

IDEA PUBLIC SCHOOLS
TEXAS ATHLETIC MANUAL
2023-2024



“Teamwork is the ability to work together toward a common vision.

The ability to direct individual accomplishments

toward organizational objectives.

It is the fuel that allows common people to attain uncommon results.”

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General Disclaimer

The IDEA Public Schools Athletic Manual contains a general statement of the administrative regulations governing the overall athletic program.

Provisions of this Athletic Manual may be expanded, modified, or revoked only by action of the Principals, Superintendent, or the Board of Directors; and/or as per the school's preference within IDEA public schools. If any of the provisions of this Athletic Manual conflict with federal or state laws, and regulations, or Board Policy, those provisions are superseded by applicable law or Board Policy.

The provisions of this Athletic Manual are severable, and the invalidity, illegality, or unenforceability of any provision will not affect the validity, legality, or enforceability of the other provisions.

IDEA PUBLIC SCHOOLS CORE VALUES

WE ACT WITH INTEGRITY

We put the best interests of the IDEA Team & Family—and most importantly our students—at the forefront of all our decisions and actions, taking personal responsibility to model the honest and ethical behavior we want our students and each other to demonstrate every day.

WE ACHIEVE ACADEMIC EXCELLENCE

We believe ensuring college success for 100% of our students is the best way to help them succeed in life and in seeing obstacles they face as opportunities for learning and growth. Every member of the IDEA Team & Family works together to ensure each student on every campus and in every classroom receives a high-quality education.

WE DELIVER RESULTS

We set ambitious goals, hold ourselves and each other accountable for achieving results, and believe that our students will succeed to and through college. Our results show what is possible when the adults in the system get it right and represent the collective effort and focus of the entire IDEA Team & Family.

WE ENSURE EQUITY

We set high expectations and share compassion and empathy for every member of the IDEA Team & Family. We differentiate our support and resources, proactively address racism and discrimination, and advocate alongside our students and staff to empower them with the opportunities to succeed and ensure the respect they deserve.

WE BUILD TEAM & FAMILY

We foster a sense of belonging and inclusivity by treating every member of the IDEA Team & Family—our students, staff, families, and community—with compassion, respect, and humility. We maximize our individual best efforts through collaboration and support of each other in the focused pursuit of our collective mission.

WE BRING JOY

We create a positive, uplifting, and joyful environment for every member of the IDEA Team & Family, every single day. We operate with a sense of optimism, and our traditions celebrate learning, growth, and the accomplishments of our students, staff, and community.

WE SWEAT THE SMALL STUFF

We embrace that achieving excellence lies in paying attention to and carrying out the details—the ‘small stuff’—that go into effective execution and positive implementation. Every step of the way, the IDEA Team & Family prioritizes actions contributing to our mission of College for All.

Dear Parent or Guardian:

Welcome to IDEA Public Schools Athletics, in accordance with the system's preferences, and the University Interscholastic League (UIL), Texas Charter School Academic and Athletics League (TCSAAL) and Honor Charter Athletics League (HCAL).

The purpose of extracurricular activities within IDEA Public Schools is to offer our students an opportunity to participate in activities that promote both mental and physical well-being. We at IDEA Public Schools recognize the importance of health and fitness that support the student's athletes' learning abilities. College for All is one of the core values in this organization; that core value will always supersede any competition or athletic gain.

IDEA Public Schools and league(s) affiliates will hold our student/athletes accountable to the NO PASS NO PLAY educational standards. The school will receive an eligibility calendar that will serve as a guide for monitoring a student's academic eligibility. Within each athletic section is the description of infractions that would constitute loss of participation eligibility; and per campus, to restrict student/athletes' participation in UIL, TCSAAL and/or HCAL; only when district athletic standard punishment is of greater consequences.

Our staff will do their best to first teach students/athletes to be team players, to find ways to prevail, to think effectively through execution in fast paced settings, to manage emotions for the greater good; to know how to lose, learn and win. IDEA Public Schools holds fast that as a system; all extracurricular activities are a privilege not a right that aligns with academic performance.

Student-Athletes will be taught to accept their positions on these teams; as such, they choose to extend the IDEA Public Schools organization further into the public and communities we serve, and thus will be held to higher standards of expectations that align with the IDEA Public Schools Core Values and Mission Statement.

IDEA PUBLIC SCHOOLS

EXTRACURRICULAR SCHOOL ACTIVITIES

Mission Focus

One of the missions of extracurricular school activities is to serve as an extension of the classroom. There are strong lessons to be learned in athletics. One of those lessons is to set and maintain high standards of sportsmanship, ethics and integrity in our schools and our society. It is up to us to provide direction and constant vigilance under which good sportsmanship can prosper and have a positive impact on our children, the leaders of tomorrow, and ourselves.

We feel the need to stress the type of exemplary behavior that should be exhibited by all players and spectators at our events.

The value of the lessons learned by exhibiting good sportsmanship will last a lifetime. If we ever lose sight of that, then athletics, or any co-curricular activity, is not worth sponsoring. The positive actions of a coach, athlete or spectator at an event can influence how any school is perceived in each of our communities and the communities of those schools that meet on the field of play.

We are asking for your support in this effort by emphasizing to your child what is expected of them at an athletic event as a competitor or spectator. Such events are an extension of the school day, and we should expect the same type of respectful behavior exhibited in the athletic arena as we do in the classroom. We urge you to ask your children to demonstrate self-control and self-discipline and at the same time, enjoy the games.

Finally, we ask you to set a good example when in the stands at an event. It is only through these efforts that we can clearly communicate what is acceptable behavior. We hope that your positive example will help set the tone for those around you so we may all enjoy the games our athletic teams are involved in.

Some sample guidelines of what we expect from our spectators are available later in this Manual. When you purchase a ticket to an athletic event, you are given the privilege to view the action and to voice your support of our teams. We want that support to be in a positive tone, so that the educational value of these events is completely developed and clearly communicated to our students.

IDEA Public Schools Athletic Department Mission & Vision Statement

Mission:

Athletics programming at IDEA Public Schools exists as a catalyst to maximize student's potential as both scholars and athletes. Our students are being taught the values of teamwork, sociability, working to improve, and overcoming adversity through their participation in competitive sports.

Vision:

Athletics is used to build community and campus culture, which supports IDEA family persistence, students ADA and sustained academic eligibility and prepares them for college success and beyond.

IDEA PUBLIC SCHOOLS ATHLETIC DEPARTMENT
MEMO: STUDENT INSURANCE BROCHURE

A message to: Parents/Guardians & Student Athletes

Extracurricular activities are conducted voluntarily; therefore, not part of the student academic progress or review for promotion. Having insurance is not mandatory for participation. IT IS HIGHLY RECOMMENDED for families to proactively prepare for medical expenses that will arise in lieu of any sustained injuries.

IDEA Public Schools **DOES NOT** carry insurance policies for athletic related injuries sustained in try-outs, practices and/or competitions.

Parents, please take the time to read over all literature regarding this approved insurance policy. This insurance is fully optional and is not in affiliation to IDEA PUBLIC SCHOOLS.

INSURANCE WAIVER: In Providing my signature and contact information below. I hereby certify for the record that I was made aware of and acknowledge that IDEA Public Schools does not provide medical coverage AND I received the (Optional Student insurance Brochure). I therefore acknowledge that I will not hold IDEA Public Schools liable for any medical expense that may result from athletic(s) sport participation.

Home Campus: _____

School Year: _____

Name of Student(s) _____

Grade: _____

Name of Student(s) _____

Grade: _____

Parent/Guardian: (Print) _____

Signature: _____

PARENT'S APPROVAL FOR PARTICIPATION IN ATHLETICS
AND
EMERGENCY MEDICAL AUTHORIZATION

I hereby certify that (Print Scholar Name) _____,

has my approval to participate and/or compete in extracurricular athletic(s) teams as a representative of the IDEA _____ College Preparatory in any of the approved IDEA athletics sponsored activities.

Athletics document; provided to the Campus' Athletics Coordinators.

THE DEFINITION OF SPORTSMANSHIP

Sportsmanship is a character displayed through athletic competition. People of character live by the “Six Pillars of Character,” universal values that can be used to define a good person: trustworthiness, responsibility, fairness, caring and citizenship. This code applies to the parents of all student-athletes involved in sports.

TRUSTWORTHINESS - Always pursue victory with honor:

- Demonstrate and demand scrupulous integrity
- Observe and enforce the spirit and letter of rules
- Do not compromise education and character-development goals
- Do not engage in or tolerate dishonesty, cheating or dishonorable conduct

RESPECT - Treat the traditions of the sport and other participants with respect:

- Do not engage in or tolerate disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent “trash talking,” taunting and unseemly celebrations
- Win with grace and lose with dignity.

RESPONSIBILITY - Be a positive role model and require the same of your student athletes:

- Further the mental, social, and moral development of athletes and teach life skills that enhance personal success and social responsibility.

FAIRNESS – Always adhere to the highest standards of fair play

- Never take an unfair advantage
- Be open-minded

CARING - Assure that the overall well-being of all athletes is always placed above desires and pressures to win.

CITIZENSHIP - Promote sportsmanship by honoring the rules and goals of the sport

- Establish codes of conduct for coaches, athletes, parents, and spectators
- Safeguard the health of athletes and the integrity of the sport by prohibiting the use of alcohol and tobacco
- Demand compliance with all laws and regulations, including those relating to gambling and the use of drugs.

CODE OF CONDUCT FOR ALL PARENTS STUDENT-ATHLETES

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

TRUSTWORTHINESS - Be worthy of trust in all you do.

INTEGRITY - live up to high ideals of ethics and sportsmanship; do what is right even when it is unpopular or personally costly.

Honesty – live and act honorably; do not allow your children to lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability – fulfil commitments; do what you say you will do; be on time; when you tell your children you will attend an event, be sure to do so.

RESPECT - treat people with respect all the time and require the same of your children.

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

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

RESPECT OFFICIALS – treat contest officials with respect; do not complain about or argue with official calls or decisions during or after an athletic event.

RESPECT COACHES – always treat coaches with respect; recognize that they have team goals beyond those of your child. Do not shout instructions to players from the stands; let the coach's coach.

RESPONSIBILITY (Importance of Education) – stress that student-athletes are students first. Be honest with your children about the likelihood of getting an athletic scholarship or playing on a professional level. Place the academic, emotional, physical, and moral well-being of your children above desires and pressures to win.

ROLE MODELING – Consistently exhibit good character and conduct yourself as a role model for your children.

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

INTEGRITY OF THE GAME – Protect the integrity of the game; do not gamble on your children's games.

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

FAIRNESS, Be Fair – treat all competitors fairly; be open-minded; always be willing to learn.

CARING Encouragement – encourage your children regardless of their play; offer positive reinforcement. Demonstrate sincere interest in your child’s play.

