school must develop a **plan to handle fight situations** that may occur during an athletic contest.
    - (1) Attention must be given to keeping **substitutes** in the bench areas throughout the fight, and to keeping **spectators** away from the competitive area.
    - (2) **Schools** whose substitutes leave the bench area to go to the area of a fight will be **fined** by the GHSA Executive Director.
    - (3) All players who are involved in a fight and any substitutes who leave the bench area during a fight and are **ejected** from the current contest, will be subject to the sit-out rule.
  - (e) Players and coaches are expected to exhibit good sportsmanship before and after a contest, even if the game officials do not have jurisdiction. Behaviors such as taunting, fighting, etc., are forbidden.
  - (f) No coach may remove his/her team from competition before the end of the contest unless it is done in accordance with the playing rules of that sport.
- 2.72 Any **player, coach, or team attendant** who is **ejected** from a GHSA contest shall be suspended from all levels of competition (i.e., varsity or sub-varsity) in that sport or activity (regular season or playoffs) until the period of suspension has expired.
- (a) Ejections are based on judgment calls by an official and are not reviewable or reversible.
  - (b) A coach shall have no role nor be in attendance at pre-contest warm-ups or activities, and shall not be in attendance at contests until the period of suspension has expired.
  - (c) A player or team attendant may not be on the competitive area nor in the team bench area during any contest until the period of suspension has expired.
  - (d) The **period of suspension** resulting from an ejection will expire as follows:
    - (1) **Football:** after the individual has been withheld from the next-scheduled game at the level at which the ejection occurred (and all contests at any other level).
    - (2) **Soccer:**
      - (a) One-Game Sit-out:
        - 1. Two yellow cards in the same game
        - 2. Yellow-Red cards for taunting
        - 3. Deliberate handball to prevent a goal
        - 4. Red card for a foul on a player moving toward his goal in a scoring situation
      - (b) Two-Game Sit-out with Red Card for any of the following: violent conduct, spitting on another person, foul or abusive language, leaving the bench area for a fight situation.
    - (3) **Lacrosse** players who are ejected will sit out as follows:
      - (a) **BOYS:** Any player ejected for accumulation of personal foul penalty time will sit out for the next scheduled match. Any player or coach ejected for unsportsmanlike behavior or violent conduct will sit out the next two (2) matches.
      - (b) **GIRLS:** Any player ejected for accumulation of two (2) yellow cards in one game will sit out the next scheduled match. Any player or coach given a red card for unsportsmanlike behavior or violent conduct will sit out the next two (2) matches.
    - (4) **Track and Field:** after the individual has been withheld from the next scheduled contest. NOTE: All allegations of unsporting behavior must be referred to the "Jury of Appeals" for a final resolution on disqualification. A report must be submitted to the GHSA office in the event of a disqualification.
    - (5) **All Other Activities:** after the individual has been withheld from the next two (2) scheduled contests at the level at which the ejection occurred.
  - (e) To satisfy the penalty of the sit-out game(s), those games must have been scheduled at the time of the ejection, and must be played to completion.
  - (f) When a player, coach, or team attendant has a **second ejection** in the same activity during a school year, that individual shall be withheld from competition for twice the time period of the normal suspension.
  - (g) In the event that a player, coach, or team attendant is **ejected three (3) or more times** in the same activity during the school year for a sportsmanship violation, the individual will be withheld from competition until:
    - (1) The member school presents a written response to the circumstances involved in that individual's unsportsmanlike behavior, AND
    - (2) The GHSA Executive Director establishes a penalty which may include suspension in all GHSA activities for up to twelve (12) months.
    - (3) Penalties imposed by the GHSA Executive Director may be appealed as described under Section 9 of Article IV, in the GHSA Constitution.
  - (h) If the ejection occurs in the last game of the season, the penalty carries over to the first game of the next season. If the student is a senior, the penalty carries over to the next sport in which the student participates.
  - (i) When a coach is ejected, his/her school will be fined.
  - (j) When a player or coach is ejected from a pre-season scrimmage (i.e., a practice game) in any sport, the school shall be fined a minimum of \$250 and there will be no sit-out penalties imposed.
  - (k) Players who are ejected twice from a GHSA contest for fighting as defined by the NFHS rules in that sport, shall have their sit-out penalty doubled.
  - (l) Coaches who have been ejected twice from competitions within a school year or a calendar year shall have the fine tripled or attend a class assigned by the GHSA.
- 2.73 Any student who **intentionally injures or intentionally attempts to injure** another student, coach, official, spectator, or other person immediately before, during, or immediately after any GHSA-sponsored activity, may be

declared ineligible to participate in future GHSA activities by the GHSA Executive Director. NOTE: The notice, hearing, and appellate procedures set forth in the GHSA Constitution shall be applicable to such rulings.

2.74 Coaches, administrators, or players are not to make **comments to the media** that are **critical of officials** and/or their calls in a game. Penalties that could be imposed by the GHSA Executive Director include fines and/or suspensions.

2.75 The **use of fireworks** at any GHSA-approved event shall be in strict compliance with the licensing and application procedures of Georgia law and under permit of the probate court in which the event is held.

2.76 The officials' dressing area is "off limits" to coaches and administrators for the discussion of game decisions either at halftime or after the game. Officials should be granted a one-hour time limit before the game, the length of halftime, and 30 minutes after the game, where the facilities are secured.

2.77 Unsporting acts committed by players and/or coaches after the expiration of the contest will be handled as follows:

(a) If the inappropriate behavior occurs while the officials have jurisdiction (as specified by the NFHS national playing rules for each sport), the official may eject the coach or player and published penalties for ejections will apply. Additional penalties may also be imposed by the Executive Director.

(b) If the inappropriate behavior occurs after the officials' jurisdiction has ended, and the officials witness the behavior, a Game Report should be filed with the GHSA office and administrative penalties will be assessed against the school of the guilty parties by the Executive Director.

For more GHSA Constitution and By-Law Information go to: [www.ghsa.net](http://www.ghsa.net)

### ***ATHLETIC INTEREST***

The Fulton County School District values student participation in athletics. All sports offered at each school are listed on the District's Athletic webpage at [www.fultonschools.org](http://www.fultonschools.org), or you can access each school's individual webpage.

#### **Student Athletic Interest Survey for All High School and Eighth Grade Students**

Are you a high school student or an eighth grade student? If YES, then please participate in a short athletic interest survey—your input is very important! Please access the interest survey on the District's Athletics webpage at [www.fultonschools.org](http://www.fultonschools.org).

#### **Suggestions or Changes**

If you are a high school student, eighth grade student, parent/guardian, coach or other interested school personnel that has a specific suggestion or request about:

- The addition of a Georgia High School Association (GHSA) sanctioned sport not currently offered at your high school;
- Adding an additional level of competition for an existing GHSA sport at your high school (such as a freshman or junior varsity team);
- Getting your high school's assistance in approaching GHSA about adding a sport to its list of sanctioned sports; or
- An idea on a way to increase participation in currently existing GHSA sports teams,

then please complete the form that can be accessed on the District's Athletics webpage at [www.fultonschools.org](http://www.fultonschools.org). Your feedback will be sent to the School District's Athletic Director and the relevant school, and may be shared with relevant coaches. Someone will contact you about your request or feedback within one week, but if you have not received a response or cannot access the form, please feel free to contact the District Athletic Director, Dr. Steven Craft, at [crafts@fultonschools.org](mailto:crafts@fultonschools.org). In your email, please let Dr. Craft know the date you completed and sent the form (if any), as well as your name, grade, and high school.