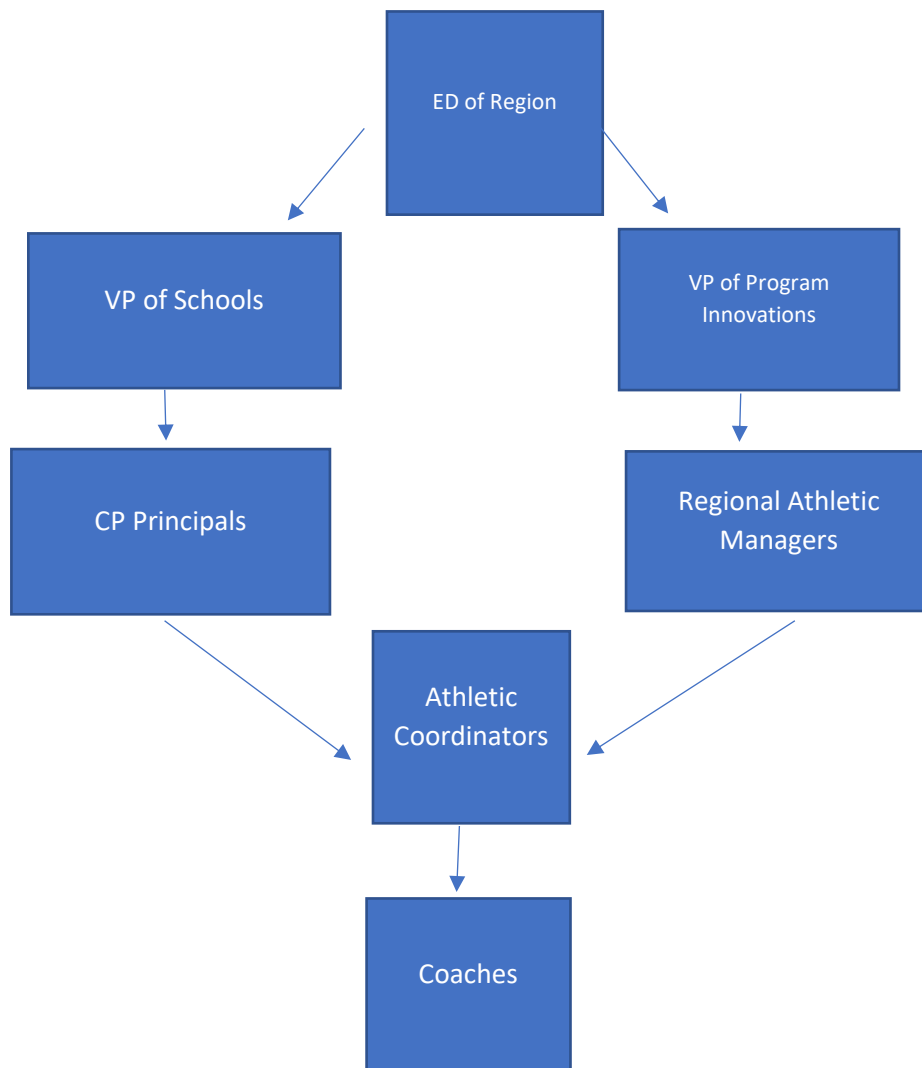
CONCERN FOR OTHERS – demonstrate concern for others; never encourage the injury of any player, officials or fellow spectator.

EMPATHY – consider the needs and desires of your child’s teammates in addition to your own; help promote the team concept by encouraging all team members, understanding that the coach is responsible for determining playing time.

IDEA PUBLIC SCHOOLS ATHLETIC PROGRAM OBJECTIVES

1. Involve as many students as possible in a positive athletic environment.
2. Instill in all students an exemplary work ethic and the qualities of accountability, citizenship, and a high degree of sportsmanship.
3. Play everyone on all sub-varsity levels if eligible, in good standing and if no game restrictions are in place (i.e., baseball/softball substitution rules).
4. Develop and maintain a complete and comprehensive off-season program.
5. Have all programs represented with class, character, and dignity.
6. Establish programs so that all participants enjoy a positive learning experience.
7. Demonstrate that each of our athletic teams is well coached, highly disciplined, and very well organized.
8. Establish School-wide bond of loyalty and pride that reflects the principles, integrity, and attitude of the IDEA Public Schools.
9. Ensure that the IDEA athletic department objectives support the total mission & vision of IDEA.

Organization Chart



ATHLETIC COORDINATORS

A. Reports to their Campus Principal and/or Manager & Regional Athletics Manager (RAM)

B. General

- **Campus Athletic Coordinator** – The campus Athletic Coordinator (AC) directs and manages the athletic program at the campus level for IDEA Public Schools. The AC works to give each student and our families an opportunity to participate in an extracurricular athletic activity. The priority is to ensure compliance with all state, University Interscholastic League (UIL), Texas Charter School Athletic & Academic League (TCSAAL), HCAL, and local requirements outlined in our IDEA Athletics manual while providing our community with a much deserved competitive & enjoyable Athletics experience.

C. Specific Duties and Responsibilities

1. Responsible for all administrative issues relating to all MS & HS Sports.
2. High School and middle school policies and schedules
3. Work with administration on security procedures for all home events.
4. Assist as directed with playoff arrangements.
5. Assist with campus hiring procedures at your campus.
6. Submit stipend list to your RAM before the deadline given.
7. Facilitate the relationship between junior high schools and high school's athletic programs.
8. Maintain junior high athletic sport guidelines.
9. Conduct compliance meetings with all coaches throughout the year.
10. New coach training when applicable
11. Evaluate Athletic staff as assigned.
12. Approve all official payments and forms.
13. Other duties as assigned by the Regional Athletic Manager's.
14. Develop and oversee all aspects of athletic staff development 6-12.
15. Oversee scheduling of Summer Strength and Conditioning programs, if applicable.
16. Work with the Regional Athletic Manager on all compliance and procedural requirements.
17. Coordinate monthly campus coaches' meetings.
18. Assist business clerk in making sure payments are made in a timely manner.
19. Work with the Facilities Manager (FM) to ensure all athletic facilities are safe for use.
20. Coordinate Summer Recreation program and budget, if applicable
21. Coordinate and assign athletic trainer coverage for all system athletic events based on principal's discretion.
22. Develop and implement a campus Emergency Action Plan.
23. Organize and monitor all the UIL required physical examinations for all athletics 6-12.
24. Monitor and ensure all UIL forms are current and readily available for all campuses.

25. Coordinate CPR and first aid training for all system coaches.
26. Coordinate and administer the Campus High School Athletic Program in accordance with IDEA and leagues we participate in athletic objectives and policies.
27. Assist with campus athletic budget – all athletic purchases must be approved by the CP Principal and Business Clerk.
28. Make all high school coaching assignments with the approval of the campus principal.
29. Coordinate all campus level athletic schedules.
30. Maintain a complete and accurate middle school and high school athletic equipment inventory.
31. Monitor middle school implementation of philosophies, schemes, strategies, techniques, skills, offenses, and defenses as stressed by the high school head coach.
32. Supervise and evaluate the performance of all campus-based programs and coaches.
33. Possess and demonstrate the ability of effective communication with students, staff, faculty, and community always.
34. Possess a thorough knowledge of all rules and regulations for the league your campus participates in.
35. Attend and encourage attendance at professional workshops and conventions.
36. Expect your campus athletic program to maintain discipline.
37. Exhibit professional appearance through good grooming habits and appropriate attire at school, practices, and games.
38. Monitor and manage PAPF's from all athletic programs, if applicable
39. Implement the policies established by federal and state law, State Board of Education rule, UIL, TCSAAL, FHAA, and other governing entities rules, and local board policy in area of athletics.

Competencies: (Athletic Coordinators)

1. [Mission Focus](#) – focuses on IDEA's core purpose of getting all students into college.
2. [Communication](#) – effectively conveys information using a variety of channels and techniques.
3. [Sportsmanship](#) – maintains emotional control under stress; serves as an example for others.
4. [Record of Results](#) – holds high expectations for self and others to achieve and surpass intended goals.
5. [Managing Others to Deliver Results](#) -- leads team to achieve measurable and ambitious results.
6. [Problem Solving](#) – able to synthesize, analyze, and prioritize data and opportunities to develop strategies for achieving quantifiable goals.
7. [Coaching & Developing](#) – develops team through formal and informal methods; makes professional development a top priority
8. [Continuous Improvement](#) – proactively identifies opportunities to improve and consistently reflects on past actions to guide future decisions.

PROFESSIONAL DEVELOPMENT

All coaches must complete all required training prior to the start of their season (football, volleyball, cross country) or by the first day of school.

1. CPR/AED/FA Certification - All IDEA Public School Coaches must maintain a current Red Cross and/or American Heart certification in Adult CPR/AED/FA. Campus coordinators are responsible for verifying each coach has a current certification and updating information in your OneDrive Folders.

2. Concussion Education Program – All coaches are required to do annual concussion training. IDEA will only accept the NFHS (National Federation of High School) Concussion in Sports training. Course information can be found at www.nfhslearn.com. Print certificate and submit it to your athletic coordinator. Athletic coordinators are responsible for updating the information on their OneDrive Folder.

3. As per State Requirements- All IDEA UIL Campus/UIL Coaches must complete the Rules Compliance Training on the UIL Portal. The program consolidates all UIL required training into one program. You can register and complete the program online at the UIL Portal link on the UIL Athletics webpage. Coordinators can view completion records of their coaches in the system, no certificates need to be printed.

4. New Coaches Training: All coaches new to IDEA Public School UIL Campuses must complete the New Coaches class on the UIL website and give a copy to your Athletic Coordinator.

5. All IDEA Public School coaches are expected to complete the White Fleet certification before driving an IDEA van. Coaches must attend annual training with transportation to review rules and driving policies.

6. All IDEA Public School Coaches are expected to complete the required NFHS Certifications [NFHS CERTIFICATION TRAININGS](#)

IDEA PUBLIC SCHOOL ATHLETIC PROGRAM COMPLIANCE

GENERAL COMPLIANCE EXPECTATIONS

Every coach must read their specific League Sport Manual regarding their sport and comply with all rules and rule changes. Each coach is responsible for submitting all paperwork regarding their sport and complying with their league and IDEA guidelines as they pertain to their program.

Do not hesitate to contact the RAM on questionable matters.

PRESEASON COMPLIANCE MEETING AND REQUIREMENTS

Every head coach must attend a compliance meeting with their athletic coordinator before the first contest of their season. Coaches will be notified in advance regarding the date, time and location of the meeting and information will be sent containing preparation instructions and procedures.

END OF SEASON MEETING / REQUIREMENTS

Head coaches are required to submit season summary information to the IDEA RAM upon completion of their season at a scheduled meeting. This report will cover all phases of the program from MS through Varsity levels. Details outlining the information to be included in the summary will be given to the head coach before their season ends.

COACHES CODE OF CONDUCT

[HCAL](#)

[Texas Charter](#)

[UIL](#)

ATHLETIC CODE FOR COACHES (UIL C & CR SECTION 1201 B)

The C & CR can be accessed on the UIL website under athletics, which reads as follows:

(b) THE ATHLETIC CODE FOR COACHES. The code for athletic sponsors includes the principles described in Subsection (a) and the purposes listed in Section 1200. Further, the coach's code includes:

- (1) Being aware of, understanding and following all rules governing the competition for which the coach is responsible.
- (2) Informing one's immediate supervisor in writing the next school day after a contest if ejected from that contest for unsportsmanlike actions, or, in football, if given two 15-yard unsportsmanlike penalties during one contest, knowing that such conduct requires automatic penalty.
- (3) Treating athletes based on what is best for the education, general welfare, and health of the student.
- (4) Professional loyalty to other coaches.
- (5) Not removing a team from a contest as a protest.
- (6) Adhering to in season and out of season practice regulations.
- (7) Adhering to policies which do not force athletes to specialize or restrict them from participation in other sports.
- (8) Allowing students to participate in one school sport without requiring, as a prerequisite, participation in another school sport.
- (9) Abstaining from any practice which would bring financial gain to the coach by using a student's participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product.
Coaches shall not charge a fee for private instruction to student-athletes during the school year. The restriction on charging fees for private instruction applies only to those students who are:
 - (A) in grades 9-12;
 - (B) from the coach's attendance zone; and
 - (C) participating in the sport for which the coach is responsible.
- (10) Abstaining from any practice that makes a student feel pressured to participate in non-school activities.
- (11) Avoiding any coaching practice which would endanger the welfare or safety of any player.
- (12) Emphasizing the academic progress of all participants by a regular, documented check of their academic standing, both in season and out of season.

- (13) Scheduling games and practices to avoid unnecessary loss of study or class time.
- (14) Utilizing the best and most current teaching, coaching, and training methods through affiliation with professional associations and publications.
- (15) Abstaining from any practice that solicits teachers to modify a participant student's grade for eligibility purposes.
- (16) Avoiding any actions that encourage, condone, or tolerate the use of performance enhancing drugs by any student-athlete.
- (17) Emphasizing a chemical awareness program that informs and educates students of the damaging effects of anabolic steroids and other illegal drugs.
- (18) Disclosing to opposing schools any known conflict of interest with an assigned sports official prior to a contest.

COACHING EJECTIONS (UIL C & CR SECTION 1208 I)

- The Minimum Penalty for Misconduct under UIL rules reads as follows:
 - (1) Automatic Minimum Penalty. Any coach ejected from a contest for unsportsmanlike conduct, or any football coach given two or more 15-yard unsportsmanlike penalties during a contest may accept an automatic penalty for their ejection or appeal the ejection. A coach who appeals their ejection is required to appear before the State Executive Committee. If the coach accepts their automatic penalty or their ejection is not overturned on appeal, the coach will be subject to:
 - (A) an automatic penalty of public reprimand (name will be published once in the Leaguer) and one year's probation in the applicable sport;
 - (B) completing the National Federation of State High School Associations Fundamentals of Coaching Course; and
 - (C) completing the National Federation of State High School Associations Teaching and Modeling Behavior Course.
 - (2) Automatic Greater Penalty. If a coach so penalized has no proof of having completed the UIL Coaches Certification Program prior to the sports season, that coach shall also be automatically suspended from the next game/contest.
 - (3) Subsequent Violations. Any further ejection or accumulation of two 15-yard unsportsmanlike penalties during a football game, while on probation, will require the coach to appear before the State Executive Committee for consideration of penalty.
 - (4) Notification. Schools shall notify the UIL within three school days if a coach has been ejected from a game or received two 15-yard unsportsmanlike penalties.
 - (5) Player Ejection. Any player ejected from a contest is subject to an automatic penalty. The automatic penalty for such an ejection is as follows:
 - (A) Football. Ejected player misses the rest of the game in which they were ejected plus the first half of the following game.
 - (B) Other Team Sports. Ejected player misses the rest of the game in which they were ejected plus all the following game. Soccer Exception. This Section does not alter the current point penalty structure for soccer player ejections, as required by National Federation of State High School Associations soccer playing rules, which is outlined in the soccer coaches' manual.

(C) Appeals. The UIL Executive Director may develop a process for appealing student ejections.

PROFESSIONAL CONDUCT

- All IDEA Public School coaches are expected to always operate in a professional manner regarding conduct, demeanor, grooming and relationships between faculty, staff, and students.

RECRUITING (UIL C & CR SECTION 1203 C)

- The school executive committee shall investigate efforts on the part of any school official or local fan to recruit players.
- Recruiting is a violation and may subject the school at fault to disqualification.
- Disqualification may be made by the committee after the school is given a chance to be heard. A school in violation shall remain disqualified for the period specified.

(UIL C Subchapter C SECTION 5 CC)

- **Recruit:** to encourage a student in any way to change schools for the purpose of participating in League activities at any grade level. It could include offering a student or the student's parent cash, waiver of tuition, board or lodging, transportation, promise of better conditions at the participant school or on its team, a job or other valuable consideration to induce the student to enroll in a participant school.

STUDENT ATHLETE INFORMATION

1. ELIGIBILITY

A. GENERAL HIGH SCHOOL ELIGIBILITY REQUIREMENTS

1. Have not graduated from high school,
2. Are full-time, day students in the school, and have been in regular attendance at the school since the 6th class day of the present school year, or have been in regular attendance for 15 or more calendar days before the contest or competition,
3. Are following state law and rules of the Commissioner of Education, (see TEA-UIL Side by Side)
4. Are enrolled in a four-year, normal program of high school courses, and initially enrolled in the 9th grade not more than 4 years ago nor in the 10th grade not more than 3 years ago,
5. Student was not recruited,
6. Are not in violation of the awards rule.
7. Meet the specific eligibility requirements for academic, music and/or athletic competitions.
8. Meet all the requirements above,

9. Are less than 19 years old on September 1 preceding the contest or have been granted eligibility based on a disability that delayed their education by at least one year,
10. Live with their parents inside the school district attendance zone their first year of attendance in accordance with UIL C & CR Section 403(f)(6) regarding charter schools which reads as follows:

(A) Students whose parents live within the boundaries of an independent school district where a charter high school is located and opt to attend the charter high school at their first opportunity to select a high school and are otherwise in compliance with varsity eligibility requirements, are eligible. If a student subsequently transfers to another school within the boundaries of the independent school district, the student is not eligible for varsity athletic competition until he/she has been in and regularly attended that school for at least the previous calendar year.

(B) Students whose parents live within the independent school district where the charter school is located, who do not select the charter high school at their first opportunity, are ineligible for varsity athletic competition unless they have been enrolled in and regularly attending the charter high school for at least the previous calendar year.

(C) Students whose parents reside outside the boundaries of the independent school district where the charter school is located are ineligible for varsity athletic competition unless they have been enrolled in and regularly attending the charter school for at least the previous calendar year.

(D) Charter Schools. For non-enrolled (home schooled) students, if the public independent school district where the parent(s) / guardian(s) of the student reside decides not to allow non-enrolled (home schooled) students to participate, the non-enrolled (home schooled) student could petition for participation at a charter school located within the boundaries of the independent school district where the parent(s) / guardian(s) of the student reside, if allowed by that charter school administration. ,

11. Have not moved or changed schools for athletic purposes,
12. Have not violated the athletic amateur rule, and
13. Were eligible according to the fifteen-day rule and the residence rule prior to the school's certification.

B. PROCEDURES FOR ENROLLING NEW STUDENTS

1. The coach of the new school is to contact the coach of the former school when made aware by the athlete or parent that there is intent to enroll.
2. Once enrolled, the parent of a new athlete completes page 1 and section 1, page 2 of the UIL Previous Athletic Participation Form (PAPF). The head coach of each sport is responsible for initiating the electronic PAPF through the UIL/RMA Portal.
3. The head coach is required to ensure that all signatures have been secured and will monitor the progress of the PAPF via the UIL Portal.
4. The head coach will be notified via UIL Portal once the PAPF process is complete.

5. Students may only play sub-varsity until PAPF is fully processed.
6. An approved PAPF may not guarantee athletic eligibility.
7. Regional Athletic Manager asks the campus athletic coordinator if PAPF is not approved. Athletes may need to file additional paperwork, like a residency waiver.
8. PAPF is required at the time of enrollment even if the player is not varsity-level.

C. NO PASS NO PLAY AND EXEMPT COURSES

It is essential that each head coach be responsible for the academic monitoring of his/her student-athletes.

1. A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if:
 - i) Beginning the 9th grade – has been promoted from the 8th grade to the 9th.
 - ii) Beginning the 10th grade – has earned 5 credits towards state graduation.
 - iii) Beginning the 11th grade – has earned 10 credits towards state graduation OR has earned 5 credits towards state graduation in the last twelve months.
 - iv) Beginning the 12th grade – has earned 15 credits towards state graduation OR has earned 5 credits towards state graduation in the last twelve months.
2. To be eligible to participate in an extracurricular activity for a **nine-week period** following the **first six-week period** of a school year, a student must not have a recorded grade average lower than 70 in any course for that preceding nine weeks.
3. A student whose nine-week grade average, in any course, is lower than 70 at the end of any 9-week period shall be suspended from participation in any interscholastic activity during the succeeding three-week period. If, at the end of the three weeks period, the student is passing all classes, that student will become eligible 7 days after the grade was officially earned for the remainder of that current 9 weeks. Validation of the 3 weeks grade is made with the grade report through the campus coordinator or campus principal.
4. Students may practice with their respective teams while they are on academic suspension.
5. Students may also participate in pre-season scrimmages while on academic suspension.
6. At the end of any 3-week ineligibility period in which a student has attained a course grade average of at least 70 in each course taken, any suspension from participation shall be removed after the 7-day grace period.
7. Extracurricular activities shall be limited from the beginning of the school week through the end of the school week to no more than one contest or performance per activity. Practice outside the school day shall also be limited to a maximum of eight hours per school week per activity.
8. Students who also assist the coach, such as student managers, must meet all academic eligibility requirements even though they do not participate in the actual performance or contest.

9. A student receiving an incomplete in a course is considered ineligible until the incomplete is replaced with a passing grade for that grading period in a designated amount of time.
10. A student who fails a course becomes ineligible seven days after the last day of the nine weeks period. For a complete listing of all grace period dates, see the athletic website.

No Pass, No Play Exempt Courses

Certain courses at the high school level are only identified as “exempt” from the No Pass, No Play law. If a student/athlete receives a failing or incomplete grade in an “exempt” course at the end of an evaluation period, the student/athlete’s academic eligibility will not be affected. A failing or incomplete grade in an “exempt” course has no impact on academic eligibility.

- **TEA/League Academic Eligibility Calendar:** This calendar, accessible in the Athletics and HUB on the IDEA website, indicates the specific dates on which academic grades are evaluated or re-evaluated as well as when students gain/lose eligibility.

SPORTS MEDICINE GUIDELINES (HIGH SCHOOL & MIDDLE SCHOOL)

FORMS AND INFORMATIONS

- All required participation forms must be completed in their entirety and returned to the athlete’s Athletic Coordinator before a student participates in any try-out, practice, athletic class, open gym, open weight room, athletic competition, or travels with an athletic team for any purpose.
- The student is required to use the Pre-participation – Physical Examination Form. NO OTHER Physical Examination Form can be accepted as per the leagues we participate in for Texas IDEA’s. A new physical exam must be given prior to each school calendar year.

PHYSICAL GUIDELINES

- Each athlete must be cleared by the Athletic Coordinator prior to participation at the high school & middle school level.
- All required participation forms must be uploaded into your OneDrive Athletic Folder before a student participates in any try-out, practice, athletic class, open gym, open weight room, athletic competition, or travels with an athletic team for any purpose.
- The student is required to use the Pre-participation – Physical Examination Form. NO OTHER Physical Examination Form can be accepted as per the UIL. A new physical exam must be given prior to each school calendar year.

The required forms are:

- Parent Authorization to Consent to Treatment of Student Athlete
- UIL Pre-Participation Physical Evaluation- Medical History and Physical Examination

- UIL Parent and Student Notification/Agreement Form- Illegal Steroid Use and Random Steroid Testing High School Only)
 - UIL Concussion Acknowledgement Form
 - UIL Acknowledgement of Rules
 - Sudden Cardiac Death Awareness
 - Legal Permission Slips
- [Concussion Acknowledgement Form](#) – Approved for the 2023-2024 school year.
 - [Concussion Acknowledgement Form \(Spanish\)](#)
 - [Sudden Cardiac Arrest Awareness Form](#) – Approved for 2023-2024 school year.
 - [Sudden Cardiac Arrest Awareness Form \(Spanish\)](#)
 - [Parent/Student Steroid Agreement Form](#)
 - [Parent/Student Steroid Agreement Form \(Spanish\)](#)
 - [Athletic and Marching Band Pre-participation Physical Evaluation](#) – Approved for the 2023-2024 school year.
 - [Athletic and Marching Band Pre-participation Physical Evaluation Form \(Spanish Version\)](#)
 - [Return to Play Form – Concussion Management Protocol](#)
 - [Medical Exemption Form/Request For Accommodation](#) – This form should be used for any medical exemption or accommodation requests.

ATHLETIC CODE OF CONDUCT

Athletics is not a requirement for graduation and participation is strictly voluntary. Athletics, as a discipline, stresses work ethic, team play, sportsmanship, integrity, and sacrifice. Should the actions of an athlete fail to exhibit these same characteristics, the privilege of participating in athletics may be forfeited. All coaches must be willing to work, within the guidelines of the athletics department, to help any athlete should he/she lose direction. It is our intention to help our athletes stay on course and succeed. However, when an athlete purposely or continuously violates guidelines, then it is up to the head coach to address the situation in accordance with UIL and other league guidelines and without violating each coach's codes of conduct (see UIL C & CR Section 51).

ATHLETIC GUIDELINES AND CODE OF CONDUCT

It is the desire of the administration and coaching staff of IDEA to communicate to its students that participation in athletics is a **PRIVILEGE, NOT A RIGHT**. Participation on athletic teams and in related activities, while being an honor, is an opportunity for young athletes to learn important lessons about the responsibilities that are assumed by individuals in leadership roles. Therefore, all athletes are expected to adhere to the following:

1. Athletes will be tough competitors in the athletic arena, but outside the competitive arena they are expected to always conduct themselves in a socially appropriate manner, demonstrating respect for their administrators, teachers, and fellow students.

2. Athletes are to display/model behaviors associated with positive leaders in the school and community.
3. Athletes are to always exhibit good citizenship.
4. Athletes are to serve as positive representatives for their team, coaches, school, and community during competitions and interactions with rivals; and
5. Athletes are expected to strive for academic excellence and adhere to the board-approved Student Code of Conduct and the Athletic Code of Conduct and Guidelines.

Each head coach is responsible for conveying to his/her team the expectations and need for adherence to team and training rules. **The RAM must be consulted when a violation of the IDEA Athletic Code of Conduct occurs.**

The IDEA Athletic Department expects every athletic program to conduct training of teams and individual athletes which are designed to provide an organized response to potentially volatile incidents (i.e., fighting, etc.). This response should include actions by athletes and coaches which diffuse the situation and restore order.