# APPENDIX

## Off-Season and Summer Training Tips

During the off-season and summer vacation, high school athletes may be tempted “to slack off” from the rigorous training regimen which they need to stay in shape. Whether the high school athlete aspires to be a college athlete, professional athlete, or play sports for fun, here are some tips for off-season training:

When participating in any athletic activity, especially during the hot, humid summer months, it is important to stay well hydrated. Proper hydration does not begin at game time; it's the result of daily attention to the body's needs. Most heat illnesses are preventable. Signs and symptoms of heat illness and dehydration include, but are not limited to: decreased performance, muscle cramping, weakness, fatigue, intense thirst, profuse sweating, blurred vision and/or cool, pale clammy skin. Younger athletes have a lower sweating capacity and higher core temperature than adolescents and adults. The composition of children's sweat is also different from adolescent and adult athletes, which means they do not benefit from electrolyte replacement drinks. Water is the fluid of choice for younger athletes. To diminish the risk of heat illnesses/dehydration Follow these simple tips as suggested by the American College of Sports Medicine:

- Drink 8-12 cups of water daily.
  - Drink at least 16 oz. of fluid two hours prior to an event and then again 20 minutes before the event.
  - Offer unlimited access to fluids during the game/practice.
  - Drink cool fluids containing less than 8 percent carbohydrate.
  - Drink beyond your thirst.
  - Avoid caffeine and carbonated beverages.
  - Wear lightweight, light-colored clothing.
  - Take frequent breaks and rest when necessary.
- 
- Sports Nutrition - In addition to having enough water or sports drink on hand it is equally important to have nutritious snacks available. This becomes even more critical during a long day and /or weekend of tournament play where games may start at 7 a.m. and may not finish until after 5 p.m. Grabbing a piece of pizza from the concession stand works in a pinch, but it is not the energy food of choice. Eating the wrong type of foods can actually produce a negative energy effect, slowing down your game instead of providing that needed energy boost. Gastric irritability may also occur when poor food choices are combined with strenuous physical activity. Having nutritious snacks, such as granola bars, fresh fruit and vegetables, bagels and some trail mixes can help keep young athletes performing well until there is adequate time for a complete and healthy meal. It is equally as important to replenish muscle energy sources at the end of the day as it is to “prep” them with a pre-game meal.
  - Avoid Peak Sun: Avoid rigorous workouts during the peak temperatures usually from 11 a.m. to 2 p.m. or when predicted by the weather service for your geographic area.
  - Warm-Up: All athletes need to stretch their muscles before strenuous exercise. It is a way to prevent muscle injury. Proper stretching lengthens or “loosens” muscle tissue, making it less prone to trauma and tears.
  - Eat Balanced Meals: Proper nutrition is important to maintaining your body's peak performance for endurance sports such as football, soccer, track and others. Eat plenty of carbohydrates such as bread, cereal, and potatoes which turn into glucose and the energy you'll need.
  - Get plenty of rest: We all know (or should!) that we get stronger NOT by training more, but rather from our adaptations to that training which we get from rest and recovery. Adequate sleep is essential as it is our time to regenerate and rebuild. Adequate sleep is also vital for alleviating stress.

## Concussions in Sport

**BY-LAW 2.68: GHSA CONCUSSION POLICY:** In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include, licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

- a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.
- b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

- c) It is mandatory that every coach in each GHSA sport participate in a free, online course on concussion management prepared by the NFHS and available at [www.nfhsllearn.com](http://www.nfhsllearn.com) at least every two years – beginning with the 2013-2014 school year.
- d) Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

## **Methicillin Resistant Staphylococcus Aureus [MRSA] Q&A**

### **What is MRSA?**

MRSA is the acronym for *Methicillin Resistant Staphylococcus aureus*, an antibiotic-resistant strain of the common *Staphylococcus aureus* bacteria (staph). Staph is one of the most common causes of skin infections in the United States. The common staph bacteria itself is not always dangerous, but the antibiotic-resistant MRSA strain is hard to treat with commonly-used antibiotic medications. Because of its antibiotic resistance, MRSA sometimes can lead to life-threatening infections.

### **How common are MRSA infections?**

Healthy people carry staph on their skin or in their noses. The majority of staph infections are minor; however, staph can cause more serious infections that require special antibiotic treatment. MRSA is almost always spread by direct, physical contact – such as openings in the skin (cuts or abrasions), crowded living conditions, and poor hygiene.

Previously, MRSA infections were found almost exclusively in hospitals and nursing homes, but now they are becoming a rapidly growing problem in our communities, earning the name CA-MRSA – or Community-Acquired MRSA – because of how the bacteria spreads in public or community areas.

### **Who is at risk?**

Anyone who is in physical contact with other people on regular basis is at increased risk for acquiring MRSA and other potentially dangerous bacterial infections. It is estimated that 30-50% of the population carries CA MRSA bacteria on their bodies.

### **Why are athletes so susceptible to MRSA infections?**

Athletes have to be particularly concerned about MRSA because it is easily spread from person-to-person due to close, physical contact in athletics. In addition, athletic facilities provide the ideal environment for bacteria to thrive, as they can be warm and humid. MRSA can be spread through touching objects such as towels, clothing, workout areas and sports equipment that have MRSA germs on them. MRSA can live on the skin and survive on objects and surfaces for more than 24 hours. Athletes are also thought to be more susceptible to staph infections because their immune system temporarily lowers after a hard workout.

### **What does MRSA infection look like?**

- MRSA can present itself in various forms of skin infections ranging from boils, blisters, rashes, pimples, or ingrown hairs. These often occur in the armpits, groin, neck, and buttocks. MRSA infection sometimes has the appearance of a spider bite, which can lead to misdiagnoses. Symptoms of MRSA infection may include redness, warmth at the site, swelling, pus, and pain. Unexplained fever, muscular pain and/or fatigue after a skin infection are symptoms that could be related to an MRSA infection. MRSA-infected skin lesions (sores) can change from skin or surface irritations to abscesses or serious skin infections. If left untreated, MRSA can infect the blood, bones, and other organs.

### **What is the treatment for an MRSA infection?**

Once a staph infection is suspected, a doctor can take a sample/culture of the infection and send it to a lab for testing. If the staph germs being tested cannot be treated or killed with standard antibiotics, then the infection is diagnosed as MRSA. Many MRSA infections can be treated by draining the abscess or boil and may not require antibiotics. To prevent serious complications, only healthcare providers/doctors should drain an abscess or boil. Most MRSA infections are treatable with antibiotics. However, in severe cases a very strong antibiotic must be administered in a hospital.

### **How MRSA infection be prevented?**

According to the Centers for Disease Control (CDC), good personal hygiene will help prevent skin infections. This includes:

- (1) Showering and washing with soap and water immediately after practice, competition and training.
- (2) Not sharing personal care items such as bars of soap, towels and razors, uniforms, and sports equipment that directly touch the body.
- (3) Taking home practice clothes, towels, and other linens on a daily basis and returning clean practice clothes back to school.
- (4) Washing practice clothes, uniforms and other sports-related linens in hot water and laundry detergent. Using a hot dryer, rather than air drying also helps kill bacteria.
- (5) Wiping down athletic equipment and materials with sanitizer regularly.
- (6) Notifying coaches, athletic trainers and the school's clinic staff of any wounds that are potentially infected.
- (7) Keeping all wounds clean and covered and avoiding contact with others' open wounds, or anything that could possibly be contaminated by infection (boils, blisters, etc.).
- (8) Washing hands frequently with soap and water, especially after practice, competition and training.

### **What are Fulton County high schools doing about this problem?**

- The above procedures are enforced in the Fulton County Schools high school athletic programs.
  - Information also is shared with student athletes and their families.
  - Parents/Guardians are encouraged to be on alert for any signs and symptoms of skin infections in their children.
- If MRSA is suspected, please contact your healthcare provider or the Fulton County Schools' Office of Student Health Services at 404-763-6836

**Sports Related Skin Infections**  
**Position Statement and Guidelines**  
**National Federation of State High School Association (NFHS)**  
**Sports Medicine Advisory Committee (SMAC)**

Skin-related infections in both the community setting and the sports environment have increased considerably over the past several years. While the majority of these infections are transmitted through skin-to-skin contact, a significant number are due to shared equipment, towels, or poor hygiene in general. The NFHS Sports Medicine Advisory Committee (SMAC) has put forth general guidelines for the prevention of the spread of these diseases (See NFHS General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases).

The NFHS SMAC recognizes that even if these guidelines are strictly adhered to, skin infections will continue to occur given the nature of certain sports. For example, the risk of transmission is much higher in sports with a great deal of direct skin-to-skin contact such as football and wrestling. Therefore, the NFHS SMAC has developed specific guidelines for the skin infections most commonly encountered in sports. The guidelines set forth follow the principles of Universal Precautions and err in favor of protecting participants in situations where skin-to-skin contact may occur. Consideration may be given to the particular sport regarding risk of transmission, but these rules must be strictly adhered to in sports such as wrestling, football, and basketball where skin to skin contact is frequent and unavoidable.

**Ringworm, Tinea Corporis**

These fungal lesions are due to dermatophytes. As they are easily transmissible the athlete should be treated with an oral or topical antifungal medication for a minimum of 72 hours prior to participation. Once the lesion is considered to be no longer contagious it may be covered with a bio occlusive dressing.

Impetigo, Folliculitis, Carbuncle and Furuncle

While these infections may be secondary to a variety of bacteria, they should all be treated as Methicillin-Resistant Staphylococcus aureus (MRSA) infections. The athlete should be removed from practices and competition and treated with oral antibiotics. Return to contact practices and competition may occur after 72 hours of treatment providing the infection is resolving. All lesions are considered infectious until each one has a well-adherent scab without any drainage or weeping fluids. Once a lesion is no longer considered infectious, it should be covered with a bio occlusive dressing until complete resolution. Since nasal colonization of these bacteria is common, treatment with intranasal topical mupirocin should be considered for recurrent episodes.

All team members should be carefully screened for similar infections. If multiple athletes are infected, consideration should be given to obtaining nasal cultures of all teammates. This can identify carriers and allow for targeted treatment with intranasal mupirocin and daily body washes with a chlorhexidine 4% solution for at least five days.

**Shingles, Cold Sores**

These are viral infections which are transmitted by skin-to-skin contact. Lesions on exposed areas of skin that are not covered by clothing, uniform, or equipment require the player to be withdrawn from any activity that may result in direct skin-to-skin contact with another participant. Covering infectious lesions with an occlusive dressing is not acceptable. Primary outbreaks of shingles and cold sores require 10-14 days of oral antiviral medications while recurrent outbreaks require five days of treatment as a minimum treatment time prior to returning to participation. To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours.

**Herpes Gladiatorum**

This skin infection, primarily seen among wrestlers, is caused by Herpes Simplex Virus Type 1 (HSV-1). The spreading of this virus is strictly skin-to-skin with the preponderance of the outbreaks developing on the head, face and neck, reflecting the typical lock-up position. The initial outbreak is characterized by a raised rash with groupings of 6-10 vesicles (blisters). The skin findings are accompanied by sore throat, fever, malaise and swollen cervical lymph nodes. The infected individual should be removed from contact and treated with antiviral medications. They may return to contact only after all lesions are healed with well adherent scabs, no new vesicle formation and no swollen lymph nodes near the affected area. Consideration should be given to prophylactic oral antivirals for the remainder of the season and each subsequent season.

Recurrent outbreaks usually involve a smaller area of skin, milder systemic illness and a shorter duration of symptoms. Treatment should include oral antivirals. If antiviral therapy is initiated, the participant must be held from wrestling for five days and there should be no swollen lymph nodes near the affected area. If antivirals are not used, the infected participant may return to contact only after all lesions are well healed with well adhered scabs, no new vesicle formation, and no swollen lymph nodes near the affected area. Even greater consideration should be given to prophylactic antivirals for the remainder of the current season and each subsequent season when a wrestler has suffered a recurrent outbreak.

As the HSV-1 may spread prior to vesicle formation, anyone in contact with the infected individual during the three days prior to the outbreak must be isolated from any contact activity for eight days and be examined daily for suspicious skin lesions. To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours.

**Miscellaneous Viral Infections**

Molluscum contagiosum and verruca are types of warts that are caused by viruses, but are not considered highly contagious. Therefore these lesions require no treatment or restrictions, but should be covered if prone to bleeding when abraded.

## **GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES**

### **National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)**

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant *Staphylococcus aureus* (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

#### **Universal Hygiene Protocol for All Sports:**

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

#### **Infectious Skin Diseases**

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials, and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

#### **Blood-borne Infectious Diseases**

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.



Department of Interscholastic Athletics

Procedures for Extreme Weather and Air Quality Conditions Affecting Outdoor Interscholastic Athletic

**ALL EXTREME WEATHER CONDITIONS DIRECTIVES****ISSUED BY THE FULTON COUNTY SCHOOLS DEPARTMENT OF INTERSCHOLASTIC ATHLETICS MUST BE FOLLOWED.****Weather Condition: HOT and HUMID**

Fulton County Schools shall have, use and maintain a digital Wet Bulb Global Temperature (WBGT) device for measuring environmental factors which contribute to extreme weather conditions. The digital WBGT device is used to measure the Wet Bulb Global Temperature which is derived by evaluating the combined dry air temperature, humidity, ground radiated heat, and wind speed at that particular location. Conditions are subject to change during practice / activity; therefore, measurements at the practice site should be taken at regular intervals throughout the practice / activity.