- **ISS Assignment** – An athlete is suspended from interscholastic activity while serving time in ISS until the assignment is completed. The suspension begins when the student begins his/her day(s) in ISS. The suspension is concluded the next day. Student athletes are still required to attend practice while serving days in ISS. Student athletes receiving an ISS assignment will result in the loss of playing time. A (second offense) will result in an automatic two game suspension. Student athletes assigned to DAEP are NOT eligible to practice after school. Student athletes will participate in an additional conditioning program upon their return to regular classes. Although a student athlete may practice immediately upon being released – **he/she must practice/condition for one third the number of days served before being able to play** in a game.
- **Bullying/Hazing** – Any report or suspicion of bullying or hazing should be reported to the appropriate campus administrator immediately.

TRANSPORTATION OF STUDENTS

High school athletic trips are to be within a 100-mile radius of the school district except for playoff contests beyond this limit. Any trip over the 100-mile radius must be approved by the campus principal. It is the responsibility of the Athletic Coordinator to submit a transportation request at least two weeks prior to the trip. When a school bus is not practical because of distance and size of group, transportation may be in a charter bus. The use of a charter bus must be approved by the Business Office through the contract process and signed before the charter bus is used. **Students may not be transported in coaches' personal vehicles at any time. Such use of personal vehicles will be a violation of employee handbook, professional conduct, and league rules.**

Travel by **IDEA Public Schools** athletic teams or individual athletes not directly related to a League sanctioned activity (i.e., ropes course, field trips or team incentives) must be recommended by the Campus Athletic Coordinator and approved Campus Principal and Risk Management. Such trips are still considered school sponsored events and require students and staff to adhere to the same rules and requirements as all other school events.

During the school day no student/athlete is allowed to transport himself/herself to any off-campus practice facility unless, prior to the trip, a parent or guardian has completed an **IDEA PERMISSION FOR STUDENT/PARENT-PROVIDED TRANSPORTATION** form. This is in the Department of Athletic forms packet.

All IDEA Public School athletes must travel with the team. All athletes must return with the team unless, prior to the trip, a parent or guardian has completed a STUDENT TRAVEL RELEASE form that entitles the student/athlete to be released to the custody of the parents at the completion of the activity or event. Coaches may have a sign out sheet if the Student Travel Release form is attached for parents to read prior to signing. Coaches and staff are responsible for the proper release of each student.

OVERNIGHT ATHLETIC TRIP PROCEDURES

1. Coach must attach a copy of the tournament bracket and/ or letter of invitation. Trips are restricted to in-state events only.
2. The Coach must ensure that student-athletes travelling miss no more than one (1) day of school per activity or event. A request for a 2nd day of missed school for the purpose of travel may be submitted and must be approved by the campus athletic coordinator, and the campus principal.
3. Athletic Coordinator must submit the transportation request, per diem, lodging quote, bus contract, seating arrangements, and list of athletes in a timely manner to make sure the business clerk has time to submit and the purchasing department has time to approve. This needs to be submitted six to eight weeks prior for planned events – expedited review is possible for playoff qualifications and other events that do not provide as much advanced knowledge.

4. The payments for transportation, lodging and entry fees are to be made via Purchase Order issued by the Business Office.
5. Permission slips are required for all overnight trips and playoff trips.
6. Genders will be separated into separate rooms on separate floors if possible. No exceptions will be made, even if given parental consent. This includes overnight bus/charter bus travel. Coaches and staff will monitor the rooms during the day and not allow students to mix genders in rooms. Best practices will be implemented to prevent students from leaving their rooms during the nights without staff knowledge but without preventing safe exit.
7. No parents or adults are permitted to share a room or seat on an overnight bus ride with any student unless they are direct family members of each student.

NON-SCHOOL SPORTS CAMP PARTICIPATION

Student-athletes and coaches must be aware of League policies, guidelines, and regulations regarding non-school activities. Various League restrictions apply and can be accessed by following the link below. <https://www.uiltexas.org/files/athletics/school-sponsored-camps.pdf>

Game Day Participation Requirement:

- Students must be counted present for ½ of the school day; to participate in a competitive event.
- Exceptions such as a: legitimate doctor's excuse, funeral attendance, legal or other academic matters.
- IDEA Athletic coordinators should, when needed, contact the District Directors for assistance in addressing extenuating scenarios to determine eligibility.

Game Day Dress:

- The student athlete must adhere to school dress code policy unless given permission by Campus Principal (i.e., jerseys instead of polos).

GENERAL GUIDELINES

SPORT PROGRAMS

PARTICIPATION IN MULTIPLE SPORTS

IDEA Public Schools Athletic department guidelines allow and encourages a student/athlete to compete in multiple sports if the student/athlete can abide by all team rules and regulations.

No coach shall discourage any athlete from participating in multiple sports.

1. A student/athlete who decides to quit one sport and enter another will be ineligible for participation in another sport until the end of the season in the sport for which he/she has quit, or unless the head coaches of both sports mutually agree to the student/athlete's participation. A student/athlete quitting a sport after the first contest will forfeit any award for that sport.
2. The IDEA Public Schools athletic department does not endorse player cuts but realizes that there are certain sports where cuts are necessary due to financial parameters or game management. Objective criteria for try-outs must be approved by the campus athletic coordinator. Cut lists must be reviewed by the campus athletic coordinator and campus principal prior to their release.

OUTSIDE PARTICIPATION

1. A student can participate on a non-school team while participating on a school team of the same sport. However, missing a school event to participate in a non-school event will count as an unexcused absence.
2. **Club Sports** – Make every effort to coexist without jeopardizing League guidelines regarding participation/recognition and coaching.

PARTICIPATION CONCEPTS

1. 6TH grade through Sub-Varsity: Everyone participates (if eligibility requirements are met and athletes are in good standing). Varsity: Play to win the Contest.
2. Players will be placed on a team in which they will make the most positive contribution. Another factor in team placement is the development of the individual player. A player's academic classification (grade level) **does not** determine team or league placement. The coaches will place each player on the team that affords them the best opportunity to improve their skills.

TEAM RULES

1. Team rules are to be established by the Athletic Coordinator and based on League/IDEA Public Schools policies and administrative guidelines and regulations.
2. Team rules should be approved by the campus athletic coordinator.

ATHLETIC AWARDS GUIDELINES

League rules prohibit student athletes from accepting anything of value other than as listed in these policies. All student athletes must strictly adhere to all training, attendance, and conduct, discipline, and appearance rules set forth by the coaches for the entire school year before being considered for an athletic award. All scholastic eligibility rules established by the School Board, the University Interscholastic League, and TEA must be met. It must be clearly understood that the coach recommends a student athlete for an award. IDEA Public Schools campuses will enforce this rule, as per campus, discretion via Principal and Athletic Coordinator guidelines- all juniors who complete a sport will be measured for a major award jacket in the fall and late spring of their junior year. Regardless of playing time, all student athletes must have participated in a Varsity sport to receive their award jacket.

Schools may give one major award jacket, not to exceed \$60.00 in value, to a student during high school enrollment at the same school for participation in one of the sports competitions. One additional symbolic award, not to exceed \$10.00 in value, may be presented for participation in each additional league activity. The \$10.00 award shall not be given to a student for an activity during the same year that the major award is given for that activity. Any award given by an outside party must not make the student ineligible under UIL C & CR Section 441 regarding amateur status.

Awards or privileges given to Coaches and staff must be limited to those allowed under UIL Section 481 and other relevant rules of other leagues.

General Requirements for Lettering

1. Practice habits and attendance are criteria for lettering and are left up to the discretion of the Athletic Coordinator and Head Coach of the sport.
2. If an athlete fails a class that affects the season it could be considered grounds for not lettering based upon the judgment of the head coach.
3. If a player is injured in a sport, he/she will still letter.
4. Freshmen – Varsity awards can be awarded to a freshman that meets his/her sport criteria.
5. A student athlete must play a varsity sport two consecutive years to qualify for a letterman jacket.

JUNIOR HIGH PROGRAM

- A participation certificate may be awarded to each athlete for every sport he/she participates in. Criteria for these awards will be set by each campus coordinator.

PARENT COMMUNICATION

GENERAL GUIDELINES

Communication parents should expect from their child's coach:

- a. Coach's philosophy.
- b. Expectations the coach has for students/athlete, as well as other players on the team.
- c. Locations and times of practices and contests.
- d. Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

- a. Concerns regarding their child expressed directly to the coach at the appropriate time and place.
- b. Specific concerns regarding the coach's philosophy and/or expectations.
- c. Notification of any schedule conflicts well in advance.
- d. Injury during games and practice. Even if you think it is something small, you still need to call the parents.

PARENT MEETING

Every sport will conduct a pre-season parent meeting that will be coordinated with the campus athletic coordinators. A campus-generated PowerPoint presentation focusing on IDEA Public Scholl & League rules and guidelines will be presented as one component of the meeting.

IDEA Athletic Department Guidelines for Conducting a Pre-Season Parent Meeting

Every sport is required to conduct a pre-season parent meeting. This meeting will be held before the start of that respective sports first contest. The campus athletic coordinators must inform the principal and coaches of the parent meeting. Any deviation from this must have the approval of the RAM.

The purpose of your parent meeting is to address some of the below listed issues:

1. Provide the opportunity for the parents of your athletes to meet you and your staff in a social environment. This will allow the parent(s) to see and talk with Coaches away from the court or field.
2. Coaches will have the opportunity to meet the parents of your athletes.
3. Allow Coaches to present your program to the parents. Parents need to have a clear understanding of what the Coach's program consists of and what the Coach's expectations of their sons/daughters are.
4. Allow parents to ask questions regarding organizational and administrative procedures and guidelines regarding the Coach's program or the entire athletic program.
5. To use this meeting to disperse any program or athletic department information that needs to go out to the parents.

One or both parents of all your athletes should be present at the pre-season parent meeting. Provide sign-in sheets requesting: **Name, Address, Phone Numbers, & Athlete's Name.**

The staff members that should be in attendance are:

1. Athletic Coordinator
2. Campus Administrator
3. All Coaching Staff

Agenda Items for Parent Meeting

The head coach as well as the assistant coaches of that sport should attend and provide an agenda as well as the Athletic Coordinator providing a presentation for the meeting.

Agenda Model:

- A. Introduce staff.
- B. Coaching philosophy / team's style of play / new rules of sport
- C. Game schedules, directions, game changes
- D. Practice schedules and times, length of practices and games, criteria for being selected on squad.
- E. Coaches email addresses / conference periods / Professional Facebook Page/ IDEA Website
- F. Any other important phone numbers
- G. Communication procedures, i.e., chain of command when issue arises.
- H. Review amateur athletic and awards rules/UIEL eligibility rules/residency rules.
- I. Sportsmanship expectations for athletes and fans, & Parents
- J. Explain athlete contest ejection reporting procedures and consequences.
- K. Philosophy regarding multiple sport participation
- L. Grade check procedures

The head coach must also provide a sign-in sheet for the parents, which must be kept on file along with the agenda.

SOCIAL MEDIA

A. REMIND APP / CAMPUS FACEBOOK

- It is strongly recommended that when communicating with student-athletes, coaches utilize the Remind App / Campus Facebook.
- This program provides safe communication between coaches, student-athletes, and parents.
- Coaches and staff should not give out their personal phone numbers or social media accounts to any student or parent. Communication with students must remain professional and only as far as necessitated by academic or athletic needs.

B. TEAM WEBSITES

- Coaches should consistently monitor the contents of team websites for inappropriate material such as photos, videos, music, etc. Any violation by any student may result in punishment in accordance with the student code of conduct.
- Non-school promotional material cannot be posted on team websites.

C. CAMPUS WEBSITES

- Coaches need to be informed on privacy code restrictions regarding social media.
 - Coaches must be informed on all privacy code restrictions as set by the parents, including those regarding social media. If the parent has not signed a media release, no photos or anything with the student's likeness can be used on any IDEA sponsored websites, marketing, or promotional material.

OFF-SEASON PROGRAMS

1. GRADING PROCEDURES

- Refer to the District Eligibility Calendar for your Regions.

2. SUMMER STRENGTH/CONDITIONING CAMPS and SPECIFIC SKILL INSTRUCTION

- Summer strength and conditioning camps and specific skill instruction sessions must comply with League and IDEA guidelines.