Commencing with the 2012-2013 school year all outdoor interscholastic athletic activities will monitor and follow all procedures. Interscholastic football teams will be required to measure and document the Wet Bulb Global Temperature (WBGT) prior to outdoor practices through the months of August, during spring practices in May, and at other times when conditions warrant. Measurement and documentation can be performed by the school's athletic coordinator, athletic trainer, or football coach. All on field coaches shall be first aid trained and be familiar with all heat related symptoms and corresponding treatments, be familiar with emergency and 911 procedures, and be familiar with the Wet Bulb Global Temperature Chart and utilize the chart results when determining length of practice and rest periods.

The Fulton County Schools (FCS) and Georgia High School Association (GHSA) Practice Policy for Heat and Humidity is statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly.

LEVEL	WBGT Readings	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES	LEVEL
Low Risk	Under 82.0	Normal activities--Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout	As Desired
Low Moderate Risk	82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each	Cold Water
High Moderate Risk	87.0 - 89.9	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each	Cold Water
Low High Risk	90.0 - 92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice	Cold Water
Very High Risk	Over 92.1	No outdoor workouts; Cancel exercise; Delay practices until a cooler WBGT reading occurs	Cold Water

**GUIDELINES FOR HYDRATION AND REST BREAKS**

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a "cooling zone" and not in direct sunlight
4. When the WBGT reading is over 86:
  - a. ice towels and spray bottles filled with ice water should be available at the "cooling zone" to aid the cooling process
  - b. cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

**DEFINITIONS**

1. Practice: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave the field.
2. Walk Through: this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

**PENALTIES: Schools violating heat policy shall be fined a minimum of \$500.00 and a maximum of \$1,000.00.**



### **Cautions and Consideration for Hot and Humid Conditions**

Practices and games should be held early in the morning and later in the evening to avoid times when environmental conditions are generally more severe. Hydration and fluid replacement is a daily process. Athletes should hydrate themselves before, during, and after practice. Meals should include an appropriate amount of fluid intake in addition to a healthy diet. An unlimited supply of cold water shall be available to participants during practices and games. Coaches / supervisors shall inform all athletes participating during practices or games that cold water is always available or accessible and athletes will be given permission to hydrate themselves at any time.

Athletes shall be gradually acclimatized to the heat. Research indicates 80% acclimatization may be achieved in 7 – 10 days, but could take up to 14 days. In some cases, it may take several weeks to become fully acclimatized. The length and intensity of practice should be adjusted according to the WBT until acclimatization occurs. Athletes should weigh in before practice and weight out after practice in order to monitor water loss. Water loss can lead to symptoms of dehydration. Athletes should wear clothes that are light in weight and color. Adequate rest periods shall take place during practices sessions. Athletes shall remove appropriate equipment or clothing when possible. Removal of the appropriate equipment and clothing allows exposed skin to cool more efficiently. Football player shall remove their helmets during high risk conditions. Football shoulder pads shall be removed if conditions worsen.

Athletes who need careful monitoring include: overweight participants, participants with weight control problems (fluctuation of weight), participants taking over-the counter and prescription medication, and participants who previously have done absolutely no exercise at all.

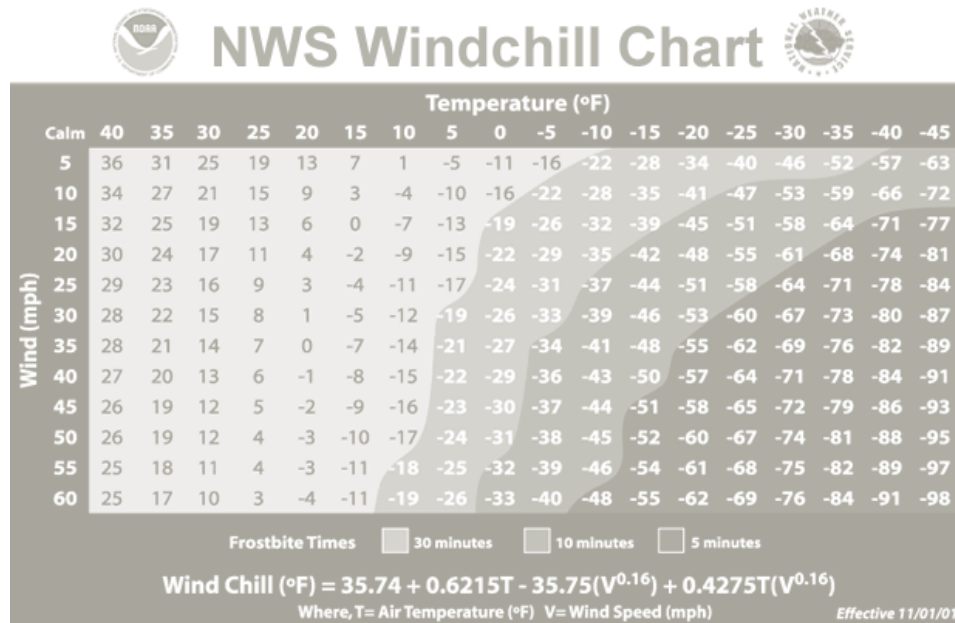
### **Heat Illness: Symptoms and Treatment**

(As recommended by the National Athletic Trainers Association)

Heat illness is used to define several types of afflictions suffered when an individual experiences a rising body temperature and dehydration. The following are the different forms identified by the National Athletic Trainer Association.		
Heat Related Illness	Symptoms	Treatments
Heat Cramps	Muscle spasms caused by an imbalance of water and electrolytes in muscles; usually affects the legs and abdominal muscles	Rest in cool area; drink plenty of fluids; proper stretching and massaging; application of ice in some cases
Heat Exhaustion	Can be a precursor to heat stroke; normal to high temperature; heavy sweating; skin is flushed or cool and pale; headaches, dizziness; rapid pulse, nausea, weakness; physical collapse may occur; can occur without prior symptoms such as cramps.	Get to a cool place immediately and out of the heat; drink plenty of fluids; remove excess clothing; in some cases, immerse in cool water
Heat Stroke	Body's cooling system shuts down; increased core temperature of 104° F or greater; if untreated it can cause brain damage, internal organ damage, and even death; sweating stops; shallow breathing and rapid pulse; possible disorientation or loss of consciousness; possible irregular heartbeat and cardiac arrest	Call 911 immediately; cool bath with ice packs near large arteries such as neck, armpits, groin; replenish fluids by drinking or intravenously, if needed
<b>Fluid Replacement</b> Weight loss during workout and Fluid amount needed to refuel your body <ul style="list-style-type: none"><li>• 2 pounds ( 32 ounces) = 4 cups of water or one sports drink bottle</li><li>• 4 pounds (64 ounces) = 8 cups of water or two sports drink bottle</li><li>• 6 pounds ( 96 ounces) = 12 cups of water or three sports drink bottle</li><li>• 8 pounds ( 128 ounces) = 16 cups of water or four sports drink bottle</li></ul> <b>Guidelines for Hydration During Exercise</b> <ul style="list-style-type: none"><li>• Drink 16 – 24 ounces of water or sports drink one to 2 hours before workout or competition</li><li>• Drink 4 – 8 ounce of water or sports drink one to 2 hours before workout or competition</li><li>• Drink before feeling thirsty. When a person is thirsty, needed fluids are already lost.</li></ul>		

### Weather Conditions: COLD and FREEZING TEMPERATURES

The NWS Wind Chill Temperature (WCT) index uses advances in science, technology, and computer modeling to provide an accurate, understandable, and useful formula for calculating the dangers from winter winds and freezing temperatures. The wind chill temperature is how cold people and animals feel when outside. Wind chill is based on the rate of heat loss from exposed skin caused by wind and cold. As the wind increases, it draws heat from the body, driving down skin temperature and eventually the internal body temperature. Therefore, the wind makes it FEEL much colder. If the temperature is 0 degrees Fahrenheit and the wind is blowing at 15 mph, the wind chill is -19 degrees Fahrenheit. At this wind chill temperature, exposed skin can freeze in 30 minutes.



There are several factors influencing one's susceptibility or risk of cold related injury or illness. Those factors can be additive. This, it is essential to appreciate each of these factors, along with the associated signs and symptoms of hypothermia and frostbite. For example, exposure to 30°F - 50°F temperatures under wet and windy conditions can be equivalent to sub-zero temperatures with no wind or moisture.

Risk Factors	Prevention
<ul style="list-style-type: none"> <li>Low air temperature – when cold exposure exceeds or overwhelms the body's ability to compensate for heat loss due to the external environment</li> <li>Wind chill – Wind chill identifies the risks associated with the interaction of the wind speed and air temperatures on the skin</li> <li>Moisture – wet skin freezes at higher temperatures than dry skin</li> <li>Exposed skin – heat loss occurs primarily through convection and radiation to the external environment, but may also include evaporation if the skin is moist. This is a concern for those exercising and sweating in cold environments.</li> <li>Insulation – the amount of insulation from cold and moisture significantly affects thermoregulation</li> <li>Dehydration – negatively influences metabolism and thermoregulation; Caffeine – acts as a diuretic, causing water loss and dehydration</li> </ul>	<ul style="list-style-type: none"> <li>Dress in layers</li> <li>Cover the head to prevent excessive heat loss from the head and neck</li> <li>Stay dry by wearing a wicking fabric next to the body and a breathable, water repellent fabric outer layer</li> <li>Stay adequately hydrated</li> <li>Eat regular meals</li> <li>Avoid caffeine</li> <li>Educate athletes, coaches, officials, and administrators in recognition of cold-related illnesses</li> <li>Consider cancellation of athletic events if weather conditions warrant</li> <li>If unsure whether an athlete is hypothermic, err on the side of caution and treat accordingly.</li> </ul>

## **LIGHTNING and TORNADO SAFETY RULES**

All thunderstorms produce lightning, by definition. If you can hear thunder, you are close enough to the storm to be struck. Move inside. It doesn't have to be raining yet since lightning can strike 10 to 15 miles away from the rain portion of the storm. These lightning strokes come out of the upper portions of the thunderstorm cloud which extends 5 to 10 miles into the atmosphere.

In general, lightning will travel the easiest route from the cloud to ground which means that it often strikes the tallest object. Therefore, a simple rule is to not make yourself the tallest object or stand near the tallest object in your immediate surroundings. For instance, do not stand in an open field, on a beach, or on a hilltop. Do not stand under an isolated or large tree or near a pole, and do not stay out on a boat. If you are in a forest, you should seek shelter in a low area under a thick growth of small trees. If you are in a group of people, spread out keeping several yards apart from each other.

Stay away from metal objects such as fences, poles, equipment, pipes, etc. Get rid of metal objects on your body such as coins, money clips, hair pins, jewelry, etc. Stay away from water. Inside, stay away from electrical appliances, Televisions, and telephones. Only use the phone in an emergency.

If you feel your hair stand on end, you are in immediate danger of being struck. Unless you can instantly jump inside a shelter, drop to a crouching position, bending forward and keeping your feet close together with your hands on your knees. The object is to be as low to the ground as possible, but with as little of your body surface touching the ground.

Persons struck by lightning carry no electrical charge and can be handled safely. Lightning often has a paralyzing effect that is temporary. Even though a person appears dead, he or she may be resuscitated. If a victim is not breathing, immediately start mouth to mouth resuscitation every 5 seconds for adults and children. If a person is not breathing **AND** there is no pulse, cardiopulmonary resuscitation, or cpr, must be administered. This is a combination of mouth to mouth resuscitation and external cardiac compression, and should only be undertaken by persons with proper training.

### **WHAT TERMS ARE USED TO ALERT YOU?**

<b>WATCH:</b>	A Tornado or Severe Thunderstorm Watch is issued by the National Weather Service whenever conditions exist for severe weather to develop. Watches are usually for large areas of Georgia and are usually two to six hours long. Watches give you time to plan and prepare. Make sure your family and friends are aware of the watch and are informed about what to do if a tornado is sighted. Keep an eye on the sky and listen for further statements and warnings.
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<b>WARNING:</b>	A Tornado or Severe Thunderstorm Warning is issued whenever a tornado or severe thunderstorm has actually been sighted or strongly indicated by radar. Warnings are for smaller areas, such as a county, and are usually 30 minutes to 1 hour long. You must act immediately when you first hear the warning. If the severe weather is reported near you, seek shelter immediately. If not, keep a constant lookout for severe weather and stay near shelter.
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### **WHAT SHOULD YOU DO WHEN YOU RECEIVE A WATCH OR WARNING?**

1. Monitor weather information by tuning your radio or your television, or NOAA Weather Radio at 162.400 (VHF).
2. Listen for weather sirens and know what their signals mean.
3. Notify friends and relatives and locate children or handicapped individuals who may not be able to seek shelter quickly.
4. Make sure you shelter is ready (check flashlight batteries, etc.)

### **WHAT SHOULD YOU AVOID DOING?**

1. Do Not Panic!
2. Do not call Emergency Services for information as your call may hold up information vital to all the county.
3. Use telephones only in case of Emergency. Lightning strikes are more common than tornadoes.
4. Do not attempt to leave a building during the approach of a tornado but rather seek the best cover in the building you are presently in. Sit in a hallway without windows with your back to the wall. Stay away from windows and doors.

### **WHERE SHOULD YOU SEEK SHELTER?**

As a general rule the further into the interior of a building you can get and the closer to below ground level you can get the better.

#### **AT SCHOOL:**

Follow advance plans to move to interior hallways or small rooms on the lowest floor. Avoid areas with glass and wide, free span roofs. Schools, factories and office buildings should designate someone to watch for severe weather and initiate an alarm.

#### **IF DRIVING A VEHICLE OR CAUGHT IN OPEN COUNTRY:**

Get into a sturdy building if possible, or lie flat in a ditch or depression and hold onto something on the ground if possible. Do not try to outrun the storm or ride it out in your vehicle.