SPORTS MEDICINE GUIDELINES (HIGH SCHOOL & MIDDLE SCHOOL)

HEAT AND HYDRATION GUIDELINES

- Practice or competition in hot and humid environmental conditions poses special problems for student-athletes' heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. All coaches should know the signs to look for at all athletic games and practices.

General Considerations for Risk Reductions:

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

General Guidelines:

- An initial complete medical history and physical exam.
- Gradual acclimatization of the athlete to hot/humid conditions is necessary. We advise that student-athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of seven to 10 days to achieve acclimatization.
- Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During the acclimatization process, student athletes should practice in T-shirts, shorts, socks, and shoes. Rubberized suits should never be worn.
- To identify heat stress conditions, regular measurements of environmental conditions will be taken daily. IDEA Public Schools will use the Weather Sentry weather reporting station at the high school & middle school level.

Heat Stress and Athletic Participation

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. During hot weather conditions, the athlete is subject to the following:

- **Heat Cramps** - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.
- **Heat Syncope** - Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.

- **Heat Exhaustion (Water Depletion)** - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- **Heat Exhaustion (Salt Depletion)** - Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- **Heatstroke** - An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

10. Each athlete must have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
11. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **physical condition** of their athletes and set practice schedules accordingly.
12. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **gradual acclimatization to hot weather**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80 percent acclimatization can be expected to occur after the first seven to ten days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
13. The old idea that water should be withheld from athletes during workouts has no scientific foundation. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum of ten minutes be scheduled for a water break every half hour of heavy exercise in the heat. **Water should be available in unlimited quantities**. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
14. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. **Attention must be directed to replacing water - fluid replacement is essential**.
15. Know both the **temperature and humidity**. The greater the humidity, the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, temperature (WBGT) index which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. A WBGT device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise. Establishing WBGT guidelines that dictate modifications in activity (work:rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures play a huge factor in helping to prevent EHS. Readings should be taken before and during every outside event or practice to accommodate accordingly based on adopted guidelines. The map and table to follow provides a guideline for modification

of activity based on the environmental conditions in each region. source: Grundstein et al. Regional heat safety thresholds for athletes in the contiguous United States. Appl. Geography. 2015.pdf



16.

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F < 27.8°C	< 79.7°F < 26.5°C	< 76.1°F < 24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football:</u> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports:</u> Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football:</u> No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports:</u> There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥ 32.1°C	≥ 86.2°F ≥ 30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

17. Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **Never use rubberized clothing.**
18. Athletes should **weigh** each day before and after practice and **weight charts checked**. Generally a three percent weight loss through sweating is considered safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
19. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight, and the eager athlete who constantly competes at his/her capacity. Some trouble signs are

nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.

20. Teams that encounter hot weather during the season through travel or following an unseasonable cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
21. Know what to do in case of emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service

Heat Stroke - This is a medical emergency. ANY DELAY COULD BE FATAL.

- Follow these steps to initiate emergency treatment (source: KSI):
- Remove all equipment and excess clothing.
- Cool the athlete as quickly as possible within 30 minutes via whole body ice water immersion (place them in a tub/stock tank with ice and water approximately 35-58°F); stir water and add ice throughout cooling process.
- If immersion is not possible (no tub or no water supply), take athlete to a shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible.
- Maintain airway, breathing and circulation.
- After cooling has been initiated, activate emergency medical system by calling 911.
- Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure, monitor CNS status.
- If rectal temperature is not available, DO NOT USE AN ALTERNATE METHOD (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat.
- Cease cooling when rectal temperature reaches 101-102°F (38.3-38.9°C).
- Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion or aggressive whole body cold water dousing) was initiated within 10 minutes of collapse

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

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

IDEA PUBLIC SCHOOLS LIGHTNING GUIDELINES

While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and proper safety precautions are not followed. Prevention and education are the keys to lightning safety. The athletic coordinator, head coach and/or administrator using one of the three following methods will monitor conditions.

Weather Sentry – This is an internet-based weather reporting system that utilizes GPS to record active lightning strikes.

1. When a suspicious cloud/storm approaches, the head coach, athletic coordinator, or administrator will monitor Weather Sentry.
2. Once lightning is detected within the 8-mile range, the field must be evacuated.

“Flash to Bang” method – This method estimates the distance of lightning. Upon seeing the flash of lightning, start counting the seconds until thunder is heard. Divide the time in seconds by five to measure distance.

1. When a suspicious cloud/storm approaches, the athletic coordinator/ head coach, assistant coach, or administrator shall monitor the approaching storm using the flash bang method.
2. Once the flash bang count reaches 30 seconds or less, the field must be evacuated.

Evacuation Procedures

The students should be evacuated to a safe shelter. Staying away from tall or individual trees, lone objects (light or flag poles), metal objects, and open fields. Examples of safe shelter are a bus, dressing room, or other building. A dug out or awning are not considered safe shelters. Administrators should evacuate spectators from the stadium.

Resume Practice and Competition

Once a game or practice has been suspended the storm should continue to be monitored. No contest or practice should be resumed until:

1. The lightning has moved out of the ten-mile radius on the Weather Sentry system.
2. No lightning strike has been detected within 6 miles for 30 consecutive minutes using the Flash Bang method.

Although the home team is responsible for each game or match, it should be noted that the athletic coordinator, head coach and/or administrator is responsible for the safety and well-being of adults and students in his/her charge. If no policy is in effect at the out-of-town site, it is recommended that the coaches for IDEA track the weather for the safety of their athletes and parents.

IDEA PUBLIC SCHOOLS COLD WEATHER GUIDELINES

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to be freezing temperatures. The following temperature guidelines have been established for IDEA Public Schools Athletic department practices and games.

Cold Weather Caution: When temperature or wind-chill (which is lower than actual temperature) is from 45° F-30°F.

- No modification of practice, but a warning will be given to coaches and athletes.
- IDEA emphasizes the importance of following UIL Cold Weather Illness Recommendations.
- Watching those “high-risk” athletes

Cold Weather Warning: When temperature or wind chill is from 30° F – 20° F, there may be a modified outside participation of 45 minutes. No outdoor activities are allowed with weather under 20° F.

- Warm-up to be started indoors (stretching, etc.) to not take away from 45 min.
- A practice that keeps individuals moving, try to avoid working up a big sweat in the first 20 minutes, causing perspiration followed by prolonged sitting and waiting.
- Wearing a hat that covers the ears, and some sort of gloves to cover the hands are required.
- Keeping a keen eye on those “high-risk” athletes
- If available, a cool-down indoors.

COLD WEATHER ILLNESS INFORMATION

Hypothermia: Hypothermia is a decrease in core body temperature.

1. Mild Hypothermia – shivering, cold sensation, goosebumps, numb hands.

2. Moderate Hypothermia – intense shivering, muscle incoordination, slow and labored movements, mild confusion, difficulty speaking, signs of depression, withdrawn.
3. Severe Hypothermia – shivering stops, exposed skin is bluish and puffy, inability to walk, poor muscle coordination, muscle rigidity, decrease in pulse and respiration rate, unconsciousness.

Management:

1. Remove athletes from cold environments.
2. Remove wet clothing and replace it with dry clothing and/or blankets.
3. Refer all moderate cases to the emergency room once safe to transport.
4. Treat severe hypothermia as a medical emergency! Wrap the athlete in an insulated blanket and see emergency medical care immediately by calling 911.

FROSTBITE: Thermal injury to the skin caused by cold exposure.

- Frostnip – skin appears white and waxy or gray and mottled, numbness and pain.
- Superficial Frostbite – skin appears white, mottled, or gray; feels hard or rubbery but deeper tissue is soft, insensitive to touch.
- Deep Frostbite – skin is white and has a wooden feel, numbness, and anesthesia.

Management:

- Do not rub the area.
- Gently rewarm the area by blowing warm air onto the area, placing the area against a warm body part, or placing the affected area into warm (101 – 108 degrees F) water for several minutes.
- If not certain that the tissue will stay warm after rewarming, do not rewarm it.
**Refreezing newly thawed frostbitten tissue can cause extensive tissue damage!
- If a person is also suffering from hypothermia, the first concern is core rewarming.

Prevention: The best method of management is prevention:

- a. Dress in layers
- b. Cover the head to prevent excessive heat loss from the head and neck.
- c. Stay dry by wearing a wicking fabric next to the body and a breathable, water repellent outer layer.
- d. Stay hydrated.
- e. Eat regular meals.
- f. Avoid alcohol, caffeine, and nicotine.
- g. Educate participants, coaches, officials, and administrators in recognition of cold-related illnesses.
- h. Consider cancellation of athletic events if weather conditions warrant.
- i. If unsure whether an athlete is hypothermic, err on the side of caution and treat accordingly.

SIGNIFICANCE: Although excessive and prolonged exposure to cold may be an infrequent problem in high school athletics, the prevention, recognition, and management of cold-related conditions are still an important consideration for coaches, administrators, and athletic trainers.

The human body's mechanisms of heat retention are significantly less efficient than our ability to dissipate heat. Epidemiological research suggests that even in otherwise innocuous environmental conditions, hypothermia can occur. During the day, the temperature may be moderate and the sun shining, but as the sun sets and the temperature begins to fall, when coupled with conditions of exhaustion, dehydration and wet clothing associated with physical activity, the risk of cold-related pathology can increase.

Understanding the mechanisms of heat retention and production are essential to the prevention and management of cold-related illnesses and injuries:

- **Vasoconstriction** – Decreases blood flow to the periphery to prevent loss of body heat.
- **Shivering** – While involuntary shivering generates heat through increased muscle activity, it may also hinder an athlete's sport performance and ability to perform behavioral tasks to aid in heat retention.
- **Activity increase** – Increases heat production through a general increase in metabolic activity. Quick bouts of intense activity can generate incredible amounts of heat.
- **Behavioral responses** – Adjusting the number and type of clothing layers will result in heat regulation by controlling the amount of heat lost by the body.
- There are two cold-related pathologies that coaches, administrators, and athletes should be aware of: hypothermia and frostbite.
- **Hypothermia** is defined as a decrease in the core body temperature to at least 95 degrees F. It occurs when the heat loss is greater than the metabolic and heat production. Hypothermia can be categorized in three stages: mild, moderate, and severe, based on core body temperature.
- **Frostbite** is a thermal injury to the skin, which can result from prolonged exposure to moderate cold or brief exposure to extreme cold. The body areas most prone to frostbite are the hands, feet, nose, ears, and cheeks. Frostbite can be classified into three basic categories: Frostnip, superficial frostbite and deep frostbite.

RECOGNITION OF COLD-RELATED ISSUES

There are several factors influencing one's susceptibility or risk of cold related injury or illness. These factors can be additive. Thus, 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 degrees – 50 degrees temperature under wet and windy conditions can be equivalent to sub-zero temperatures with no wind or moisture.

Risk Factors

- Low air temperature – When cold exposure exceeds or overwhelms the body’s ability to compensate for heat loss due to the external environment.
- Wind chill – a wind-chill index chart that identifies the risks associated with the interaction of the wind speed and air temperatures.
- Moisture – Wet skin freezes at a higher temperature than dry skin.
- 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.
- Insulation – The amount of insulation from cold and moisture significantly affects thermoregulation.
- Dehydration – Negatively influences metabolism and thermoregulation.
- Alcohol – Increases peripheral blood flow and heat loss; can also disrupt the shivering mechanism.
- Caffeine – Acts as a diuretic, causing water loss and dehydration.
- Tobacco – Acts as a vasoconstrictor; increasing the risk of frostbite.