#### **WHAT IF YOU ARE A VICTIM?**

Do your best to protect yourself, your family and your neighbors from further danger. Notify authorities. Photograph the damage to your property. Do not sign contracts for repair work or debris removal without consulting authorities and your insurance company.

#### **WHAT IF A TORNADO TOUCHES DOWN NEARBY?**

Do not go to the tornado scene. The area must be kept clear and secure for the victims and for emergency personnel.

#### **ARE THERE ANY OTHER NATURAL DANGERS ASSOCIATED WITH THUNDERSTORMS?**

**LIGHTNING** is actually more common than tornadoes. When a thunderstorm threatens get inside a home or building as quickly as you can.

**HAIL** also can be dangerous if you are out in the open. The larger the hail size the bigger and more destructive the storm is going to be.

**FLOODING** is also a product of thunderstorms. Torrential rainfall often accompanies severe storms and can quickly flood low lying areas, rivers and streams. Take extra precautions if you are in a flood prone area.

## Weather Conditions: Air Quality

Millions of people live in areas where air pollution can cause serious health problems. Local air quality can affect our daily lives. Like the weather, it can change from day to day. EPA developed the Air Quality Index, or AQI, to make information available about the health effects of the five most common air pollutants, and how to avoid those effects. In the booklet, *Air Quality Index a Guide to Air Quality and Your Health*, you will find information about these common pollutants and the AQI.

Ground-level ozone and airborne particles are the two pollutants that pose the greatest threat to human health in this country. You can find information about these pollutants in the documents listed below. Ozone, also known as smog, can irritate your respiratory system, causing coughing, irritation in your throat or a burning sensation in your airways. It can reduce lung function, so that you may have feelings of chest tightness, wheezing, or shortness of breath. Ozone can aggravate asthma and trigger asthma attacks. People at greater risk from ground-level ozone are people with lung diseases, such as asthma, and children and adults who are active outdoors.

Particle pollution, also known as particulate matter, is composed of microscopic solids or liquid droplets that are so small that they can get deep into the lungs and cause serious health problems. When exposed to these small particles, people with heart or lung diseases and older adults are more at risk of hospital and emergency room visits or, in some cases, even death from heart or lung disease. Even if you are healthy, you may experience temporary symptoms from exposure to elevated levels of particles. Symptoms may include: irritation of the eyes, nose and throat; coughing; phlegm; chest tightness; and shortness of breath. At greatest risk from particle pollution are people with heart or lung disease, older adults (possibly because they may have undiagnosed heart or lung disease), and children.

The [Air Quality Index](#) (AQI) is a uniform way of reporting ambient concentrations of the major air pollutants (criteria pollutants) regulated by the Clean Air Act. The Air Quality Index converts pollutant concentrations to a common scale, so that they may be compared more easily. An Air Quality Index value of 100 or less indicates a pollutant concentration that should not cause adverse health effects for most people. An index value above 100 indicates a pollutant concentration that may cause adverse health effects. Air Quality Index values are calculated for each day for each air monitoring site, using the highest concentration of each pollutant recorded that day. The highest pollutant-specific index value at a site is that site's Air Quality Index value for the day, and the pollutant associated with that Air Quality Index value is the *main pollutant*. The Air Quality Index value for a county or metropolitan statistical area is the highest value calculated for the day among the monitoring sites within that geographic area. The highest value on the Air Quality Index scale is 500. Each pollutant has a concentration equivalent to that 500 value. Rarely, a concentration is reported that exceeds the 500-equivalent level. In those instances, the Air Quality Index chart shows the index value as 501, which means "higher than 500."

A **daily** Air Quality Index chart shows daily index values for a county or metropolitan statistical area, and identifies the main pollutant each day. The chart also displays qualitative health risk categories (*good, moderate, unhealthy, etc.*) that are associated with ranges of Air Quality Index values.

A **summary** Air Quality Index chart for a county or metropolitan statistical area shows how many days each pollutant was the main pollutant (bar chart), how many days were in each health risk category (bar chart), and percentiles of daily index values (boxplot).

The EPA has assigned a specific color to each AQI category to make it easier for people to understand quickly whether air pollution is reaching unhealthy levels in their communities. For example, the color orange means that conditions are "unhealthy for sensitive groups," while red means that conditions may be "unhealthy for everyone," and so on.

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: everyone may experience more serious health effects
Hazardous	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.

## **Fulton County Athletic Guidelines Pertaining to Recruitment and Undue Influence**

It is the responsibility of the school leader and coach to become thoroughly familiarized with all rules/regulations pertaining to recruitment and undue influence. School leaders and coaches are encouraged to ask questions and to contact the District Athletic Director for guidance and clarification. Below is a reference guide regarding whether certain activities are permitted when interacting with students who are **not yet enrolled in your school**:

### **Allowed:**

1. Sell your school
2. Sell your community
3. Sell your athletic programs
4. Conduct a tour by selected staff (AD, Principal, or guidance department)
5. Refer the student/parent to the guidance department
6. Inform the family that they will be welcomed into your school if they make a bona-fide move into your district. A **bona-fide** move constitutes a move from one school district to another school district by the entire family residing in the previous residence.

**Once the parent leaves your school, you should not have any further contact unless it is simple follow up questions initiated by the parent.**

### **Not Allowed:**

1. Discussion about playing time or roles in your program
2. Inviting students to attend a practice/game
3. Assessing an athlete's ability
4. Initiating follow up phone calls (It is ok to respond to simple questions but not allowed to build relationships)
5. Initiating follow up emails (It is ok to respond to simple questions but not allowed to build relationships)
6. Building a relationship with the student or family
7. Handing out housing information
8. Holding tryouts for students who are not enrolled in your school
9. Allowing the non-enrolled students to participate in workouts

### **Fulton County Board Policies can be found by accessing the Fulton County Schools Website.**

1. Click on School Board Tab
2. Click on Board Policy
3. Click on Policies
4. Type in Policy Letters

**Fulton County School Transportation Release**

Since your student will be transported between school sites, events, activities during and after the school day, please complete and sign the following form, and return it to your coach.

\_\_\_ I wish for my student to be transported by Fulton County bus transportation ONLY.

\_\_\_ I wish to designate additional person(s) who may transport my student (see below).

I agree to hold Fulton County Board of Education harmless in the event of injury to \_\_\_\_\_ (student's name), including any property damage while the student is driving or being driven to or from a school site and/or to school-related events, activities, or sites after school hours in a vehicle other than that provided by Fulton County Board of Education.

In addition, I agree not to assert against the Fulton County Board of Education, all current, former and future members of the School Board of the Fulton County Board of Education, all current, former and future employees and/or volunteers of the Fulton County Board of Education, and their heirs, executors, administrators, successors, and assigns, in any court of law, any claim or claims that the student and/or parent or legal guardian had, now have, or may have in the future, whether known or unknown, based on any injuries sustained by the student while being so transported.

I have read the above agreement, and voluntarily sign the release and waiver of liability, and further agree that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

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**Designated Driver (if applicable):** All designated drivers must be over 18 years of age or an immediate family relative.

(Student's Name) \_\_\_\_\_ has my permission to be transported to and from school sites during the school day and/or to school-related events, activities, or sites after school hours as a participant on the \_\_\_\_\_ School \_\_\_\_\_ Team. Either I or my designated driver, \_\_\_\_\_, will be transporting the student to and/or from the event or activity. Either I or my designated driver will present himself or herself to the head coach and/or assistant coach after the event or activity has been completed in order to verify the intent to transport the above mentioned student.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Designated Driver: \_\_\_\_\_ Date: \_\_\_\_\_

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(FOR SCHOOL USE ONLY)

Received by : \_\_\_\_\_ on \_\_\_\_\_  
(print full name) (print date)

Signature of receiving party: \_\_\_\_\_

**PRIOR TO PARTICIPATION IN ANY CONDITIONING, TRYOUT, PRACTICE SESSION, OR PLAY IN ANY INTERSCHOLASTIC ATHLETIC ACTIVITY, THE STUDENT ATHLETE MUST SUBMIT THIS FORM TO THE COACH OF THE ACTIVITY. FAILURE TO SUBMIT THIS FORM WILL DELAY THE ELIGIBILITY OF THE STUDENT-ATHLETE TO JOIN THE TEAM.**

FULTON COUNTY SCHOOL SYSTEM DEPARTMENT OF ATHLETICS

STUDENT'S APPLICATION FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS  
AND VERIFICATION OF INSURANCE

Sport: \_\_\_\_\_ Date of first practice: \_\_\_\_\_, 2014/2015

Student Name: \_\_\_\_\_ Male \_\_\_\_ or Female \_\_\_\_  
(Last name) (First name) (MI)

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ years old  
(Month) (Day) (Year)

Address: \_\_\_\_\_  
(# and Street Name) (City) (State) (Zip Code)

Home Telephone #: \_\_\_\_\_ Emergency Telephone # \_\_\_\_\_

Cellular Telephone #: \_\_\_\_\_

This application to represent my school in interscholastic activities is entirely voluntary on my part and is made with the understanding that I have studied and understood the Eligibility Standards that I must meet to represent my school and that I have not violated any of these standards. I understand that not meeting the standards set by the school or being ejected from an interscholastic contest because of an unsportsmanlike act, could result in my not being allowed to participate in the next contest or suspension from the team either temporarily or permanently. I understand that if I transfer to another school my eligibility may be affected under the Georgia High School Association's eligibility standards.

Student Signature: \_\_\_\_\_  
(Signature) (School) (Date)

I hereby consent for the above student to represent his/her school in interscholastic activities. I have received a Student/Parent Handbook for GHSA Sanctioned Interscholastic Activities 2014-2015. I understand that I am responsible for reading the contents of this publication and that questions related to this publication can be addressed to the Fulton County Athletic Director at 404-763-6892. If I, the parent(s)/guardian(s), cannot be reached in the event of a medical emergency, I do give consent for the school to obtain emergency transportation to the physician or hospital of its choice, and such medical care as is reasonably necessary for the welfare of the student if he/she is injured in the course of participation in interscholastic activities. I give permission for the above student to participate in school-sponsored trips, including overnight trips, associated with Fulton County School's interscholastic athletic competitions. In the event that transportation is not provided by the Fulton County School System, transportation will be the student's or the parent's /guardian's responsibility. In addition, I agree not to assert against the Fulton County Board of Education, all current, former and future members of the School Board of the Fulton County Board of Education, all current, former and future employees and/or volunteers of the Fulton County Board of Education, and their heirs, executors, administrators, successors, and assigns, in any court of law, any claim or claims that the student and/or parent or legal guardian had, now have, or may have in the future, whether known or unknown, arising out of, during, or in conjunction with the student's participation in the activity, any trip, or transportation associated with the activity, or the rendering or emergency medical procedures or treatment, if any.

All parents and guardians must sign and date this form

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**PRIOR TO PARTICIPATION IN ANY CONDITIONING, TRYOUT, PRACTICE SESSION, OR PLAY IN ANY INTERSCHOLASTIC ATHLETIC ACTIVITY, THE STUDENT-ATHLETE MUST SUBMIT THIS FORM FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS TO THE COACH OF THE ACTIVITY. FAILURE TO SUBMIT THIS FORM WILL DELAY THE ELIGIBILITY OF THE STUDENT-ATHLETE TO JOIN THE TEAM.**



**FULTON COUNTY SCHOOL SYSTEM DEPARTMENT OF ATHLETICS**

**VERIFICATION OF INSURANCE COVERAGE**

**Effective for School Year 2014-2015**

**I have waived the medical/health insurance coverage that has been approved by the Fulton County School System and offered to my child, \_\_\_\_\_ Date of Birth: \_\_\_\_\_**  
**(Name of Child)**

**The medical/ health insurance that I am using for my child for the current school year at \_\_\_\_\_ is provided by \_\_\_\_\_ and \_\_\_\_\_**  
**(School Name) (Name of Insurance Company)**  
**the insurance policy number is \_\_\_\_\_. This insurance policy**  
**(Insurance Policy Number)**

**is in effect from: \_\_\_\_\_ to \_\_\_\_\_**  
**(Date) (Date)**

**Attach a copy of Medical/Health Insurance Certificate to this form to verify information listed above. Thank you.**

**The above medical/health insurance coverage provides for the following interscholastic athletics activities:**

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_ 4. \_\_\_\_\_

We/I understand that per The Georgia High School Association a Pre-participation Physical evaluation must be performed by a physician to medically screen each student who participates in the interscholastic athletic programs of the Fulton County School District. We/I understand that a basic medical screening (the required physical exam) is general in nature and limited in scope and does not indicate or assure me/us that my/our child is completely free from impairments. If I/we wish for a more detailed physical exam to be performed upon my/our child then it is my/our responsibility to arrange and to pay for such an exam. If this more detailed exam is performed, it is my/our responsibility to notify the Fulton County School District, and it's appropriate employees, of any potential medical problems uncovered by any physical exam given to my/our child other than the general physical required by the school system for athletic participation. I agree to fully waive any and all claims of whatever nature, fully and finally, now and forever, for my/our child, for myself, my estate, my heirs, my administrators, my executors, my assignees, my agents, my successors, and for all members of my family, and to indemnify, release, defend, exonerate, discharge and hold harmless all current, former and future members of the School Board of the Fulton County Board of Education, all current, former and future employees of the Fulton County Board of Education, their schools, their trustees, officers, Board of Education, agents, coaches, athletic trainers, physicians, volunteers, and any other practitioner of the healing arts (an "Indemnified Party") from any and all liability, personal or property damages, claims, causes of action or demands brought against the Fulton County School District or indemnified party arising out of any injuries to my/our child or to his or her property or losses of any kind which may result from or in connection with his or her participation in any activity related to the interscholastic athletic programs provided by the Fulton County School District.

My signature below attests that I have read, understood and concur with the information on this form, and that I give consent for my child to participate in the athletic programs as stated above.