Stage	Core Temperature in Degrees	Signs & Symptoms
Mild Hypothermia	99-97 F	Normal, shivering may begin
	97-95	Cold sensation, goose bumps, unable to perform complex tasks with hands, shiver can be mild to severe, hands numb
Moderate Hypothermia	95-93 F	Intense shivering, muscle in-coordination becomes apparent, movements slow and labored, stumbling pace, mild confusion may appear alert.
Moderate Hypothermia	93-90 F	Violent shivering persists, difficulty speaking, sluggish thinking, amnesia starts to appear, gross muscle movements sluggish, unable to use hands, stumbles frequently, signs of depression, withdrawn
Severe Hypothermia	90-86 F	Shivering stops, exposed skin blue or puffy, muscle coordination poor, inability to walk, confusion, incoherent/irrational

		behavior, but may be able to maintain posture and appearance of awareness.
Severe Hypothermia	86-82 F	Muscle rigidity, semiconscious, stupor, loss of awareness of others, pulse and respiration rate decrease, heart fibrillation.
Severe Hypothermia	82-78 F	Unconscious, heartbeat and respiration erratic, pulse may not be palpable.
Severe Hypothermia	78-75 F	Pulmonary edema, cardiac and respiratory failure, death. Death may occur before this temperature is reached

Management

Hypothermia – The basic principles of rewarming victims of hypothermia are to conserve the heat they have and replace the heat that they have already lost. The best method to determine the extent of core temperature loss is measurement of rectal temperature. Unfortunately, obtaining a rectal temperature reading on a moderately or severely hypothermic patient can be difficult, and may expose the athlete to further cooling. The following describes the management regimes for hypothermia relative to severity:

- Mild hypothermia – Seek dry shelter; replace wet clothing, insulate the whole body and head, avoid sweating, use external warmth (bath, fire) only if the core is above 95 degrees F, give warm sweet drinks and food.
- Moderate hypothermia – Avoid exercise and external warmth, gently rest, give warm sweet drinks and calories, internal warming via warm moist air, monitor pulse and breathing.
- Severe hypothermia – Medical emergency, give nothing by mouth, wrap in an insulated blanket, avoid rapid rewarming, transfer to hospital immediately.

PRE-SEASON REGULATIONS – GENERAL ELIGIBILITY RULES

Practice Regulations outside the School Year

Any practice conducted by a school outside the school year must be in accordance with the following regulations:

1. Student athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
2. Student athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
3. The maximum length of any single practice session is three hours.
4. On days when more than one practice is conducted, there shall be, at a minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.

When determining how to count times spent as practice activities, please consult the following chart:

What Counts:	What Does not Count
Actual on field/court practice	Meetings
Sport Specific Skill Instruction	Weight Training *
Mandatory Conditioning	Film Study
Water Breaks	Injury Treatment
Rest Breaks	Voluntary Conditioning *

*Does not count towards practice time but **cannot** be during the rest and recovery time.

*In reference to the minimum two-hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory weight or conditioning period.

IDEA PUBLIC SCHOOLS CONCUSSION GUIDELINES

Introduction

Concussion received by participants in sports activities is an ongoing concern at all levels. Recent interest and research in this area has prompted reevaluations of treatment and management recommendations from the high school to the professional level.

Numerous state agencies throughout the United States (U.S) responsible for developing guidelines addressing the management of concussion in high school student-athletes have developed or revised their guidelines for concussion management. The present document will update the UIL requirements for concussion management in student athletes participating in activities under the authority of the UIL and will also provide information on compliance with Chapter 38, Sub Chapter D of the Texas Education Code (TEC).

Definition of Concussion

There are numerous definitions of concussion available in medical literature as well as in the previously noted “guidelines” developed by the various state organizations. The feature universally expressed across definitions is that concussion 1) is the result of a physical, traumatic force to the head and 2) that force is sufficient to produce altered brain function which may last for a variable duration of time. For this program, the definition is presented in Chapter 38, Sub Chapter D of the Texas Education Code is considered appropriate:

Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may:

- A. Include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and
- B. Involve loss of consciousness.

Concussion Oversight Team (COT):

According to TEC Section 38.153:

The governing body of each school district and open-enrollment charter school with students enrolled who participate in an interscholastic athletic activity shall appoint or approve a concussion oversight team.

Campus Oversight Team:

- 1. Athletic Coordinator
- 2. School Nurse or Health Aide
- 3. Principal

Responsible Individuals:

At every activity under the authority of the UIL in which the activity involved carries a potential risk for concussion in the participants, there should be a designated individual who is responsible for identifying student athletes with symptoms of concussion injuries. That individual should be a physician or an advanced practice nurse, athletic trainer, neuropsychologist, or physician assistant, as defined in TEC section 38.151, with appropriate training in the recognition and management of concussion in athletes. If such an individual is not available, a supervising adult approved by the school district with appropriate training in the recognition of the signs and symptoms of a concussion in athletes could serve in that capacity. When a licensed athletic trainer is available such, an individual would be the appropriate designated person to assume this role. The individual responsible for determining the presence of the symptoms of a concussion is also responsible for creating the appropriate documentation related to the injury event.

Manifestation/Symptoms

A concussion can produce a wide variety of symptoms that should be familiar to those having responsibility for the well-being of student-athletes engaged in competitive sports in Texas. Symptoms reported by athletes may include headache; nausea; balance problems or dizziness; double or fuzzy vision; sensitivity to light or noise; feeling sluggish; feeling foggy or groggy; concentration or memory problems; confusion.

Signs observed by parents, friends, teachers, or coaches may include the following:

- appears dazed or stunned;
- is confused about what to do;
- forgets plays; is unsure of game, score, or opponent;
- moves clumsily;
- answers questions slowly;
- loses consciousness;
- shows behavior or personality changes;
- cannot recall events prior to hit;
- cannot recall events after hit.

Any one or group of symptoms may appear immediately and be temporary or delayed and long lasting. The appearance of any one of these symptoms should alert the responsible personnel to the possibility of concussion.

Response to Suspected Concussion

According to TEC section 38.156, a student shall be removed from an interscholastic athletics practice or competition immediately if one of the following persons believes the student might have sustained a concussion during the practice or competition:

- A coach;
- A physician;
- A licensed health care professional; or
- The student's parent or guardian or another person with legal authority to make medical decisions for the student.'

If a student-athlete demonstrates signs or symptoms consistent with concussion, follow the "Heads Up" 4-Step Action Plan:

1. The student-athlete shall be immediately removed from game/practice as noted above.
2. Have the student-athlete evaluated by an appropriate health care professional as soon as practicable.
3. Inform the student-athletes' legal guardian(s) guardian(s) about the possible concussion and give them information on concussion.
4. If it is determined that a concussion has occurred, the student-athlete shall not be allowed to return to participation that day regardless of how quickly the signs or symptoms of the concussion resolve and shall be kept from activity until a physician indicates they are symptom free and gives clearance to return to activity as described below. **(Important Note: A coach of an interscholastic athletics team may not authorize a student's return to play)**

Return to Activity/Play Following Concussion

According to TEC section 38.157:

A student removed from an interscholastic athletics practice or competition under TEC Section 38.156 (suspected of having a concussion) may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until: [Concussion Link](#)

- The student has been evaluated; using established medical protocols based on peer reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;
- The student has successfully completed each requirement of the return-to-play protocol established under TEC Section 38.153 necessary for the student to return to play;
- The treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
- The student and the student's parent(s) or guardian(s) or another person with legal authority to make medical decisions for the student:
 - i. Have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
 - ii. Have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under

Subsection and the person who has supervisory responsibilities under Subsection (C); and have signed a consent form indicating that the person signing:

- Has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
- Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
- Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and
- Understands the immunity provisions under TEC Section 38.159. The UIL will provide standardized forms for the 'Return t' Play' procedure.

According to the UIL Concussion Management Protocol, following clearance and compliance with the above information, supervised progression of activities should be initiated utilizing the now standardized protocol:

1. Student-athlete shall be symptom free for 24 hours prior to initiating the return to play progression.
2. Progress continues at 24-hour intervals if student-athlete is symptom free at each level.
3. If the student-athlete experiences any post-concussion symptoms during the return to activity progression, activity is discontinued, and the student-athlete must be re-evaluated by a licensed health care professional.

Phase 1:

- No exertion to physical activity until student-athlete is symptom free for 24 hours and receives written clearance from a physician and submission of the required documentation following the concussion injury.

Phase 2:

1. **Step 1:** When the athlete completes Phase 1, begin light aerobic exercise – 5 – 10 minutes on an exercise bike, or light jog; no weightlifting, resistance training, or any other exercise.
2. **Step 2:** Moderate aerobic exercise - 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
3. **Step 3:** Non-contact training drills in full uniform. May begin weightlifting, resistance training, and other exercises.
4. **Step 4:** Full contact practice or training.
5. **Step 5:** Full game play.

Subsequent concussion

- Any subsequent concussion requires further medical evaluation, which may include a physical examination prior to return to participation. Written clearance from a physician is required as outlined in TEC Section 38.157 before any participation in UIL practices, games or matches.

Potential Need for School/Academic Adjustments & Modification Following Concussion

(Return to Learn) It may be necessary for individuals with concussion to have both cognitive and physical rest to achieve maximum recovery in the shortest time.

In addition to the physical management noted above, it is recommended that the following be considered:

- Notify school nurse(s) or Health Aide and all classroom teachers regarding the student athlete's condition.
- Advise teachers of post-concussion symptoms.
- Student may need (only until asymptomatic) special accommodations regarding academic requirements (such as limited computer work, reading activities, testing, assistance to class, etc.) until concussion symptoms resolve.
- Student(s) may only be able to attend school for half a day or may need daily rest periods until symptoms subside. In extraordinary circumstances the student may require homebound status for a brief period.

Addendum:

When evaluating an individual who has sustained concussion, always keep in mind that you are evaluating three separate domains of brain function: Physical/Motor, Cognitive, and Behavioral/Emotional. These represent functions of widely different anatomical regions in the brain (although there are cross over/dual functions in some areas).

Evaluation should focus on each domain separately; never assume that if one domain is symptom free the others will also be without symptoms. Separate evaluation protocols/instruments are employed to assess each domain. Documentation of the method of assessment is always helpful for subsequent examiners.

EVALUATION DOMAINS

Physical/Motor Cognitive Behavior/Emotional

- Dazed/stunned
- amnesia
- irritable
- balance difficulties
- confused/disoriented
- emotionally unstable

- explosive weakness
- slowed verbal responses
- depressed
- excessive fatigue
- forgets easily
- sleep disturbances
- slowed reactions
- difficulty concentrating
- anxious
- lack of facial expressions
- short attention span
- lack of interest

IDEA PUBLIC SCHOOLS ACTION PLAN FOR ATHLETICS

Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken to provide the best possible care to the sports participant in emergency and/or life-threatening conditions. The development and implementation of an emergency plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, all school activities workers must be prepared. Athletic organizations have a duty to develop an emergency plan that may be implemented immediately when necessary and to provide appropriate standards of emergency care to all sports participants. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in emergency medicine and planning. Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team should enable each emergency to be managed appropriately.

Components of the Emergency Plan

These are the basic components of every emergency action plan for athletics:

- Emergency Personnel
- Emergency Communication
- Emergency Equipment
- Roles of Athletic Coordinator, Student Trainers, Coaches, And Administrators
- Venue Directions

Emergency Plan Personnel

With athletic practice and competition, the first responder to an emergency is typically a member of the athletic staff, most commonly a coach or athletic trainer. The type and degree of sports medicine coverage for an athletic event may vary widely, based on such factors as the sport or activity, the setting, and the type of training or competition. Certification in cardiopulmonary resuscitation (CPR), athletic safety, prevention of disease transmission, and emergency plan review is required annually for all athletics personnel associated with practices, competitions, skills instruction, and strength and conditioning.

The development of an emergency plan cannot be complete without the formation of an emergency team. The emergency team may consist of several healthcare providers including physicians, emergency medical technicians, certified athletic trainers, student athletic trainers,

coaches, parents; and other athletes and bystanders. The roles of these individuals within the emergency team may vary depending on a range of factors such as the number of members of the team, the athletic venue itself, or the preference of the head coach or head athletic trainer. There are four basic roles within the emergency team. The first and most vital role is establishing safety of the scene and immediate care of the athlete. Acute care in an emergency should be provided by the most qualified individual on the scene. In instances that an athletic trainer is available, this role will be assumed by the athletic trainer. The second role, EMS activation, may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be calm under pressure and communicate well over the telephone. This person should also be familiar with the location and address of the sporting event. The third role, equipment retrieval, may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. Student athletic trainers, coaches, and athletes are good choices for this role. The fourth role of the emergency team is that of directing EMS to the scene.

One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the emergency. Depending on ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. A student athletic trainer, administrator, athlete, or coach may be appropriate for this role.

Roles within the Emergency Team

1. Establish scene safety and immediate care of the athlete
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene

Activating the EMS System

Making the Call: 911

Providing Information:

- name, address, telephone number of caller
- nature of emergency, whether medical or non-medical *
- number of athletes
- condition of athlete(s)
- First Aid Treatment initiated
- specific directions as needed to locate the emergency scene ("Come to the faculty parking lot off of Fairway Drive")

- other information as requested by dispatcher

When forming an emergency team, it is important to adapt the team to each situation or sport. It may also be advantageous to have more than one individual assigned to each role. This allows the emergency team to function even though certain members may not always be present.