**ALL PARENTS/GUARDIANS/ MUST SIGN BELOW AND DATE**

**Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_**

**Signature of parent/guardian : \_\_\_\_\_ Date: \_\_\_\_\_**

**Signature of student : \_\_\_\_\_ Date: \_\_\_\_\_**

**PRIOR TO PARTICIPATION IN ANY CONDITIONING, TRYOUT, PRACTICE SESSION, OR PLAY IN ANY INTERSCHOLASTIC ATHLETIC ACTIVITY, THE STUDENT-ATHLETE MUST SUBMIT THIS FORM FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS TO THE COACH OF THE ACTIVITY. FAILURE TO SUBMIT THIS FORM WILL DELAY THE ELIGIBILITY OF THE STUDENT-ATHLETE TO JOIN THE TEAM**

# Pre-Participation Physical Evaluation-To Be Retained By Physician HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking:

Do you have any allergies? ☐ Yes ☐ No If yes, please identify specific allergy below.

☐ Medicines

☐ Pollens

☐ Food

☐ Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
<b>HEART HEALTH QUESTIONS ABOUT YOU</b>	<b>Yes</b>	<b>No</b>
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
<b>HEART HEALTH QUESTIONS ABOUT YOUR FAMILY</b>	<b>Yes</b>	<b>No</b>
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
<b>BONE AND JOINT QUESTIONS</b>	<b>Yes</b>	<b>No</b>
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
<b>FEMALES ONLY</b>		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

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I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Athlete: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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# Pre-Participation Physical Evaluation To Be Retained By Physician

## THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

Date of Exam: \_\_\_\_\_  
 Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Sex \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

1. Type of disability		
2. Date of disability		
3. Classification (if available)		
4. Cause of disability (birth, disease, accident/trauma, other)		
5. List the sports you are interested in playing		
	Yes	No
6. Do you regularly use a brace, assistive device, or prosthetic?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or any other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "yes" answers here

Please indicate if you have ever had any of the following.

	Yes	No
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

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# Pre-Participation Physical Evaluation- To Be Retained By Physician

## PHYSICAL EXAMINATION FORM

Name \_\_\_\_\_ Date of birth: \_\_\_\_\_

### PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ ( _____ / _____ )	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> <li>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span &gt; height, hyperlaxity, myopia, MVP, aortic insufficiency)</li> </ul>		
Eyes/ears/nose/throat <ul style="list-style-type: none"> <li>Pupils equal</li> <li>Hearing</li> </ul>		
Lymph nodes		
Heart <sup>a</sup> <ul style="list-style-type: none"> <li>Murmurs (auscultation standing, supine, +/- Valsalva)</li> <li>Location of point of maximal impulse (PMI)</li> </ul>		
Pulses <ul style="list-style-type: none"> <li>Simultaneous femoral and radial pulses</li> </ul>		
Lungs		
Abdomen		
Genitourinary (males only) <sup>b</sup>		
Skin <ul style="list-style-type: none"> <li>HSV, lesions suggestive of MRSA, tinea corporis</li> </ul>		
Neurologic <sup>c</sup>		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional <ul style="list-style-type: none"> <li>Duck-walk, single leg hop</li> </ul>		

<sup>a</sup>Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

<sup>b</sup>Consider GU exam if in private setting. Having third party present is recommended.

<sup>c</sup>Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- ☐ Cleared for all sports without restriction
- ☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

☐ Not cleared

☐ Pending further evaluation

☐ For any sports

☐ For certain sports \_\_\_\_\_

Reason; \_\_\_\_\_

Recommendations: \_\_\_\_\_

I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

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# **Pre-Participation Physical Evaluation** **CLEARANCE FORM**

**TO BE GIVEN TO COACH OF SPORT IN WHICH THE STUDENT ATHLETE WILL PARTICIPATE and KEPT ON FILE AT THE SCHOOL**

**Note:** Copies of other Pre-Participation Evaluation forms may be obtained by the school only if parents/guardians sign a release of records form at the physician's office.

Name \_\_\_\_\_ Sex ☐ M ☐ F Age \_\_\_\_\_ Date of birth \_\_\_\_\_

☐ Cleared for all sports without restriction  
☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_

☐ Not cleared  
☐ Pending further evaluation  
☐ For any sports  
☐ For certain sports \_\_\_\_\_

Reason Recommendations \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician: \_\_\_\_\_, MD or DO

## **EMERGENCY INFORMATION**

Allergies \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other information \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other information (continued)

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LAST NAME		FIRST NAME
SPORT (list one)	GRADE	SCHOOL

LAST NAME

FIRST NAME

MI

SPORT (one)

GRADE

## STUDENT/PARENT CONCUSSION AWARENESS FORM

### DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics (**one form for each sport is required**). One copy needs to be returned to the school, and one retained at home.

### COMMON SIGNS AND SYMPTOMS OF CONCUSSION

Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness

Nausea or vomiting

Blurred vision, sensitivity to light and sounds

Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments

Unexplained changes in behavior and personality

Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

**BY-LAW 2.68: GHSA CONCUSSION POLICY:** In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.

b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

c) It is mandatory that every coach in each GHSA sport participate in a free, online course on concussion management prepared by the NFHS and available at [www.nfhslearn.com](http://www.nfhslearn.com) at least every two years – beginning with the 2013-2014 school year.

d) Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

**I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.**

STUDENT NAME (PRINT) \_\_\_\_\_

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

SIGNATURE: \_\_\_\_\_

(Student)

(Parent or Guardian)

Receipt Acknowledgement for Athlete / Parent

**Handbook for GHSA Sanctioned Interscholastic Athletic Activities  
2014-2015**

Student Name \_\_\_\_\_ School \_\_\_\_\_

I understand that I am responsible for reading and understanding the information in the *Athlete/Parent Handbook for GHSA Sanctioned Interscholastic Athletic Activities* (the "handbook"). Parents/guardians are responsible for ensuring their students understand this information.

I understand I am responsible for downloading or accessing a copy of the handbook from the school's website or from the District Athletic Office website, found at [www.fultonschools.org](http://www.fultonschools.org). If I cannot access the handbook, I will ask for a copy from the coach, or the front office of the school.

I understand that this handbook contains required forms, and rules and behavioral expectations for student participants that students are expected to follow at school as well as off campus and in the community. I understand that failure to follow these rules may result in suspension from a team or activity, reduction in participation, and removal from a team or activity, as well as other school sanctions. I understand that participation in extracurricular activities is a privilege, not a right, and student participants are expected to exhibit exemplary behavior and leadership skills at school and in the community, or that privilege will be removed.

I understand that the most up to date GHSA rules and information is available at [www.ghsa.net](http://www.ghsa.net).

I understand and agree that student directory information, as discussed in the Directory Information Statement in the Code of Conduct & Discipline Handbook which I received upon enrollment and each school year, may be released as discussed in the Directory Information Statement for purposes related to GHSA Interscholastic Athletic Activities.

If you disagree with this release, please contact \_\_\_\_\_ directly, but please note that activity participation may require public performances and public acknowledgement of student and his/her identity.

If I have any questions about information contained in this handbook, I will ask a school administrator or coach to discuss those questions with me. Failure to sign and return this form does not relieve me from complying with and understanding the information enclosed in the handbook.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**AND**

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_