Emergency Communication

Communication is the key to quick emergency response. Athletic trainers and emergency medical personnel must work together to provide the best emergency response capability and should have contact information such as telephone tree established as a part of pre-planning for emergency situations. Communication prior to the event is an effective way to establish boundaries and to build rapport between both groups of professionals. If emergency medical transportation is not available on site during a particular sporting event, then direct communication with the emergency medical system at the time of injury or illness is necessary.

Access to a working telephone or other telecommunications device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure of the primary communication system. The most common method of communication is a public telephone. However, a cellular phone is preferred if available. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if it is not easily accessible.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and use rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training for the emergency medical providers. Creating an equipment inspection logbook for continued inspection is strongly recommended.

It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

Medical Emergency Transportation

Emphasis should be placed on having an ambulance on site at high-risk sporting events. If an ambulance is on site, there should be a designated location with rapid access to the site and a clear route for entering/exiting the venue. If an ambulance is not present at an event, entrance to the facility should be clearly marked and accessible. In the event of an emergency, the 911 system will still be utilized for activating emergency transport.

In the medical emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency, the athlete should be transported by ambulance, where the necessary staff and equipment are available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete. Any emergency situations where there is impairment in level of consciousness (LOC), airway, breathing, or circulation (ABC) or there is neurovascular compromise should be considered a “load and go” situation and emphasis placed on rapid evaluation, treatment, and transportation.

Non-Medical Emergencies

For the following non-medical emergencies: fire, bomb threats, severe weather and violent or criminal behavior, refer to the school district’s emergency action plan.

Safety Drill

All IDEA Public Schools sports teams are required to do an annual safety drill. This drill shall be completed prior to the end of the first six weeks and /or the first competition. The drill will include all components of the emergency action plan and/or team and be documented by the head coach.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete’s survival may hinge on how well trained and prepared athletic healthcare providers are. It is prudent to invest athletic department “ownership” in the emergency plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency plan should be reviewed at least once a year with all athletic personnel. Through development and implementation of the emergency plan, the IPS helps ensure that the athlete will have the best care provided when an emergency does arise.

Sample Emergency Plan

Non-Urgent:

1. Contact Athletic Coordinator & School Nurse or Health Aide
2. Contact Parent

Urgent:

1. Call 911
2. Instruct EMS to report to the specific location (Type in your campus location entry)
3. Contact Parent

Instruct EMS how to enter your campus, and if they are needed on the field or the gym.

1. Send appropriate personnel to meet and direct EMS personnel into the building from the parking lot.
2. Provide necessary information to EMS personnel.
3. Provide appropriate emergency care until the arrival of EMS personnel.
4. Contact Parent
5. Contact Athletic Coordinator & Principal

LOCATION OF AED: _____

Example:

1. Nurses Office or Clinic
2. Gym Office

Emergency Number: Put the contact for your campus here: _____

IDEA PUBLIC SCHOOL ATHLETIC SAFETY DRILL CHECKLIST

Date of Drill: _____

Time of Drill: _____

Campus: _____

Coach: _____

Team/Sport: _____

Situation: An athlete has been participating in drills when they collapse and are lying on the ground unconscious.

1. Athlete care given by _____
2. EMS activated by _____
3. Automated External Defibrillator (AED) retrieved by _____
4. Athletic Trainer/Nurse or Health Aide contacted by _____
5. EMS met at designated area by _____
6. Crowd control handled by _____
7. Parent Contacted by _____
8. An AED was retrieved and available for use within _____ minutes
 - a. (Important note: Acceptable response time for an AED is 3 minutes)

Coaches Signature: _____

Date of Incident: _____

CAMPUS CONTEST ADMINISTRATOR

A. ADMINISTRATOR ON DUTY (SCHOOL ADMINISTRATOR IN CHARGE OF THE EVENT)

PURPOSE

The purpose of the administrator on duty is to assist in managing school events so that students learn, and every guest enjoys the event in a comfortable, safe, secure, and healthful environment. The administrator on duty guides student behavior, correcting and redirecting students whose behavior begins to interfere with other's enjoyment of the event; when necessary, the administrator on duty will enforce the student code of conduct. In addition to the core responsibilities associated with the school the administrator has duties defined by the event governing body (UIL, TSCAAL, & HCAL)

COMMON RESPONSIBILITIES (Administrators)

The following responsibilities are common to all event staff, including the administrator on duty:

1. Participate as part of the event safety and security team.
 - i. Attend the pre-event briefing to learn about any special event operations, safety, and security measures for the specific event.
 - ii. Maintain communications with event supervisory staff and know how to call for assistance including assistance from emergency services.
 - iii. Be visible to students and guests without interfering with their view of the event.
2. Provide customer service to students and other guests attending the event in a friendly and helpful manner.
 - i. Provide reliable information and directions.
 - ii. Assist guests with questions or needs, especially those with functional needs such as disabilities, limited English, or children attending without an adult companion.
 - iii. When necessary, state the local school and venue's rules and clarify the rules when questions arise.
 - iv. Correct inappropriate or offensive behavior.
3. Act as a trained observer, observe and report.
 - i. Any conditions which could endanger those attending the event (safety hazards).
 - ii. Any behaviors which are inconsistent with reasonable civility, sportsmanship, good citizenship, interfering with other's enjoyment, or the student code of conduct.
 - iii. Evidence of criminal behavior, suspicious behavior, suspicious items, or suspicious conditions.
4. Any individual needing medical attention such as those suffering from heat injury, seizure, injury, or sudden illness.
 - i. Children or others who appear to be lost or in need of assistance to reunite with family.
5. Act, when necessary, to assist with safety, security, and emergency operations.
 - i. Report safety hazards while keeping guests from entering the hazard area.
 - ii. Check doors to non-public areas or areas not used for the event to see that they are secured and do not allow unauthorized access.
 - iii. Challenge anyone found in a non-public area to determine if they have authorization to be in the area; if they are not authorized, ask them to return to the public area and report the incident.
 - iv. Report suspicious items or conditions without touching or moving potentially dangerous items; secure the area to prevent others from entering until security can investigate.
 - v. Assist children until they are reunited with family.

POSITION SPECIFIC RESPONSIBILITIES

1. Assist with event planning:
 - a. Understand the educational purpose of the event and consider how school administration can support that purpose.
 - b. Consider what conditions might exist, including weather-related hazards and known threats of violence, which could create changes for even safety; communicate those conditions so that they might be included in the pre-event briefing.
 - c. If necessary, based on the available information, request additional security and law enforcement personnel for the event.
 - d. If necessary, based on available information, request first aid support (including cooling stations for hot weather outdoor events).
 - e. Consider how access to non-event facilities can be limited and implement controls.
 - f. Develop an event communications plan so that other personnel can contact administration during the event and so that administration has constant communications with event supervisors, security, and emergency services.
2. Assist with event planning:
 - a. Arrive before the guest and be visible to guests as they approach or enter the venue.
 - b. Welcome guests to demonstrate that the administration is present to enforce the student code of conduct.
 - c. Remain at the venue throughout the event, focus on watching student behavior and assisting guests with their needs (the administrator on duty is not a spectator).
 - d. As an extension of being a trained observer, visually screen students particularly students expected to disrupt the event for evidence and behavioral markers that they intend to create havoc.
 - e. As an extension of being a trained observer watch for evidence that students known to have functional needs have a particular need during the event.
 - f. Be a problem solver and authority figure:
 - g. The administrator will usually be the first appeal for individuals wanting to challenge the school or venue rules and behavioral expectations, know and be able to explain the rules and behavioral expectations.
 - h. Enforce the rules and behavioral expectations.
 - i. Deescalate aggression by students or other guests.
 - j. Oversee that non-event areas of the school or venue are secured from unauthorized access by students or others.
 - k. Oversee and ensure that all emergency egress routes remain accessible throughout the event.
3. If an incident occurs during the event organize the school response, focus particularly on caring for students (children) until they are reunited with family.
4. Protect students and school property:

5. Report any suspected child abuse or neglect to law enforcement and child protective services.
6. Watch for and report abuse of school facilities by adults.
7. Enforce the student code of conduct with respect for school facilities and equipment.
8. Ensure that appropriate steps are taken at the end of the event to prevent or correct public health nuisance conditions or safety hazards.
9. If the venue is at the school, ensure that school facilities will be ready for use the next school day.
10. Remain at the school until all students have gone home or are with parents and all school personnel have completed their event duties.

LEAGUE REQUIREMENTS FOR GAME ADMINISTRATORS

In all UIL/TCSAAL/HCAL high school varsity, high school sub-varsity and junior high athletic team contests, a game administrator shall be appointed by the home school. That person shall be a coach (other than the game coach), teacher or administrator. The responsibilities of the game administrator are as follows:

1. See that officials are directed to their dressing room.
2. Meet with the officials prior to game time (preferably on the playing field or court).
3. Inform the officials where the game administrator will be seated.
4. Assist the officials if they need to discourage unsportsmanlike conduct of a fan, player, or coach (such as removal from the gym).
5. Check with the officials after the game to see if there is any misconduct that needs to be reported.
6. Offer to provide an escort for the officials to their cars.
7. Report incidents to the appropriate school administrator (home team or visitor).
8. Report severe verbal abuse or physical contact of the official and any ejections of coaches and fans to the campus principal and RAM in writing by the next working day.

Key Terms, Phrases and Cases

Terms Coaches Should Know:

- A. **Negligence:** is defined as the failure to do what a person of ordinary prudence would have done under the same or similar circumstances or doing that which a person of ordinary prudence would not have done under the same or similar circumstances.
- B. **Duty of Care:** For any claim of negligence to succeed, it must be established that a duty of care was owed by the defendant to the claimant. Essentially, establishing a duty of care in the sporting context requires proving that a relationship existed between the claimant and the defendant. A participant in a lawful sporting competition or event owes each other participant a duty of care. This duty of care is to exercise all care that is objectively reasonable in the prevailing circumstances to avoid injury to the co-participants.
- C. **Liability:** the state of being responsible for something, especially bylaw. "The partners accept unlimited liability for any risks they undertake"
- D. **Tort:** from French for "wrong," a civil wrong or wrongful **act**, whether intentional or accidental, from which injury occurs to another. **Torts** include all negligence cases as well as intentional wrongs which result in harm.
- E. **Gross negligence** refers to conduct which is beyond ordinary **negligence** because it involves the actor's state of mind, a disregard for the safety of others. **Gross negligence** is one of the grounds which allows a plaintiff to recover punitive damages.
- F. **Criminal negligence** is **negligence** which requires a greater degree of culpability than the civil standard of **negligence**. The civil standard of **negligence** is **defined** as a failure to follow the standard of conduct of a reasonable person in the same situation as the defendant.
- G. The most important type of tort to understand in **sports** risk management and **sports** law is **negligence**. **Negligence** is conduct that falls below a reasonable person standard. In other words, it is the failure to exercise reasonable care that a prudent person would have in the same or similar circumstances.

<https://www.inbrief.co.uk/sports-law/negligence-and-sport/>

<https://www.injuryclaimcoach.com/sports-injury-claims.html>

VIDEO TAPING AND MEDIA POSTING

Due to the increase of technology capabilities and limitations to manage or restrict the usage of technologies during game events...IDEA Public Schools-Athletics, will adhere to the following practices.

Cameras, Cell Phones, Tablets, and others recordable technologies will NOT BE Prohibited.... nor restricted by the Home team if they are fans.

Scouts should, in best practice, identify themselves upon entry with the Administrator or Head Coordinator; and will be restricted & prohibited from utilizing technology as a scouting resource in accordance with UIL Athletic Rules Section 1208(I)1(A)i.

(A) Videotaping/Filming/Recording by Schools.

(i) A non-competing school shall not film, videotape or otherwise make a visual recording of an athletic contest without the prior written consent of the schools competing in the contest.

(ii) A school does not have to obtain permission to film or tape, or otherwise make a visual recording of an athletic contest in which it is competing. However, the film or videotape or other visual recording may only be reviewed or otherwise utilized during the contest in accordance with applicable contest rules.

(iii) Films, videotapes, and all other kinds of visual recording of all athletic contests in compliance with UIL rules are the property of the school that made them unless their ownership, use or distribution is governed by district rule or if there is no agreement between the schools competing in the contest.

(B) Videotaping/Filming/Recording by Individuals and Organizations. Except for persons or organizations acting under subsections (1)(A)(i) and (ii) above, no person or organization shall film, videotape or otherwise make a visual recording of any athletic event or activity without prior written consent of the schools that are competing in the event. Any filming, videotaping or other recording of an athletic contest may not obstruct the view of other spectators of the contest.

(C) Commercial Use of films, videotapes, or other visual recordings of regular season athletic contests for commercial purposes shall be approved in writing by all schools competing in the contest. Any agreements between the competing schools regarding the filming, videotaping or other visual recording of regular season athletic contests, including without limitation any commercial uses, shall be consistent with the UIL's Constitution and Contest Rules and any contracts made thereunder.

UNIFORMS

Teams are required to wear uniforms that meet the following criteria for the leagues you participate in for all sports.

- a. [UIL Uniform](#)
- b. [NFHS Uniform](#)
- c. [TSCAAL Uniform](#)
- d. [HCAL](#)

DISCIPLINE TECHNIQUES:

DISCIPLINE YOURSELF, SO OTHERS WILL NOT HAVE TO!

Each situation may require a different type of discipline. Whatever type of discipline is required, the purpose is to help athletes improve themselves, and to become better people. Failure to accept this on the part of the athlete or parent/guardian may result in dismissal from the team and/or athletic program. Any violations of the Student Code of Conduct may be punished in accordance with the Student Code of Conduct.

HAZING:

"Hazing" is against the law and will not be tolerated within the school or any of the Athletic Department. "Hazing" means any intentional, knowing, or reckless act occurring on or off school property directed against a student, by one person alone, or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. Under Education Code 37.152 a person commits an offense if the person commits any of the following:

- a. Engages in hazing.
- b. Solicits, encourages, directs, and aids, attempts to aid another in engaging in hazing.
- c. Recklessly permits hazing to occur. (Witnessing or by-standing)
- d. Has firsthand knowledge of the planning of a specific hazing incident involving a student, or first-hand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the Principal, Athletic Coordinator, or designee.

IDEA PUBLIC SCHOOLS CAMPUS TRANSFER POLICY AND ATHLETIC PARTICIPATION:

When a student is found to be transferring from inside the IDEA Public Schools organization, they will be subject to a transfer for athletic participation standard. They will complete a mandatory grace period at the new campus; until they gain eligible to participate on any athletic team whether for TCSAAL, UIL, or HCAL. This policy will remain true as a formidable injunction against students and parents seeking to transfer specifically for athletic reasons; and/or choice of activity; and to uphold the integrity of the campuses programs (RECRUITING)

First Transfer

- When a student is granted a transfer from within the IDEA organizations, this will result in a mandatory, Grace period restricting TCSAAL and UIL Participation that is to not extend beyond the 60th calendar day, at the new school beginning with the first day of attendance there.

Second Transfer

- When a student is granted a second transfer of home campus within the IDEA organization; the student is subjected to a mandatory Grace Period restricting TCSAAL Participation that is to not extend beyond 365th calendar day at the newly enrolled campus. Beginning on the first day of attendance at the new campus.

Stipulations/Exemptions

- In a case that, siblings of the student/athlete; are also granted transfer, to the new campus; the student athlete will be subject to a 60th day attendance Restriction of participation in TCSAAL. This will begin on the date that siblings are also in attendance or until the 60th day rule is met...or whichever comes first.
- Students will be allowed to begin practice and training as soon as they are in attendance. They will be permitted to participate in the lower division of play that will allow them to be placed in the higher division once grace period has been met.
 - Ex: a student who the coach wants to use on a Varsity-TCSAAL shall play on the IDEAALC-JV roster
 - or for MS, if the student is going to be utilized as an 8th Grade-TCSAAL player, then they shall begin their competition on the IDEAALC-6/7th Grade division. (In accordance with the "Play Up BUT Not Down.")

UIL Subchapter m Sec. 400 and 403 shall be complied with, with particular respect to Section 403(f)6 regarding charter schools for any competitions under UIL.

GENERAL RESPONSIBILITIES OF THE HOME TEAM/HOSTING SCHOOL:

1. The Hosting School **will** provide at least **one** uniformed security person for games.
2. The Hosting School **will** provide private room access (classroom, storage closet, café nook, etc.)
3. Hosting School **must** provide and designate at least **one** AED/CONCUSSION MANAGEMENT/CPR/1ST AID CERTIFIED Professional for all athletic events.
4. The Hosting School **will** provide an "On-Duty Administrator" to manage the crowds, insubordinates, fights, weather precautions, injury oversight, and communication with officials as requested.
5. On-Duty Administrator **cannot** be the participating coach.
6. Pre-Game announcement of Expectation, Emergency Procedures, Crowd Boundaries and Campus Guidelines for/during game **will** be enforced and executed at **all** games.
7. **Line judges cannot be students and cannot eat on the line while working.**

IDEA ATHLETIC COVENANT:

STANDARD GUIDELINES & CONSEQUENCES FOR VIOLATIONS DURING ATHLETIC PARTICIPATION:

STANDARD GUIDELINES:

Any consequence handed down from the leagues shall not be reduced by the campus level; but severity of punishment may be increased. If and where applicable, issues shall be reported by ALL district Coordinators in a timely fashion, (1-2 days) to the district director and or committees' attention for review and investigation. Principals, Coaches, and athletes may be required to submit a document of witness of events that are not within the expectation as outlined in the District Student Handbook or Athletics Literature for participation in athletic extracurricular activities.

IDEA Public Schools provides an athletic program for the benefit of the student athletes in this school district. We believe that participation in a competitive athletic program can provide students an opportunity to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority, and many other qualities. The rules are established to promote these qualities, and to help build and maintain a strong athletic program. A respected and competitive athletic program provides the best opportunity for our students. It is recognized that some of the expectations for athletes exceed the expectations for the general student body. Athletes are expected to follow the established rules. Violations of the rules will result in corrective and/or disciplinary action in accordance with the student code of conduct. The facts and circumstances will be taken into consideration when determining what actions will be taken. Students may be dismissed from the athletic program for violation of the rules.

DUE PROCESS FOR STUDENT ATHLETES

If a student faces disciplinary action which could result in suspension or dismissal from an athletic team, the following due process will be used. The process is not intended to supersede the district's student discipline policy and administrative rule.

The coach shall meet with the student and inform him/her of the reasons for the disciplinary action. Parents will be notified, and the student shall have the right to present his/her version of the situation.

The parents shall be notified if the disciplinary action will lead to removal from the team and the reasons for the action.

If the student or parent wishes to appeal the action, he/she will meet with the coach, school athletic director, or advisor for the activity to attempt to resolve the situation.

CONSEQUENCES

1. If you are arrested or charged for possession of or under the influence of an illegal drug or alcohol. This includes, but is not limited to, being issued a citation for Minor in Possession, Driving While Intoxicated, Under the Influence, etc.
 - A. Any emotional outburst towards a teacher, administrator, coach, official or fellow player. Any activity which is considered disrespectful on the field or in the school environment.
 - B. Any use of tobacco products in the public or school environment. The consequences of the above actions will be:
 1. **First Offense:** 1 week suspension from the sport
 2. **Second Offense:** 2-week suspension from the sport
 3. **Third Offense:** Expulsion from that sport for the remainder of the season
2. If you are arrested or charged with any criminal activity that brings disgrace or dishonor to the IDEA Public Schools District and/or Athletic Program. The consequences for the above actions (#1 & #2).
 - **First Offense** – The student shall be suspended from all extracurricular performances, and competitions for a period of 15 instructional days from the date of the infraction. During the period of suspension, the student may participate in practices but not in any competitive activities. The student may be required to test on any of the following random drug testing dates.
 - **Second Offense** - The student shall be suspended from all extracurricular performances, and competitions for a period of 30 instructional days from the date of the infraction. During the period of suspension, the student may participate in practices but not in any competitive activities. The student may be required to test on any of the following random drug testing dates.
 - **Third Offense** - The student shall be suspended from all extracurricular performances, and competitions for a period of one calendar year from the date of the infraction. During the period of suspension, the student may participate in athletic period. The student may be required to test on any of the following random drug testing dates.
 - **Fourth Offense** - The student shall be suspended from all extracurricular performances and competitions for the remainder of his or her enrollment in the District.

PHYSICAL AGGRESSION TOWARD A PERSON

Exhibiting one of the following (or similar) behaviors that have the potential to cause harm to another person. If the behavior is exhibited with the intent to abuse power.

- a. **Hitting** – using a hand or arm with a closed or open fist to hit (make forceful physical contact) with another person.
- b. **Kicking** – using the foot or leg to kick or hit another person
- c. **Head-butting** – using the head or face to hit (make forceful physical contact) with another person
- d. **Scratching** – using the nails of the feet or hands to break the skin of another person.
- e. **Pinching** – using the fingers to squeeze another person's skin hard enough to cause pain
- f. **Biting** – using the teeth or gums to contact another person's body or clothing
- g. **Pushing** – using any part of the body to forcefully contact another person's body.
- h. **Throwing objects** – throwing an object that is not intended to be thrown that lands within two feet of another person.
- i. **Hair Pulling** – using any part of the body to grip and pull on another person's hair.
- j. **Spitting** – any instance of saliva leaving the mouth of a student (excluding while the student is talking or yelling) with the saliva landing within one foot of a person and not directed at another object (i.e., if the student is holding an object between themselves and the other person).

IDEA PUBLIC SCHOOLS PLAYER, COACH AND PROGRAM ACCOUNTABILITY PROTOCOLS

Player's Sportsmanship and Integrity Consequences

Failure to adhere to the District Athletic Policy Handbook will result in:

1 st Degree Violation	One game suspension
2 nd Degree Violation	Two district games suspension
3 rd Degree Violation	Dismissal from sports team in current season

Coach's Sportsmanship and Integrity Consequences

Failure to adhere to the District Athletic Policy Handbook will result in:

1 st Degree Violation	One game suspension
2 nd Degree Violation	One-week suspension including practice and games
3 rd Degree Violation	Suspension for the remainder of the season including practice and games

Program's Sportsmanship and Integrity Consequences

Failure to adhere to the District Athletic Policy Handbook will result in:

1 st Degree Violation	Forfeiture of game(s)*
2 nd Degree Violation	Forfeiture of season
3 rd Degree Violation	One-year athletic probation for sport season/level**
4 th Degree Violation	One-year athletic probation for program***

1. Includes any games involving players in question.
2. Sport Season/Level can participate in games but will not be a contender for District or TSCAAL / HCAL titles for the following academic school year.
3. Program can participate in games but will not be a contender for District or TSCAA / HCAL titles in all levels and sports for the following academic school year.

A HISTORY OF DISCIPLINARY PROGRAMS

Excessive Tardiness/Absences, ISS, DAEP placements, etc. may also affect the outcome of team selection. Choosing the members of athletic teams is the sole responsibility of the coaches of those squads. Prior to tryouts, the coach shall provide the following information to all candidates for the team:

- a. Extent of tryout period
- b. Criteria used to select the team **(Sport specific rubric will be provided if cuts are made)**
- c. Number of roster spots to be selected
- d. Practice commitment if they make the team
- e. Game commitments

ATHLETE EJECTION FROM CONTEST

- If an athlete is ejected or suspended from a contest by an official, it is the head coach's responsibility to notify the Principal and RAM as soon as possible.
- Ejected athlete's coach is required to provide in writing to the RAM a description of the incident and the preventive measures designed to avert future athlete ejections.
- The principal and coach will mutually agree on a plan for disciplinary action and will make a judgment on the consequences to be assessed.
- Players ejected from a game will be required to miss a minimum of his or her team's next game as well. This will not have any effect on soccer since the sports card system already abides by the rules.
- The ejected student and/or the parent has the right to appeal the decision to the College Prep (CP) Principal.

REMOVAL OR SUSPENSION OF ATHLETES

Athletic Coordinators have the right to remove, suspend, or correct an athlete whose conduct or actions are detrimental or distracting to the team and integrity of IDEA Public Schools Athletics or any other such violations of which the Athletic Coordinator deems necessary to inform the RAM.